

2010 SUMMER | News Magazine & Activity Guide



laguna hills

CITY VIEWS

Laguna Hills PATRIOTIC SUMMER



What's Inside?

- City Communications and Social Media
- Funding for Seniors
- Summer Festivities
- Dedication of Murals
- Environment

A scene from *War Brings Change* mural.



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:

Randal Bressette
Mayor

R. Craig Scott
Mayor Pro Tem

Melody Carruth

Joel Lautenschleger

L. Allan Songstad, Jr.

A Message from the **CITY**

As summer is upon us the City prepares for a season full of outdoor activities. The kick-off of Laguna Hills' Patriotic summer starts with the 12th annual Laguna Hills Memorial Day Half Marathon and 5K. The summer will heat up with the City's Fourth of July Carnival, Festival and Fireworks. The City is also offering a variety of summer day camps for kids ages six-fourteen. For more on these summer activities read pages four and five of *City Views* and look on pages four and five of the activity guide located behind the newsmagazine. This issue also talks about the City's commitment to keeping residents informed of local happenings through this mailing, the City Website and twitter. This issue also talks about what the City is doing to help seniors in Laguna Hills as well as the Saddleback Valley. You can read more about these stories on pages two and three.

laguna hills **CITY VIEWS**

City Views is published quarterly 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:

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www.ci.laguna-hills.ca.us



ON THE COVER

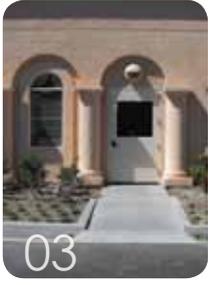
The *War Brings Change* mural gives a look into the history of the Saddleback Valley and is one of the newest additions to the public art display at the Laguna Hills Civic Center. This mural along with the murals *Mining Pecten Reef* and *Discovering Orange County* were recently unveiled to the public. You can read about the dedication ceremony on pages six and seven of this issue of *City Views*.

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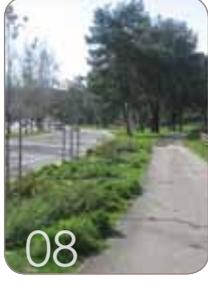
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STAY UPDATED ON WHAT'S HAPPENING IN AND AROUND LAGUNA HILLS



The City of Laguna Hills is dedicated to keeping residents informed of news and events happening in the City and uses a variety of mediums to deliver these messages.

City Council Meetings

City Council Meetings occur every 2nd and 4th Tuesday at 7pm. The Friday evening prior to scheduled City Council meetings, agendas and staff reports are posted online for residents to download and review.

Commission Meetings

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

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

City Views

The popular newsmagazine is published every February, May, August and November and gives residents a comprehensive overview of events and

City Twitter Account

Twitter has become a great tool for quick information from companies or people that you wish to stay in touch with. 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/



projects that are happening within the City as well as a comprehensive listing of classes and activities offered.

City Website

The City website is a virtual city hall and the most convenient way to get information and interact with the City. Residents and business owners can visit the City website and can obtain info on any City related topic and can also download forms, staff reports and archived information.

Community Services E-Mail Blasts

In addition to City Views and the website, the City's Community Services Department has started an e-mail distribution service that people can sign up for. The e-mails give subscribers information on registering for upcoming classes, camps and speakers series events. The service is also age specific so recipients can select specific topics that pertain to their age or family. Residents can sign up for the Laguna Hills E-Mail Blast at www.ci-laguna.hills.ca.us.

Laguna Hills Police Services Facebook

As social media systems, such as Facebook and Twitter, continue to rise in popularity, many public agencies, including police services are using these new web-based tools to communicate with the people they serve. Laguna Hills Police Services has recently opened a Facebook account where residents and concerned citizens can learn about what the Orange County Sheriff's Department is doing to keep Laguna Hills safe.

FUNDING FOR SENIORS



Emeritus Class at Laguna Hills Community Center Gym

Emeritus Programs for Seniors:

The City of Laguna Hills has partnered with Saddleback College to offer its gymnasium to the Saddleback College Emeritus program for free. The Emeritus program allows local seniors to take classes such as yoga and pilates at no charge. These classes allow local seniors to remain healthy and active in a safe and fun environment. Saddleback College is able to offer these classes for free due to the City waiving the gym rental fees which would be \$96,000 each year. The classes offered are listed in detail on page 14 of the Community Services Activity Guide.

Upgrades to Florence Sylvester Senior Center:

The Florence Sylvester Senior Center helps mature adults with a variety of services such as offering adult education classes, insurance counseling, senior support groups, luncheons, wellness programs and preventative health screenings. The City of Laguna Hills is committed to furthering the Florence Sylvester Senior Center's mission and has helped the center through obtaining grant funding for public facilities improvements. Between the 2009/10 and 2010/11 fiscal years the City has been awarded \$102,175 to make improvements at the senior center.

In the 2009-10 Fiscal Year the City helped the center through the following improvements:

- Installed new automatic restroom door openers for easier handicap access.
- Removed ceramic floor and replaced with non-skid tile flooring.
- Installed new wider door at facility to allow for better Meals on Wheels loading/unloading.

In the 2010-11 Fiscal Year the City will fund the following improvements:

- Demolish and remove two common walls within the center.
- Frame and install two portable walls to establish a designated storage area also preventing fall risk and allowing greater access in the facility.
- Install new carpet and replace baseboards.
- Paint the interior of the center.



During and after ramp and door widening.

PATRIOTIC SUMMER



Summertime Fun in 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 and 5K. Currently in its 12th 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 31. Registration begins at 5:30 a.m. at Saddleback Valley 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 30 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 and will end at the Laguna Hills Community Center. Awards for the 5K run/walk will be available for pick up at 9:00 a.m. at the finish line at the Laguna Hills Community Center.

KIDS HALF MILE RACE AND DIAPER DASH

Let 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. and it starts and finishes at the Laguna Hills Community Center. *Kids will race in groups according to their ages and will be staggered 3-5 minutes apart.

A special race just for kids three and under, the Diaper Dash, 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.



SUMMER FESTIVITIES

Get Active This Summer!

The weather is getting warmer, school is almost out and the City of Laguna Hills has a variety of camps and activities to keep you and your kids active and involved this summer.

With activities ranging from summer day camps for young children and teens to the City's Build-A-Fort Camp and many other camps that focus on sports and high energy activities, there is something for kids of all age levels, interests and abilities.

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 and more than 50 booths. The 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 log on to our website,

www.lagunahillshalfmarathon.com.

Hometown Festivities on the Fourth

It's more than just fireworks in Laguna Hills on the Fourth of July. The City invites all its residents to the Laguna Hills Community Center and Sports Complex to celebrate America's birthday with carnival rides, food booths, kid's activities, games, music and other fun events.

The festivities begin at 4:00 p.m. on Saturday, July 4th. Kids up to age 12 can make patriotic crafts. Supplies provided, imaginations needed!

The time-honored tradition of our Fabulous Fireworks Show will begin at 9:15 p.m. Seating for the show is not provided, so bring your blankets and lawn chairs, and pick your spot out early!

FOURTH OF JULY

4:00 p.m. Carnival Rides, Music, Activities, Food Booths

4 – 8 p.m. Patriotic Crafts and Face Painting

9:00 p.m. Mayor's Welcome

9:15 p.m. Fireworks

SUMMER DAY CAMP

Water activities, cooking, games, arts & crafts and field trips are all part of the Laguna Hills Day Camp program. Kids ages 6-10 are welcome to join us for eight weeks of never-ending fun that will include trips to some of your favorite destinations. Excursions will include trips to Wild Rivers, Boomers, Medieval Times and even Disneyland! All you provide is the lunch, swimsuit, towel and sunscreen and we'll provide the rest! The weekly summer day camps begin on July 5, run through August 27 and cost \$175 per week.

SUMMER TEEN CAMP

This day camp is for all teens or 'tweens that are 11-14 years old. The Summer Teen Camp will be an excursion-based program that will include trips to many of the favorite amusement parks throughout the Southland including Universal Studios, Magic Mountain, Knott's Berry Farm and Sea World. The weekly teen camps begin on July 5, run through August 20 and cost \$175 per week.

BUILD A FORT CAMPS

Calling all carpenters! Build A Fort Camp is a chance for those interested in building structures to put their interests to use in creating summer forts. Participants will have the chance to work with various tools including hammers, saws and files. The camp is held in a safe and supervised environment and has three sessions between July 5th and August 13th.

For more information on these camps and the sports camps offered this summer, turn to the Community Services section of City Views which is on the backside of the newsletter.



MURAL DEDICATION



Muralist Rob Evans interacts with crowd at Mural Dedication.

Capturing History, Murals of the Saddleback Valley

This past winter, City Views gave an overview of the three murals adorning the City Council Chambers. These murals were recently presented to the public during a mural dedication ceremony and reception. The artwork honoring Laguna Hills' history is the latest addition to the City's Public Art Displays capturing and bringing to life the cultural landscape of the Saddleback Valley.

The murals focus on three events:

- Discovering Orange County shows the scouting party from Gaspar de Portola's expedition to Alta, California in 1769.
- Mining Pecten Reef shows indigenous people mining pecten reef in what is today the City of Laguna Hills to make the plaster and mortar used to expand the buildings at Mission San Juan Capistrano in the 1790s.

- *War Brings Change* shows a scene from the Mexican-American war. General Stephen W. Kearny and U.S. Navy Commodore Robert F. Stockton made camp at Don Juan Ávila's Rancho Niguel on their travels from San Diego to the Los Angeles Area between December 29, 1846 and January 8, 1847.

The mural dedication ceremony was well attended by a large number of Laguna Hills residents and art lovers. The unveiling also featured comments from local artist Enzie Shahmiri; Richard Stein, Executive Director of Arts Orange County; Stephen O'Neil, Ethnographer and Archaeologist; Joyce Stanfield-Perry, President of Payomkawichum Kaamiam; Harry Reese, MFA, Professor and Associate Dean, College of Creative Studies at the University of California, Santa Barbara and Muralist Rob Evans. For more information on these murals and the public art program at the City of Laguna Hills go to www.ci.laguna-hills.ca.us.

MURAL DEDICATION



A Scene from *Discovering Orange County*



A Scene from *War Brings Change*



A Scene from *Mining Pecten Reef*

Public Art Funding

The program has been paid for with Public Art Funds, not taxpayer money. All new development in the City's urban village area with a total construction cost of \$250,000 or more is required to provide public art or contribute to a Public Art Fund as part of their development. At times, the General Fund may loan money to the Public Art Fund.

Public Art Educational Program

As part of the Civic Center's Public Art Program the City is offering a few classes on the history behind the murals.

- The Geologic History and Early Settlement of Southern Orange County
- Our First Inhabitants – Traditional Life of the Acjachemen Tribe
- Journeys to the Traditional Past – Native American Storytelling and Crafts
- Native Americans and the Missions
- Ranchos and the "Cow Counties"
- Ranches to Farms to Cities, the Transition to Orange County

For more information on these classes go to the Community Services Section pages two and three located behind the articles in this issue of City Views.

ENVIRONMENT



Recent Landscaping Improvement with Trees on Oso Pkwy

Branching Out! Laguna Hills Named Tree City USA for Fourth Year

Laguna Hills has once again been named a Tree City USA community for its commitment to urban forestry. The City of Laguna Hills embraces landscaping elements such as trees and shrubs in its public works projects throughout the City.

The Tree City USA program is sponsored by the Arbor Day Foundation in cooperation with the National Association of State Foresters and the USDA Forest Service.

To become a Tree City USA community a City must meet four requirements:

- The City must have a tree board or tree department.
- The City must have a tree care ordinance.
- The City must have a comprehensive community forestry program.
- The City must have an Arbor Day Observance and proclamation.

Waste Fee Increase

The City of Laguna Hills strives to keep fees low for residents. However in some instances fee hikes are unavoidable. This summer residents will see an 11 percent increase in their waste hauler bills from CR&R due to a fee increase at the landfill.

Beginning in July residents will see their waste hauling rates raised by \$1.47 per month and will go from \$13.32 to \$14.79. Comparatively, the South County average will still be higher at \$16.64 per month.

The fee increase is due to a new agreement between all 34 Orange County cities and Orange County Waste and Recycling, which is increasing its disposal fees since a 1997 agreement is expiring this coming June. This new 10-year agreement will be effective as of July 1, 2010, and the landfill fees will be locked in through 2020.

ENVIRONMENT

Residential services will not be affected and will still include the following at **no additional charge**:

- Two additional green waste carts upon request.
- Two additional brown recycling carts upon request.
- Two bulky item pickups.
- Bulky item collection for products that contain Freon such as refrigerators.
- E-waste collection for computers, TVs, and monitors.
- Cart exchanges for damaged carts.
- Holiday greenery and collection recycling.

Keeping Waste Out of OC Landfills

The County has recently launched "Waste Free OC", a new program designed to cut back on the amount of waste entering local landfills. Landfill waste is measured as the amount of waste each person produces on a daily basis. In 2008 it was estimated that the average Orange County resident generates five pounds of waste per day, and across the County that's around 15 million pounds of solid waste per day. Waste Free OC is asking Orange County residents to reduce their waste by 10 percent this year. Laguna Hills residents can reduce their waste by reusing items multiple times before throwing them out and by recycling as many items as possible. For more info on Waste Free OC go to www.wastefreeoc.com.



Water Conservation Heats Up!

It is bitterly ironic that in the summer months when our plants, pets and people need more water, our water supply lines shrink. Despite our above-average rainfall in January and showers into April, our state remains in a drought and every little bit of water conservation helps. By following the water restrictions and guidelines set out by the Moulton Niguel and El Toro Water Districts, we can work together to further reduce our water usage.

Note that Laguna Hills residents are permitted to water three days a week: Tuesdays, Fridays and Saturdays, or Sundays.

Residents in both districts are required to cut back water usage. Do your part to reduce water usage by following these tips:

When cleaning your driveway or sidewalk, use a broom instead of a hose. This can save 150 gallons or more each time. You'll also prevent urban runoff, which can wash pollutants into our storm drains untreated to the ocean.

Don't overwater your front lawn. Your lawn will reach its saturation level in just a few minutes of watering.

Don't forget to turn off the water while you're brushing your teeth—something as simple as this saves 2 gallons per minute.

Water only before 10 a.m. and after 5 p.m. – This will reduce evaporation and interference from wind. This minor alteration can help save between 20-25 gallons per day.

If you need to water during the day please use a hose with a positive shutoff device. Every small change makes a huge difference in saving our most valuable resource—water.

2010 SUMMER

COMMUNITY SERVICES

ACTIVITY GUIDE



The 12th annual City of Laguna Hills Memorial Day Half Marathon, 5K and Kids Run takes place on Monday, May 31, 2010. To register or for more information, visit www.lagunahillshalfmarathon.com.

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CALENDAR OF EVENTS

- May 31** Memorial Day Half Marathon & 5K
- Jun 1-4** Build A Fort Registration (LH Residents Only)
- Jun 8** Summer Registration Opens
- Jul 4** Fourth of July Celebration
- Jul 2** Circle of Friends: Karaoke Night
- Aug 14** Circle of Friends: Softball & BBQ
- Aug 21-22** S'mores & Shores Community Campout
- Sep 10** Circle of Friends: Pizza & Movie Night

NEW THIS SUMMER!

- Hip Hop Workshop
- Salsa Dance Workshop
- Karaoke Night
- Elementary Spanish
- Civic Center Public Art Program

STAY INFORMED

If you'd like to receive email notification on upcoming classes, programs and events please call (949) 707-2683 or email ksteinbarger@ci.laguna-hills.ca.us.



2-3 Civic Center
Public Art Program



3 Special Events

4-5 Camps

6-8 Early Childhood

8-9 Cultural Arts

9-10 Dance



10 Personal Development

11-13 Sports & Fitness

13 Circle of Friends

14 Sports Leagues



14 Emeritus



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 to later covering 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. Next comes a session on the traditional culture of the local Native Americans, the Acjachemen people. The third week continues with the Acjachemen people through a class displaying their continuing culture with stories and traditional crafts that have been retained through the centuries. The series returns to the history of change in Orange County with the fourth session describing the Spanish entry to California, the start of Mission San Juan Capistrano, and its effect on the local Indian tribe. There is the Mexican rancho period in the fifth week, how these estates developed out of mission lands and the spread of cattle over the hills. The sixth 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 a related activity, usually guided walks on a nearby landscape related to the day’s subject, tour or activity. 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 ksteinbarger@ci.laguna-hills.ca.us.

The Geologic History and Early Settlement of Southern Orange County

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.

DATES	TIME	DAY	CLASS
7/10	9:00 AM-12:00 PM	Sa	1611

Fee: Resident \$10, Non-Resident \$15
 Location: Civic Center Council Chamber
 Instructor: Stephen O’Neil & Carol Stadium

Our First Inhabitants – Traditional Life of the Acjachemen Tribe

Discussion follows the life of the Native American peoples here in the Saddleback Valley, the Acjachemen who lived from Laguna Canyon to south of San Clemente and how they harvested local plants and animals, prepared acorns and hunted deer. Native American villages, language and trading with the people of the islands and the desert will be discussed. Discussion concludes with a walk through Aliso Creek and Wood Canyon Park with description of the plants used for food and medicine. Transportation not included.

DATES	TIME	DAY	CLASS
7/24	9:00 AM-12:00 PM	Sa	1612

Fee: Resident \$10, Non-Resident \$15
 Location: Civic Center Council Chamber
 Instructor: David Belardes

Journeys to the Traditional Past – Native American Storytelling and Crafts

This class provides a look into the imagination and lifeways of the local California Indians through storytelling, songs, personal accounts, tool making and crafts production. Class includes the making of everyday items such as cordage, and special items such as shell beads.

DATES	TIME	DAY	CLASS
8/7	9:00 AM-12:00 PM	Sa	1613

Fee: Resident \$10, Non-Resident \$15
 Location: Civic Center Council Chamber
 Instructor: Domingo Belardes, Joyce Perry & David Belardes



ACTIVITY SCHEDULE



SPECIAL EVENTS

Native Americans and the Missions NEW

A realistic discussion of the Franciscan missions and coming of Spanish to early Orange County and the lives of the Native Americans during this time of change; the change of Indians from "gentiles" to "neophytes" and the learning of a new way of life; the role of missions in the development of Orange County.

DATES	TIME	DAY	CLASS
8/21	9:00 -11:00 AM	Sa	1614

Fee: Resident \$10, Non-Resident \$15
 Location: Civic Center Council Chamber
 Instructor: David Belardes

Ranchos and the "Cow Counties" NEW

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.

DATES	TIME	DAY	CLASS
8/28	9:00 -11:00 AM	Sa	1615

Fee: Resident \$10, Non-Resident \$15
 Location: Civic Center Council Chamber
 Instructor: Stephen O'Neil

Ranches to Farms to Cities, the Transition to Orange County NEW

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. Artists, T.J. Dixon and James Nelson, will join the lecture to discuss their hands-on approach to sculpting the busts of Avila, Forster, Serrano, Moulton, O'Neil, and Whiting – terra-cotta busts that are part of the City's Public Art Program. Conclude with a visit to Heritage Hill Park in Lake Forest to see the transition of houses from Serrano to Whiting. Transportation not included.

DATES	TIME	DAY	CLASS
9/11	9:00 -11:00 AM	Sa	1616

Fee: Resident \$10, Non-Resident \$15
 Location: Civic Center Council Chamber
 Instructor: Stephen O'Neil, T.J. Dixon and James Nelson

Fourth of July Celebration

Come celebrate America's birthday at the City of Laguna Hills' annual Fourth of July Celebration! Bring your family and friends to enjoy the fun, food and festivities! Carnival rides and games, live music, patriotic crafts and face painting will all be part of the celebration, along with a fabulous fireworks show to conclude the evening. Food and drinks will be available for purchase. Seating is not provided, so don't forget your lawn chairs and umbrellas!

DATES	TIME	DAY
7/4	4:00-9:30 PM	Su

Schedule of Events

4:00 pm	Carnival Rides, Activities, Music, Food Booths
4:00-8:00 pm	Patriotic Crafts and Face Painting
9:00 pm	Mayor's Welcome
9:10 pm	Fireworks

Fee: FREE

Location: LHCC & Sports Complex

S'mores & Snores Community Campout

Marshmallows, graham crackers, chocolate and more; come along for s'mores and snores! Join the City of Laguna Hills Community Services Staff for an overnight campout under the stars! This camping experience is perfect for first time family campers. Entertainment and activities are offered for the whole family and include children's crafts, games, an outdoor movie, a night hike and campfire. All participating families should bring a family tent and sleeping bags, or sleep under the stars. A hot dog dinner is included. Wake up to the birds chirping, fresh coffee and a light breakfast. This is a family event; all participants under the age of 18 must be accompanied by a paying adult. No refunds or transfers for this event. Please call (949) 707-2680 for more information. Registration closes and activity information will be mailed home one week prior to the event. We hope to see you there!

DATES	TIME	DAY	CLASS
8/21-8/22	5:00 PM-9:00 AM	Sa Su	1576

Fee: Resident \$15, Non-Resident \$20 per person
 Location: LHCC & Sports Complex

Memorial Day Half Marathon, 5K, & Kids Run



On your mark, get set, go! The 12th annual Laguna Hills Memorial Half Marathon and 5K 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). Online registration for the races will be open through May 27th 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
5/31	M



ACTIVITY SCHEDULE

CAMPS

Summer Day Camp



Come join the City of Laguna Hills Summer Day Camp program! Children will be immersed in a week of never ending fun that includes arts and crafts, water activities, field trips, games, cooking, and more! Participants should bring a lunch, swimsuit, towel & sunscreen each day. Each child will receive one t-shirt for the summer. Additional t-shirts may be purchased for \$10 each. For more information, please call (949) 707-2680. Extended child care is available for an additional \$25 fee; extended care hours are 8:00 AM - 6:00 PM.

DATES	TIME	DAY	CLASS	EXCURSION
7/5-7/9	8:30 AM-5:30 PM	M-F	1464	Wild Rivers
7/12-7/16	8:30 AM-5:30 PM	M-F	1465	Bowling & Rock Climbing
7/19-7/23	8:30 AM-5:30 PM	M-F	1466	Sea World
7/26-7/30	8:30 AM-5:30 PM	M-F	1467	Medieval Times
8/2-8/6	8:30 AM-5:30 PM	M-F	1468	Discovery Science Center
8/9-8/13	8:30 AM-5:30 PM	M-F	1469	Wild Rivers
8/16-8/20	8:30 AM-5:30 PM	M-F	1470	Knott's Berry Farm
8/23-8/27	8:30 AM-5:30 PM	M-F	1471	Disneyland

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

Ages: 6-10
Location: LHCC

Summer Teen Camp

Summer 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 one-week sessions. Register early as space is limited. For more information, please call (949) 707-2690.

DATES	TIME	DAY	CLASS	EXCURSION
7/5-7/9	8:30 AM-5:30 PM	M-F	1592	Knott's Berry Farm
7/12-7/16	8:30 AM-5:30 PM	M-F	1593	Universal Studios
7/19-7/23	8:30 AM-5:30 PM	M-F	1594	San Diego Zoo
7/26-7/30	8:30 AM-5:30 PM	M-F	1595	Magic Mountain
8/2-8/6	8:30 AM-5:30 PM	M-F	1596	Knott's Berry Farm
8/9-8/13	8:30 AM-5:30 PM	M-F	1597	Sea World
8/16-8/20	8:30 AM-5:30 PM	M-F	1598	Disneyland

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

Ages: 11-14

Build A Fort Camps

Hey future carpenters - it is time to build a fort! This fun-filled camp includes pre-designed plots for children to designate as their summer forts and utilize supplies provided to create incredible fun. Participants will have the opportunity to work with various tools which include hammers, saws, and files - all in a safe, supervised environment. Please wear old clothes and bring a sack lunch each day. Camp also includes exciting group games, sports and water play activities.

DATES	TIME	DAY
JUNIOR BAF (Ages 6-8)		
7/5-7/9	9:00 AM-2:00 PM	M-F
Fee: Resident \$85, Non-Resident \$90		Number of Class Sessions: 5
BAF (Ages 8-12)		
7/19-7/30	9:00 AM-2:00 PM	M-F
8/2-8/13	9:00 AM-2:00 PM	M-F
Fee: Resident \$155, Non-Resident \$160		Number of Class Sessions: 10

Due to the popularity of the Build A Fort & Junior Build A Fort Camps, registration for **Laguna Hills residents** will be collected in person **Tuesday, June 1, 2010** through **Friday, June 4, 2010** between the hours of 8:00 AM and 5:00 PM at the Laguna Hills Community Center. Please bring proof of residency (i.e. utility bill) and a copy of child(ren)'s birth certificate(s) with you. Each person will be allowed to enroll their own child(ren) only. Space is limited and is on a first come, first served basis. Registration for non-residents will begin on **Tuesday, June 8, 2010**.

Location: El Conejo Park
Instructor: Community Services Staff

Surf Crew



Would you like to hit some of the best surf spots in Orange County? The Laguna Hills Surf Crew will be surfing the waves of Newport Beach, Huntington Beach, and San Clemente; transportation will be provided in City van. You must be a strong swimmer and have ocean experience to participate. Spongers can participate too! This crew will be supervised by a 21 year surfing veteran. Instruction on tides and swells will also be an important part of the Surf Crew. Participants need to provide their own surf equipment, lunch and sunscreen. The City is not responsible for any lost, stolen or damaged equipment. Lunch will be provided on the last day. For more information please call (949) 707-2690.

DATES	TIME	DAY	CLASS
7/7-8/18	9:00 AM-4:00 PM	W	1591

Fee: Resident \$90, Non-Resident \$95
Class Sessions: 7
Instructor: Community Services Staff

Ages: 11-14
Location:
Meet at LHCC

ACTIVITY SCHEDULE



CAMPS

Coast 2 Coast Soccer Camp



Come and learn soccer the Irish Way! Coast 2 Coast soccer camps bring Certified Football Association of Ireland coaches to Laguna Hills! These fun filled soccer camps teach technique and fundamentals from dribbling, passing, shooting, ball control and heading to the more subtle skills of fair play, team bonding and leadership. In addition, participants will learn that nutrition is a key aspect in healthy living. Each participant will receive an Irish Soccer Kit (including jersey and shorts), soccer ball, wristband and a certificate. Please come prepared with a sack lunch, plenty of water, sunscreen, and proper sportswear (t-shirt and shorts); cleats and shin guards are recommended for participants aged 11-14. For more information, please visit www.c2csoccer.com.

DATES	TIME	DAY	CLASS
7/5-7/9	9:00 AM-2:00 PM	M-F	1561
7/19-7/23	9:00 AM-2:00 PM	M-F	1562

Early Bird Fee: Resident \$145, Non-Resident \$155 (Register by 6/20/10)
 Regular Fee: Resident \$159, Non-Resident \$169 (Registration after 6/20/10)
 *Extended care is available for an additional \$75 fee (\$5 per hour); extended care hours are 9:00 AM-5:00 PM.

Location: Cabot Park
 Instructor: Coast 2 Coast Coaching
 Ages: 4-14

Skyhawks Sports Basketball Camp



Skyhawks Sports Academy presents fun, skill-intensive programs that are designed for the beginning to intermediate basketball player. Come prepared for an active week of passing, shooting, dribbling, and rebounding! Using our progressional curriculum, staff focus on the whole player, teaching respect, teamwork and responsibility. Each participant will receive a t-shirt and a merit award. Participants should bring appropriate clothing, two snacks, a water bottle, gym shoes, and sunscreen.

DATES	TIME	DAY	CLASS
Ages: 6-12			
7/19-7/23	9:00 AM-1:00 PM	M-F	1482
Ages: 5-9			
7/26-7/30	9:00 AM-1:00 PM	M-F	1483

Fee: Resident \$139, Non-Resident \$149
 Instructor: Skyhawks Sports Academy
 Location: LHCC

Hip Hop Workshop (Co-ed)

NEW



Come join the fun at our week long dance party! Students will learn a short hip-hop routine to be performed at the end of the week for family. Dress comfortably in sneakers and athletic wear. For more information on our dance program, please call Mia Alicea, Artistic Director at (949) 495-2119 or visit www.coastdancecenter.com.

DATES	TIME	DAY	CLASS
7/12-7/16	12:00-1:00 PM	M-F	1559
8/2-8/6	12:00-1:00 PM	M-F	1560

Fee: Resident \$60, Non-Resident \$70
 Instructor: Coast Dance Center
 Ages: 6-9
 Location: LHCC

Tiny Cheerleaders High School Musical Cheer Camp



Come join us for some fun with cheer FUNdamentals for our littlest cheerleaders! Perfect for first timers, this camp is formatted by dance professional and former NFL cheerleader, Kim Esmond, and teaches basic cheer motions, jumps, dances and chants. This mini-camp has lots of music such as High School Musical and Disney favorites, crafts, games, team building and lots of moving and shaking! For more information, please visit www.ocdanceproductions.com. Participants will perform for parents and friends on the last day of camp. A \$20 material fee is due to instructor on first day of camp to cover materials needed to make megaphones and team spirit props. Participants should wear clothes suitable for dance and sneakers, bring water, a snack and sunscreen.

DATES	TIME	DAY	CLASS
8/9-8/13	10:00 AM-12:00 PM	M-F	1499

Fee: Resident \$99, Non-Resident \$109
 Instructor: OC Dance Productions
 Ages: 4-7
 Location: LHCC

Cheerleading & Song Pom Dance Camp



Come join the professionals for a summer camp full of cheering, fun and spirit! Perfect for those who would like to try cheer or want more summer instruction, this camp is formatted by award winning coach and former NFL cheerleader, Kim Esmond. Learn arm motions, jumps, chants, fun pom dances, flexibility training, performance skills and we'll even touch on nutrition. Camp also includes lots of fun games, crafts and team building activities. Participants will perform for parents and friends on the last day of camp. A \$20 material fee is due to instructor on first day of camp to cover materials needed to make megaphones and team spirit props. Participants should wear clothes suitable for dance and sneakers, bring water, a snack and sunscreen.

DATES	TIME	DAY	CLASS
8/9-8/13	1:00-4:00 PM	M-F	1498

Fee: Resident \$119, Non-Resident \$129
 Instructor: OC Dance Productions
 Ages: 7-12
 Location: LHCC



ACTIVITY SCHEDULE

EARLY CHILDHOOD

CULTURAL ARTS

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. Babies under 8 months may attend class for free with registered sibling. \$38 material fee must be paid to instructor on first day of class (includes 2 CDs, illustrated songbook and parent guide).

DATES	TIME	DAY	CLASS
6/23-7/28	9:15-10:00 AM	W	1572
6/23-7/28	10:15-11:00 AM	W	1573
6/24-7/29	9:30-10:15 AM	Th	1574
6/24-7/29	10:30-11:15 AM	Th	1575

Fee: Resident \$87, Non-Resident \$97
Class Sessions: 6
Instructor: Music Together Staff

Ages: 0-4
Location: LHCC

Tunes and Tales

Let's get the wiggles out! Sing-a-longs and finger plays are followed by music and movement activities in this fun-filled class for you and your child. Using bean bags, rhythm sticks, instruments, and a parachute, the kids will have a great time while developing their listening and social skills. Join Ms. Vivian in her 17th year of teaching this exciting class. Parent participation is required. Siblings receive a 25% discount.

DATES	TIME	DAY	# SESSIONS	FEE (Res/Non-Res)	CLASS
Ages: 1 ½ - 2 ½					
6/29-7/20	9:30-10:10 AM	Tu	4	\$40/\$50	1510
8/10-8/31	9:30-10:10 AM	Tu	4	\$40/\$50	1511
9/21-10/19	9:30-10:10 AM	Tu	5	\$48/\$58	1512

Ages: 2 ½ - 4

6/29-7/20	10:15-11:10 AM	Tu	4	\$45/\$55	1513
8/10-8/31	10:15-11:10 AM	Tu	4	\$45/\$55	1514
9/21-10/19	10:15-11:10 AM	Tu	5	\$53/\$63	1515

Instructor: Vivian Stapleton

Location: LHCC

PERSONAL DEVELOPMENT

Lango Spanish

Structured fun and play form the foundation for our dynamic, full-immersion Lango Spanish class. Children ages 18 months - 10 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 \$35 material fee is due to instructor on the first day of class. Make-up classes are available. Please call Shelley with Lango Laguna LLC at (949) 371-3656 or visit www.langokids.com for more information.

DATES	TIME	DAY	CLASS
Tot & Preschool			
7/5-8/23	10:00-10:45 AM	M	1516

Ages: 1 ½ - 5

Elementary

7/5-8/23	11:00-11:45 AM	M	1610
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Ages: 6 - 10

Fee: Resident \$120, Non-Resident \$130
Instructor: Lango Laguna LLC

Class Sessions: 8
Location: LHCC

Wacky Wild Water Fun

Summer is here and it's time to get WET! Join Community Services Staff for a fun time in the sunshine making crafts, reading stories, and best of all WATER PLAY! Please wear sunscreen, a swimsuit, and bring a towel because you will get wet! Parent participation is required.

DATES	TIME	DAY	CLASS
7/12-8/2	10:00-11:00 AM	M	1580

Fee: Resident \$35, Non-Resident \$40
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3-5
Location: LHCC

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. Register early, space is limited!

DATES	TIME	DAY	CLASS
7/13-9/16	11:30 AM-2:00 PM	Tu Th	1581

Fee: Resident \$175, Non-Resident \$180
Class Sessions: 20
Instructor: Community Services Staff

Ages: 3-5
Location: LHCC

ACTIVITY SCHEDULE



EARLY CHILDHOOD

Trucks, Trains, Boats, and Planes

Toot, toot! Here we come! Little ones will love to explore the world of movement, sounds, and transportation as we introduce all sorts of exciting things that bring us from one place to another. Crafts, stories, and hands-on learning make this a perfect class for the busy and intrigued. Parent participation is required.

DATES	TIME	DAY	CLASS
7/14-8/4	10:00-11:00 AM	W	1582

Fee: Resident \$40, Non-Resident \$45
Class Sessions: 4
Instructor: Community Services Staff

Ages: 2 1/2-5
Location: LHCC

Soaring Through the Seasons

Come and soar through Fall, Winter, Spring, and Summer! In this craft and activity class, your child will experience the changes that occur with each season. Parent participation is required.

DATES	TIME	DAY	CLASS
7/16-8/6	10:00-11:00 AM	F	1583

Fee: Resident \$40, Non-Resident \$45
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3-5
Location: LHCC

Heroes For Super Kids

Look up in the sky! It's a bird, it's a plane, no it's you - SUPER KID! In this class you will be introduced to super heroes of all sorts, both animated and real. You will also enjoy fun crafts and games. Parent participation is required.

DATES	TIME	DAY	CLASS
8/9-8/30	10:00-11:00 AM	M	1586

Fee: Resident \$40, Non-Resident \$45
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3-5
Location: LHCC

Pretty Princess

This class is for special little girls! Join us for fun crafts and princess tales as we celebrate the pretty princess you are! Parent participation is required.

DATES	TIME	DAY	CLASS
8/11-9/1	10:00-11:00 AM	W	1587

Fee: Resident \$40, Non-Resident \$45
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3-5
Location: LHCC

Under the Sea

Leaping dolphins, swimming sharks, graceful whales, and beautiful starfish excite the senses of all who enjoy the glorious world that lives under the sea. Come learn about the different creatures that call the ocean their home through crafts, stories, and hands-on exploration. Parent participation is required.

DATES	TIME	DAY	CLASS
8/13-9/3	10:00-11:00 AM	F	1588

Fee: Resident \$40, Non-Resident \$45
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3-5
Location: LHCC

SPORTS & FITNESS

Tumbling



Come join the fun in our new tumbling classes! Students will increase their gross motor skills, body awareness and agility. For more information, please contact Mia Alicea at (949) 495-2119.

DATES	TIME	DAY	CLASS
Tumble Tots (Parent Participation Required)			Ages: 2-3
7/8-8/26	10:00-10:40 AM	Th	1557
Tumbling/Acro			Ages: 4-5
7/8-8/26	10:45-11:25 AM	Th	1558

Fee: Resident \$100, Non-Resident \$110
Instructor: Coast Dance Center

Location: LHCC
Class Sessions: 8

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 Summer 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

EARLY CHILDHOOD

CULTURAL ARTS

All Sorts of Sports



This popular class combines fun, fitness and the basics. Children will be introduced to T-ball, soccer, basketball and more! The first three class sessions take place at Costeau Park - RESTROOMS ARE NOT AVAILABLE AT THIS LOCATION; the 8/7 class takes place at the Laguna Hills Community Center in the gymnasium.

DATES	TIME	DAY	CLASS
7/17-8/7	9:15-10:00 AM	Sa	1590

Fee: Resident \$45, Non-Resident \$50
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3-6
Location: LHCC & Costeau Park

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.

DATES	TIME	DAY	CLASS
7/17-8/7	10:30-11:15 AM	Sa	1585

Fee: Resident \$35, Non-Resident \$40
Class Sessions: 4
Instructor: Community Services Staff

Ages: 4-6
Location: Costeau Park

Pee Wee Basketball



Calling all future NBA Stars! In this class you will be introduced to the basic fundamentals of basketball with fun exercises and wacky warm-up activities. We can't wait for you to come and join our team!

DATES	TIME	DAY	CLASS
8/14-9/11	10:15-10:45 AM	Sa	1584

NO CLASS 9/4

Fee: Resident \$30, Non-Resident \$35
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3 ½-5
Location: LHCC

Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for those with no playing experience. You will learn various strum styles, single note melodies, and three classic rock songs. Participants must supply their own guitars. Class may be repeated. Please visit www.rongorman.com for more information.

DATES	TIME	DAY	CLASS
Beginning			
6/23-7/21	4:30-5:30 PM	W	1486
9/14-10/12	6:00-7:00 PM	Tu	1607

Intermediate

9/14-10/12	7:00-8:00 PM	Tu	1608
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Fee: Resident \$90, Non-Resident \$100
Class Sessions: 5
Instructor: Ron Gorman

Ages: 10 and older
Location: LHCC

Beginning, Intermediate & Advanced Drawing & Painting

This class includes individualized instruction with progression at your own speed. Emphasis is on technique, composition, perspective, color, and design. Students work from still lifes and from photographs or printed matter. Beginners will work in charcoal; supply kit is available from instructor for \$35. Intermediate and Advanced student media choices include colored pencil, watercolor, gouache, acrylic, oil, pastel and ink. These students must supply their own materials; a list may be obtained from instructor.

DATES	TIME	DAY	CLASS
7/5-8/23	4:00-5:30 PM	M	1522
7/8-8/26	4:00-5:30 PM	Th	1523

Fee: Resident \$160, Non-Resident \$170
Class Sessions: 8
Instructor: Marilyn Brame

Ages: 6-16
Location: LHCC

ACTIVITY SCHEDULE



CULTURAL ARTS

DANCE

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
7/6-8/3	3:30-4:30 PM	Tu	1507

Fee: Resident \$63, Non-Resident \$73
Class Sessions: 5
Instructor: Young Rembrandts Staff

Ages: 6-12
Location: LHCC

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.

DATES	TIME	DAY	CLASS
7/25-8/22	4:30-5:45 PM	Su	1500
8/29-9/26	4:30-5:45 PM	Su	1501

Fee: Resident \$59, Non-Resident \$69
Class Sessions: 5
Instructor: George Medlock

Ages: 18 and older
Location: LHCC

MEET THE INSTRUCTOR



Nicole Mathews brings Cardio Kick 'N Jab to the City of Laguna Hills! She has been teaching fitness classes for four years and is an advocate for healthy eating and exercise, encouraging her students to work hard to transform their bodies to meet their individual healthy lifestyle

goals. A new mom to a beautiful baby girl, Nicole knows first-hand the challenge faced by many women in fighting post-pregnancy weight; she used fitness as a means to losing the unwanted weight. For more information on Nicole's Cardio Kick 'N Jab classes, see page 12 or call the Community Center at (949) 707-2680.

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, EZ+ 7:30-8:15 PM, Intermediate 8:15-9:00 PM, Int/Adv 9:00-9:45 PM. Beginner start date is September 2, 2010. For more information, please contact David Nimmo at (949) 939-1773.

DATES	TIME	DAY	CLASS
7/1-9/30	6:45-9:45 PM	Th	1502

Fee: Resident \$60, Non-Resident \$70

The following sessions meet monthly:

7/1-7/29	6:45-9:45 PM	Th	1503
8/5-8/26	6:45-9:45 PM	Th	1504
9/2-9/30	6:45-9:45 PM	Th	1505

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

Instructor: David Nimmo
Location: LHCC

Ages: 6 and older

Coast Dance Center Classes



Coast Dance Center offers a comprehensive dance program through the City of Laguna Hills. Classes are offered for ages 2 to adult. Visit www.coastdancecenter.com to view videos of our classes. For more information please call Mia Alicea, Artistic Director at (949) 495-2119.

DATES	TIME	DAY	CLASS
Preschool Dance I - Tap & Ballet			Age: 3
7/6-8/24	9:45-10:30 AM	Tu	1545
7/9-8/27	9:45-10:30 AM	F	1546
Preschool Dance II - Tap & Ballet			Age: 4
7/6-8/24	10:30-11:15 AM	Tu	1547
7/7-8/25	3:00-3:45 PM	W	1548
7/9-8/27	10:30-11:15 AM	F	1549
Intro to Dance I - Ballet, Tap & Jazz Combo			Age: 5
7/5-8/23	3:00-4:00 PM	M	1550
Intro to Dance I/II - Ballet, Tap & Jazz Combo			Ages: 5-6
7/8-8/26	3:00-4:00 PM	Th	1551
Intro to Dance II/III - Instructor Approval Required			Ages: 6-8
7/9-8/27	3:15-4:15 PM	F	1552
Jazz II/III - Instructor Approval Required			Ages: 11 and older
7/8-8/26	4:00-5:15 PM	Th	1553
Lyrical II/III - Instructor Approval Required			Ages: 11 and older
7/6-8/24	5:00-6:15 PM	Tu	1554
Lil' Hip Hop			Ages: 6-8
7/7-8/25	4:00-4:45 PM	W	1555
Hip Hop			Ages: 9 and older
7/7-8/25	4:45-5:45 PM	W	1556

Fee: Resident \$100, Non-Resident \$110
Instructor: Coast Dance Center

Location: LHCC
Class Sessions: 8



ACTIVITY SCHEDULE

DANCE

Salsa Dance Workshop

NEW



Have you been wanting to learn how to Salsa dance but don't know where to begin? Come join this workshop with a dance professional who will show you a variety of basic Salsa moves. Learn about rhythm, timing, leading and following while studying the basic patterns, turns and breaks that make up the dance. In between instruction there will be a generous break for dance practice. Partners will be rotated for a maximum learning and social experience. Come join us! NOTE: This is a one day workshop; please register early to avoid cancellation.

DATES	TIME	DAY	CLASS
7/10	2:00-5:00 PM	Sa	1571

Fee: Resident \$20, Non-Resident \$30
Instructor: Patricia Baron

Ages: 18 and older
Location: LHCC

Salsa Dance



One of today's most popular social dances, Salsa involves a variety of turns, breaks, footwork and styling that make it one of the most exciting dances around! Come join us for a series of classes that will teach you the patterns, rhythms, technique and styling of Salsa dancing. You'll be dancing at the clubs in no time! For additional information, please call Patricia at (949) 690-1753.

DATES	TIME	DAY	CLASS
BEGINNING			
7/13-8/3	7:00-8:00 PM	Tu	1565
8/10-8/31	7:00-8:00 PM	Tu	1566
9/7-9/28	7:00-8:00 PM	Tu	1567
INTERMEDIATE			
7/13-8/3	8:00-9:00 PM	Tu	1568
8/10-8/31	8:00-9:00 PM	Tu	1569
9/7-9/28	8:00-9:00 PM	Tu	1570

Fee: Resident \$40, Non-Resident \$50
Instructor: Patricia Baron Class Sessions: 4

Ages: 18 and older
Location: LHCC

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			
7/25-8/22	12:15-1:30 PM	Su	1491
8/29-9/26	12:15-1:30 PM	Su	1492
LEVEL II			
7/25-8/22	1:30-2:45 PM	Su	1493
8/29-9/26	1:30-2:45 PM	Su	1494
LEVEL III & IV			
7/25-8/22	3:00-4:15 PM	Su	1495
8/29-9/26	3:00-4:15 PM	Su	1496

Fee: Resident \$59, Non-Resident \$69
Instructor: Tina Elkins Class Sessions: 5

Ages: 10 and older
Location: LHCC

PERSONAL DEVELOPMENT

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.

DATES	TIME	DAY	CLASS
7/30	6:00-9:00 PM	F	1577

Fee: Resident \$38, Non-Resident \$48
Instructor: Charlene Jordan

Ages: 11-16
Location: LHCC

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 one year. This certification meets state requirements for teachers. A \$10 material fee and self-addressed stamped envelope are due to instructor at the start of class for your CPR certification cards.

DATES	TIME	DAY	CLASS
8/10	5:00-9:00 PM	Tu	1506

Fee: Resident \$45, Non-Resident \$55
Instructor: Streamline Health Services

Ages: 13 and older
Location: LHCC

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
8/18-8/25	6:30-8:30 PM	W	1485

Fee: Resident \$59, Non-Resident \$69
Class Sessions: 2
Instructor: Frances Greenspan

Ages: 18 and older
Location: LHCC

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

Fee: FREE

Ages: 17 & Under
Location: LHCC

Adult Open Gym Basketball



Participants must purchase a 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	F
	2:00-6:00 PM	Su

Annual Fee: Resident \$30, Non-Resident \$40

Ages: 18 and older
Location: LHCC

Junior Hoops



Improve your basketball skills in this class especially designed for children ages 5 to 7 years old. We will cover the fundamentals of passing, dribbling, shooting, and rebounding. Don't miss out!

DATES	TIME	DAY	CLASS
8/14-9/11	9:15-10:00 AM	Sa	1589

NO CLASS 9/4

Fee: Resident \$30, Non-Resident \$35
Class Sessions: 4
Instructor: Community Services Staff

Ages: 5-7
Location: LHCC

Karate



In this class, participants develop physical fitness, self discipline, respect, and self confidence. A uniform (GI) is recommended, but not required, and will be available from instructor for \$30. **No Class 9/6.** Make up classes may be arranged with instructor.

DATES	TIME	DAY	CLASS
BEGINNING			
6/7-8/9	5:30-6:10 PM	M	1524
6/10-8/12	5:30-6:10 PM	Th	1525
8/16-10/18	5:30-6:10 PM	M	1526
8/19-10/21	5:30-6:10 PM	Th	1527

DATES	TIME	DAY	CLASS
INTERMEDIATE			
6/7-8/9	6:15-6:55 PM	M	1528
6/10-8/12	6:15-6:55 PM	Th	1529
8/16-10/18	6:15-6:55 PM	M	1530
8/19-10/21	6:15-6:55 PM	Th	1531

DATES	TIME	DAY	CLASS
ADVANCED			
6/7-8/9	7:00-7:40 PM	M	1532
6/10-8/12	7:00-7:40 PM	Th	1533
8/16-10/18	7:00-7:40 PM	M	1534
8/19-10/21	7:00-7:40 PM	Th	1535

Fee: Resident \$110, Non-Resident \$120 Class Sessions: 10

The following sessions meet twice a week:

DATES	TIME	DAY	CLASS
BEGINNING			
6/7-8/12	5:30-6:10 PM	M Th	1536
8/16-10/21	5:30-6:10 PM	M Th	1537

DATES	TIME	DAY	CLASS
INTERMEDIATE			
6/7-8/12	6:15-6:55 PM	M Th	1538
8/16-10/21	6:15-6:55 PM	M Th	1539

DATES	TIME	DAY	CLASS
ADVANCED			
6/7-8/12	7:00-7:40 PM	M Th	1540
8/16-10/21	7:00-7:40 PM	M Th	1541

Fee: Resident \$145, Non-Resident \$155 Class Sessions: 20

Instructor: Rick Garza
Location: LHCC

Ages: 5-18



ACTIVITY SCHEDULE

SPORTS & FITNESS

Cardio Kick 'N Jab



This class is a mixture of cardio, flexibility, core, and strength building moves. This summer, train with Nicole in a kickboxing class that will transform your entire body! Slim down, tone muscle, and be healthy!

This class will get your heart pumping while having fun for a total body transformation. Appropriate for all fitness levels. Please bring water, a towel, and fitness mat.

DATES	TIME	DAY	CLASS	SESSIONS	FEE (Res/Non-Res)
7/3-7/24	8:10-8:50 AM	Sa	1517	4	\$60, \$70
7/14-8/18	7:45-8:45 PM	W	1518	6	\$72, \$82
8/14-9/25	8:10-8:50 AM	Sa	1519	7	\$84, \$94
8/25-9/29	7:45-8:45 PM	W	1520	6	\$72, \$82

Instructor: Nicole Mathews
Location: LHCC

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

DATES	TIME	DAY	CLASS
7/9-8/13	4:00-5:00 PM	F	1542

Fee: Resident \$65, Non-Resident \$75
Class Sessions: 6
Instructor: John Myers

Ages: 6-8
Location:
Mackenzie Park

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
7/9-8/13	5:00-6:00 PM	F	1543

Fee: Resident \$65, Non-Resident \$75
Class Sessions: 6
Instructor: John Myers

Ages: 9-13
Location:
Mackenzie Park

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
7/9-8/13	6:00-7:00 PM	F	1544

Fee: Resident \$65, Non-Resident \$75
Class Sessions: 6
Instructor: John Myers

Ages: 14 and older
Location:
Mackenzie Park

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
7/7-9/29	6:00-7:30 PM	W	1487
NO CLASS 9/1			

Fee: Resident \$140, Non-Resident \$150
Class Sessions: 12
Instructor: Angie Knight

Ages: 14 and older
Location: LHCC

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
7/12-9/27	6:30-8:00 PM	M	1488
NO CLASS 8/30 & 9/6			

Fee: Resident \$116, Non-Resident \$126
Class Sessions: 10
Instructor: Angie Knight

Ages: 14 and older
Location: LHCC

ACTIVITY SCHEDULE



SPORTS & FITNESS

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
7/7-9/29	9:00-10:30 AM	W	1489
NO CLASS 9/1			

Fee: Resident \$140, Non-Resident \$150
Class Sessions: 12
Instructor: Angie Knight

Ages: 14 and older
Location: LHCC

Beginning Hiking



Have fun learning basic hiking techniques and discover native plants, animals and the local 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 on mostly level terrain with a distance of 2-3 miles. Class meets promptly at 8:00am at the Laguna Hills Community Center on selected Saturdays with transportation provided by City Staff to all destinations. For more information please call (949) 707-2692. **SCHEDULE:** 7/10: Whiting Ranch Wilderness Park - Borrego Trail; 7/24: Upper Newport Bay - Back Bay Drive; 8/7: O'Neill Regional Park - Arroyo Trabuco Trail; 9/4: Caspers Wilderness Park - Bell Canyon Loop.

DATES	TIME	DAY	CLASS
7/10-9/4	8:00 AM-12:00 PM	Sa	1578

Fee: Resident \$50, Non-Resident \$55
Class Sessions: 4
Instructor: Community Services Staff

Ages: 15 and older
Location:
Meet at LHCC

Hiking Club



Come and learn about native plants, animals, and local history while getting some exercise! This intermediate level class is held at a faster hiking pace and encounters a variety of terrain, including hills with distances of 4-6 miles. Class meets promptly at 8:00am at the Laguna Hills Community Center on selected Saturdays with transportation provided by City Staff to all destinations. For more information please call (949) 707-2692. **SCHEDULE:** 7/17: Whiting Ranch Wilderness Park - Red Rock Canyon Trail; 7/31: Santiago Oaks Regional Park - Robbers Peak; 8/14: Peters Canyon Regional Park - Peters Canyon Loop; 8/28: O'Neill Regional Park - Live Oak Trail.

DATES	TIME	DAY	CLASS
7/17-8/28	8:00 AM-12:00 PM	Sa	1579

Fee: Resident \$50, Non-Resident \$55
Class Sessions: 4
Instructor: Community Services Staff

Ages: 15 and older
Location:
Meet at LHCC

CIRCLE OF FRIENDS

The Circle of Friends Program is for individuals with disabilities who are 13 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 contact Kate at (949) 707-2683.

Karaoke Night

NEW

Invite a friend and join us for an exciting evening of karaoke at the Laguna Hills Community Center! Light snacks will be provided. Please RSVP in advance to Kate at (949) 707-2683.

DATES	TIME	DAY	CLASS
7/2	7:00-8:30 PM	F	1564

Fee: \$5

Location: LHCC

Ages: 13 and older

Softball Game & BBQ



Come celebrate summer with us as we barbeque in the park and then hit the field for a fun softball game! Please RSVP in advance to Kate at (949) 707-2683.

DATES	TIME	DAY	CLASS
8/14	11:00 AM-1:00 PM	Sa	1563

Fee: \$5

Location: LHCC

Ages: 13 and older

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 Kate at (949) 707-2683.

DATES	TIME	DAY	CLASS
9/10	7:00-9:00 PM	F	1476

Fee: \$5

Location: LHCC

Ages: 13 and older

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

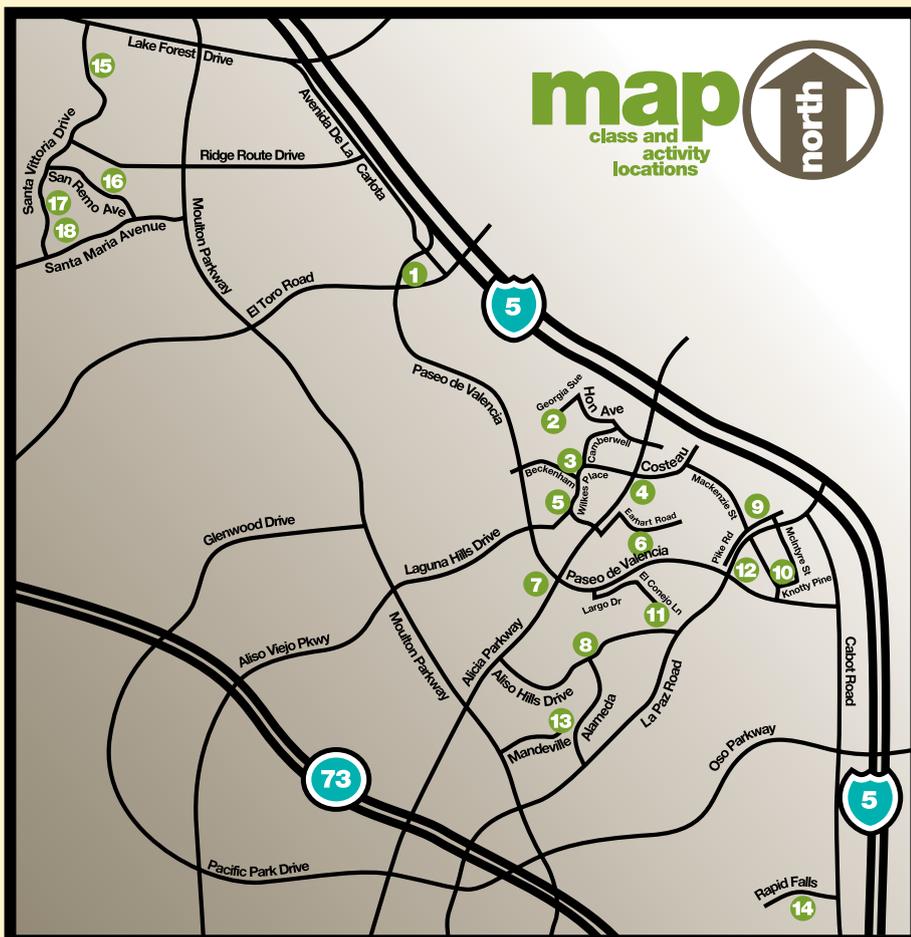


SPORTS & YOUTH GROUPS

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

Summer Registration begins Tuesday, June 8, 2010

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.
- Financial assistance is available for Laguna Hills resident qualifying families. Contact 949.707.2680 for further information.
- 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