



laguna hills
CITY VIEWS

OAKBROOK VILLAGE PROJECT
(Groundbreaking this Spring)



Laguna Hills Receives Honors for
“TURNING RED TAPE
INTO RED CARPET”

What's Inside?
Local Businesses
Red Carpet
Environment
Police Services
Dial A Taxi



laguna hills

CITY VIEWS

2014 SPRING 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

LOCAL BUSINESSES

City Launches New “Spotlight on Local Business” Program

Laguna Hills continues its efforts to strengthen ties with local businesses. Most recently, the City just launched its new “Spotlight on Local Business” program. This program gives local businesses the opportunity to highlight their business at a City Council meeting by sharing details about their history, operations, and plans for the future.

The “Spotlight on Local Business” takes place under the **Presentations** section of the City Council meeting, which occurs shortly after the start of business at 7:00 p.m. City Council meetings are held on the second and fourth Tuesdays of the month. Residents are encouraged to stop by the City Council meeting and learn more about some of the businesses located within the City.

Interested in having your business featured in the “Spotlight on Local Business” program? Contact the City’s Administrative Services Department at (949)707-2610.

Want an easy way to stay informed of upcoming events and news within the City?

Follow the City on Twitter.

This quick and easy way of staying in touch with the City is available to all who sign up at

www.twitter.com/citylagunahills.



LAGUNA HILLS RECEIVES HONORS FOR



For the second year in a row, the City has been recognized at the Orange County Business Council's "Turning Red Tape Into Red Carpet" Awards. The program was developed to recognize leaders in local government whose policies and programs eliminate the

center in the City, but will also result in the development of 489 residential units to provide workforce housing in the area.

As stated by Orange County Business Council, "the City was honored for its flexibility and creativity in working with the property owner of a prominent shopping center, Oakbrook Village, to attract and retain major retailers while redeveloping obsolete or failing portions."

Oakbrook Village is anticipated to begin construction on Phase I of the project this Spring.



barriers to economic growth and private sector job creation. Laguna Hills received the "Real Estate Redevelopment and Reuse" award for its work on the Oakbrook Village Redevelopment Project. This project not only allows for the redevelopment of a prominent shopping



ENVIRONMENT

By Reducing Urban Runoff In Your Yard, You Can Prevent Water Pollution

Many common yard care activities could lead to water pollution; but by simply changing one or two individual practices in our yards, we can help reduce urban runoff and improve the health of our waterways.

Urban runoff occurs when excessive water from irrigation carries litter and other pollutants into the storm drain. Unlike water that enters the sewer (from sinks and toilets), water that enters the storm drain is not treated before entering our waterways.

To avoid overwatering, follow these simple tips:

- Plant drought resistant or native plants that require less water.
- Before watering your plants, check the soil moisture level below the surface, it should almost be dry.
- Water early in the morning to reduce evaporation.
- Set your irrigation timer to water in 3-4 minute cycles.
- Shut off your irrigation timer or use the rain-delay feature before and during rain events.
- Adjust your irrigation schedule by using the water index at www.bewaterwise.com



Remember, the ocean begins at your front door. To learn about what you can do to prevent urban runoff pollution or to report a water pollution problem, contact the City of Laguna Hills Public Services Department at (949) 707-2657 or visit the Orange County Stormwater Program at visit www.ocwatersheds.com.

POLICE SERVICES STUDY



Have an opinion on Police Services in the City? We would love to hear it!

The City has retained the services of Matrix Consulting Group to conduct a comprehensive evaluation of the City's police services. This study will focus on the service provided by the Orange County Sheriff's Department. Residents are asked to participate by completing a survey about police services in the City. The survey is completely anonymous and the results will only be reviewed by Matrix Consulting Group. The survey is available through March 12 and can be accessed online at

<https://www.surveymonkey.com/s/PQTC9KD>.

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.

COMMUNITY TELEPHONE



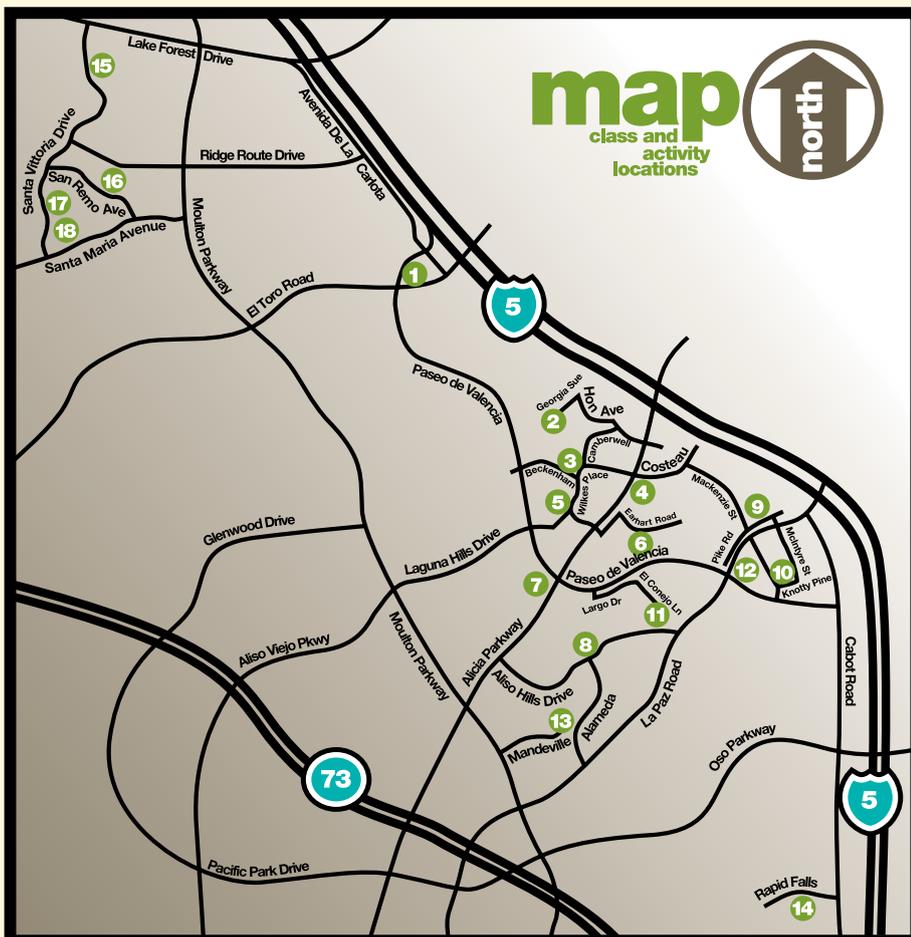
Laguna Hills City Hall	949.707.2600
Laguna Hills Graffiti Hotline	949.707.2656
OC Public Technology Branch Library	949.707.2699
Orange County Sheriff's Dept. (24 hour)	949.770.6011
Florence Sylvester Memorial Senior Center	949.380.0155
Saddleback Valley School District	949.586.1234
Laguna Hills High 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	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 SPRING

COMMUNITY SERVICES

ACTIVITY GUIDE

IT'S
NO
SECRET...



WE HAVE
EGG-CITING
CLASSES.

PRESORTED STD
U.S. POSTAGE
PAID
PERMIT NO. 741
LAGUNA HILLS, CA

CITY OF LAGUNA HILLS 25555 ALICIA PARKWAY LAGUNA HILLS CA 92653

CALENDAR OF EVENTS

- March 11** Spring Registration Begins
- March 14** Circle of Friends Pizza & Movie Night
- March 21** Middle School Dance
- April 5** Excursion: Griffith Observatory
- April 11** Late Night Flashlight Egg Hunt
- April 12** Mr. Bunny and Friends
- April 14-18** Spring Teen Camp
- April 19** Volunteer Connection Day
- April 25** Circle of Friends Bowling Night
- May 10** Excursion: Getty Villa
- May 26** Memorial Day Half Marathon 5k & 10k
- May 30** Circle of Friends B-I-N-G-O Night
- June 3** Build A Fort Registration Opens
(Laguna Hills Residents Only)
- June 6** Middle School Dance
- June 13** Circle of Friends Summer Kick-Off Dance

NEW

NEW THIS SPRING!

- All Sorts of Sports
- Animal Safari
- Messy Muddy Hands and Toes
- Parents Night WITHOUT the Kids!
- Soccer Starters
- Beginning Ballroom Dance
- Kundalini Yoga
- B-I-N-G-O Night

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.

SAVE THE DATE

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 3, 2014 - Friday, June 6, 2014** 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 guardian only. Space is limited and is on a first come, first served basis. Registration for **non-residents** will begin on **Tuesday, June 10, 2014**.

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ACTIVITY SCHEDULE

Special Events

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 transform into an exciting adventure filled with tons of eggs. This eggciting night hunt will conclude with a raffle where everyone will have the chance to win fun prizes. There will be two separate hunts, one for 7-10 year olds and another for 11-14 year olds. Participants must bring their own flashlight and bag. **Space is limited, so register early! Tickets must be purchased in person in advance at the Laguna Hills Community Center. Registration closes 4/11/14 at 4pm. You must bring your wrist band to participate in the event. PLEASE NOTE: No refunds or transfers for this event.**

DATES	TIME	DAY	CLASS
4/11	7:30-9:00 PM	F	3530

Fee: Resident \$5, Non-Resident \$10
Location: LHCC
Instructor: Community Services Staff

Ages: 7-14

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. PLEASE NOTE: No refunds or transfers for this event.**

DATES	TIME	DAY	CLASS
4/12	10:00-11:00 AM	Sa	3531

Fee: Resident \$6, Non-Resident \$11
Location: LHCC
Instructor: Community Services Staff

Ages: 6 and under

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
4/19	9:00-12:00 PM	Sa	3532

Fee: Free
Location: LHCC
Instructor: Community Services Staff

Ages: All Ages
Welcome

Memorial Day Half Marathon 2014



On your mark, get set, go! Preparation has already begun for the 16th annual Laguna Hills Memorial Day Half Marathon 5K, and 10K, Honoring the United States Marine Corps Dark Horse Battalion. 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 the Half Marathon (13.1 miles), 5K Run/Walk (3.1 miles), 10K Run/Walk (6.2 miles), or Kid's Run (1/2 mile). Standard online registration for the races will be open through May 23th at www.lagunahillshalfmarathon.com. The City of Laguna Hills intends to donate \$3 per participant to the 3/5 Marine Support Committee. 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!

DATES	DAY
5/26	M

Camps

Spring Break Teen Camp

Spring Break Teen Camp is an excursion based program created for boys and girls who are 11-14 years old. Campers will meet at the Laguna Hills Community Center for a week of fun-filled trips and much more! Camp is held in a one-week session. **SCHEDULE Monday:** Bowling, Pizza & Movies; **Tuesday:** Boomers; **Wednesday:** Long Beach Aquarium; **Thursday:** Knott's Berry Farm (extended hours 8:30a-7:00p); **Friday:** San Clemente City Beach. Register early as space is limited. For more information please call (949) 707-2690. **PLEASE NOTE: No refunds or transfers for camps.**

DATES	TIME	DAY	CLASS
4/14-4/18	8:30 AM-5:30 PM	M-F	3549

Fee: Resident \$190, Non-Resident \$195
Location: Location unspecified
Instructor: Community Services Staff

Ages: 11-14
Class Sessions: 5

ACTIVITY SCHEDULE



EARLY CHILDHOOD

CULTURAL ARTS

Tunes and Tales

Let's get the wiggles out! Join Ms. Vivian in her 19th year teaching 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 1/2-4 year class only). The children have a great time while developing their listening and social skills. Parent/adult participation is required. Come join the fun!

DATES	TIME	DAY	CLASS
AGES 1 ½-2 ½:			
4/1-4/29	9:30-10:10 AM	Tu	3469
5/13-6/10	9:30-10:10 AM	Tu	3475
Fee: Resident \$40, Non-Resident \$45		Class Sessions: 5	

DATES	TIME	DAY	CLASS
AGES 2 ½-4:			
4/1-4/29	10:15-11:10 AM	Tu	3474
5/13-6/10	10:15-11:10 AM	Tu	3476
Fee: Resident \$45, Non-Resident \$50		Class Sessions: 5	

Location: LHCC
Instructor: Vivian Stapleton

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 provided by the instructor for use in class. **A \$15 material fee is due to the instructor at the first class meeting.**

DATES	TIME	DAY	CLASS
4/3-5/22	9:30-10:15 AM	Th	3462

Fee: Resident \$145, Non-Resident \$150
Location: LHCC
Instructor: Sophi Albert
Ages: 2-4
Class Sessions: 8

Parent & Tot Clay Time

Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay, as we hand build playful projects step-by-step. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. Parent participation is required. **A \$20 material fee is due to the instructor at the first class meeting.**

DATES	TIME	DAY	CLASS
5/7-6/4	2:30-3:15 PM	W	3485

Fee: Resident \$65, Non-Resident \$70
Location: LHCC
Instructor: Lucia Henry
Ages: 3-5
Class Sessions: 5

Play Dough 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 \$10 material fee is due to the instructor at the first class meeting.**

DATES	TIME	DAY	CLASS
4/4-5/23	10:45-11:45 AM	F	3547

Fee: Resident \$90, Non-Resident \$95
Location: LHCC
Instructor: Art To Grow On, Inc.
Ages: 3-5
Class Sessions: 8

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 is due to the instructor at the first class meeting.**

DATES	TIME	DAY	CLASS
AGES 4 & under:			
4/9-6/11	9:15-10:00 AM	W	3466
4/9-6/11	10:15-11:00 AM	W	3467

DATES	TIME	DAY	CLASS
AGES 8 months & under:			
4/9-6/11	11:15-12:00 PM	W	3468

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

PERSONAL DEVELOPMENT

Animal 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 different types of animals. Parent participation is required.

DATES	TIME	DAY	CLASS
4/9-4/30	10:00-11:00 AM	W	3541

Fee: Resident \$35, Non-Resident \$40
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, to 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
4/15-6/19	11:30 AM-2:00 PM	Tu Th	3540

Fee: Resident \$175, Non-Resident \$180
 Location: LHCC
 Instructor: Community Services Staff
 Ages: 3-5
 Class Sessions: 20

Messy Muddy Hands and Toes

Messy, muddy, sticky and gooey...you'll create art with fingers, feet, pudding, play dough, pud and suds! Wow! Let your imagination run wild with inventive projects each week. Parent participation is required.

DATES	TIME	DAY	CLASS
6/7-6/28	10:00-11:00 AM	Sa	3542

Fee: Resident \$35, Non-Resident \$40
 Location: LHCC
 Instructor: Community Services Staff
 Ages: 3-5
 Class Sessions: 4

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 September 1, 2013 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 4/14, 4/16, 4/18, & 5/26.**

DATES	TIME	DAY	CLASS
3/31-6/18	9:00 AM-12:00 PM	MWF	3526

Fee: Resident \$450, Non-Resident \$455
 Location: LHCC
 Instructor: Jennifer Migliaccio
 Ages: 4-5
 Class Sessions: 31

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 one day events.**

DATES	TIME	DAY	CLASS
5/9	5:30-9:30 PM	F	3561

Fee: Resident \$15, Non-Resident \$20
 Location: LHCC
 Instructor: Community Services Staff
 Ages: 3-10

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, and 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 \$10 material fee is due to the instructor at the first class meeting. Parent participation is required.**

DATES	TIME	DAY	CLASS
4/4-5/23	9:30-10:15 AM	F	3546

Fee: Resident \$90, Non-Resident \$95
 Location: LHCC
 Instructor: Art To Grow On, Inc.
 Ages: 1-2
 Class Sessions: 8

SPORTS & FITNESS

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 at least 4 years old to participate. This class takes place at Costeau Park- **NO RESTROOMS AT THIS LOCATION. *NO CLASS 5/24.**

DATES	TIME	DAY	CLASS
5/3-5/31	9:00-9:45 AM	Sa	3538

Fee: Resident \$35, Non-Resident \$40
 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 football! Parent participation is required. This class takes place at Costeau park- **NO RESTROOMS AT THIS LOCATION. *NO CLASS 5/24.**

DATES	TIME	DAY	CLASS
5/3-5/31	10:15-11:00 AM	Sa	3539

Fee: Resident \$35, Non-Resident \$40
 Location: Costeau Park
 Instructor: Community Services Staff
 Ages: 4-6
 Class Sessions: 4

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 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, guache and acrylic with the addition of ink, pastel and oil for advanced students only. All intermediate and advanced students provide their own materials. All instruction is individual, therefore each student will be working at this or her own level and the only deadlines are sufficient completion of work.

DATES	TIME	DAY	CLASS
4/7-5/12	4:00-5:30 PM	M	3478
5/19-6/30	4:00-5:30 PM	M	3479

Fee: Resident \$140, Non-Resident \$145
 Location: LHCC
 Instructor: Marillyn Brame

Ages: 6-16
 Class Sessions: 6

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:			
4/6-4/27	1:30-2:45 PM	Su	3562
5/4-5/25	1:30-2:45 PM	Su	3563
6/1-6/22	1:30-2:45 PM	Su	3564

Fee: Resident \$49, Non-Resident \$54

Class Sessions: 4

LEVEL II:

4/6-6/22	4:30-5:45 PM	Su	3565
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Fee: Resident \$120, Non-Resident \$125
 Location: LHCC
 Instructor: George Medlock

Class Sessions: 12
 Ages: 18 and older

Ceramics Creations

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 decorate them with under glazes. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. A \$20 material fee is due to the instructor at the first class meeting.

DATES	TIME	DAY	CLASS
5/7-6/4	3:30-4:45 PM	W	3486

Fee: Resident \$75, Non-Resident \$80
 Location: LHCC
 Instructor: Lucia Henry

Ages: 6-12
 Class Sessions: 5

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
3/21	7:00-9:00 PM	F	3426
6/6	7:00-9:00 PM	F	3548

Fee: \$5

Location: LHCC

Ages: 12-14

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:			
4/6-4/27	12:15-1:30 PM	Su	3480
5/4-5/25	12:15-1:30 PM	Su	3481
6/1-6/22	12:15-1:30 PM	Su	3482

Fee: Resident \$49, Non-Resident \$54

Class Sessions: 4

LEVEL II (12 week session):

4/6-6/22	1:45-3:00 PM	Su	3483
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Fee: Resident \$120, Non-Resident \$125

Class Sessions: 12

LEVEL III/IV (12 week session):

4/6-6/22	3:15-4:30 PM	Su	3484
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Fee: Resident \$120, Non-Resident \$125

Class Sessions: 12

Location: LHCC

Instructor: Tina Enheduanna

Ages: 10 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 sample registration form at the front of the brochure.



ACTIVITY SCHEDULE

DANCE

West Coast Movement Project



West Coast Movement Project offers a comprehensive dance program for students ages 3 to adults. WCMP provides solid dance instruction designed to challenge and inspire students to grow technically and artistically.

Our Spring term is only available to ongoing students from the Fall and Winter terms. All classes require a prerequisite to enroll. WCMP will open enrollment to new students in the Summer term.

MULTIPLE CLASS DISCOUNT - There is a \$7 tuition discount available for multiple WCMP dance classes taken by one family. You must register for all of the classes in one transaction to have the discount applied. The first class does not receive a discount. The discount is applied to all additional classes.

For more information:

Mia Alicea/Artistic Director

Phone: (949) 495-2119

E-mail: mia.alicea@gmail.com

Website: wcmovementproject.com

FB business page: facebook.com/WestCoastMovementProject

Preschool Dance I (Tap/Ballet)

***PREREQUISITE REQUIRED - Must be continuing student from the Fall/Winter session.**

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 4/10 & 4/11.**

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

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
3	Th	4/3-6/19	9:00-9:45 AM	11	\$116/\$121	\$109/\$114	3505
3	F	4/4-6/20	10:30-11:15 AM	11	\$116/\$121	\$109/\$114	3506

Preschool Dance II (Tap/Jazz/Ballet)

***PREREQUISITE REQUIRED - Must be continuing student from the Fall/Winter session.**

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 4/8 & 4/11.**

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

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
4	Tu	4/1-6/17	9:00-9:45 AM	11	\$116/\$121	\$109/\$114	3507
4	F	4/4-6/20	11:15-12:00 PM	11	\$116/\$121	\$109/\$114	3508

Classic Combo A (Tap & Jazz)

***PREREQUISITE REQUIRED - Must be continuing student from the Fall/Winter session.**

This class focuses on stationary and locomotor tap steps and the beginning elements of jazz dance. ***NO CLASS 4/9.**

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

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
5-7	W	4/2-6/18	3:20-4:20 PM	11	\$143/\$148	\$136/\$141	3510
5-7	Tu	4/1-6/17	3:20-4:20 PM	11	\$143/\$148	\$136/\$141	3509

Classic Combo B (Tap & Jazz)

***PREREQUISITE REQUIRED - Must be continuing student from the Fall/Winter session.**

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 4/8.**

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	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
6-10	Tu	4/1-6/17	4:20-5:20 PM	11	\$143/\$148	\$136/\$141	3511

Classic Combo C (Tap & Jazz)

***PREREQUISITE REQUIRED - Must be continuing student from the Fall/Winter session.**

This class includes both tap & jazz and is offered in an extended time format, allowing students to take two disciplines for a single class rate. At this level, we recommend our dancers take this class in conjunction with other disciplines (lyrical, ballet and/or hip hop). ***NO CLASS 5/26.**

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

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
7 & up	M	4/14-6/23	5:00-6:15 PM	11	\$130/\$135	\$123/\$128	3512

Tap & Jazz

***PREREQUISITE REQUIRED - Must be continuing student from the Fall/Winter session.**

This class is offered in an extended time format, allowing students to take two disciplines for a single class rate. At this level, we recommend our dancers take this class in conjunction with other disciplines (lyrical, ballet and/or hip hop). ***NO CLASS 5/26.**

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

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class	
LEVEL II	7 & up	Tu	4/1-6/17	5:20-6:50 PM	11	\$165/\$170	\$158/\$163	3513
LEVEL III	9 & up	F	4/4-6/20	4:00-5:45 PM	11	\$165/\$170	\$158/\$163	3514

LEVEL II

7 & up	Tu	4/1-6/17	5:20-6:50 PM	11	\$165/\$170	\$158/\$163	3513
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LEVEL III

9 & up	F	4/4-6/20	4:00-5:45 PM	11	\$165/\$170	\$158/\$163	3514
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ACTIVITY SCHEDULE



DANCE

Ballet

***PREREQUISITE REQUIRED - Must be continuing student from the Fall/Winter session.**

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 4/10.**

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

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
5-9	Th	4/3-6/19	4:15-5:00 PM	11	\$143/\$148	\$136/\$141	3515
10 & up	Th	4/3-6/19	5:00-6:00 PM	11	\$143/\$148	\$136/\$141	3516

Jazz III

***PREREQUISITE REQUIRED - Must be continuing student from the Fall/Winter session.**

This class builds on a strong, dynamic jazz dance base. Class begins with a technical warm-up and is rounded out with combinations, progressions and refining leaps and turns. ***NO CLASS 4/9.**

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	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
11 & up	W	4/2-6/18	6:45-8:00 PM	11	\$154/\$159	\$147/\$152	3517

Lyrical

***PREREQUISITE REQUIRED - Must be continuing student from the Fall/Winter session.**

Lyrical combines ballet, jazz and contemporary in an emotional and artistically expressive dance style. Class begins with a technical warm up and continues with combinations, progressions, leaps and turns. ***NO CLASS 4/9 & 4/10.**

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	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
LEVEL II							
9-12	W	4/2-6/18	5:50-6:45 PM	11	\$143/\$148	\$136/\$141	3518
LEVEL III							
13 & up	Th	4/3-6/19	6:00-7:15 PM	11	\$154/\$159	\$147/\$152	3519

Performance Technique

***PREREQUISITE REQUIRED - Must be continuing student from the Fall/Winter session.**

This class covers stage presence, showmanship, synchronization and quick memorization of choreography. ***NO CLASS 4/11.**

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	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
9 & up	F	4/4-6/20	5:45-6:30 PM	11	\$99/\$104	\$92/\$97	3523

Hip Hop

***PREREQUISITE REQUIRED - Must be continuing student from the Fall/Winter session.**

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 4/9 & 4/11.**

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

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
5-6	F	4/4-6/20	3:25-4:00 PM	11	\$110/\$115	\$103/\$108	3520
7-10	W	4/2-6/18	4:20-5:05 PM	11	\$126/\$131	\$119/\$124	3521
11 & up	W	4/2-6/18	5:05-5:50 PM	11	\$126/\$131	\$119/\$124	3522

Community Performance Troupe

***PREREQUISITE REQUIRED - Must be continuing student from the Fall/Winter session.**

WCMP's Community Performance Troupe is for young dancers who want to add the excitement of participating in performances in our community! This is a choreography class which teaches dances to be showcased at local events and is a great opportunity to get your young performer on stage! ***NO CLASS 4/12.**

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	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
6-10	Sa	4/5-6/21	10:00-10:30 AM	11	\$99/\$104	\$92/\$97	3524

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. The first class of every month is a free trial. For more information on Ballroom dance please visit www.usadance.org.

DATES	TIME	DAY	CLASS
4/7-4/28	12:00-1:00 PM	M	3566
5/5-6/2	12:00-1:00 PM	M	3567
6/9-6/30	12:00-1:00 PM	M	3568

Fee: Resident \$30, Non-Resident \$35

Location: LHCC

Instructor: USA Dance

Ages: 10 and older

Class Sessions: 4



ACTIVITY SCHEDULE

PERSONAL DEVELOPMENT

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 each of your items. Students will receive an informational handout on the first day of class and should bring supplies to take notes. **PLEASE NOTE: No refunds or transfers for this class.**

DATES	TIME	DAY	CLASS
6/12-6/19	6:30-8:30 PM	Th	3463

Fee: Resident \$59, Non-Resident \$64
 Location: LHCC
 Instructor: Frances Greenspan

Ages: 18 and older
 Class Sessions: 2

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 a pen. Participants receive a certificate of completion at the end of class. A \$5 material fee is due to the instructor at the start of class-exact change appreciated. **PLEASE NOTE: No refunds or transfers for this class.**

DATES	TIME	DAY	CLASS
6/27	6:00-9:00 PM	F	3477

Fee: Resident \$38, Non-Resident \$40
 Location: LHCC
 Instructor: Charlene Jordan

Ages: 11-16

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 is 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.

ACTIVITY SCHEDULE



SPORTS & FITNESS

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 Track meet will be held Saturday, June 7th from 8am-12pm. Both sports are open to students in grades K-6. **NOTE: Class will not meet on school holidays or furlough days. On minimum days, practice will be held at 1:30pm at Lomarena and Valencia and at 1:00pm at San Joaquin.**

DATES	TIME	DAY	SCHOOL	SPORT	CLASS
SESSION I:					
3/10-4/9	2:45-4:00 PM	MW	Lomarena	Coed Soccer	3421
3/11-4/10	2:15-3:30 PM	TuTh	San Joaquin	Coed Soccer	3422
3/11-4/10	2:45-4:00 PM	TuTh	Valencia	Coed Soccer	3423
SESSION II:					
5/12-6/4	2:45-4:00 PM	MW	Lomarena	Track & Field	3543
5/13-6/5	2:15-3:30 PM	TuTh	San Joaquin	Track & Field	3544
5/13-6/5	2:45-4:00 PM	TuTh	Valencia	Track & Field	3545

Fee: \$35
Instructor: Community Services Staff
Grades: K-6

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 eight 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 26th. All participants will receive a t-shirt and entrance into the 5K run.

DATES	TIME	DAY	CLASS
3/31-5/21	4:00-5:00 PM	MW	3533
4/1-5/22	4:00-5:00 PM	TuTh	3534

Fee: Resident \$20, Non-Resident \$25
Location: LHCC
Instructor: Community Services Staff
Ages: 8-13
Class Sessions: 16

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, and coordination. Adults are welcome to train with their families. Ranks and belt testing available-additional fees and membership required. Please see instructor about uniform pricing and sizing.

DATES	TIME	DAY	CLASS
Ages 6-18:			
4/1-4/29	6:00-7:00 PM 9:30-10:30 AM	TuTh Sa	3499
5/1-5/31	6:00-7:00 PM 9:30-10:30 AM	TuTh Sa	3501
6/3-6/28	6:00-7:00 PM 9:30-10:30 AM	TuTh Sa	3503

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

AGES 19 & up:

4/1-4/29	7:00-9:00 PM 8:30-9:30 AM	TuTh Sa	3500
5/1-5/31	7:00-9:00 PM 8:30-9:30 AM	TuTh Sa	3502
6/3-6/28	7:00-9:00 PM 8:30-9:30 AM	TuTh Sa	3504

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

Location: LHCC
Instructor: Dale Eisenberg

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

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.

DATES	TIME	DAY	SESSIONS	FEE (Res/Non-Res)	CLASS
4/1-4/29	7:00-8:00 PM	Tu	5	\$40/\$45	3487
5/6-5/27	7:00-8:00 PM	Tu	4	\$32/\$37	3488
6/3-6/24	7:00-8:00 PM	Tu	4	\$32/\$37	3489
4/3-4/24	7:30-8:30 PM	Th	4	\$32/\$37	3490
5/1-5/29	7:30-8:30 PM	Th	5	\$40/\$45	3491
6/5-6/26	7:30-8:30 PM	Th	4	\$32/\$37	3492
4/1-4/29	7:00-8:00 PM	Tu	9	\$67/\$72	3493
	7:30-8:30 PM	Th			
5/1-5/29	7:00-8:00 PM	Tu	9	\$67/\$72	3494
	7:30-8:30 PM	Th			
6/3-6/26	7:00-8:00 PM	Tu	8	\$60/\$65	3495
	7:30-8:30 PM	Th			

Three month sessions:

4/1-6/24	7:00-8:00 PM	Tu	13	\$104/\$109	3496
4/3-6/26	7:30-8:30 PM	Th	13	\$104/\$109	3497
4/1-6/26	7:00-8:00 PM	Tu	26	\$195/\$200	3498
	7:30-8:30 PM	Th			

Location: LHCC
Instructor: Dina Martin-Rusk

Ages: 16 and older

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 can of new, unopened tennis balls.

DATES	TIME	DAY	CLASS
4/4-5/9	4:00-5:00 PM	F	3470

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
4/4-5/9	5:00-6:00 PM	F	3471

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
4/4-5/9	6:00-7:00 PM	F	3472

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

Ages: 14 and older
Class Sessions: 6

FUNK Fitness



FUNK Fitness is a dance-cardio workout that keeps participants moving and melting calories away to Top 40 hits, R&B, Disco and more. Simple cardio routines are designed for all fitness levels. Class concludes with toning routines. Participants should bring water, a towel and 1lb. or 2 lb. dumbbell hand weights. For more information, contact Mia at mia.alicea@gmail.com or (949) 495-2119 or visit wcmovementproject.com. ***NO CLASS 4/12.**

DATES	TIME	DAY	CLASS
4/5-6/21	9:00-9:50 AM	Sa	3525

Fee: Resident \$75, Non-Resident \$80
Location: LHCC
Instructor: West Coast Movement Project

Ages: 18 and older
Class Sessions: 11



SPORTS & FITNESS

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. Please bring towel(s) and a mat. **NEW! Register by April 2 and receive a 10% discount. *NO CLASS 4/21 & 5/26.**

DATES	TIME	DAY	CLASS
4/7-6/23	6:30-8:00 PM	M	3464

Fee: Resident \$140, Non-Resident \$145
 Location: LHCC
 Instructor: Angie Knight

Ages: 14 and older
 Class Sessions: 10

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>. **NEW! Register by April 3 and receive a 10% discount. *NO CLASS 5/28.**

DATES	TIME	DAY	CLASS
4/9-6/25	6:00-7:30 PM	W	3465

Fee: Resident \$154, Non-Resident \$159
 Location: LHCC
 Instructor: Angie Knight

Ages: 14 and older
 Class Sessions: 11

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, we meditate for 15 minutes and finally a deep relaxation session. I am there to guide and encourage-more information on my website: <http://yogaknights.com>. **NEW! Register by April 4 and receive a 10% discount. *NO CLASS 5/29.**

DATES	TIME	DAY	CLASS
4/10-6/19	10:00-11:00 AM	Th	3527

Fee: Resident \$70, Non-Resident \$75
 Location: LHCC
 Instructor: Angie Knight

Ages: 18 and older
 Class Sessions: 10

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.

Bowling Night

Bring a friend and come out for an exciting evening of bowling at Forest Lanes in Lake Forest! Please RSVP at least one week in advance at (949) 707-2683.

DATES	TIME	DAY	CLASS
4/25	7:00-9:00 PM	F	3535

Fee:\$10
 Location: Forest Lanes
 Instructor: Community Services Staff

Ages: 13 and older

B-I-N-G-O Night

Invite a friend and join us for an exciting evening of BINGO at the Laguna Hills Community Center! Please RSVP in advance at (949) 707-2683.

DATES	TIME	DAY	CLASS
5/30	7:00-9:00 PM	F	3536

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

Ages: 13 and older

Summer Kick-off Dance

Come dance the night away at the Circle of Friends Summer Kick-off 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
6/13	7:00-9:00 PM	F	3537

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

Ages: 13 and older

ACTIVITY SCHEDULE

SPORTS LEAGUES

EXCURSIONS

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	5/13-7/29	6:30, 7:30, 8:30 PM	Tu	3551

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	5/12-7/28	6:30, 7:40, 8:50 PM	M	3552
D	5/13-7/29	6:30, 7:40, 8:50 PM	Tu	3553
D	5/14-7/30	6:30, 7:40, 8:50 PM	W	3554
D+	5/15-7/31	6:30, 7:40-8:50 PM	Th	3555
Coed D	5/16-8/1	6:30, 7:40, 8:50 PM	F	3556

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
Women's	5/12-7/28	6:10, 7:00, 8:00 PM	M	3550

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

Star Party at the Griffith Observatory

Come for the view and stay for the party! Community Services staff will do all of the driving for this trip up to one of Los Angeles' most iconic and scenic landmarks. Tour the Observatory exhibits on your own and enjoy the sunset. With the assistance of amateur astronomers from the Los Angeles Astronomical Society look at the moon, visible planets and other objects in the sky. Bring a sack dinner from home or purchase food at the Observatory. Transportation is provided by our staff driving City vans. Call Daryl at (949) 707-2692 for more information. **Sign up today, space is limited!**
PLEASE NOTE: No refunds or transfers for this event.

DATES	TIME	DAY	CLASS
4/5	4:00-11:00 PM	Sa	3528

Fee: Resident \$20, Non-Resident \$25
Location: Meet at LHCC
Instructor: Community Services Staff
Ages: All ages

Mini-Excursion to the Getty Villa

Visit the ancient world of Greece and Rome. The Getty Villa's fountains, arbors and reflecting ponds, modeled after a first century Roman country house, is home to the J. Paul Getty Museum's antiquities collection. Here you'll find art from the ancient Greek and Roman world dating from 6,500 B.C. to A.D. 400. Transportation provided by our staff driving City vans. Bring your own lunch or purchase food at the Café. Call Daryl at (949) 707-2692 for more information. **Sign up today, space is limited. PLEASE NOTE: No refunds or transfers for this event.**

DATES	TIME	DAY	CLASS
5/10	10:00 AM-4:00 PM	Sa	3529

Fee: Resident \$20, Non-Resident \$25
Location: Meet at LHCC
Instructor: Community Services Staff
Ages: All ages

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: 4/5, 5/3, & 6/7 from 11:00-11:30 AM.

ACTIVITY SCHEDULE



EMERITUS

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.

DATES	TIME	DAY
1/24-5/16	1:00 PM-4:05 PM	F

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.

DATES	TIME	DAY
1/23-5/22	10:00-11:50 AM	Th

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.

DATES	TIME	DAY
1/22-5/21	1:00-3:50 PM	W

Location: LHCC Ages: 50 and older

DROP-IN TABLE TENNIS

Bring your own racquet and ball and join us for a drop-in game of Table Tennis each Monday 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.

Saddleback College Moment Musicale

Take a break from your typical weekday routine, bring your lunch and dine as you enjoy the stress-breaking change of pace during a half-hour concert of relaxing chamber music. Concerts will take place every third Wednesday.

DATES	TIME	DAY
1/15, 2/19, 3/19	12:30-1:00 PM	W

Location: LHCC Ages: 50 and older

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.

DAY	CLASS	TIME
The following classes meet 1/22-5/22:		

MW	Yoga	9:00-9:50AM
MW	Aerobic Exercise	10:00-10:50AM
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	9:00-11:55 AM
Fri	Pilates Conditioning	10:10-11:55 AM

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.

DATES	TIME	DAY
1/28-5/20	9:00-10:50 AM	Tu

Location: LHCC Ages: 50 and older

City of Laguna Hills REGISTRATION FORM



Spring Registration begins March 11, 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 which is included on the back of this form is required.
- 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.

LIBRARY



 **OC 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 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.

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.

