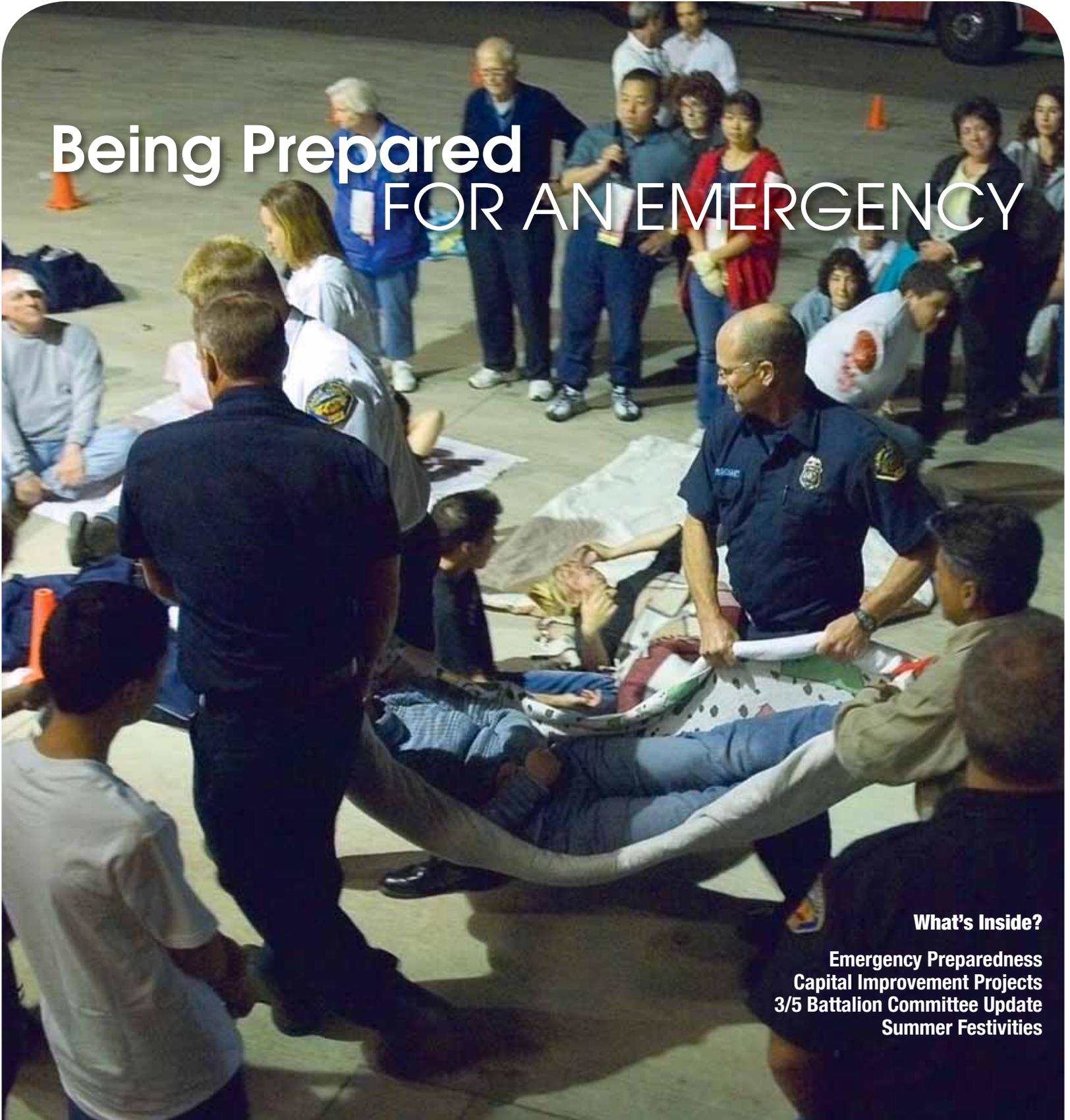




Being Prepared FOR AN EMERGENCY



What's Inside?

Emergency Preparedness
Capital Improvement Projects
3/5 Battalion Committee Update
Summer Festivities



CITY HALL HOURS:

8 am – 5 pm Monday – Friday

ENGINEERING, PLANNING AND BUILDING COUNTER HOURS:

1 pm – 5:30 pm Monday – Thursday

1 pm – 5 pm Friday

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

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

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

All meetings begin at 7 pm in the City Council Chambers.



LAGUNA HILLS CITY COUNCIL:

L. Allan Songstad, Jr.
Mayor

Melody Carruth
Mayor Pro Tem

Randal Bressette

Barbara Kogerman

Joel Lautenschleger

A Message from the **CITY**

"Summertime and the living's easy," as the song goes, and it's ringing true here in Laguna Hills! The City has a lot of great programs and classes for your kids this summer to keep them busy and enjoying their time off from school. On pages two and three, you'll find information on disaster preparation, what the City and County are doing in the event of a major emergency and what you can do to protect yourself and your family. Pages four and five have information about some big activities and fun children's classes planned for this summer. On page six you'll learn about what the City is doing for seniors. This spring Laguna Hills Team DARKHORSE welcomed back the 3/5 Battalion Marines. You can read about the homecoming efforts on page seven. On pages eight and nine you'll read about the recent capital improvement projects the City has been working on throughout town.

laguna hills **CITY VIEWS**

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

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



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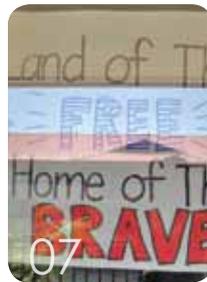
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ON THE COVER

Disasters happen without warning. Having supplies and training on how to deal with the emergency is the best way to be prepared. The City offers residents its Emergency Preparedness Academy every Fall. Learn more about the Academy on page three.

STAYING PREPARED in an EMERGENCY



By the time an emergency or natural disaster occurs, preparation will be too late.

Recent events such as the Japanese earthquake and tsunami serve as a reminder that major disasters can and will happen. Especially given Laguna Hills' location in southern California, earthquakes are the most likely source of natural disasters and pose a danger for residents. The City, Sheriff's Department and Fire Department have put together strategies to keep residents safe and get them to safety in the event of a major emergency. These strategies vary for each type of emergency and the best route and course of action will be determined in the minutes immediately following a major disaster, with residents being notified shortly after.

Because emergencies typically happen without warning, it's best to be prepared with a survival kit that will serve you and your family until first responders are able to get to you. In the case of some natural disasters, first responders may not be able to reach all residents immediately after a major earthquake or natural disaster has taken place. Here are some tips that can prepare you and your family to be safe in an emergency:

Make a Survival Kit

Your survival kit can be packed in a sturdy trash can or storage container and kept in an easily accessible area, like in your garage near the door. Here are some basic supplies for a survival kit:

- Water (1 gallon per person per day)
- Food (3 day supply per person)
- Can opener, disposable dishes and utensils
- Battery powered radio
- Flashlight
- Extra batteries
- First aid kit
- Medications
- Sanitation and person hygiene items
- Copies of personal documents (birth/marriage certificates, passports, proof of address, insurance policies)
- Multi-purpose tool
- Family and emergency contact information
- Cell phone and chargers
- Clothing
- Infant or child needs
- Blankets
- Maps of the area
- Extra cash
- Ax, shovel, bucket
- Paper/ writing utensil/ sharpie marker
- Household bleach

AlertOC



AlertOC is Orange County's regional public mass notification system designed to keep those who live or work in Orange County informed of important information during emergency events.

Based on the severity of the event, AlertOC may be used to contact residents by one or all of the following methods: home phone, work phone, cell phone, e-mail, text message. Mass notification systems have been attributed with saving lives during the 2007 Southern California wildfires by quickly notifying residents of evacuation instructions at all hours.

With the AlertOC partnership between the County of Orange and all Orange County cities, residents and businesses only need to provide their contact information once to receive emergency messages from either the County or city in which they live or work.



Have a Plan

Have a meeting with your family when putting together the emergency kit. Discuss how to prepare and respond to emergencies that are most likely to happen where you live, go to school, work, and play. Each member of your household can be given responsibilities and a plan to work together. Make sure to have a plan in case you and your family are separated during an emergency. Choose two meeting places – one right outside of your home in case of a sudden emergency such as a house fire, and one outside your neighborhood in case you cannot go home or are asked to evacuate. Also, choose an out-of-area emergency contact person, as it may be easier to text or call long distance should local phone lines be overloaded or out of service. Save the emergency contact information in writing and program it into your cell phone.

In the event of an evacuation, prepare ahead of time by deciding where you would go and what route you plan to get there. Think of a safe location to go to such as a friend or relative's house, a hotel, or an evacuation shelter. Practice evacuating your home twice a year and drive your planned evacuation route. Keep in mind to plot alternate routes on your map in case roads are closed. Also, don't forget about your furry friends. Plan ahead for your pets by keeping a phone list of pet-friendly hotels and animal shelters that are along your evacuation routes.

Stay Informed

It is important that residents join together to protect our families, friends and neighbors in case of an emergency. Here are some ideas on how to get prepared and stay informed:

- Register for Alert OC (www.alertoc.com)
- Get online preparedness training (www.redcross.org)
- Attend an emergency preparedness academy offered by the City of Laguna Hills (see right)

Laguna Hills Citizens Emergency Preparedness Academy (CEPA)

This academy is a joint effort between the City of Laguna Hills, the Orange County Sheriff's Department, the Orange County Fire Authority, Doctor's Ambulance Service, El Toro Water District, Orange County Animal Care Services, Trauma Intervention Program, Saddleback Hospital, Mission Hospital Regional Trauma Center and the American Red Cross. The academy is designed to teach participants basic preparedness skills for the first 72 hours following a disaster. Experienced instructors from the above mentioned agencies will provide invaluable training including certification in First Aid and CPR, as well as training in Automatic External Defibrillator (AED) operation, disaster psychology, earthquake preparedness, fire safety, water safety, disaster medical operations, and light search and rescue.

The program will provide approximately 24 hours of preparedness training over an eight week session of three hour lessons. During the final session, participants utilize their new skills during a "hands-on" exercise that simulates a real disaster scenario. All classes will be held at the Laguna Hills Community Center, with the exception of the final drill. Past final drills have been held at the Irvine Fire Authority Training Center. All training is being offered at no cost to the participant.

The next academy is scheduled for this Fall on Thursday nights beginning September 29th – November 17th from 6:30pm – 9:30pm. To be placed on the interest list for this exciting opportunity to learn how to effectively prepare for and respond to a disaster, or if you have any questions, please contact Brittney Oldham, Crime Prevention Specialist for Laguna Hills Police Services, at (949) 707-2641 or at boldham@ocsd.org



SUMMERTIME FUN IN LAGUNA HILLS



Memorial Day Half Marathon

On your mark... get set... GO! Summer kicks off each year in Laguna Hills with the Memorial Day Half Marathon and 5K. Currently in its 13th year, the Memorial Day Half Marathon is expected to bring out more than 6,000 runners, walkers, spectators and volunteers to the streets of Laguna Hills this Memorial Day – Monday, May 30. Registration begins at 5:30 a.m. at Saddleback Memorial Medical Center, or you can register at www.lagunahillshalfmarathon.com. As part of the on-line registration, you can “Thank A Marine” by clicking to donate \$5.00 to the 3/5 Battalion. Pre-race packets will be available at the Laguna Hills Mall on Sunday, May 29 from noon – 4:00 p.m.

HALF-MARATHON

Elite as well as recreational runners will take part in the half-marathon, which is a 13.1 mile scenic but challenging race that snakes through the beautiful hills of 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 before ending at the Laguna Hills Community Center. The awards ceremony will be held at 9:00 a.m. at the finish line at the Laguna Hills Community Center.

KIDS HALF MILE RACE AND DIAPER DASH

Let the kids burn off their energy at the Kids Half Mile Race. This short race for children ages 4-12* will begin at 9:30 a.m. and 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.*

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



SUMMER FESTIVITIES

Get Active This Summer!

FAMILY EXPO

Whether you take part in the races 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 at 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 Monday, July 4th. Kids (up to age 12) can make patriotic crafts. All supplies will be provided. Just make sure to bring your imaginations!

The time-honored tradition of our Fabulous Fireworks Show will begin at 9:10 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
- 9:10 p.m. Fireworks



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.

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 11, run through August 26 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 is an excursion-based program that includes trips to many of the favorite amusement parks throughout the Southland, such as Universal Studios, Magic Mountain, Knott's Berry Farm and Sea World. The weekly teen camps begin on July 11, run through August 26 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 June 27 and August 5.

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.

SENIOR SERVICES



Florence Sylvester Senior Center improvements

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 recognizes what an important part of a community a senior center is and has strived to obtain grant funding for improvements to this facility. Since the 2009-2010 fiscal year, the City of Laguna Hills has been awarded a total of \$165,925 to make improvements to the Florence Sylvester Senior Center. A number of wonderful upgrades have been completed including: the installation of new automatic restroom door openers for easier handicap access, removal of the existing ceramic floors and replacement with non-skid tile flooring, and the installation of a new, wider door at the Center to allow for better Meals on Wheels loading/unloading.

The Center also has some exciting new changes happening as we speak. For the 2010-2011 fiscal year, the City obtained funding for the following improvements:

- Framing and installing portable walls to establish a designated storage area in the facility
- Replacing the baseboards throughout the Center and installing new carpet
- Painting the interior of the Center

Looking ahead into next year, the Florence Sylvester Senior Center continues to remain a priority for the City. The City has been awarded \$63,750 to complete additional energy efficiency improvements at the Center. If you would like to view the upgrades and improvements taking place, you may visit the Florence Sylvester Senior Center at 23721 Moulton Parkway.

Senior Taxi Program

If you are a senior or know of one who no longer wishes to drive but would like to travel within Laguna Hills and/or Mission Viejo, the City has launched the Senior Dial-A-Taxi Program. For a flat rate of \$5 per trip, seniors can take a trip anywhere within the two cities for personal and/or medical reasons. Seniors must be residents of Laguna Hills and have proof of disability and an inability to drive. Seniors must sign up for the service at the Laguna Hills Community Center or at www.ci.laguna-hills.ca.us under the "Departments" and "Community Services" section of the website.





3/5 BATTALION COMMITTEE



The City has wonderful news to report! The 3/5 Battalion, which the City is honored to have adopted, returned home from their recent deployment in the Helmand Province of Afghanistan. The soldiers arrived back at Camp Pendleton in March and April of 2011 to delighted family and friends. Prior to their return, in late 2010, the City launched the 3rd Battalion, 5th Marines Support Committee, also known as Laguna Hills Team DARKHORSE, which takes on the name of the military unit. Since its inception, Team DARKHORSE has been instrumental in providing encouragement, relief and comfort to the 3/5 Marines, Sailors and their families. Team DARKHORSE has spearheaded numerous projects such as sending care packages of school supplies for the 3/5 Battalion to distribute to children in Afghanistan and "Operation Christmas Tree," which helped raise funds to purchase and decorate trees that were then sent to the Battalion.



One of the 3/5 Marine's mother, Jamie Davis, had this to say about the DARKHORSE program:

"My heart is overwhelmed with gratitude on behalf of our DARKHORSE Marines for all you have done for them. No other town near Camp Pendleton that I have seen has given our Marines the support that you have...Laguna Hills went all out in support of our 3/5 Marines. It's incredible what you all have done. You have no idea how it has touched my heart to see how an entire community has rallied around our men while in Sangin....Only a great community could come together and do what you have done."

Now that the 3/5 Battalion is home, the committee is not ending their projects. At the City's Memorial Day Half Marathon & 5K, Team DARKHORSE will have a booth to collect donations for the 3/5 Battalion Welcome Home Ball in June and other supporting activities for the 3/5 Battalion and the Wounded Warriors. Several Marines from 3/5 Battalion will also be running in the race and their Commanding Officer will be in attendance. Please come to show your support of the brave men and women from the 3/5 Battalion. If you would like to become more involved with Team DARKHORSE, please check out the "Laguna Hills Team DARKHORSE" page on Facebook and the City's website.

CAPITAL IMPROVEMENT



La Paz Widening

The City of Laguna Hills is constantly working to improve infrastructure throughout the City, as is needed and financially feasible. Here is a quick update on a few projects the City is currently working on.

La Paz Widening

One major project that has recently begun is the La Paz Widening at Interstate 5 (I-5). The improvements will address concerns of safety and traffic flow on and off the I-5 freeway at La Paz Road, as well as help through traffic navigate the area.

The City has begun the project with the removal of trees that interfere with the construction work. After these are removed, the various components of underground storm drain modifications and road/ramp widening will begin. Because of the anticipated ramp and lane closures which would greatly affect the traffic flow, the City has made it a priority to have most of the work occur at night in order to ease the impact of construction on traffic. Please watch for construction signs and use caution when driving through this area.



CAPITAL IMPROVEMENT



Costeau Park playground improvements

Costeau Park Playground

The Costeau Park Playground renovation is in the final stages of completion and will be open for public use in mid-May. The subsurface drainage, park benches and playground equipment have already been installed. Workers are in the process of completing the final touches which include placing the rubberized playground surfacing for the safe enjoyment of the

area. Please take your family and friends down to the park to check out this new, complete renovation!

Community Center Playground

The Community Center Playground Renovation is well underway and will be finished by the end of May. Security lights refurbishment has begun with most light poles having been removed, restored and reinstalled. The play area surfacing renovation is in the process of being completed with the old surfacing removed and a new base layer being installed. The new rubberized surfacing will be the final touch on the project and will provide a safe and fun environment for families.



2011 SUMMER

COMMUNITY SERVICES

ACTIVITY GUIDE



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CALENDAR OF EVENTS

- May 30** Memorial Day Half Marathon & 5K
- Jun 7-10** Build A Fort registration (LH Residents Only)
- June 10** Circle of Friends Spring Dance
- Jun 14** Summer Registration Opens
- July 4** Fourth of July Celebration
- July 15** Circle of Friends Bowling Night
- Aug 13** Circle of Friends Softball & BBQ
- Aug 20-21** S'mores & Snores Community Campout
- Sep 23** Circle of Friends Pizza & Movie Night

NEW NEW THIS SUMMER!

Ki Yo Kids

STAY INFORMED

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



2 Special Events

3-4 Camps

4-6 Early Childhood

7-8 Cultural Arts

8-9 Dance

10 Personal Development

11-12 Sports & Fitness

13 Circle of Friends

14 Sports Leagues

14 Emeritus



ACTIVITY SCHEDULE

SPECIAL EVENTS

Memorial Day Half Marathon, 5K, & Kids Run



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

DATE	DAY
5/30	M

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	M

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

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 2-mile long evening hike and campfire. All participating families should bring a family tent, sleeping bags, snacks and be prepared for inclement conditions. 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.** Last day to register for the campout is August 12th. Please call (949) 707-2692 for more information. We hope to see you there!

DATES	TIME	DAY	CLASS
8/20 - 8/21	4:00 PM-9:00 AM	Sa Su	2046

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

MEMORIAL DAY HALF MARATHON & 5K!



It's not too late to register! Help celebrate Memorial Day by running in the City of Laguna Hill's Memorial Day Half Marathon & 5K. For more information please visit www.lagunahillshalfmarathon.com.

ACTIVITY SCHEDULE



CAMPS

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 nails- all in a safe, supervised environment. Please wear old clothes and tennis shoes and bring a sack lunch each day. Camp also includes group games, sports and water play activities.

DATES	TIME	DAY	CLASS
JUNIOR BAF (Ages 6-8)			
6/27 - 7/1	9:00 AM-2:00 PM	M-F	2104
Fee: Resident \$85, Non-Resident \$90		Class Sessions: 5	
BAF (Ages 8-12)			
7/11 - 7/22	9:00 AM-2:00 PM	M-F	2105
7/25 - 8/5	9:00 AM-2:00 PM	M-F	2106
Fee: Resident \$155, Non-Resident \$160		Class Sessions: 10	

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

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 Salt Creek; 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 any more information, please call (949) 707-2690.

DATES	TIME	DAY	CLASS
7/6 - 8/24	9:00 AM-4:00 PM	W	2033

Fee: Resident \$90, Non-Resident \$95
Location: LHCC
Instructor: Community Services Staff
Ages: 11-14
Class Sessions: 8

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. **PLEASE NOTE: No refunds or transfers for camps.**

DATES	TIME	DAY	CLASS	EXCURSION
7/11 - 7/15	8:30 AM-5:30 PM	M-F	2104	Wild Rivers
7/18 - 7/22	8:30 AM-5:30 PM	M-F	2105	Movies & Ruby's
7/25 - 7/29	8:30 AM-5:30 PM	M-F	2106	Jump Sky High
8/1 - 8/5	8:30 AM-5:30 PM	M-F	2107	Medieval Times
8/8 - 8/12	8:30 AM-5:30 PM	M-F	2108	Wild Rivers
8/15 - 8/19	8:30 AM-5:30 PM	M-F	2109	Rock Climbing
8/22 - 8/26	8:30 AM-5:30 PM	M-F	2110	Disneyland

Fee: Resident \$175, Non-Resident \$180
Location: LHCC
Instructor: Community Services Staff
Ages: 6-10
Class Sessions: 5

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. **PLEASE NOTE: No refunds or transfers for camps.**

DATES	TIME	DAY	CLASS	EXCURSION
7/11 - 7/15	8:30 AM-5:30 PM	M-F	2037	Knott's Berry Farm
7/18 - 7/22	8:30 AM-5:30 PM	M-F	2038	Sea World
7/25 - 7/29	8:30 AM-5:30 PM	M-F	2039	Magic Mountain
8/1 - 8/5	8:30 AM-5:30 PM	M-F	2040	Knott's Berry Farm
8/8 - 8/12	8:30 AM-5:30 PM	M-F	2041	Universal Studios
8/15 - 8/19	8:30 AM-5:30 PM	M-F	2042	Magic Mountain
8/22 - 8/26	8:30 AM-5:30 PM	M-F	2043	Disneyland

Fee: Resident \$180, Non-Resident \$185
Location: LHCC
Instructor: Community Services Staff
Ages: 11-14
Class Sessions: 5

REGISTER EARLY

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



ACTIVITY SCHEDULE

CAMPS

Pop Star Sing and Dance Camp



Children learn and sing lyrics to their favorite Radio Disney or Glee hit songs while dancing to fun, clean choreography like a true pop star. Moves are basic, clean, hip hop and jazz dance. Props and crafts will be made for final class. All songs, moves and themes are age appropriate. Please bring your \$20 material fee in cash on the first day of camp.

DATES	TIME	DAY	CLASS
7/11 - 7/15	1:00-3:00 PM	M-F	2054

Fee: Resident \$105, Non-Resident \$115

Location: LHCC

Instructor: OC Dance Productions

Ages: 5-9

Class Sessions: 5

Coast 2 Coast Soccer Camp



Coast 2 Coast Soccer is the City of Laguna Hill's leading sports camp provider. We are running one week of camp this summer. Our highly enthusiastic coaches come all the way from Ireland. The week includes the most fun filled soccer games with healthy fruit breaks.

Our coaches will teach your child great new soccer skills and the fundamental techniques of how to play. Your child will get a C2C Irish soccer jersey, a ball, a wristband and a certificate. Most importantly, your child will have FUN. Visit www.c2csoccer.com for more info. Sign up today! Space is limited!

DATES	TIME	DAY	CLASS
7/18 - 7/22	9:00 AM-2:00 PM	M-F	2026

Fee: Resident \$169, Non-Resident \$179

Location: Cabot Park

Instructor: Coast 2 Coast

Ages: 4-14

Class Sessions: 5

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 focuses 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
7/18 - 7/22	9:00 AM-1:00 PM	M-F	2028

Ages: 6 - 12

Ages: 5 - 9

7/25 - 7/29	9:00 AM-1:00 PM	M-F	2027
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Fee: Resident \$139, Non-Resident \$149

Location: LHCC

Instructor: Skyhawk Sports Academy

Ages: 6-12

Class Sessions: 5

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. Siblings: Residents \$90, Non-Residents \$100. 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
6/22 - 8/10	9:15-10:00 AM	W	2088
6/22 - 8/10	10:15-11:00 AM	W	2089

Fee: Resident \$115, Non-Resident \$125

Location: LHCC

Instructor: Elena Salisbury

Ages: 0-4

Class Sessions: 8

Get to Know Music Together

An introduction to the nationwide Music Together program. Come and experience what Music Together class is like and have fun while playing, moving and singing with us. Parent participation is required.

DATES	TIME	DAY	CLASS
8/17 - 8/31	9:15-10:00 AM	W	2090
8/17 - 8/31	10:15-11:00 AM	W	2091

Fee: Resident \$45, Non-Resident \$55

Location: LHCC

Instructor: Elena Salisbury

Ages: 0-4

Class Sessions: 3

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

Tunes and Tales

Let's get the wiggles out! Sing-alongs and "finger plays" start off this fun filled class for you and your toddler. After a story (no story for the 1 1/2 - 2 1/2 year class) we'll jump into music and movement activities. With the use of beanbags, rhythm sticks, instruments and a parachute, the kids have a great time while developing their listening skills. Join Ms. Vivian in her 18th year of teaching music and movement classes! Parent participation is required. Session II is not a repeat of Session I. Siblings: 25% discount.

DATES	TIME	DAY	SESSIONS	FEE (Res/Non-Res)	CLASS
Ages: 1 1/2 - 2 1/2					
8/2 - 8/23	9:30-10:10 AM	Tu	4	\$35/\$45	2084
9/20 - 10/18	9:30-10:10 AM	Tu	5	\$40/\$50	2086

Ages: 2 1/2 - 4					
8/2 - 8/23	10:15-11:10 AM	Tu	4	\$40/\$50	2085
9/20 - 10/18	10:15-11:10 AM	Tu	5	\$45/\$55	2087

Location: LHCC
Instructor: Vivian Stapleton

PERSONAL DEVELOPMENT

Tot & Preschool Lango Spanish

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

DATES	TIME	DAY	CLASS
7/11 - 8/29	10:00-10:45 AM	M	2055

Fee: Resident \$120, Non-Resident \$130
Location: LHCC
Instructor: Alicia Karlsson

Ages: 1 1/2 - 5
Class Sessions: 8

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 has planned an evening for your children to include dinner, games, crafts and movies. Children must be potty trained. **PLEASE NOTE: No refunds or transfers for one day classes.**

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

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

Ages: 3-10

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
7/11 - 8/1	10:00-11:00 AM	M	2121

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

Ages: 3-5
Class Sessions: 4

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
7/13 - 8/3	10:00-11:00 AM	W	2122

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

Ages: 3-5
Class Sessions: 4

Sweet Treats!

Ice cream, brownies, cakes and cookies! Come join the fun of baking and creating yummy desserts! Your child will learn the fundamentals of baking and be able to eat delicious treats! Please let us know if your child has food allergies by calling (949) 707-2683. Parent participation is required. NOTE: Registration for this class closes on 7/11.

DATES	TIME	DAY	CLASS
7/15 - 8/5	11:00 AM-12:00 PM	F	2125

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

Ages: 3-5
Class Sessions: 4



ACTIVITY SCHEDULE

EARLY CHILDHOOD

Playtime!

Fun time, game time, craft time, PLAYTIME! Join us for days of fun-filled activities from music, arts and crafts, sports, and games. This special program is designed for lively little people and packed full of activities that initiate creativity, stimulate the imagination, and encourage making new friends. Please send a sack lunch with your child each day. Participants must be potty trained.

DATES	TIME	DAY	CLASS
7/19 - 9/22	11:30 AM-2:00 PM	Tu Th	2124

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

Whole New World

Come experience cultures from around the world. In this fun and exciting class your child will explore a new cultural adventure every week, including crafts, activities and story time. Parent Participation Required.

DATES	TIME	DAY	CLASS
8/8 - 8/29	10:00-11:00 AM	M	2127

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

Super 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
8/10 - 8/31	10:00-11:00 AM	W	2129

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

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
8/12 - 9/2	10:00-11:00 AM	F	2130

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

SPORTS AND 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 4 years old to participate. This class will take place at Costeau Park- **RESTROOMS ARE NOT AVAILABLE AT THIS LOCATION.**

DATES	TIME	DAY	CLASS
8/13 - 9/3	9:15-10:00 AM	Sa	2132

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

All Sorts of Sports

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

DATES	TIME	DAY	CLASS
8/13 - 9/3	10:15-11:00 AM	Sa	2131

Fee: Resident \$40, Non-Resident \$45
 Location: Costeau Park
 Instructor: Community Services Staff
 Ages: 3-6
 Class Sessions: 4

REGISTER EARLY

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

ACTIVITY SCHEDULE



CULTURAL ARTS

Beginning Guitar

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

DATES	TIME	DAY	CLASS
6/22 - 7/27	6:30-7:30 PM	W	2024
NO CLASS 7/6			

Fee: Resident \$90, Non-Resident \$100
Location: LHCC
Instructor: Ron Gorman

Ages: 10 and older
Class Sessions: 5

Intermediate Beatles Guitar

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

DATES	TIME	DAY	CLASS
6/22 - 7/27	7:30-8:30 PM	W	2025
NO CLASS 7/6			

Fee: Resident \$90, Non-Resident \$100
Location: LHCC
Instructor: Ron Gorman

Ages: 10 and older
Class Sessions: 5

Piano/Music for Children (Ages 3-5)

In this fun class, children will explore music through piano/keyboard activities, play instruments, singing, ear training, musical stories and creative movement. Keyboards will be provided by the instructor. An additional \$20 material fee is due to instructor on the first class date to cover the cost of each child's book and CD.

DATES	TIME	DAY	CLASS
6/30 - 8/4	3:30-4:10 PM	Th	2093

Fee: Resident \$114, Non-Resident \$124
Location: LHCC
Instructor: Sophi Albert

Ages: 3-5
Class Sessions: 6

Piano/Keyboard for Children (Ages 5-8)

Children will learn the basics of piano/keyboard playing in a fun group setting, learning a variety of new and familiar tunes. Concepts covered will include beginning notation reading, melodic, rhythmic patterns, beat, and dynamics with singing and movement. Keyboards will be provided by the instructor. An additional \$20 material fee is due to the instructor on the first class date to cover the cost of each student's book and CD.

DATES	TIME	DAY	CLASS
6/30 - 8/4	4:15-5:00 PM	Th	2092

Fee: Resident \$114, Non-Resident \$124
Location: LHCC
Instructor: Sophi Albert

Ages: 5-8
Class Sessions: 6

Piano/Keyboard for Adults

Learn to play piano/keyboard and sing your favorite songs for relaxation, personal enjoyment or for a specific purpose. Enjoy the benefits of the social interaction while broadening your musical experience. Each participant is required to purchase their own book for use in class, see instructor for details.

DATES	TIME	DAY	CLASS
6/30 - 8/4	5:15-6:00 PM	Th	2094

Fee: Resident \$114, Non-Resident \$124
Location: LHCC
Instructor: Sophi Albert

Ages: 18 and older
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, however students are welcome to bring their own.

DATES	TIME	DAY	CLASS
7/3 - 7/31	1:30-2:45 PM	Su	2062
LEVEL I			

NO CLASS 7/10

8/7 - 8/28	1:30-2:45 PM	Su	2063
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9/4 - 9/25	1:30-2:45 PM	Su	2064
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Fee: Resident \$49, Non-Resident \$59

Class Sessions: 4

LEVEL II (12 week session)

7/3 - 9/25	4:30-5:45 PM	Su	2065
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NO CLASS 7/10

Fee: Resident \$120, Non-Resident \$130

Class Sessions: 12

Location: LHCC

Ages: 18 and older

Instructor: George Medlock



ACTIVITY SCHEDULE

CULTURAL ARTS

DANCE

Young Rembrandts Cartoon Drawing

Theme: "New England". Get ready for big laughs as Young Rembrandts takes your child on a fun adventure through beautiful New England. We begin our fun New England adventure with humorous cartoon drawings of crab expressions. From there, we expose the silly and fun antics of people eating. An emphasis on gags and props can be found in our lesson featuring a cartoon moose. Your child will learn how to create a sequential set of humorous images in our lobster escape lesson. Brighten your child's life with the gift of laughter and creativity. Enroll today!

DATES	TIME	DAY	CLASS
7/5 - 8/2	3:30-4:30 PM	Tu	2029
8/16 - 9/13	3:30-4:30 PM	Tu	2030

Fee: Resident \$63, Non-Resident \$73

Location: LHCC

Instructor: Young Rembrandts

Ages: 6-12

Class Sessions: 5

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 \$35.00.

Intermediate and advanced students work from still lifes and photographs. Emphasis is on technique, composition, perspective, color and design.

Media choices are colored pencil, water color, gouache and acrylic with the addition of ink, pastel and oil for advanced students only. All intermediate and advanced students supply their own materials. All instruction is individual; therefore each student will be working at his or her level and the only deadlines are sufficient completion of artwork.

DATES	TIME	DAY	CLASS
7/7 - 8/18	4:00-5:30 PM	Th	2081
7/11 - 8/22	4:00-5:30 PM	M	2080

Fee: Resident \$140, Non-Resident \$150

Location: LHCC

Instructor: Marillyn Brame

Ages: 6-16

Class Sessions: 7

Coast Dance Center



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

DATES	TIME	DAY	CLASS	FEE (Res/Non-Res)
Preschool Dance I - Tap & Ballet				Age 3
7/5 - 8/23	9:15-10:00 AM	Tu	2067	\$105/\$115
7/8 - 8/26	9:15-10:00 AM	F	2077	\$105/\$115
Preschool Dance II - Tap & Ballet				Age 4
7/5 - 8/23	10:00-10:45 AM	Tu	2068	\$105/\$115
7/8 - 8/26	10:00-10:45 AM	F	2078	\$105/\$115
Classic Combo A - Tap, Ballet & Jazz				Age 5
7/11 - 8/22	3:30-4:30 PM	M	2066	\$91/\$101
				*Class Sessions: 7
7/5 - 8/23	4:30-5:30 PM	Tu	2072	\$105/\$115
Primary Ballet				Ages 5-7
7/5 - 8/23	2:30-3:15 PM	Tu	2070	\$105/\$115
Classic Combo B - Tap, Ballet & Jazz				Age 6-8
7/7 - 8/25	4:30-5:30 PM	Th	2076	\$105/\$115
Classic Combo C - Instructor Approval Required				Age 6-8
7/8 - 8/26	3:00-4:30 PM	F	2079	\$120/\$130
Hip Hop				Ages 6-8
7/6 - 8/24	4:00-4:45 PM	W	2073	\$105/\$115
Hip Hop				Ages 9 and older
7/6 - 8/24	4:45-5:45 PM	W	2074	\$105/\$115
Lyrical II/III- Instructor Approval Required				Ages 9 and older
7/5 - 8/23	3:15-4:30 PM	Tu	2071	\$105/\$115
Jazz II/III- Instructor Approval Required				Ages 10 and older
7/6 - 8/24	4:45-5:45 PM	W	2074	\$105/\$115

Class Sessions: 8

Location: LHCC

Instructor: Coast Dance Center

ACTIVITY SCHEDULE



DANCE

Belly Dancing



From beginning muscle isolations and hip shimmies to advanced technique and choreography, these courses cover it all! You will enjoy this great overall workout in a fun, supportive atmosphere. Wear comfortable clothes and dance shoes, or go barefoot.

DATES	TIME	DAY	CLASS
LEVEL I			
7/3 - 7/31	12:15-1:30 PM	Su	2095
NO CLASS 7/10			
8/7 - 8/28	12:15-1:30 PM	Su	2096
9/4 - 9/25	12:15-1:30 PM	Su	2097
Fee: Resident \$49, Non-Resident \$59		Class Sessions: 4	

LEVEL II (12 week session)			
7/3 - 9/25	1:30-2:45 PM	Su	2098
NO CLASS 7/10			
Fee: Resident \$120, Non-Resident \$130		Class Sessions: 12	

LEVEL III & IV (12 week session)			
7/3 - 9/25	3:00-4:15 PM	Su	2099
NO CLASS 7/10			
Fee: Resident \$120, Non-Resident \$130		Class Sessions: 12	

Location: LHCC
Instructor: Tina Elkins

Ages: 10 and older

Clog Dance



Come and revive an early American folk dance from the Appalachian Mountains! Clogging is the forerunner of tap-dancing and combines many traditional American dances. This class is great for the whole family - partners are not required. Times: Beginners 6:45-7:30 PM, Easy 7:30-8:00 PM, Easy Plus 8:00-8:30 PM, Intermediate 8:30-9:00 PM, Intermediate Plus/Advanced 9:00-9:45 PM. Beginner start date September 1, 2011. For more information, please contact David Nimmo at (949) 939-1773.

DATES	TIME	DAY	CLASS	SESSIONS
The following sessions meet monthly:				
7/7 - 7/28	6:45-9:45 PM	Th	2113	4
8/4 - 8/25	6:45-9:45 PM	Th	2114	4
9/1 - 9/29	6:45-9:45 PM	Th	2115	5
Fee: Resident \$25, Non-Resident \$35				

Three month option:				
7/7 - 9/29	6:45-9:45 PM	Th	2116	13
Fee: Resident \$65, Non-Resident \$75		Ages: 6 and older		
Location: LHCC				
Instructor: David Nimmo				

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



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



ACTIVITY SCHEDULE

PERSONAL DEVELOPMENT

American Red Cross Adult, Child & Infant CPR

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

DATE	TIME	DAY	CLASS
6/15	1:00-5:00 PM	W	2111

Fee: Resident \$45, Non-Resident \$47
 Location: LHCC
 Instructor: Amy Alexander
 Ages: 13 and older

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 item. 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 two day classes.**

DATES	TIME	DAY	CLASS
8/23 - 8/30	6:30-8:30 PM	Tu	2044

Fee: Resident \$59, Non-Resident \$69
 Location: LHCC
 Instructor: Frances Greenspan
 Ages: 18 and older
 Class Sessions: 2

The Veggie Kitchen



The Veggie Kitchen™ brings you easy and economical recipes that introduce the delicious world of vegetarian cooking! Classes are fun and informative! Bring your appetite as all recipes will be sampled.

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

DATE	TOPIC	TIME	DAY	CLASS
7/2	Simple Summer Meals	11:30 AM-1:00 PM	Sa	2059
8/6	The Totally Tofu Cooking Class	11:30 AM-1:00 PM	Sa	2060
9/3	The Veggie Kitchen's Family Favorites	11:30 AM-1:00 PM	Sa	2061

CLASS DESCRIPTIONS

Simple Summer Meals: Fresh ideas from the Veggie Kitchen for cool meals on hot days.

The Totally Tofu Cooking Class: Learn how tofu can be used in recipes from desserts to entrees. So versatile and so yummy!

The Veggie Kitchen's Family Favorites: Great ideas for delicious dinners that everyone will enjoy. Our family favorites that your family will love.

Fee: Resident \$15, Non-Resident \$17
 Location: LHCC
 Instructor: Ed Cervantes
 Ages: 18 and older

REGISTER EARLY

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

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

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

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

Ki Yo Kids

NEW



Kids, come join us as we learn an up beat routine mixed with the moves of kickboxing and ending with a calming yoga cool down. Be sure to wear comfortable clothing, athletic shoes. Yoga mat optional.

DATES	TIME	DAY	CLASS
7/13-8/3	3:00-4:00 PM	W	2123

Fee: Resident \$40, Non-Resident \$45
Location: LHCC
Instructor: Community Services Staff
Ages: 6-10
Class Sessions: 4

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 to first class.

DATES	TIME	DAY	CLASS
7/8 - 8/12	4:00-5:00 PM	F	2056

Fee: Resident \$65, Non-Resident \$75
Location: Mackenzie Park Tennis Courts
Instructor: John Myers
Ages: 6-8
Class Sessions: 6

Children's Advanced Beginning Tennis



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

DATES	TIME	DAY	CLASS
7/8 - 8/12	5:00-6:00 PM	F	2057

Fee: Resident \$65, Non-Resident \$75
Location: Mackenzie Park Tennis Courts
Instructor: John Myers
Ages: 9-13
Class Sessions: 6

Teen & Adult Intermediate Tennis



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

DATES	TIME	DAY	CLASS
7/8 - 8/12	6:00-7:00 PM	F	2058

Fee: Resident \$65, Non-Resident \$75
Location: Mackenzie Park Tennis Courts
Instructor: John Myers
Ages: 14 and older
Class Sessions: 6

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
7/11 - 9/19	6:30-8:00 PM	M	2047

NO CLASS 9/5

Fee: Resident \$130, Non-Resident \$140
Location: LHCC
Instructor: Angie Knight
Ages: 14 and older
Class Sessions: 10



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
7/13 - 9/21	10:00-11:30 AM	W	2048
NO CLASS 9/7			

Fee: Resident \$130, Non-Resident \$140
Location: LHCC
Instructor: Angie Knight

Ages: 14 and older
Class Sessions: 10

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
7/13 - 9/21	6:00-7:30 PM	W	2049
NO CLASS 9/7			

Fee: Resident \$130, Non-Resident \$140
Location: LHCC
Instructor: Angie Knight

Ages: 14 and older
Class Sessions: 10

Zumba



Zumba is an aerobic exercise class that fuses Latin rhythms (Disco, Reggaeton-Cumbia, Conga Hip-Hop, Merengue Hip-Hop, Reggaeton-Belly Dance, Techno and Salsa) with a highly effective cardio training system that is fun and easy to do. Burn 500-800 calories an hour! Participants should wear comfortable attire, 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.southoczumba.com.

DATES	TIME	DAY	SESSIONS	FEE (Res/Non-Res)	CLASS
7/12 - 7/26	7:00-8:00 PM	Tu	3	\$24/\$34	2100
8/2 - 8/30	7:00-8:00 PM	Tu	5	\$40/\$50	2101
9/6 - 9/27	7:00-8:00 PM	Tu	4	\$32/\$42	2102

Three Month Option:

7/12 - 9/27	7:00-8:00 PM	Tu	12	\$96/\$106	2103
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Location: LHCC
Instructor: Maria Hansen

Ages: 16 and older

Zumba



Zumba is an aerobic exercise class that fuses Latin rhythms (Disco, Reggaeton-Cumbia, Conga Hip-Hop, Merengue Hip-Hop, Reggaeton-Belly Dance, Techno and Salsa) with a highly effective cardio training system that is fun and easy to do. Burn 500-800 calories an hour! Participants should wear comfortable attire, bring water and a towel. Be prepared to have a great time and expect to sweat! Ditch the workout...join the PARTY! To learn more about Zumba or the instructor, please visit www.southoczumba.com.

DATES	TIME	DAY	SESSIONS	FEE (Res/Non-Res)	CLASS
7/13 - 7/27	8:30-9:30 AM	W	3	\$24/\$34	2118
8/3 - 8/31	8:30-9:30 AM	W	5	\$40/\$50	2119
9/7 - 9/28	8:30-9:30 AM	W	4	\$32/\$42	2120

Location: LHCC
Instructor: Dina Martin-Rusk

Ages: 16 and older

Kids Bicycle Safety Clinic

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

DATES	TIME	DAY	CLASS
7/13	4:00-6:00 PM	W	2031

Fee: Resident \$35, Non-Resident \$37
Location: OC Bike Garage
Instructor: OC Bike Garage

Ages: 8-16

Adult Bicycle Maintenance and Safety Clinic

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

DATES	TIME	DAY	CLASS
7/20	6:30-9:00 PM	W	2032

Fee: Resident \$45, Non-Resident \$47
Location: OC Bike Garage
Instructor: OC Bike Garage

Ages: 16 and older

ACTIVITY SCHEDULE



CIRCLE OF FRIENDS

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

Circle of Friends Spring Dance



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

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

Fee: \$5
Location: LHCC
Ages: 13 and older

Circle of Friends 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
7/15	7:00-9:00 PM	F	2021

Fee: \$10
Location: Forest Lanes, 22771 Centre Drive, Lake Forest
Instructor: Community Services Staff
Ages: 13 and older

Circle of Friends 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 at (949) 707-2683.

DATES	TIME	DAY	CLASS
8/13	11:00 AM-1:00 PM	Sa	2022

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

Circle of Friends 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 at (949) 707-2683.

DATES	TIME	DAY	CLASS
9/23	7:00-9:00 PM	F	2023

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

TEENS MAKE A DIFFERENCE



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



ACTIVITY SCHEDULE

SPORTS LEAGUES

EMERITUS

Adult Basketball League



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

LEAGUE	DATES	TIME	DAY	CLASS
Men's Competitive	9/13 - 11/29	6:10, 7:00, 8:00 PM	Tu	2134

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

Adult Softball League



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

LEAGUE	DATES	TIME	DAY	CLASS
Competition Co-ed	9/16 - 12/2	6:15, 7:30, 8:45 PM	F	2135
Men's Recreation	9/12 - 11/28	6:15, 7:30, 8:45 PM	M	2136
Men's Lower "D"	9/14 - 11/30	6:15, 7:30, 8:45 PM	W	2137
Men's Upper "D"	9/13 - 11/29	6:15, 7:30, 8:45 PM	Tu	2138
Men's Upper "C"	9/15 - 12/1	6:15, 7:30, 8:45 PM	Th	2139

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

Adult Volleyball League



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

LEAGUE	DATES	TIME	DAY	CLASS
Recreational Co-ed	9/14 - 11/30	6:10, 7:00, 8:00, 9:00 PM	W	2140
Women's	9/12 - 11/28	6:10, 7:00, 8:00, 9:00 PM	M	2141

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

Saddleback College Senior Emeritus Program



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

DAY	CLASS	TIME
The following classes meet from 5/23 - 7/15:		
M W F	Physical Fitness	8:00-8:50 AM
M W F	Pilates Conditioning	9:00-9:50 AM
T TH	Body Rhythmics	8:00-9:20 AM
T TH	Yoga Fitness	9:30-10:50 AM
F	Tai Chi	9:00-11:55 AM

Location: LHCC
Ages: 50 and older

REGISTER EARLY

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

COMMUNITY TELEPHONE



Laguna Hills City Hall	949.707.2600
Laguna Hills Graffiti Hotline	949.707.2656
OC Public Technology Branch Library	949.707.2699
Orange County Sheriff's Dept. (24 hour)	949.770.6011
Florence Sylvester Memorial Senior Center	949.380.0155
Saddleback Valley School District	949.586.1234
Laguna Hills High School	949.770.5447
Department of Motor Vehicles	800.777.0133
South Orange County Chamber	949.600.5470
Orange County Animal Care Services	714.935.7419
MOMS Club of Laguna Hills	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 14, 2011

On-Line

www.ci.laguna-hills.ca.us

Walk-In

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

Phone-In

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

Mail-In

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

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

Information

- A \$35 fee is charged on all returned checks.
- Families enrolling more than one child in the same class taught by Community Services Staff will receive a 25% discount for additional children enrolled. Not applicable to special events, camps, after-school sports or contract classes.
- 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