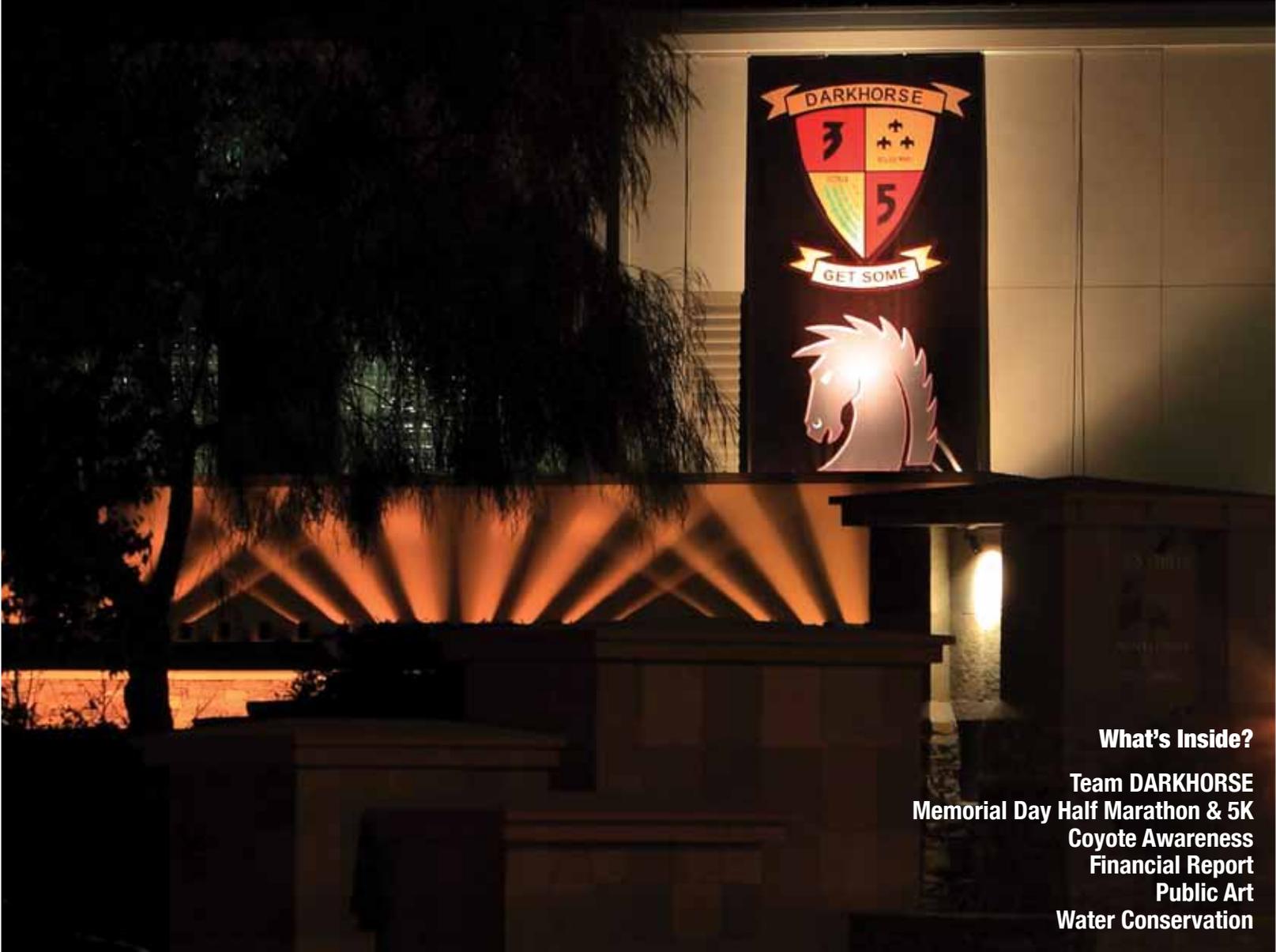




laguna hills

CITY VIEWS

Local Support for Adopted Marines 3rd Battalion, 5th Marines Team DARKHORSE



What's Inside?

- Team DARKHORSE
- Memorial Day Half Marathon & 5K
- Coyote Awareness
- Financial Report
- Public Art
- Water Conservation



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.



LAGUNA HILLS CITY COUNCIL:

L. Allan Songstad, Jr.
Mayor

Melody Carruth
Mayor Pro Tem

Randal Bressette

Barbara Kogerman

Joel Lautenschleger

A Message

from the **CITY**

Spring has sprung! The City of Laguna Hills not only looks forward to warmer weather, but also the return of its adopted heroes, fun events and raising awareness of local issues. On pages two and three, you can read about Laguna Hills' Team DARKHORSE and the City's adopted Marine unit, which is expected to return from Afghanistan in April. On page four, you can find out about lacing up your sneakers for the upcoming Laguna Hills Half Marathon and 5K. This issue of *City Views* also has helpful tips on coyote awareness on page five and the State of the City on pages six and seven. On pages eight and nine, you can learn about the on-line public art display and tips to conserve water.

laguna hills **CITY VIEWS**

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



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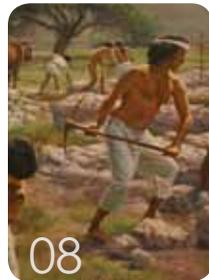
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ON THE COVER

The banner of the 3rd Battalion, 5th Marines is proudly on display at the Community Center until the unit comes home from Afghanistan. The City adopted the unit in 2008. The feature story of this issue of *City Views* talks about the 3/5 and the launching of Laguna Hills Team DARKHORSE. Read more about how the adoption committee has helped the unit on pages two and three.

City Twitter Account



Twitter has become a great tool for quick information from companies or people with whom you wish to stay in touch. The City is now using a Twitter

account to keep residents and the public informed of upcoming events and news within the City. This quick and easy way of staying in touch with the City is available to all who sign up at www.twitter.com/citylagunahills.



Gifts donated by Laguna Hills Team DARKHORSE for the families of the 3/5.



Local Support for Adopted Marines Laguna Hills Team DARKHORSE

As our brave Marines and other branches of the Military fight in conflicts overseas, they continue to need our support abroad and at home. The City of Laguna Hills adopted the 3rd Battalion, 5th (3/5) Marines, based out of Camp Pendelton, and late last year launched the 3rd Battalion, 5th Marines Support Committee, also known as Laguna Hills Team DARKHORSE, taking on the name of the military unit. The newly launched support committee has been set up with the City's assistance as a nonprofit organization and has taken a running start to serve the 3/5 and their families.

Team DARKHORSE was formed with a clear mission statement: "To provide encouragement, relief and comfort to the 3/5 Marines, Sailors and their families." The 3/5 has been deployed in the Helmand Province of Afghanistan since October 2010 and will remain there through April 2011. Thus far into their deployment, the 3/5 has sustained heavy losses. In spite of these losses, they have accomplished a number of strategic objectives including:

- Regained control of the main road in the Sangin River Valley, enabling expansion of governance and economic development.

- Ran a health initiative where over 200 Afghani's were trained in basic health care education and provided basic first aid supplies to those without access to modern medical care.
- Helped to complete construction on a new high school. The new high school replaced one that was destroyed by the Taliban. The students have now returned to school.
- Provided security for more than 3,000 Afghani farmers who took part in a government program that provided them with wheat seed and fertilizer, which allowed them to directly compete with the poppy crop that is grown to produce heroin.
- Built two water wells for the community of Sangin. Very few homes have running water and even fewer have potable water.
- Built a drainage berm to prevent flooding in Sangin. In previous years, families have had to re-locate to higher ground during rain storms. This berm will help keep families safe and in their homes year round.

Since the Committee's formation, they have made immense strides to help the 3/5 and their families and bring some comforts of home to the Marines and Sailors. Here are some of their accomplishments:

- Sent 25 care packages of school supplies to the 3/5 to distribute to school aged children.

- "Sock it to the 3/5 Campaign" A sock donation drive that resulted in 1,400 pairs of socks being distributed to the five companies of the battalion.
- "Toys/Gifts for the 3/5" The committee held a toy/gift drive in Laguna Hills and delivered over 600 items on December 20, 2010, to Camp Pendleton for the 3/5 families.
- "Operation Christmas Tree" The committee asked Laguna Hills residents to donate and help raise funds to purchase and decorate trees to be shipped to the Battalion.
- The Committee also successfully worked to have a 3/5 DARKHORSE Banner hung at the Community Center in support of the Marines and Sailors. The banner will remain hung and lit day and night until the 3/5 Battalion comes home.

Future Projects

As the year progresses, the Committee is looking forward to a few projects to further support the Marines and Sailors of the 3/5 Battalion.

Memorial Day: As part of the City's annual Memorial Day Half Marathon & 5K, the City Council approved an opportunity to "Thank a Marine" as part of the Half Marathon and 5K registration. This would allow race participants to include a small monetary donation which would then be donated to the Marines and Sailors of the 3/5 for them to attend their annual Gala event, the Marine Ball.

For more information on the Committee, please contact Committee Chairman Mike Bland at 35bland@gmail.com or (951)377-1161.

How You Can Help!

Team DARKHORSE is always looking for help in the form of volunteers and donations. The Committee meets the second Monday of each month at the Laguna Hills Community Center from 7:00p.m. – 9:00p.m.

Letters and care packages for Marines of the 3/5

Residents wishing to send letters of thanks or care packages can do so by sending them to:

Lt. Chaplin Wesson

3/5 Marines H&S Co
Unit 40380
FPO-AP-96427-0380

Wounded Warrior Marines

As some of the 3/5 Marines have been wounded on the latest deployment, they are back Stateside recovering in San Diego and always appreciate letters of well wishes. The letters should be addressed "Dear Marine/Sailor", "Dear Hero" or even simply "Hello."

Please send these letters to:

Attn: 3/5 Marine/Sailor

Wounded Warrior Marines
34425 Farenholt Avenue
San Diego, CA 92134

Monetary donations can be made out to the City of Laguna Hills with the memo of "3/5 Marines" and can be mailed to:
24031 El Toro Road, Suite 350
Laguna Hills, CA 92653

The committee is also looking for donations of school supplies to be sent to Marines in Afghanistan. These supplies can be packaged in any USPS "Flat Rate" box and sent to:

Lt. Col. Jason L. Morris

3/5 Marines Command
Unit 40375
FPO AP 96427-0375

MEMORIAL DAY HALF MARATHON & 5K



Put on Your Running Shoes! Laguna Hills Memorial Day Half Marathon!

On your mark... get set... GO! Summer kicks off each year with the Laguna Hills Memorial Day Half Marathon & 5K. Currently in its 13th year, the Memorial Day Marathon is expected to bring out more than 6,000 runners, walkers, spectators and volunteers to the streets of Laguna Hills this Memorial Day – Monday, May 30. Registration begins at 5:30 a.m. at Saddleback Memorial Medical Center, or you can register early at www.lagunahillshalfmarathon.com. Pre-race packets will be available at the Laguna Hills Mall on Sunday, May 29, from noon – 4:00 p.m.

Half-Marathon

Elite as well as recreational runners will take part in the half-marathon, which is a 13.1 mile scenic but challenging race that snakes through the beautiful hills throughout our community. The race begins promptly at 7:00 a.m. on Calle de la Louisa, between the Laguna Hills Mall and the Saddleback Memorial Medical Center, and ends at the Laguna Hills Community Center. Half-Marathon Awards will be available for pick up at 10:00 a.m.

5K Run/Walk

If you're looking for something more moderate, at 3.1 miles the 5K Run/Walk might be more your speed. The 5K Run/Walk begins promptly at 7:00 a.m. on Calle de la Louisa in front of Saddleback Memorial Medical Center and will go through Laguna Woods for 1.5 miles before ending at the Laguna Hills Community Center. The awards ceremony will be held at 9:00 a.m. at the finish line at the Laguna Hills Community Center.

Kids Half Mile Race and Diaper Dash

Let the kids burn off their energy at the Kids Half Mile Race! This short race for kids ages 4-12* will begin at 9:30 a.m. The race will start and finish at the Laguna Hills Community Center. *Kids will race in groups according to their ages and will be staggered 3-5 minutes apart.

The Diaper Dash, a special race just for kids three and under, promises to also be a fun event. This 50 yard dash will begin at 9:45 a.m., and starts and finishes at the Laguna Hills Community Center.

Family Expo

Whether you take part in the race or not, the Memorial Day Family Expo at the Laguna Hills Community Center will be fun for all! There will be entertainment for the whole family and more than 50 booths. The Family Expo will be open from 7:30 a.m.-11:30 a.m.

For More Information

For parking information, registration, fees and other information, please visit our website at www.lagunahillshalfmarathon.com.

COYOTE AWARENESS

Keeping Wildlife Wild and At Bay: Coyote Awareness

Laguna Hills enjoys a large amount of natural open space and many of the wild life call this space home. In recent months, the City has received numerous reports of coyote sightings and encounters throughout the City. Some reports indicate that the coyotes are becoming bolder and in some cases harmful to domestic pets through their close proximity to residential areas.

The City of Laguna Hills recently held an informational meeting and public forum in conjunction with the California Department of Fish and Game and OC Animal Care. This meeting was designed to open dialogue between residents and these agencies, and give residents some tips on how to best protect their families and pets from coyotes and reduce the attractiveness of their properties to wild animals.

Coyotes naturally hunt small animals such as rodents and rabbits but will take advantage of other sources of food such as garbage, pet food, and small domestic pets.

Tips to Help Keep Away Coyotes:

- Put garbage in tightly closed containers that cannot be tipped over, such as those provided by CR&R for curbside pick-up.
- Remove sources of water, especially in dry climates.
- Bring pets in at night, and do not leave pet food outside.
- Put away bird feeders at night to avoid attracting rodents and other coyote prey.
- Provide secure enclosures for rabbits, poultry, etc.
- Pick up fallen fruit and cover compost piles.



- Ask your neighbors to also follow these tips.
- Trim ground-level shrubbery to reduce hiding places for coyotes.
- If followed by a coyote, make loud noises. If this fails, throw rocks in the animal's direction.

Safety Message

If you see a coyote in your yard or have an encounter with one, please contact OC Animal Care or the California Department of Fish and Game.

The City is also keeping records of coyote encounters that occur within Laguna Hills. Please e-mail sightings and encounters to Melissa Au-Yeung at mau-yeung@ci.laguna-hills.ca.us

OC Animal Care (949) 249-5160

California Department of Fish and Game, South Coast Region (858) 467-4201

FINANCIAL REPORT



State of the City, Comprehensive Annual Financial Report

Each year the City of Laguna Hills performs a Comprehensive Annual Financial Report (CAFR). This report takes into account a variety of factors and ensures that public funds are being properly managed. The most recent report is for the fiscal year ending June 30, 2010.

The City of Laguna Hills has enjoyed a long history of financial stability and prosperity. Even in a down economy, the City has fared well and avoided major cutbacks in services and programs. In addition, the City has been recognized with an increase of its credit rating to AA+ and received a Distinguished Budget Award for the 2009-2011 Biennial Budget from the Government Finance Officers Association.

With signs of the economy regaining strength, the City of Laguna Hills is likely to improve its financial standing even further in the coming year.

Highlights

- Total revenues from all sources was \$21,447,678.
- Total cost of all City programs and projects was \$18,278,260, net of depreciation.
- Total fund balance equals \$11,650,502. This represents an increase of \$297,377 over the previous year.
- Operating revenues exceeded operating expenditures and debt service by \$157,731. Laguna Hills is one of the few cities in Orange County to maintain an operating surplus.

FINANCIAL REPORT

2010 Accomplishments

During 2010, the City of Laguna Hills performed a number of initiatives that positively affected the City's financial standing and positioned the City for continued financial success. Here are a few of the initiatives:

- **Bond Refinancing**

The City successfully refinanced debt from 2001 and 2003 which yielded a present value savings to the City of 6.075%, or \$1,072,242.

- **Urban Village Development Project**

The Urban Village is anchored by the regional Laguna Hills Mall and includes the Oakbrook Village Shopping Center. City staff continues to work with the Simon Group in moving forward with a capital investment and renovation of the Laguna Hills Mall. In addition, the owners of the Oakbrook Village Shopping Center are continuing to work with the City to create a redevelopment plan for the center that will include the development of new retail and new residential units.

- **Approval of La-Paz Widening at Interstate 5**

The La Paz Widening at Interstate 5 project was approved by the City Council in May 2010. Construction on the project is expected to begin in March 2011 and will take nine months to complete.

- **Completion of Capital Improvement Projects**

Other capital improvement projects that were completed are the Moulton Parkway pavement rehabilitation, Laguna Hills Drive pavement rehabilitation, and the signal coordination between Alicia Pkwy and La Paz Road.

- **Civic Center Management**

As of June 30, 2010, the City posted a net income from Civic Center leasing activities in the amount of \$213,398. This is after paying for all of the City's occupancy costs.

- **Upgrade to Florence Sylvester Senior Center**

The City acquired \$52,000 of grant funding this past year to complete a number of upgrades to the Florence Sylvester Senior Center.

- **Senior Taxi Program**

The City implemented a Dial-A-Taxi program for seniors this past year. The service areas include Laguna Hills and Mission Viejo, with several additional satellite locations.

- **3/5 Marine Battalion Support Committee**

Last year was also a chance for the City to re-invigorate the 3/5 Marine Battalion Support Committee, also known as Team Darkhorse.

- **Civic Center Public Art Program**

The City successfully expanded the Public Art Program with the addition of three City Council Chamber murals.

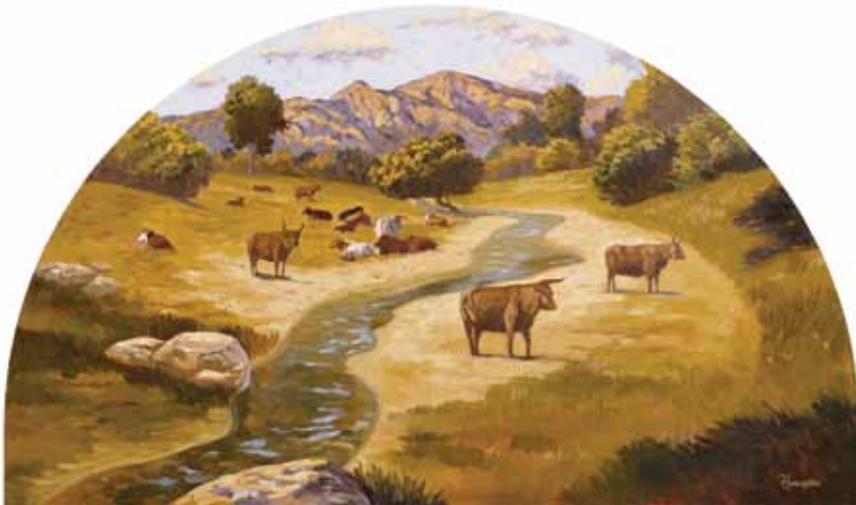
The full CAFR for the 2009/2010 fiscal year can be found at <http://www.ci.laguna-hills.ca.us/civica/filebank/blobdload.asp?BlobID=3539>

City Manager's 2010 Year End Report

In addition to weathering the financial storm of the Great Recession, the City of Laguna Hills had a great 2010 with a number of accomplishments and high points.

For more information on these projects and to read the City Manager's report in its entirety, you can download it on the City's website at <http://www.ci.laguna-hills.ca.us/civica/filebank/blobdload.asp?BlobID=3538>

PUBLICART



In 2006, the City Council selected an early California history theme for the Civic Center Public Art Program, which now includes 11 pieces of art. The different works include a variety of media, such as acrylic-on-canvas murals, oil-on-wood paintings, terra cotta busts, and iron work.

While these pieces are best experienced in person, the City has made the exhibits available online as well. Residents can view information and photos of the pieces of art through the City's website, www.ci.laguna-hills.ca.us. On the Online Exhibit page, you can learn about the history and origin of

Partners in Education

Laguna Hills is committed to utilizing art in public places to educate students about the early history of the Saddleback Valley and Orange County. Accordingly, the City has developed school curriculum to coordinate with the City's Civic Center Public Art Program for teachers of grades three through five. The school curriculum can be found online and downloaded from the City's website. In addition, teachers may schedule field trips to the Laguna Hills Civic Center throughout the year at no charge. Volunteers cater to the visiting group's grade level and will place emphasis on certain subject areas, per the teacher's request.

all the artwork from the terra cotta busts to the landscape paintings. The City's webpage even has a video featuring the Public Art Program .

As a part of the Civic Center Public Art Program, the City is also offering a lecture series about the Saddleback Valley's early history. The lecture series is developed to enhance each element of the public art display through educational discussions, tours and activities by focusing on the rich history of the area.

The three lectures are: **Geologic History and Early Settlement of South OC; Ranchos and the 'Cow Counties'; and Ranches to Farms to Cities, the Transition to OC.** The sessions are organized as historical lectures that progress from early time and cover the history of Laguna Hills in chronological order. The first class begins with the geological development of the land that is now southern Orange County, and delves into the ancient seas and fossil beds, the land forms, and environment that the first humans to settle the region found. The second session of the series continues by describing the Rancho Days of the Saddleback Valley – the large land grants of Serrano, Avila, and Yorba families and how these estates developed from mission lands to the ranchos. The third and final class brings participants to the edge of our own time, with the passing of the Mexican ranchos and development of farms that were here just before cities were established.

Each session is approximately three hours and follows a format of a two-hour lecture and discussion, followed by a related activity, such as a guided walk on a nearby landscape related to the day's subject. Attendees will be responsible for their own transportation to the activity sites. For more information on the Civic Center Public Art Program lecture series, please contact Daryl Walezak at dwalezak@ci.laguna-hills.ca.us.

WATER CONSERVATION



Spring Water Conservation Tips:

It may seem odd discussing water conservation after the heavy rainfalls we endured this winter, but no matter what the rainfall amounts, we need to be conscience of our water usage. A key source for our region's water is the Sierra Nevada Mountains, which extend over 400 miles through California and Nevada. This mountain range received slightly above-average precipitation in 2010, but because of several years of previous drought and court-ordered restriction on water deliveries from the Sacramento Delta and Colorado River, our region is still in the midst of a water shortage.

Water conservation is key and we can all do our part. Here are some helpful hints to reduce your water usage.

Cut water usage during your morning routine. Shortening showers can save up to 2.5 gallons per minute and fixing a leaky toilet can conserve up to 50 gallons a day.

In the kitchen there are a lot of ways to save water. Only run the dishwasher when it is full, as this will save up to 4 gallons of water per load. Also, when washing dishes, turning off the water when you are not using it can help save 2.5 gallons per minute.

Did you know that outdoor watering of lawns and gardens makes up approximately 60% of home water use? By cutting your outdoor watering 1 or 2 days a week, you can dramatically reduce your overall water usage.

The two water districts that service Laguna Hills, the Moulton Niguel Water District and El Toro Water District, have taken steps to expand the use of recycled water throughout the City landscape. The Moulton Niguel Water District added new recycled water lines in La Paz Road from Cabot Road to Paseo de Valencia. El Toro Water District is receiving a grant for a similar program and plans to install new recycled water lines in the near future. For more information on our water conservation efforts, take a moment to check out the district websites at: www.etwd.com and www.mnwd.com.

With everyone working together, we can ensure plenty of safe, sustainable water for future generations in Southern California.

2011 SPRING

COMMUNITY SERVICES

ACTIVITY GUIDE

VOLUNTEER CONNECTION DAY



SPRINGTIME



MR. BUNNY & FRIENDS



CHILDREN'S SPRING CONCERT



LATE NIGHT EGG HUNT

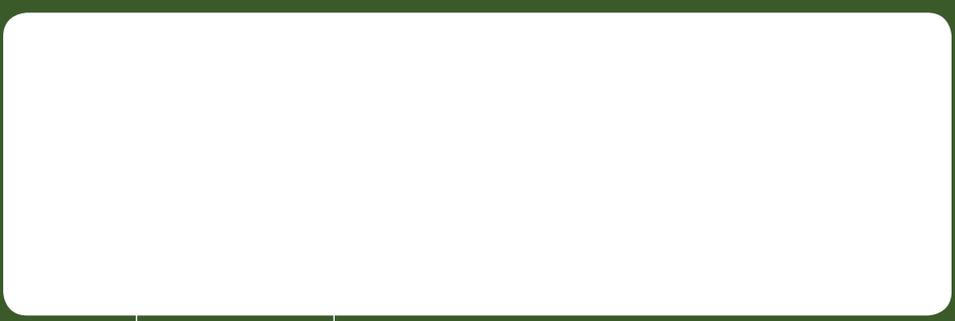


MEMORIAL DAY HALF MARATHON & 5K



MOTHER'S DAY PICNIC

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PERMIT NO. 741
LAGUNA HILLS, CA



CALENDAR OF EVENTS

- Mar 1** Spring Registration Begins
- Mar 11** Middle School Dance
- Mar 25** Circle of Friends Pizza & Movie Night
- Apr 8** Circle of Friends Cooking & Craft Night
- Apr 16** Volunteer Connection Day
- Apr 22** Late Night Flashlight Egg Hunt
- Apr 23** Mr. Bunny & Friends
- April 30** Mother's Day Picnic
- May 20** Circle of Friends Karaoke & Game Night
- May 13** Children's Spring Concert
- May 30** Memorial Day Half Marathon & 5K
- June 3** Middle School Dance
- June 10** Circle of Friends Spring Dance

NEW NEW THIS SPRING!

- Mother's Day Picnic
- On the Farm
- Intermediate Beatles Guitar
- Kids Bicycle Safety Clinic
- Adult Bicycle Maintenance and Safety Clinic
- Circle of Friends Cooking & Craft Night

SAVE THE DATE

SUMMER CAMPS

Registration for Summer Day Camp, Summer Teen Camp, Surf Crew and all sports camps will begin on **Tuesday, June 14, 2011.**

BUILD A FORT REGISTRATION

Due to the popularity of the Build A Fort and Junior Build A Fort Camps, registration for **Laguna Hills residents** will be collected in person **Tuesday, June 7, 2011 – Friday, June 10, 2011** between the hours of **8:00 AM and 5:00 PM** at the Laguna Hills Community Center. Please bring a recent utility bill as proof of residency and a copy of your child(ren)'s birth certificate(s) with you. Children may be enrolled by their parent or legal guardian only. Space is limited and is on a first come, first served basis (no lottery). Each child may be enrolled into one camp session only. Registration for non-residents will begin on **Tuesday, June 14, 2011.**



2 Special Events

3-5 Early Childhood

5-6 Cultural Arts



7 Civic Center
Public Art Program

8 Dance

9 Personal Development



10-13 Sports & Fitness

13 Circle of Friends

14 Sports Leagues



14 Emeritus



ACTIVITY SCHEDULE

SPECIAL EVENTS

Volunteer Connection Day

Make a difference in your community this April by participating in the City of Laguna Hills' annual Volunteer Connection Day! It is a wonderful experience to dedicate time supporting your City, so join us for a day of community spirit. Volunteers should wear comfortable clothing and tennis shoes. Children ages 12 and under must be supervised by an adult. A special thank you lunch will follow at the conclusion of the project. For more information, please call (949) 707-2680.

DATES	TIME	DAY	CLASS
4/16	9:00 AM-12:00 PM	Sa	1923
Fee: Free		Ages: All ages	
Location: LHCC			

Late Night Flashlight Egg Hunt

Bring your flashlight and prize bag for an eventful evening of annual egg hunting! The Laguna Hills Community Center and Sports Complex will become a hidden adventure filled with tons of eggs, all with candy and prizes. This eggciting night hunt will include special prizes in hard to find places...so get ready! There are two separate hunts for 7-10 year olds and 11-14 year olds. **Space is limited, so register early! Participants must bring their own flashlight and bag.**

DATES	TIME	DAY	CLASS
4/22	8:00-9:00 PM	F	1924
Fee: Resident \$5, Non-Resident \$10		Ages: 7-14	
Location: LHCC			

Mr. Bunny and Friends

It is a morning of fun and adventure! Join Mr. Bunny and his friends for springtime crafts, an egg hunt, and a picture with Mr. Bunny. Children will have a ball with all the spring time eggcitement! Space is limited, so register early.

DATES	TIME	DAY	CLASS
4/23	10:00-11:00 AM	Sa	1925
Fee: Resident \$6, Non-Resident \$11		Ages: 6 and under	
Location: LHCC			

Mother's Day Picnic



A special family picnic is in the works for mothers everywhere! Join us as we celebrate motherhood with you and your family. The event includes family games and activities, lunch, and a special gift from your little one. This event will take place at the Laguna Hills Community Center picnic shelters and town green. Bring a blanket or lawn chairs for an authentic picnic experience, or use the existing picnic tables. Pre-registration is required; no fee for children under 2. Space is limited, so register early!

DATES	TIME	DAY	CLASS
4/30	11:30 AM-1:00 PM	Sa	2013
Fee: Resident \$5, Non-Resident \$10 per person		Ages: All ages	
Location: LHCC			

Children's Spring Concert

Bring your family and friends and come out to enjoy the wonderful sounds of award-winning children's band, "The Happy Crowd!" Pack your lawn chairs and join us for live entertainment, crafts, and lots of springtime fun! Concessions will be available for purchase. Concert takes place at Stockport Park in Laguna Hills.

DATES	TIME	DAY	CLASS
5/13	5:30-6:30 PM	F	1927
Fee: Free		Ages: All ages	
Location: Stockport Park			

Memorial Day Half Marathon, 5K, & Kids Run



On your mark, get set, go! Preparation has already begun for the 13th annual Laguna Hills Memorial Half Marathon and 5K. The race crosses through the cities of Laguna Hills, Aliso Viejo, Laguna Woods, and Laguna Niguel. Runners of all skill levels are welcome to participate in the event of their choice, the Half Marathon (13.1 miles), 5K Run/Walk (3.1 miles), or Kid's Run (1/2 mile). Early bird registration rates are available through March 6th and standard online registration for the races will be open through May 15th at www.lagunahillshalfmarathon.com. In addition to the running events, the City of Laguna Hills will once again hold a one-day community expo featuring live music and more than 50 vendors and exhibitors from 7:30 to 11:30 am. The City of Laguna Hills needs more than 400 volunteers to make this great event take place. Volunteers will receive a free t-shirt, a meal, and community service hours. Those interested in volunteering should call (949) 975-8506. **Visit www.lagunahillshalfmarathon.com for race times, fees, course descriptions, information regarding sponsorships, entertainment, parking, directions and much more!**

DATE	DAY
5/30	M

PUBLIC ART PROGRAM

Travel through time and relive the Saddleback Valley's early history through stories and art. The Civic Center's Public Art Program was designed to celebrate the rich history of the area and an exciting lecture series has been developed to enhance each element of the public art display through educational discussions, tours, and activities. For more information on the Civic Center Art Program, see page 7.

ACTIVITY SCHEDULE



EARLY CHILDHOOD

CULTURAL ARTS

Tunes and Tales

Let's get the wiggles out! Sing-alongs and "finger plays" start off this fun filled class for you and your toddler. After a story (no story for the 1 ½ - 2 ½ class) we'll jump into music and movement activities. With the use of beanbags, rhythm sticks, instruments and a parachute, the kids have a great time while developing their listening and social skills. Join Ms. Vivian in her 17th year of offering this fun class! Parent participation is required. Session II is not a repeat of Session I. Siblings: 25% discount.

DATES	TIME	DAY	CLASS
3/29-5/3	9:30-10:10 AM	Tu	1906
NO CLASS 4/19			
5/17-6/14	9:30-10:10 AM	Tu	1907
Fee: Resident \$40, Non-Resident \$50		Ages: 1 ½-2 ½	

DATES	TIME	DAY	CLASS
3/29-5/3	10:15-11:10 AM	Tu	1908
NO CLASS 4/19			
5/17-6/14	10:15-11:10 AM	Tu	1909
Fee: Resident \$45, Non-Resident \$55		Ages: 2 ½-4	

Location: LHCC
Instructor: Vivian Stapleton
Class Sessions: 5

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.svmusicitogether.net. Siblings: Residents \$130.00, Non-Residents \$140.00. Babies under 8 months free with registered sibling. \$40 material fee must be paid to instructor on first day of class (includes 2 CDs, illustrated songbook and parent guide).

DATES	TIME	DAY	CLASS
4/13-6/15	9:15-10:00 AM	W	1980
4/13-6/15	10:15-11:00 AM	W	1981

Fee: Resident \$140, Non-Resident \$150
Location: LHCC
Instructor: Elena Salisbury
Ages: 0-4
Class Sessions: 10

PERSONAL DEVELOPMENT

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 also be a daily snack and recess time. **Children must have turned 4 years old by September 1, 2010 to register.** Parents will only need to sign-up to volunteer in the classroom for three lessons.

DATES	TIME	DAY	CLASS
4/4-6/10	9:00 AM-12:00 PM	M W F	1961
NO CLASS 4/18, 4/20, 4/22 & 5/30			

Fee: Resident \$360, Non-Resident \$370
Location: LHCC
Instructor: Jennifer Migliaccio
Ages: 4-5
Class Sessions: 26

Tot & Preschool Lango Spanish

Structured fun and play form the foundation for our dynamic, full-immersion Lango Spanish class. Children ages 18 mos - 5 yrs (parent participation required for under age 3) will learn simple Spanish phrases through music, arts & crafts, playful repetition, and a lot of movement. Students will become familiar with more complex aspects of the language by engaging in "adventures" that require them to solve simple problems - in Spanish of course! These adventures, starring the Lango Kids, our multi-cultural cast of characters, take students to other lands and cultures to ensure that their language instruction is combined with cultural exposure. A one time per family \$50 material fee is due to instructor on the first day of class. Make-up classes are available. Please call Gaby at (949) 463-3081 or visit www.langokids.com for more information.

DATES	TIME	DAY	CLASS
4/18-6/27	10:00-10:45 AM	M	1899
NO CLASS 5/30			

Fee: Resident \$150, Non-Resident \$160
Location: LHCC
Instructor: Lango South Coast LLC
Ages: 1 ½-5
Class Sessions: 10

On the Farm

Come and learn about the exciting world of living on a farm! In this class participants will learn about tractors, the animals that live on a farm and more! Participants will also have the opportunity to make crafts, read stories and make delicious animal snacks. Parent participation is required.

DATES	TIME	DAY	CLASS
4/25-5/16	10:00-11:00 AM	M	1962

Fee: Resident \$40, Non-Resident \$45
Location: LHCC
Instructor: Community Services Staff
Ages: 3-5
Class Sessions: 4



ACTIVITY SCHEDULE

EARLY CHILDHOOD

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.

DATES	TIME	DAY	CLASS
4/26-6/30	11:30 AM-2:00 PM	Tu Th	1963

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

Ages: 3-5
 Class Sessions: 20

Playful Painting

Come and explore the many ways to express yourself through painting. Using everything from fingers and toes to spaghetti noodles; you will discover a whole new way to create! Please wear play clothes – you WILL get messy! Parent participation is required.

DATES	TIME	DAY	CLASS
4/27-5/18	10:00-11:00 AM	W	1964

Fee: Resident \$40, Non-Resident \$45
 Location: LHCC
 Instructor: Community Services Staff

Ages: 3-5
 Class Sessions: 4

Grow Me A Garden

Design your own flower pot, plant beautiful flowers, make distinctive garden signs, and more in this fun, relaxed atmosphere. Come and watch beautiful things grow along with your children. Parent participation is required.

DATES	TIME	DAY	CLASS
4/29-5/20	10:00-11:00 AM	F	1965

Fee: Resident \$40, Non-Resident \$45
 Location: LHCC
 Instructor: Community Services Staff

Ages: 3-5
 Class Sessions: 4

Lets Make Dough

Cookie dough, play dough, oatmeal dough and more, excite the imagination and senses of your little ones. Be sure to take part in this ooey, gooey, sticky, and chewy class that includes creative projects and fun activities. Parent participation is required.

DATES	TIME	DAY	CLASS
6/1-6/22	10:00-11:00 AM	W	1972

Fee: Resident \$40, Non-Resident \$45
 Location: LHCC
 Instructor: Community Services Staff

Ages: 2 1/2-4
 Class Sessions: 4

Lil' Chefs

YUM YUM! This is an introductory hands-on cooking class for you and your child to enjoy together. Class includes simple, healthy, and fun recipes along with crafts to create while your food cooks. Parent participation is required. Note: unregistered siblings will not be able to participate in class. **Please notify staff if your child has any food allergies or special dietary restrictions at least two weeks prior to the first day of class, (949) 707-2680.**

DATES	TIME	DAY	CLASS
6/3-6/24	11:00 AM-12:15 PM	F	1974

Fee: Resident \$50, Non-Resident \$55
 Location: LHCC
 Instructor: Community Services Staff

Ages: 3-5
 Class Sessions: 4

Jungle Safari

Hang on to your hats and glasses! We're off on a safari in this exciting craft class. Have a roaring good time as we head off on a different safari each week discovering all the types of animals that live in the jungle. Parent participation is required.

DATES	TIME	DAY	CLASS
6/4-6/25	10:00-11:00 AM	Sa	1976

Fee: Resident \$40, Non-Resident \$45
 Location: LHCC
 Instructor: Community Services Staff

Ages: 3-5
 Class Sessions: 4

Story Books In Motion

Come join our adventure as we travel through story books. Your child will take part in creative crafts and activities while reading their favorite story. Parent participation is required.

DATES	TIME	DAY	CLASS
6/6-6/27	10:00-11:00 AM	M	1978

Fee: Resident \$40, Non-Resident \$45
 Location: LHCC
 Instructor: Community Services Staff

Ages: 3-5
 Class Sessions: 4

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 movies. Children must be potty trained. **PLEASE NOTE: No refunds or transfers for one day classes.**

DATES	TIME	DAY	CLASS
6/17	6:00-9:30 PM	F	1979

Fee: Resident \$20, Non-Resident \$25
 Location: LHCC
 Instructor: Community Services Staff

Ages: 3-10

ACTIVITY SCHEDULE



EARLY CHILDHOOD

CULTURAL ARTS

SPORTS AND FITNESS

Totally T-Ball



A positive introduction to baseball for children ages 4 to 6 years. Each participant will have an equal opportunity to build skills, learn teamwork, and have fun. Practices focus on batting, fielding, and throwing, downsized, of course, for your child. Participants receive a team hat and t-shirt. Class meets Wednesdays and Saturdays; Sign up for one session, or for both sessions! Spots in program are first come, first serve. This class will take place at Costeau Park – **RESTROOMS ARE NOT AVAILABLE AT THIS LOCATION.**

DATES	TIME	DAY	CLASS
SESSION I			
3/23-4/16	4:00-4:45 PM	W	1878
	10:30-11:00 AM	Sa	
SESSION II			
6/1-6/25	4:00-4:45 PM	W	1977
	10:00-10:30 AM	Sa	

Fee: Resident \$40, Non-Resident \$45
 Location: Costeau Park
 Instructor: Community Services Staff
 Ages: 4-6
 Class Sessions: 8

Soccer Starters



Come participate in this beginning soccer skill development course. Instructors emphasize participation, sportsmanship, teamwork, and most of all...fun! Each class involves warm-up, skill development, and a short game. Children must be 4 years old to participate. This class will take place at Costeau Park – **RESTROOMS ARE NOT AVAILABLE AT THIS LOCATION.**

DATES	TIME	DAY	CLASS
4/30-5/21	9:15-10:00 AM	Sa	1967

Fee: Resident \$40, Non-Resident \$45
 Location: Costeau Park
 Instructor: Community Services Staff
 Ages: 4-6
 Class Sessions: 4

All Sorts of Sports



This popular class combines fun, fitness and the basics. Children will be introduced to T-ball, soccer, basketball and more! This class will take place at Costeau Park – **RESTROOMS ARE NOT AVAILABLE AT THIS LOCATION.**

DATES	TIME	DAY	CLASS
4/30-5/21	10:15-11:00 AM	Sa	1968

Fee: Resident \$40, Non-Resident \$45
 Location: Costeau Park
 Instructor: Community Services Staff
 Ages: 3-6
 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
3/23-4/27	6:30-7:30 PM	W	1904
NO CLASS 4/20			

Fee: Resident \$90, Non-Resident \$100
 Location: LHCC
 Instructor: Ron Gorman
 Ages: 10 and older
 Class Sessions: 5

Intermediate Beatles Guitar



Spend five weeks learning the legendary songs of the Beatles! Take an in depth look at their unique melodies, lyrics and the stories behind the songs. This is a must for fans who already play guitar. This class will cover vocal, melody and tablature. Participants must bring their own acoustic guitar or electric guitar with a small amp. Please visit www.rongorman.com for more information.

DATES	TIME	DAY	CLASS
3/23-4/27	7:30-8:30 PM	W	1905
NO CLASS 4/20			

Fee: Resident \$90, Non-Resident \$100
 Location: LHCC
 Instructor: Ron Gorman
 Ages: 10 and older
 Class Sessions: 5

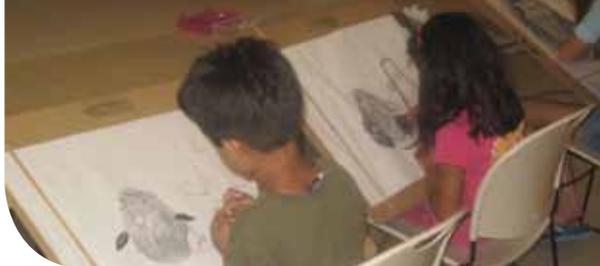
Young Rembrandts Cartoon Drawing

Learning to draw can be lots of fun! Especially if we're creating silly characters, funny expressions, and drawing sequences that tell jokes! This delightful program combines Young Rembrandts' innovative step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor and their vivid imaginations. Come join us! Giggles guaranteed.

All new lessons, each session!

DATES	TIME	DAY	CLASS
4/5-5/10	3:30-4:30 PM	Tu	1912
5/24-6/28	3:30-4:30 PM	Tu	1913

Fee: Resident \$63, Non-Resident \$73
 Location: LHCC
 Instructor: Young Rembrandts
 Ages: 6-12
 Class Sessions: 6



ACTIVITY SCHEDULE

CULTURAL ARTS

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 spatial relationships and accurate value depiction. A supply kit is available from the instructor for \$35.00. Intermediate and advanced students work from still life and photographs. 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 supply their own materials. All instruction is individual; therefore each student will be working at his or her level and the only deadlines are sufficient completion of artwork.

DATES	TIME	DAY	CLASS	SESSIONS	FEE (Res/Non-Res)
4/11-5/16	4:00-5:30 PM	M	1929	6	\$120/\$130
5/23-6/27	4:00-5:30 PM	M	1931	5	\$100/\$110

NO CLASS 5/30

Location: LHCC
Instructor: Marillyn Brame

Ages: 6-16

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, however students are welcome to bring their own. On 6/26, Level I class will take place in Physical Activity Room from 4:30-5:45 PM (with Level II class).

DATES	TIME	DAY	CLASS
LEVEL I			
4/3-5/1	1:30-2:45 PM	Su	1900
NO CLASS 4/24			
5/8-5/29	1:30-2:45 PM	Su	1901
6/5-6/26	1:30-2:45 PM	Su	1902

Fee: Resident \$49, Non-Resident \$59 Class Sessions: 4

LEVEL II (12 week session)

4/3-6/26	4:30-5:45 PM	Su	1903
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NO CLASS 4/24 Fee: Resident \$120, Non-Resident \$130 Class Sessions: 12

Location: LHCC
Instructor: George Medlock

Ages: 18 and older

Piano/Keyboard for Adults

Learn to play piano/keyboard and sing your favorite songs for relaxation, personal enjoyment or for a specific purpose. Enjoy the benefits of the social interaction while broadening your musical experience. The first session is geared towards beginning students while the second session is a continuation of the class, or for students with some keyboard experience. **Each participant is required to purchase their own book for use in class; see instructor for details.**

DATES	TIME	DAY	CLASS
4/7-5/12	6:30-7:15 PM	Th	2000
5/19-6/23	6:30-7:15 PM	Th	2001

Fee: Resident \$114, Non-Resident \$124

Location: LHCC

Instructor: Sophi Albert

Ages: 18 and older

Class Sessions: 6

TEENS MAKE A DIFFERENCE



Teens Make A Difference is a volunteer program offered by the City of Laguna Hills to help those in need throughout Orange County.

Volunteers will participate in a variety of projects with the Orange County Food Bank, beach clean-ups with the Surfrider Foundation, along with various environmental projects. The volunteer program runs during the school year only. All volunteers are required to complete a Volunteer Program Application. For additional program information, please visit www.ci.laguna-hills.ca.us, or contact Todd Smyser at (949) 707-2690 or tsmyser@ci.laguna-hills.ca.us.

ACTIVITY SCHEDULE



CIVIC CENTER PUBLIC ART PROGRAM

“Our Cultural History” Speaker’s Series

Travel through time and relive the Saddleback Valley’s early history through stories and art. The Civic Center’s Public Art Program was designed to celebrate the rich history of the area and the following lecture series has been developed to enhance each element of the public art display through educational discussions, tours, and activities.

The series is organized as a set of time or history related lectures that progress from early time and later cover the history of Laguna Hills in chronological order. The first class begins with the geological development of the land that is now southern Orange County, the ancient seas and fossil beds, the land forms and environment now present that the first humans to settle the region found. The series continues in the second session describing the Rancho Days of the Saddleback Valley – the large land grants of Serrano, Avila, and Yorba and how these estates developed out of mission lands and the spread of cattle over the hills. The third and final class brings participants to the edge of our own time, with the passing of the Mexican ranchos and development of farms that were here just before cities were established.

Each session will be approximately three hours in duration – a two hour lecture and discussion, followed by guided walks on a nearby landscape related to the day’s subject. Attendees will be responsible for their own transportation to offsite activity sites – maps will be provided at discussion. For more information on the Civic Center Art Program, please contact dwalezak@ci.laguna-hills.ca.us or (949) 707-2692.

Geologic History & Early Settlement of South OC

Learn about the 17 million year old Pecten Reef – the oldest geologic formation known in the Saddleback Valley. Listen to how this region was an ancient ocean floor, about the mountain range that was pushed through that floor, and then learn of the rising of the lands that created the topography we see today. Learn about the coming of humans to this landscape and how the natural environment that formed here supported people for many thousands of years. Discussion concludes with a visit to the Laguna Hills Community Center displays and visit to Fossil Reef Park. Transportation not included.

PLEASE NOTE: No refunds or transfers for one day classes.

DATES	TIME	DAY	CLASS
3/19	9:00 AM-12:00 PM	Sa	2002

Fee: Resident \$10, Non-Resident \$12
 Location: Civic Center Council Chamber
 Instructor: Stephen O’Neil and Carol Stadum

Ages: All ages

Ranchos and the “Cow Counties”

This session will explore the Rancho Days of the Saddleback Valley, discussing the change from mission lands and the neophyte community to large land grants and the coming of rancheros who settled the open ranges – the Serranos, Sepúlvedas, Ávilas and Yorbas, and the mission vaqueros who worked them. Discussion concludes with a visit to the Avila and Serrano adobe casas to observe the landscape from their point of view and why they chose these locations. Transportation not included. **PLEASE NOTE: No refunds or transfers for one day classes.**

DATES	TIME	DAY	CLASS
4/2	9:00 AM-12:00 PM	Sa	2003

Fee: Resident \$10, Non-Resident \$12
 Location: Civic Center Council Chamber
 Instructor: Stephen O’Neil

Ages: All ages

Ranches to Farms to Cities, the Transition to OC

Travel through the changes from Mexican ranchos to Anglo ranches and farms, the coming of Moulton, Whiting and Irvine and the great shift to an American agricultural economy. Walk through the creative process and the sorting of old photographs to capture the look and life of past large landowners of the Saddleback Valley. Concludes with a visit to Heritage Hill Park in Lake Forest to see the transition of houses from Serrano to Whiting. Transportation not included. **PLEASE NOTE: No refunds or transfers for one day classes.**

DATES	TIME	DAY	CLASS
4/16	9:00 AM-12:00 PM	Sa	2004

Fee: Resident \$10, Non-Resident \$12
 Location: Civic Center Council Chamber
 Instructor: Stephen O’Neil

Ages: All ages



ACTIVITY SCHEDULE

DANCE

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.

DATES	TIME	DAY	CLASS
LEVEL I			
4/3-5/1	12:15-1:30 PM	Su	1892
NO CLASS 4/24			
5/8-5/29	12:15-1:30 PM	Su	1893
6/5-6/26	12:15-1:30 PM	Su	1894

Fee: Resident \$49, Non-Resident \$59 Class Sessions: 4

LEVEL II (12 Week Session)

4/3-6/26	1:30-2:45 PM	Su	1895
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NO CLASS 4/24

Fee: Resident \$120, Non-Resident \$130 Class Sessions: 12

LEVEL III & IV (12 Week Session)

4/3-6/26	3:00-4:15 PM	Su	1896
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NO CLASS 4/24

Fee: Resident \$120, Non-Resident \$130 Class Sessions: 12

Location: LHCC Ages: 10 and older
Instructor: Tina Elkins

Clog Dance



Come and revive an early American folk dance from the Appalachian Mountains! Clogging is the forerunner of tap-dancing and combines many traditional American dances. This class is great for the whole family – partners are not required. Times: Beginners 6:45-7:30 PM,

Easy 7:30-8:00 PM, Easy Plus 8:00-8:30 PM, Intermediate 8:30-9:00 PM, Intermediate Plus/Advanced 9:00-9:45 PM. **Beginner start date is April 7, 2011.** For more information, please contact David Nimmo at (949) 939-1773.

DATES	TIME	DAY	CLASS	SESSIONS
The following sessions meet monthly:				
4/7-4/28	6:45-9:45 PM	Th	1914	4
5/5-5/26	6:45-9:45 PM	Th	1915	4
6/2-6/30	6:45-9:45 PM	Th	1916	5

Fee: Resident \$20, Non-Resident \$30

Three Month Option

4/7-6/30	6:45-9:45 PM	Th	1917	13
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Fee: Resident \$60, Non-Resident \$70

Location: LHCC Ages: 6 & older
Instructor: David Nimmo

Coast Dance Center



Coast Dance Center offers a comprehensive dance program through the City of Laguna Hills with classes for children age 3 and older. For more details on our program and to see videos of our classes, please visit www.coastdancecenter.com.

DATES	TIME	DAY	CLASS
Preschool Dance I – Tap & Ballet			
4/12-6/14	9:45-10:30 AM	Tu	Age 3 1942
4/15-6/17	9:00-9:45 AM	F	1944
Preschool Dance II – Tap & Ballet			
Age 4			
4/12-6/14	10:30-11:15 AM	Tu	1945
4/15-6/17	10:30-11:15 AM	F	1947
4/16-6/18	9:15-10:00 AM	Sa	1948
Classic Combo B – Tap, Ballet & Jazz			
Ages 6-7			
4/12-6/14	5:00-6:00 PM	Tu	1952
4/14-6/16	4:00-5:00 PM	Th	1953
Classic Combo C – Instructor Approval Required			
Ages 6-8			
4/15-6/17	4:00-5:30 PM*	F	1954
*Fee: Resident \$150, Non-Resident \$160			
Hip Hop			
Ages 6-8			
4/13-6/15	4:00-4:45 PM	W	1955
Hip Hop			
Ages 9 and older			
4/13-6/15	4:45-5:45 PM	W	1956
Jazz II/III – Instructor Approval Required			
Ages 10 and older			
4/14-6/16	5:00-6:00 PM	Th	1957
Lyrical II/III – Instructor Approval Required			
Ages 10 and older			
4/16-6/18	10:00-11:15 AM	Sa	1958
Tap I/II			
Ages 8 and older			
4/14-6/16	6:00-6:35 PM	Th	1959

Fee: Resident \$125, Non-Resident \$135 Class Sessions: 10
Location: LHCC
Instructor: Coast Dance Center

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 parent or legal guardian.** Buy your tickets early as this event will sell out! Tickets for 3/11 Dance go on sale beginning 2/22; tickets for 6/3 Dance go on sale beginning 5/9. Supervision will be provided by City Staff. For more information please call Todd Smyser (949) 707-2690. You must bring your ticket and student ID card to get into the dance. Hope to see you there!

DATES	TIME	DAY	CLASS
3/11	7:00-9:00 PM	F	1860
6/3	7:00-9:00 PM	F	1918

Fee: \$5 Ages: 11-14
Location: LHCC

ACTIVITY SCHEDULE



PERSONAL DEVELOPMENT

The Veggie Kitchen



The Veggie Kitchen™ brings you easy and economical recipes that introduce the delicious world of vegetarian cooking! 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	TOPIC	TIME	DAY	CLASS
4/2	Quick Dinners – Good Food Fast	11:30 AM-1:00 PM	Sa	1970
5/7	Home Baked Treats	11:30 AM-1:00 PM	Sa	1971
6/4	Tastes from the Global Kitchen	11:30 AM-1:00 PM	Sa	1973

CLASS DESCRIPTIONS

Quick Dinners: Good Food Fast! Recipes and tips to simplify your busy day and have great tasting, family satisfying meals on the dinner table, without a lot of effort.

Home Baked Treats: Satisfy your sweet tooth with wholesome, healthy, home baked delights.

Tastes from the Global Kitchen: Spice up your meals with international flavors! More of our favorite recipes from around the world cooked with a West Coast flair.

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

Ages: 18 and older

Location: LHCC

Instructor: Ed Cervantes

American Red Cross Adult, Child & Infant CPR

This course is designed to teach participants how to recognize and respond to breathing/cardiac emergencies for an adult, child and infant. Upon successful completion, participants will receive an American Red Cross Adult, Child & Infant CPR certificate valid for two years. This certification meets state requirements for teachers. A \$15 material fee and self-addressed stamped envelope are due to instructor at the start of class for your CPR certification cards. **PLEASE NOTE: No refunds or transfers for one day classes.**

DATES	TIME	DAY	CLASS
5/10	5:00-9:00 PM	Tu	1985

Fee: Resident \$45, Non-Resident \$47

Ages: 13 and older

Location: LHCC

Instructor: Amy Alexander

Supersitters

In this information packed program, students will learn safety on the job, what to do in case of an emergency, appropriate toys and games, job hunting, how to prevent accidents, and much more! Through class handouts, lecture, and hands-on experience, teens will learn what is expected of them, what to expect in return, and how to become the best Supersitter on the block! Bring a snack, notebook, and pen. Participants receive a certificate of completion at the end of class. A parent or responsible party must accompany each participant to the last 15 minutes of class. A \$5 material fee is due to instructor at the start of class – exact change would be appreciated. **PLEASE NOTE: No refunds or transfers for one day classes.**

DATES	TIME	DAY	CLASS
5/13	6:00-9:00 PM	F	1928

Fee: Resident \$38, Non-Resident \$40

Ages: 11-16

Location: LHCC

Instructor: Charlene Jordan

How to Sell on eBay!

Everyone has stuff stashed in closets, drawers, and garages. Others are paying for unnecessary storage areas! Why not make some money while helping others clear out their storage spaces at the same time? This class will teach you how to sell successfully on eBay. We will discuss organization, categorization, and how to write posts for your items. Students will receive an informational handout on the first day of class and should bring supplies to take notes.

DATES	TIME	DAY	CLASS
6/1-6/8	6:30-8:30 PM	W	1898

Fee: Resident \$59, Non-Resident \$69

Ages: 18 and older

Location: LHCC

Instructor: Frances Greenspan

Class Sessions: 2

REGISTER EARLY

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



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 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 12:00-2:00 PM	M-F Su

Fee: FREE
Location: LHCC Gym
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	6:30-9:30 PM 2:00-6:00 PM	F Su

Annual Fee: Resident \$30, Non-Resident \$40
Location: LHCC Gym
Ages: 18 and older

After School Sports



Intramural sports will be offered for boys and girls two days a week after school at each elementary school campus in Laguna Hills. Sessions begin with skill development and progress to intramural tournaments. Session I: Coed Soccer; Session II: Track & Field. All City Youth Track Meet will be held on Saturday, June 11 from 8am-12pm. Both sessions are open to students in grades K-6. Please call (949) 707-2687 for additional information. **NOTE: On minimum days practice will be held at 1:30 PM at Lomarena and Valencia, and at 1:00 PM at San Joaquin. NO CLASS 5/30.**

DATES	TIME	DAY	SCHOOL	SPORT	CLASS
SESSION I					
3/14-4/13	2:45-4:00 PM 1:30-2:45 PM	M W	Lomarena	Coed Soccer	1807
3/15-4/14	2:15-3:30 PM	Tu Th	San Joaquin	Coed Soccer	1808
3/15-4/14	2:45-4:00 PM	Tu Th	Valencia	Coed Soccer	1809

DATES	TIME	DAY	SCHOOL	SPORT	CLASS
SESSION II					
5/9-6/11	2:45-4:00 PM 1:30-2:45 PM	M W	Lomarena	Track & Field	1936
5/10-6/11	2:15-3:30 PM	Tu Th	San Joaquin	Track & Field	1937
5/10-6/11	2:45-4:00 PM	Tu Th	Valencia	Track & Field	1938

Fee: \$35
Instructor: Community Services Staff
Ages: 5-13
Weeks: 5

Children's Running Program



Calling all future marathon runners! The City of Laguna Hills Community Services Staff is here to help you train for a fun 5K run this Memorial Day. As part of the City's Get Fit Campaign, this program has been designed for children of all fitness levels to work towards the goal of competing in the City of Laguna Hills Memorial Day 5K and Half Marathon. Come out and join Community Services staff twice a week for five weeks to train, prepare, and participate in the 5K Run this Memorial Day. This program will teach you proper stretching exercises, build endurance, and conclude with the 5K run on Monday, May 30. All participants will receive a t-shirt, prizes, and entrance to the 5K run as they achieve training goals.

DATES	TIME	DAY	CLASS
4/25-5/25	4:00-5:00 PM	M W	1966
4/26-5/26	4:00-5:00 PM	Tu Th	1969

Fee: Resident \$15, Non-Resident \$20
Location: LHCC
Instructor: Community Services Staff
Ages: 8-13
Class Sessions: 10

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.



As you browse the Spring 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.

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, balance, and reaction times. Please bring your own racquet and one can of new, unopened tennis balls to first class.

DATES	TIME	DAY	CLASS
4/1-5/6	4:00-5:00 PM	F	1939

Fee: Resident \$65, Non-Resident \$75
 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 to first class.

DATES	TIME	DAY	CLASS
4/1-5/6	5:00-6:00 PM	F	1940

Fee: Resident \$65, Non-Resident \$75
 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 to first class.

DATES	TIME	DAY	CLASS
4/1-5/6	6:00-7:00 PM	F	1941

Fee: Resident \$65, Non-Resident \$75
 Location: Mackenzie Park Tennis Courts
 Instructor: John Myers

Ages: 14 and older
 Class Sessions: 6

Gentle Yoga



Find the Yoga Basics and Yoga Flow classes 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.

DATES	TIME	DAY	CLASS
4/6-6/22	6:00-7:30 PM	W	1933

Fee: Resident \$156, Non-Resident \$166
 Location: LHCC
 Instructor: Angie Knight

Ages: 14 and older
 Class Sessions: 12

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 clothing, bring blanket(s)/towel(s) and a mat.

DATES	TIME	DAY	CLASS
4/4-6/27	6:30-8:00 PM	M	1934
NO CLASS 5/30			

Fee: Resident \$156, Non-Resident \$166
 Location: LHCC
 Instructor: Angie Knight

Ages: 14 and older
 Class Sessions: 12

Yoga Flow



For those familiar with yoga and wanting to advance and improve their practice. Beginners are welcome but must be prepared for a workout. Participants should wear comfortable clothing, bring blanket(s)/towel(s) and a mat.

DATES	TIME	DAY	CLASS
4/6-6/22	10:00-11:30 AM	W	1935

Fee: Resident \$156, Non-Resident \$166
 Location: LHCC
 Instructor: Angie Knight

Ages: 14 and older
 Class Sessions: 12

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, 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.

DATES	TIME	DAY	CLASS	SESSIONS	FEE (Res/Non-Res)
4/5-4/26	7:00-8:00 PM	Tu	2009	4	\$32/\$42
5/3-5/31	7:00-8:00 PM	Tu	2010	5	\$40/\$50
6/7-6/28	7:00-8:00 PM	Tu	2011	4	\$32/\$42

Three Month Option:

4/5-6/28	7:00-8:00 PM	Tu	2012	13	\$104/\$114
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Location: LHCC
 Instructor: Maria Hansen

Ages: 16 and older



ACTIVITY SCHEDULE

SPORTS & FITNESS

Hiking Club



Enjoy the local wilderness areas of Orange County while getting some exercise! This intermediate level class is a series of four hikes that are moderately paced. Hikes are approximately 4-6 miles and encounter a variety of terrain, including steep hills and occasional water crossings. Participants should bring plenty of water and wear hiking boots. Class meets at the Laguna Hills Community Center on selected Saturdays with transportation by City staff to all destinations. Please call (949) 707-2692 for more information. **SCHEDULE:** 4/9: Aliso/Wood Canyons Wilderness Park – Wood Canyon Trail; 4/23: Whiting Ranch Wilderness Park – Billy Goat Trail; 5/7: Modjeska Canyon – Harding Tail; 5/21: San Mateo Canyons Wilderness Area – Morgan Trail.

DATES	TIME	DAY	CLASS
4/9-5/21	8:00 AM-12:00 PM	Sa	2005

Fee: Resident \$40, Non-Resident \$45
 Location: Meet at LHCC
 Instructor: Community Services Staff

Ages: 15 and older
 Class Sessions: 4

Beginning Hiking



Have fun learning basic hiking techniques and discover the native plants, animals and history while enjoying the local wilderness parks. This beginner level class is a series of four hikes that are held at a slow, comfortable pace with some small hills with approximate distances of 3 miles. Participants should bring plenty of water and hiking boots or good walking shoes. Class meets at the Laguna Hills Community Center on selected Saturdays with transportation by City staff to all destinations. Please call (949) 707-2692 for more information. **SCHEDULE:** 4/30: Aliso/Wood Canyons Wilderness Park – Aliso Canyon Trail; 5/14: Caspers Wilderness Park – Bell Canyon Trail; 6/4: O'Neill Regional Park – Arroyo Trabuco Trail; 6/18: Whiting Ranch Wilderness Park – Borrego Trail.

DATES	TIME	DAY	CLASS
4/30-6/18	8:00 AM-12:00 PM	Sa	2006

Fee: Resident \$40, Non-Resident \$45
 Location: Meet at LHCC
 Instructor: Community Services Staff

Ages: 15 and older
 Class Sessions: 4

LOOKING FOR A VENUE FOR A PRIVATE FUNCTION OR BUSINESS MEETING?



The Laguna Hills Community Center is the focal point of the City's recreational, leisure, and cultural interests and an ideal place to host an event whether it be a wedding reception, business meeting, seminar, birthday party or other celebration. The 43,000 square foot building includes a large banquet facility, full-functioning catering kitchen, large classroom, art room, physical activity room and gymnasium as well as several picnic shelters in the adjacent Sports Complex. These facilities are available for rent through the Community Services Department. For additional information regarding these facilities, please call (949) 707-2680. The Community Center and Sports Complex reservation fee schedule is available on the City's website at www.ci.laguna-hills.ca.us



SPORTS & FITNESS

Kids Bicycle Safety Clinic NEW

A hands-on workshop for kids! We cover the basic repair skills for kids, including fixing flats, cleaning the chain and educating kids on bike maintenance and safety. **Please bring your bike to class.** A \$5 material fee is due to instructor which will cover materials used, hand-outs and a patch kit. **This class takes place at OC Bike Garage, 23011 Moulton Parkway #E7, Laguna Hills, CA 92653.**

DATES	TIME	DAY	CLASS
4/6	4:00-6:00 PM	W	2007

Fee: Resident \$25, Non-Resident \$27

Ages: 8-16

Location: OC Bike Garage

Instructor: OC Bike Garage Staff

Adult Bicycle Maintenance and Safety Clinic

In this hands-on course, we'll cover basic repair skills including fixing flats, cleaning the chain and adjusting gears to keep your bike running smoothly. We will also discuss the contents of a basic tool kit and supplies to keep your bike in excellent shape. Tips on bike commuting will be covered as well. All tools and supplies are provided. **Please bring your road or mountain bike to class.** A \$5 material fee is due to instructor which will cover materials used, hand-outs and a patch kit. **This class takes place at OC Bike Garage, 23011 Moulton Parkway #E7, Laguna Hills, CA 92653.**

DATES	TIME	DAY	CLASS
4/13	6:30-9:00 PM	W	2008

Fee: Resident \$35, Non-Resident \$37

Ages: 16 and older

Location: OC Bike Garage

Instructor: OC Bike Garage Staff

REGISTER EARLY

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

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 or to find out more about the program, please call (949) 707-2683.

Pizza and Movie Night

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

DATES	TIME	DAY	CLASS
3/25	7:00-9:00 PM	F	1798

Fee: \$5

Ages: 13 and older

Location: LHCC

Circle of Friends Cooking & Crafts Night NEW

Join us at the Laguna Hills Community Center for a night of cooking delicious food, making crafts and spending quality time with friends! Please RSVP to (949) 707-2683.

DATES	TIME	DAY	CLASS
4/8	7:00-9:00 PM	F	1982

Fee: \$5

Ages: 13 and older

Location: LHCC

Circle of Friends Karaoke & Game Night

Invite a friend and join us for an exciting evening of karaoke, social recreation and interactive games! Light snacks will be provided. Please RSVP to (949) 707-2683.

DATES	TIME	DAY	CLASS
5/20	7:00-9:00 PM	F	1983

Fee: \$5

Ages: 13 and older

Location: LHCC

Circle of Friends Spring Dance



Come dance the night away at the Circle of Friends Spring Dance! Bring a friend and join us for a special evening at the Laguna Hills Community Center. We hope you can come! Please RSVP to (949) 707-2683.

DATES	TIME	DAY	CLASS
6/10	7:00-9:00 PM	F	1984

Fee: \$5

Ages: 13 and older

Location: LHCC



ACTIVITY SCHEDULE

SPORTS LEAGUES

EMERITUS

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
Men's Competitive	5/17-7/19	6:10, 7:00, 8:00 PM	Tu	1997

Fee: \$325 Location: LHCC Gym 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
Competition Co-ed	5/20-7/22	6:15, 7:30, 8:45 PM	F	1992
Men's Recreation	5/16-7/18	6:15, 7:30, 8:45 PM	M	1993
Men's Lower "D"	5/18-7/20	6:15, 7:30, 8:45 PM	W	1994
Men's Upper "D"	5/17-7/19	6:15, 7:30, 8:45 PM	Tu	1995
Men's Upper "C"	5/19-7/21	6:15, 7:30, 8:45 PM	Th	1996

Fee: \$425 Location: LHCC Softball Field 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
Recreational Co-ed	5/18-7/20	6:10, 7:00, 8:00, 9:00 PM	W	1998
Women's	5/16-7/18	6:10, 7:00, 8:00, 9:00 PM	M	1999

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

REGISTER EARLY

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

Saddleback College Senior Emeritus Program



These classes are sponsored by the 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.

DAY	CLASS	TIME
The following classes meet from 1/10-4/10:		
M W	Yoga	9:00-9:50 AM
M W	Aerobic Exercises	10:15-11:05 AM
M W	Pilates Conditioning	11:10 AM-12:00 PM
T Th	Stretch Exercise	8:30-9:20 AM
T Th	Pilates Conditioning	9:30-10:20 AM
T Th	Aerobic Exercises	10:30-11:20 AM

The following classes meet from 1/10-5/19:		
F	Beginning Tai Chi	9:00-10:20 AM
F	Pilates Conditioning	10:10-11:30 AM
F	Advanced Tai Chi	10:30-11:50 AM

Location: LHCC Ages: 50 and older

VOLUNTEER AT THE MEMORIAL DAY HALF MARATHON & 5K!



Come out and help celebrate Memorial Day by volunteering to help at registration, on the course or at the post event festivities! You'll have the time of your life while getting community service hours, in addition to an event t-shirt, lunch and goody bag. Over 400 volunteers are needed in order to put

on this great race event! Please call (949) 975-8506 or email questions@lagunahillshalfmarathon.com for more information.

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	949.635.5800
Orange County Animal Care Services	714.935.7419
MOMS Club of Laguna Hills	949.224.3065

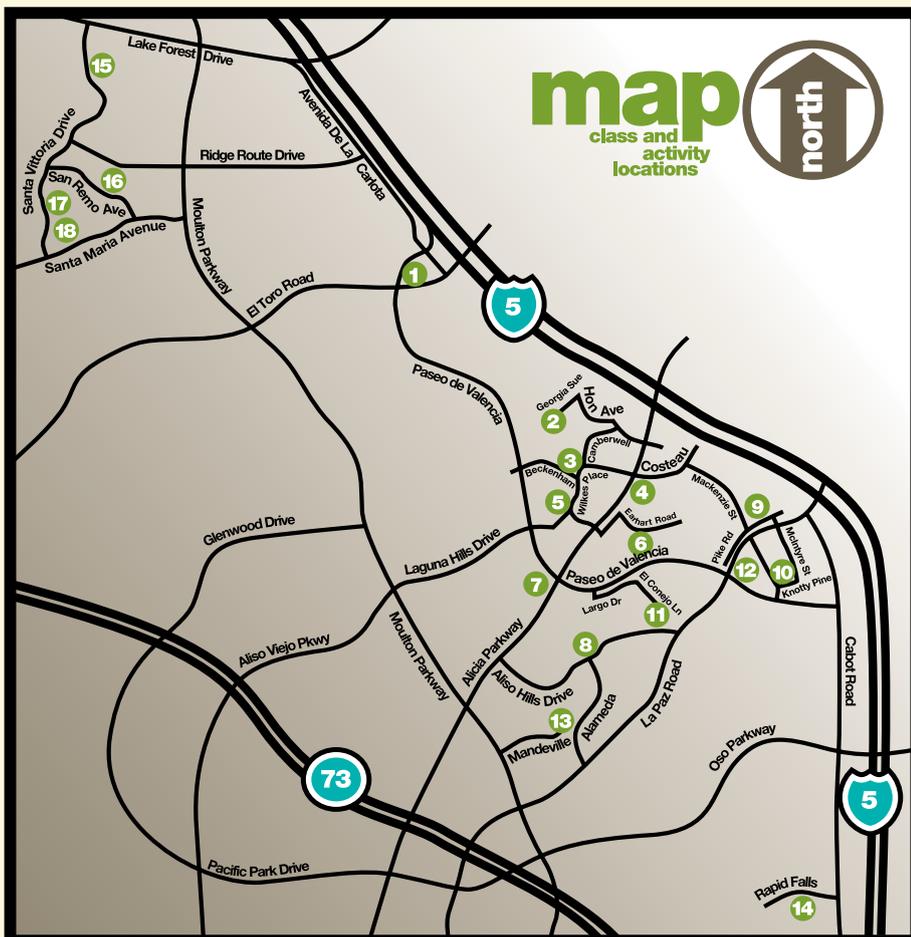


SPORTS & YOUTH GROUPS

AYSO Region 1422	www.ayso1422.org
Laguna Hills Little League	949.206.5414
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

City of Laguna Hills REGISTRATION FORM

Spring Registration begins Tuesday, March 1, 2011

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**

Information

- A \$35 fee is charged on all returned checks.
- Families enrolling more than one child in the same class taught by Community Services Staff will receive a 25% discount for additional children enrolled. Not applicable to special events, camps, after-school sports or contract classes.
- If you need special accommodations for any of our activities, please notify staff 72 hours prior to the event at 949.707.2680.

Full refunds are issued for any class cancelled by the City. Refund requests made prior to the start of an activity will be granted without explanation but will be 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.

Adult Name _____
Last First Date of Birth

Address _____
Number Street City Zip

Home Phone _____ Work Phone _____

Cell Phone _____ Email Address _____

TITLE OF CLASS	CLASS NUMBER	DATES	PARTICIPANT'S LAST NAME	PARTICIPANT'S FIRST NAME	BIRTH DATE	FEES (RESIDENT)	FEES (NON-RES)
						\$	\$
						\$	\$
						\$	\$
						\$	\$
						\$	\$

FEES ARE SUBJECT TO CHANGE. INCOMPLETE FORMS WILL NOT BE PROCESSED AND PARTICIPATION IN A CLASS/EVENT REQUIRES A SIGNED AND COMPLETED REGISTRATION FORM PRIOR TO THE START OF THE CLASS/EVENT. ALL MINOR PARTICIPANTS MUST BE REGISTERED BY PARENT OR LEGAL GUARDIAN.

total program fees \$ _____

Release and Waiver of Liability and Indemnity Agreement

In consideration of the opportunity to participate in these activities, I hereby release, waive, and hold harmless the City of Laguna Hills ("City") and its Council members, officers, employees, agents, instructors, activity organizers and sponsors (collectively "City Representatives") from any and all suits, claims, damages, losses, injuries (including property damage, bodily injury, or death), and any other compensable loss of any time (collectively "Claims") to myself and "My Agents" (which includes my minor children, members of my organization, agents, and employees) arising out of participation in these activities, whether or not the negligence of the City or City Representatives contribute to or cause the Claims. This release does not apply to the extent the Claims are caused by the gross negligence or willful or wanton misconduct of the City or City Representatives. I further agree to defend and indemnify the City and City Representatives from any and all Claims directly or indirectly arising out of the acts or omissions of me or My Agents. I consent for video and photographs to be taken of me and My Agents for use in future City publications and understand that I and My Agents will not receive any compensation for such use.

I CERTIFY THAT I HAVE READ AND UNDERSTAND THIS, AND AGREE ON BEHALF OF MYSELF, MY SPOUSE AND MY CHILDREN.

Signature of Participant or Parent/Guardian of participant if under 18 years of age

Date