

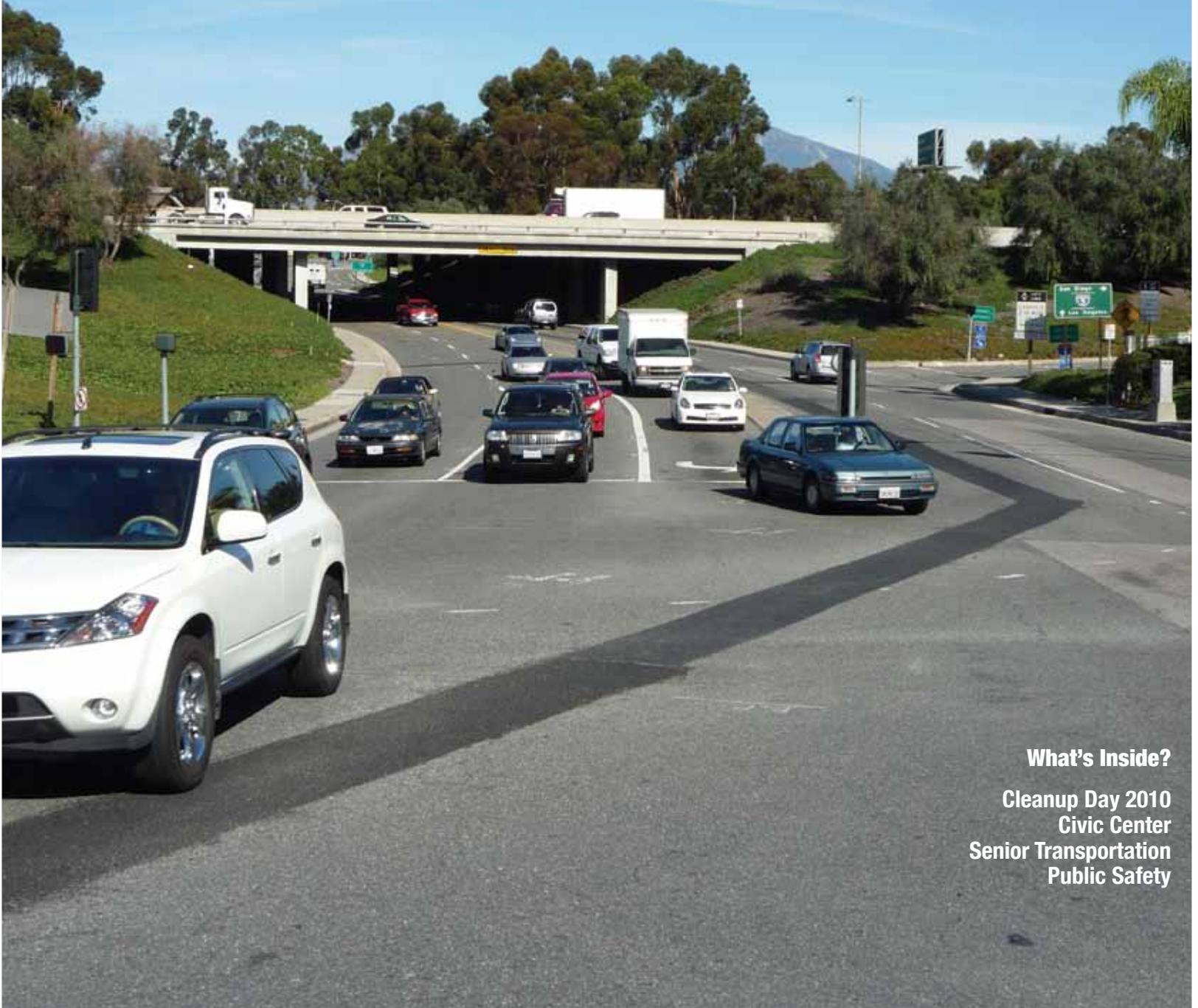
2010/11 WINTER | News Magazine & Activity Guide



laguna hills

CITY VIEWS

Your Tax Dollars at Work! I-5 and La Paz Widening



What's Inside?

Cleanup Day 2010
Civic Center
Senior Transportation
Public Safety



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

Winter is here! With it comes exciting changes for the City of Laguna Hills. A long anticipated project, the I-5 and La Paz Capital Improvement Project will begin soon with the awarding of the contract. This project will allow for greater mobility and less congestion around La Paz and the I-5 freeway. Read more about the project on pages two and three of this issue of City Views. On page five you can read about a Civic Center tenant that recently reach a major milestone and a new tenant that is now calling the Civic Center home. Pages seven through nine offer a number of safety and emergency tips to help keep you prepared. The City is also gearing up for the holidays with a number of events such as the Circle of Friends Holiday Dinner Dance and the Rose Parade excursion. Read more about these stories in the following pages and learn about community activities events in the Activity Guide which starts on the back cover.

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:

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Telephone: (949) 707-2620
www.ci.laguna-hills.ca.us



ON THE COVER

Congestion and sluggish traffic on La Paz, considered the norm near the I-5 interchange, until now. The City is beginning work on the La Paz Capital Improvement Project. Read more about the project on pages two and three.

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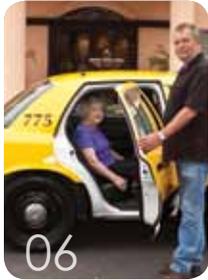
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Capital Improvement Project La Paz Widening at Interstate 5

The City of Laguna Hills is constantly working to improve infrastructure throughout the City as demand requires and financial ability allows. One project that is moving forward is the widening of La Paz Road at the I-5 Freeway. Originally approved in May 2010 by the City Council, Caltrans recently approved this project with a slight modification in the plans. On

September 14th, the City Council gave the final approval for the project. The improvements will address concerns of safety and traffic flow on and off the I-5 Freeway at La Paz Road as well as helping through traffic navigate the area. Construction on this project will begin in February 2011 and will take approximately a year to complete. All work on the project will be done at night to prevent traffic issues during the day.



Rendering of proposed improvements



Current single left turn lane from westbound La Paz to southbound Cabot

Main Components of the Project

The project will address a number of traffic concerns and issues at La Paz and the I-5 Freeway including:

- Widening the southbound I-5 off-ramp to add a fourth exit lane
- Creating a second left turn from westbound La Paz Road to southbound Cabot Road
- Creating a third eastbound travel lane as exclusive access for the freeway ramps
- Converting westbound La Paz Road to southbound Cabot Road
- Converting westbound La Paz Road to southbound I-5 on-ramp to a continuous movement loop ramp
- Modifying traffic signals
- Landscaping improvements, construction of a retaining wall and relocation of the City's median island; allowing the reinstallation of the entry monument on La Paz Road west of Cabot Road
- Urban runoff/water quality improvements

Fiscal Impact of the Project

Project engineers estimate this project will cost approximately \$6.5 million. Taking into account construction management and City incurred costs paid to the State, the project is expected to cost

\$7.6 million dollars. In recent months, similar construction projects have cost almost 25-30 percent less throughout the County and should this trend hold true, the project costs would decrease to around \$5 million. This would bring the total project cost to approximately \$6.1 million.

The City had originally budgeted \$5.8 million from the 2010-2011 and 2011-2012 fiscal year budgets. However, the City successfully obtained \$1.9 million of Federal funds to assist with the project to make the total amount of Federal funds \$4.7 million. The City anticipates another \$545,000 being made available through the CARITS program as well as additional funding for a project funding total of \$7,640,000.

Updates on the project: As project construction occurs, the City will be providing updates via tweets on the City's Twitter account. If you're not a follower, sign up at www.twitter.com/citylagunahills.

City Twitter Account



Twitter has become a great tool for quick information from companies or people with whom you wish to stay in touch. The City is now using a Twitter account to keep residents and the public informed of upcoming events and news within the City. This quick and easy way of staying in touch with the City is available to all who sign up at www.twitter.com/citylagunahills.

ENVIRONMENT



Cleanup Day 2010, a Huge Success in Keeping Our Waterways Clean!

On September 25, 2010 the City of Laguna Hills hosted an event as part of the 14th Annual Inner-Coastal Watershed Clean-Up Day. Families, volunteer groups, and residents came out to do their part in keeping our creeks, watersheds, and trails preserved for generations to come.

Each year, countless groups across Orange County take part in Cleanup Day events just like this one in Laguna Hills to prevent water pollution.

This year 33 volunteers picked up 330 lbs of trash and 110 lbs of recyclables from the Aliso Hills Channel. Thanks again to our volunteers for coming out!





CIVIC CENTER

Civic Center Tenant Milestones and New Additions!

The City of Laguna Hills Civic Center isn't just for public business but is also home to a number of tenants. One tenant is the Orange County Clerk-Recorder's South County Office which has been at the Civic Center for the past five years, and recently passed the mark of servicing more than 100,000 Orange County residents using the office's services. Before the South County Office opened, residents had to go to Santa Ana to the only Clerk-Recorder's office to file real estate documents and environmental impact reports, obtain marriage forms or get married. The South County location makes it easy for residents of Laguna Hills and the surrounding cities to obtain these documents and file them close to home, avoiding the traffic and time constraints of traveling to Santa Ana.

In addition to housing the Orange County Clerk-Recorders' South County Office, the Civic Center recently became home to the South Orange County Regional Chamber of Commerce. City Views had the chance to sit down with the Chamber's Chairman of the Board, Jim Leach for a brief Q & A about their move to the Laguna Hills Community Center.

Q: Why did the Chamber move its office to the Laguna Hills Civic Center?

A: We are a "regional" Chamber servicing all of South Orange County and beyond, and this new location allows us to be more centrally located in order to better serve the business community. It's freeway close and located in a business district setting.

Q: Does being located at the Laguna Hills Civic Center benefit the Chamber and its members?

A: The City of Laguna Hills has been very cooperative in allowing us the opportunity to utilize the many amenities the Civic Center has to offer.



South Orange County Regional Chamber of Commerce Chairman Jim Leach cuts the ribbon for the Chamber's New Headquarters

Q: What has the membership's response been to the move of the office?

A: The response from the membership has been extremely encouraging and positive. Many of our members are able to save 20-30 minutes of travel time thanks to our new centralized location.

Q: In terms of business climate not location where do you see the Chamber in the next few years?

A: With our recent reorganization and corporate restructuring, the South Orange County Regional Chamber is now in a position to focus its resources on helping businesses to grow and prosper through economic development and legislative advocacy programs and services. Prior to the restructuring, the Regional Chamber had seven affiliate chambers under its umbrella and the majority of our staff time and resources went to coordinating logistics of events and committees, as opposed to servicing our members and the business community at large. We are proud of our progress and believe we are in a strong position to experience dynamic growth.

SENIOR TRANSPORTATION



The City recently launched the Senior Dial-A-Taxi Program for seniors who can no longer drive and wish to travel in Laguna Hills and/or Mission Viejo for a flat rate of \$5 per trip. 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.

For travel outside of the cities of Laguna Hills and Mission Viejo the following programs are available for seniors.



Senior and Disabled Transportation Resources:

1. OCTA Big Bus/Fixed Bus Route System

(800) 636-7433

Seniors/Disabled – .60 cents per boarding;
\$1.25 for a day pass

2. OCTA/ACCESS

Service (rates subject to change)

(714) 560-5956

Access reservations/applications/information –
(877) 628-2232

Shared ride program for individuals who are physically and/or cognitively disabled and unable to use the regular fixed-route bus systems

3. Same Day Taxi Service

(ACCESS only customers)

(800) 636-7433

OCTA pays \$7.30, rider pays first \$2.70 and all costs over \$10.00 metered.

4. Non-Emergency Medical Transportation

(949) 855-9766 (c/o South County Senior Services)
or (800) 510-2020

- Must be 60 years of age or older
- Must not be an OCTA ACCESS customer or eligible for ACCESS service
- Rides are scheduled 24 hours in advance
- Cost per one-way ride is \$2.00 paid to driver (exact change required)
- Program hours: Monday-Friday
7:00 am – 6:00 pm; wheelchair accessible



Volunteers Needed for the Trauma Intervention Program

For the past 13 years, the City has supported the Trauma Intervention Program, otherwise known as TIP, to provide support to victims of traumatic events and their families. TIP is looking for caring people willing to be part of citizen volunteers trained to provide emotional and practical support to victims of traumatic events. These modern-day Good Samaritans will be called to emergency scenes by emergency response personnel to:

- Comfort families after the death or sudden illness of a loved one
- Support family members after the suicide of a loved one
- Help emotionally traumatized victims of accidents
- Provide emotional and practical support to those who have been robbed, burglarized, or assaulted
- Help disoriented older persons
- Help those emotionally shaken by any crisis event

Right now, TIP is in the process of recruiting volunteers to work in the City, and is in need of citizens willing to be trained as crisis responders in Orange County. No experience is necessary. The winter 2011 training schedule starts on Thursday, February 17th. Those interested in volunteering can register online at www.TIPOrangeCounty.org/volunteerregistration.htm or by sending an email to TIPIncCEO@aol.com. Bilingual volunteers are especially encouraged to apply. For more information, visit www.TIPOrangeCounty.org.

PUBLIC SAFETY

Coyote Informational Meeting

The City of Laguna Hills has a significant amount of open spaces that provide a number of benefits to its residents. However, these areas also represent habitats to a number of wild animals, including coyotes. In recent months, the City has received numerous reports of a growing number of coyote sightings and encounters throughout neighborhoods in the City.

By some accounts, it appears the coyotes in the area are becoming bolder as they become more accustomed to living near residential areas. To reduce the chance of unwanted wildlife visiting your home or neighborhood, we encourage residents to follow these simple tips:

- Keep smaller dogs and cats inside as much as possible while unattended
- Pet enclosures should be fully fenced in to keep the pet in and predators out
- Feed pets inside and do not leave any food or water sources including fallen fruits, and standing water in the yard
- Keep all outside trash cans covered

Additionally, the City of Laguna Hills, in conjunction with the California Department of Fish and Game and OC Animal Care, will be conducting a public meeting aimed at increasing awareness and providing education. The meeting will be held on **December 1st, 2010, 7:00 pm - 9:00 pm, at the Laguna Hills Community Center, located at 25555 Alicia Parkway**, with the goal of promoting and maintaining safe neighborhoods for all.

All Laguna Hills residents are invited to come out and participate!



PUBLIC SAFETY



Saving Lives One Smoke Alarm at a Time

Between 2004 and 2008 there were 3,307 residential fire incidents in the areas serviced by the Orange County Fire Authority (OCFA). These fires caused 13 deaths and 223 injuries. OCFA also confirmed that 406 of the locations did not have smoke alarms and in 129 other locations that smoke alarms had failed to operate correctly.

Many of these deaths and injuries could have been prevented if fire alarms were used and properly maintained. The following information will help you determine where you should put a smoke alarm and how to keep it in working order to prevent a fire-related tragedy from occurring in your house.

Install, Inspect and Protect!

Installing a smoke alarm is something many of us do and forget about. However, a smoke alarm needs to be regularly inspected and maintained. Here are some tips:

- Install smoke alarms on every level of a home, inside each sleeping area, and in every hallway serving sleeping areas
- Replace smoke alarms every 8-10 years
- Follow the manufacturer's installation instructions
- Hardwired smoke alarms should be installed by a licensed electrician

Inspect:

- Test smoke alarms monthly
- Replace 9-Volt or hardwired smoke alarm batteries at the same time you change your clocks for daylight saving time
- Lithium smoke alarm batteries cannot be changed
- Clean smoke alarms every year
- Smoke Alarms are to be replaced every 8-10 years (depending on manufacturers recommendation)

Protect:

- Create a Home Escape Plan with two ways out of your home, and have an outside meeting place
- Practice home fire drills twice a year
- Crawl low under smoke and go outside
- Call 911 after escape
- If closed doors are hot, find another way out; or shelter in place and call 911 with specific location
- Outside meeting place should be in front of, and away from the home
- Everyone in your home needs to know your Home Escape Plan
- Unless changing smoke alarm batteries, removing a smoke alarm battery is unacceptable – Never “borrow” a battery from a smoke alarm for an appliance or remote
- Covering or painting smoke alarms prevents it from working

If you want to know how to participate in or learn more about the OCFA Smoke Alarm Program, please feel free to call 714-573-6190 or visit the Smoke Alarm Program link at www.ocfa.org. Let's work together to make our communities safer one smoke alarm at a time.



Disaster Readiness Tips for the Disabled:

Natural disasters or emergencies, such as a fire or an earthquake, are scary and dangerous events for anyone. Combine an event like this with a disability and that fear and danger is multiplied. People with disabilities may need assistance in moving and, in a dangerous situation, they may have difficulties in reaching safety. Here are some tips that can help people with disabilities be better prepared in the event of a natural disaster or emergency.

Helpful Tips:

- Contact the Fire Department for an evacuation plan in preparation of a fire emergency
- Buy clothing, linens, and blankets made of fire-resistant materials
- Attach a "Go Bag" with essentials needed in case of an emergency
- Contact a support network that can help in evacuating if you must leave by stairway

For more information on disaster preparedness for the disabled go to www.nod.org/emergency.

Promise to Prepare Today! Tips from Ready OC!

More than 90 percent of Orange County residents are aware that emergency preparedness is important. Yet more than 93 percent have made little or no preparations for an emergency. Is your family ready? Here are some items that are important to store ahead of time to help you and your family survive on your own after a disaster:

1. **WATER** – at least one gallon per person per day for at least three days
2. **FOOD** – at least a three-day supply of non-perishable food. Include a can opener too.
3. **FIRST AID KIT**
4. **WHISTLE** – to signal for help
5. **WRENCH OR PLIERS** – to turn off utilities
6. **MAPS** – of Orange County, Los Angeles and San Diego counties
7. **BATTERY-POWERED RADIO WITH EXTRA BATTERIES**
8. **CELL PHONE WITH CHARGER**

Develop an emergency plan for your family, pets and place of work. Learn more about how to get prepared for an emergency at www.readyoc.org.

ReadyOC
Be alert. Be prepared. Be involved.

2010/11 WINTER

COMMUNITY SERVICES

ACTIVITY GUIDE



GET FIT in Laguna Hills!

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.



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CALENDAR OF EVENTS

- Dec 7** Winter Registration Opens
- Dec 10** Circle of Friends Holiday Dinner Dance
- Jan 1** Rose Parade Excursion
- Jan 14** Middle School Dance
- Jan 14** Circle of Friends Bowling Night
- Feb 4** Circle of Friends Valentine's Dance
- Feb 11** Daddy Daughter Dinner Dance
- Mar 11** Middle School Dance
- Mar 25** Circle of Friends Pizza & Movie Night

NEW NEW THIS WINTER!

- Sweet Treats!
- Zumba
- The Veggie Kitchen
- Piano/Keyboard for Children
- Piano/Keyboard for Adults
- Day Hike to Los Piños Peak

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.



2 Special Events



2 Excursions

2-5 Early Childhood



6 Cultural Arts

7-8 Dance

8-9 Personal Development

9-12 Sports & Fitness

13 Circle of Friends

14 Sports Leagues

14 Emeritus





ACTIVITY SCHEDULE

SPECIAL EVENTS/ EXCURSIONS

Daddy Daughter Dinner Dance

Attention young ladies! Dance and dine the night away with that special man in your life – father, grandfather, uncle – whomever it may be! Dress up and join us for a magical evening of fun and entertainment. Participants will receive a keepsake picture. Register early, space is limited! Please note: Adults must register for this event.

| DATES | TIME | DAY | CLASS |
|-------|--------------|-----|-------|
| 2/11 | 6:30-8:30 PM | F | 1799 |

Fee: Residents: Adults \$15, Children \$10;
Non-Residents: Adults \$20, Children \$15
Location: LHCC

Ages: Child: 17 and under
Adult: 18 and older

The Rose Parade

Join us for an exciting New Year's Day celebration! This special excursion includes round trip deluxe motor coach transportation to and from the Laguna Hills Community Center and reserved grandstand seating at 1580 E. Colorado Blvd. Restrooms are available on the motor coach. Participants meet in front of the Community Center at 6:00 AM SHARP. Juice, coffee, and muffins will be served. Register early, space is limited!

| DATE | TIME | DAY | CLASS |
|------|-----------------|-----|-------|
| 1/1 | 6:00 AM-1:00 PM | Sa | 1643 |

Fee: Resident \$115, Non-Resident \$120
Location: Meet at LHCC

Ages: All ages

EARLY CHILDHOOD

CULTURAL ARTS

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 |
|----------|----------------|-----|-------|
| 1/17-2/7 | 10:00-11:00 AM | M | 1834 |

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

Ages: 1½-2½
Class Sessions: 4

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 1½ - 2½ 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 and social skills. Join Ms. Vivian in her 17th year of offering this fun class! Parent participation is required. Session II is not a repeat of Session I. Siblings: 25% discount.

| DATES | TIME | DAY | CLASS |
|-----------|---------------|-----|-------|
| 1/4-2/1 | 9:30-10:10 AM | Tu | 1772 |
| 2/15-3/15 | 9:30-10:10 AM | Tu | 1773 |

Fee: Resident \$48, Non-Resident \$58
Ages: 1½-2½

| DATES | TIME | DAY | CLASS |
|-----------|----------------|-----|-------|
| 1/4-2/1 | 10:15-11:10 AM | Tu | 1774 |
| 2/15-3/15 | 10:15-11:10 AM | Tu | 1775 |

Fee: Resident \$53, Non-Resident \$63
Ages: 2½-4

Location: LHCC
Instructor: Vivian Stapleton

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 \$125.00, Non-Residents \$135.00. Babies under 8 months free with registered sibling. \$40 material fee must be paid to instructor on first day of class (includes 2 CDs, illustrated songbook and parent guide).

| DATES | TIME | DAY | CLASS |
|-----------|----------------|-----|-------|
| 1/19-3/23 | 9:15-10:00 AM | W | 1846 |
| 1/19-3/23 | 10:15-11:00 AM | W | 1847 |

Fee: Resident \$135, Non-Resident \$145
Location: LHCC
Instructor: Music Together Staff

Ages: 0-4
Class Sessions: 10

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



As you browse the Winter 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

PERSONAL DEVELOPMENT

Kindergarten, Here I Come!

Taught by a fully credentialed teacher, this exciting kindergarten readiness program will offer pre-schoolers crucial social and academic skills to prepare them for school. This parent participation program is designed for 4-5 year olds and will be thematically planned with lessons including language arts, math, social studies, science, and art. Please bring a snack each day as there will also be a daily snack and recess time. **Children must have turned 4 years old by September 1, 2010 to register.** Parents will only need to sign-up to volunteer in the classroom for three lessons.

| DATES | TIME | DAY | CLASS |
|---------------------------------|------------------|-------|-------|
| 1/10-3/30 | 9:00 AM-12:00 PM | M W F | 1845 |
| NO CLASS 1/17 & 2/21 | | | |

Fee: Resident \$360, Non-Resident \$370
 Location: LHCC
 Instructor: Jennifer Migliaccio

Ages: 4-5
 Class Sessions: 33

Tot & Preschool Lango Spanish

Structured fun and play form the foundation for our dynamic, full-immersion Lango Spanish class. Children ages 18 months - 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 |
|----------------------|----------------|-----|-------|
| 1/17-4/11 | 10:00-10:45 AM | M | 1783 |
| NO CLASS 2/21 | | | |

Fee: Resident \$180, Non-Resident \$190
 Location: LHCC
 Instructor: Lango South Coast, LLC

Ages: 1½-5
 Class Sessions: 12

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 |
|-----------|------------------|-------|-------|
| 1/18-3/24 | 11:30 AM-2:00 PM | Tu Th | 1835 |

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

Ages: 3-5
 Class Sessions: 20

Fun with Shapes, Colors and Numbers

Come and join the fun as we make crafts, explore puzzles, and play games all related to shapes, colors and numbers. Parent participation is required.

| DATES | TIME | DAY | CLASS |
|----------|----------------|-----|-------|
| 1/19-2/9 | 10:00-11:00 AM | W | 1836 |

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 |
|-----------|----------------|-----|-------|
| 1/21-2/11 | 10:00-11:00 AM | F | 1837 |

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

Ages: 3-5
 Class Sessions: 4

Dino Days

Come explore the wonders of these amazing pre-historic creatures that dazzle and intrigue everyone. You and your parent will learn about dinosaurs that roamed the earth millions of years ago through interactive story time, crafts, and hands-on projects. Parent participation is required.

| DATES | TIME | DAY | CLASS |
|----------------------|----------------|-----|-------|
| 2/14-3/14 | 10:00-11:00 AM | M | 1840 |
| NO CLASS 2/21 | | | |

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

Ages: 3-5
 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

EARLY CHILDHOOD

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 |
|----------|----------------|-----|-------|
| 2/16-3/9 | 10:00-11:00 AM | W | 1841 |

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

Ages: 3-5
 Class Sessions: 4

Amazing Adventures

This class is for you if you have a GREAT imagination and the curiosity to take on new and exciting adventures each week. Come and join us for this amazing class as we go exploring through crafts and stories! Parent participation is required.

| DATES | TIME | DAY | CLASS |
|-----------|----------------|-----|-------|
| 3/21-4/11 | 10:00-11:00 AM | M | 1873 |

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

Ages: 2½-5
 Class Sessions: 4

Sweet Treats!

NEW

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 2/14.

| DATES | TIME | DAY | CLASS |
|-----------|-------------------|-----|-------|
| 2/18-3/11 | 11:00 AM-12:00 PM | F | 1842 |

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

Ages: 3-5
 Class Sessions: 4

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 |
|-----------|----------------|-----|-------|
| 3/23-4/13 | 10:00-11:00 AM | W | 1874 |

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

Ages: 3-5
 Class Sessions: 4

Parents Night WITHOUT the Kids!

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

| DATES | TIME | DAY | CLASS |
|-------|--------------|-----|-------|
| 2/18 | 6:00-9:30 PM | F | 1872 |
| 4/15 | 6:00-9:30 PM | F | 1879 |

Fee: Resident \$20, Non-Resident \$25 per child
 Instructor: Community Services Staff

Ages: 3-10
 Location: LHCC

Bug Buddies

Come explore the life of a bug! Through fascinating art and crafts projects, puzzles, and nature activities, you will experience the adventure of being a curious bug. Be ready for the world of silly and slimy creatures. Parent participation is required.

| DATES | TIME | DAY | CLASS |
|-----------|----------------|-----|-------|
| 3/25-4/15 | 10:00-11:00 AM | F | 1875 |

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

Ages: 3-5
 Class Sessions: 4

ACTIVITY SCHEDULE



EARLY CHILDHOOD

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 at least 4 years old to participate.

This class will take place at Costeau Park – RESTROOMS ARE NOT AVAILABLE AT THIS LOCATION.

| DATES | TIME | DAY | CLASS |
|-----------|---------------|-----|-------|
| 1/22-2/12 | 9:15-10:00 AM | Sa | 1838 |

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 |
|-----------|----------------|-----|-------|
| 1/22-2/12 | 10:15-11:00 AM | Sa | 1839 |

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

Ages: 3-6
Class Sessions: 4

Totally T-Ball



A positive introduction to baseball for children ages 4 to 6 years. Each participant will have an equal opportunity to build skills, learn teamwork, and have fun. Practices focus on batting, fielding, and throwing, downsized, of course, for your child. Each participant will receive one team hat and t-shirt per season. **Class meets Wednesdays from 4:00-4:45pm and Saturdays from 10:30-11:00am.** Sign up for one session, or for both sessions! Spots in program are first come, first served. This class will take place at Costeau Park – RESTROOMS ARE NOT AVAILABLE AT THIS LOCATION.

| DATES | TIME | DAY | CLASS |
|-------------------|----------------|-----|-------|
| SESSION I | | | |
| 2/23-3/19 | 4:00-4:45 PM | W | 1844 |
| | 10:30-11:00 AM | Sa | |
| SESSION II | | | |
| 3/30-4/23 | 4:00-4:45 PM | W | 1878 |
| | 10:30-11:00 AM | Sa | |

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

Ages: 4-6
Class Sessions: 8

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! Sign up for one session, or for both sessions! Spots in program are first come, first served. This class will take place at Costeau Park – RESTROOMS ARE NOT AVAILABLE AT THIS LOCATION.

| DATES | TIME | DAY | CLASS |
|-------------------|--------------|-----|-------|
| SESSION I | | | |
| 2/26-3/19 | 9:15-9:45 AM | Sa | 1843 |
| SESSION II | | | |
| 3/26-4/16 | 9:15-9:45 AM | Sa | 1877 |

Fee: Resident \$30, Non-Resident \$35
Location: Costeau Park
Instructor: Community Services Staff

Ages: 3½-5
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/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 | SESSIONS | FEE (Res/Non-Res) |
|-----------|--------------|-----|-------|----------|----------------------|
| 1/6-2/17 | 4:00-5:30 PM | Th | 1800 | 7 | \$140/\$150 |
| 1/10-2/14 | 4:00-5:30 PM | M | 1801 | 6 | \$120/\$130 |
| 2/24-4/7 | 4:00-5:30 PM | Th | 1802 | 7 | \$140/\$150 |
| 2/28-4/4 | 4:00-5:30 PM | M | 1803 | 6 | \$120/\$130 |

Location: LHCC
Instructor: Marillyn Brame

Ages: 6-16

Beginning 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. Must supply your own guitar. Class can be repeated. Please visit www.rongorman.com for more information.

| DATES | TIME | DAY | CLASS |
|----------|--------------|-----|-------|
| 1/12-2/9 | 5:00-6:00 PM | W | 1758 |

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

Ages: 10 and older
Class Sessions: 5

Piano/Keyboard for Children

NEW

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. The first session is geared towards beginning students while the second session is a continuation of the class or for students with some keyboard experience. 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 student's book.

| DATES | TIME | DAY | CLASS |
|-------------------|--------------|-----|-------|
| Ages: 4-8 | | | |
| 1/13-2/17 | 4:00-4:45 PM | Th | 1790 |
| 2/24-3/31 | 4:00-4:45 PM | Th | 1792 |
| Ages: 9-17 | | | |
| 1/13-2/17 | 5:00-5:45 PM | Th | 1791 |
| 2/24-3/31 | 5:00-5:45 PM | Th | 1793 |

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

Class Sessions: 6
Location: LHCC

Piano/Keyboard for Adults

NEW

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

| DATES | TIME | DAY | CLASS |
|-----------|--------------|-----|-------|
| 1/13-2/17 | 6:00-6:45 PM | Th | 1794 |
| 2/24-3/31 | 6:00-6:45 PM | Th | 1795 |

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

Ages: 18 and older
Class Sessions: 6

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! Have you ever seen a pig fly? Well, you may see a pig roller-skating in our hilarious pig sequence! This 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. There's no better time than NOW for your child to have fun, be challenged and create amazing pieces of artwork. Sign up today!

| DATES | TIME | DAY | CLASS |
|-----------|--------------|-----|-------|
| 1/18-2/22 | 3:30-4:30 PM | Tu | 1762 |

Fee: Resident \$75, Non-Resident \$85
Location: LHCC
Instructor: Young Rembrandts

Ages: 6-12
Class Sessions: 6

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



DANCE

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. Coast Dance Center students may participate in our Spring Recital in June. 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 | | | | |
| 1/4-3/29 | 9:45-10:30 AM | Tu | 1810 | \$163/\$173 |
| 1/7-4/1 | 9:00-9:45 AM | F | 1882 | \$163/\$173 |
| Preschool Dance II – Tap & Ballet Age 4 | | | | |
| 1/4-3/29 | 10:30-11:15 AM | Tu | 1812 | \$163/\$173 |
| 1/5-3/30 | 3:00-3:45 PM | W | 1813 | \$163/\$173 |
| 1/7-4/1 | 10:30-11:15 AM | F | 1814 | \$163/\$173 |
| 1/8-4/2 | 9:15-10:00 AM | Sa | 1815 | \$163/\$173 |
| Classic Combo A – Tap, Ballet & Jazz Ages 5-6 | | | | |
| 1/3-3/28 | 3:00-4:00 PM | M | 1880 | \$150/\$160 |
| NO CLASS 2/21 | | | | |
| Classic Combo B – Tap, Ballet & Jazz Ages 6-7 | | | | |
| 1/4-3/29 | 5:00-6:00 PM | Tu | 1818 | \$163/\$173 |
| 1/6-3/31 | 4:00-5:00 PM | Th | 1819 | \$163/\$173 |
| Classic Combo C – Instructor Approval Required Ages 6-8 | | | | |
| 1/7-4/1 | 4:00-5:30 PM | F | 1820 | \$195/\$205 |
| Hip Hop Ages 6-8 | | | | |
| 1/5-3/30 | 4:00-4:45 PM | W | 1821 | \$163/\$173 |
| Hip Hop Ages 9 and older | | | | |
| 1/5-3/30 | 4:45-5:45 PM | W | 1822 | \$163/\$173 |
| Jazz I Ages 8 and older | | | | |
| 1/4-3/29 | 6:00-6:45 PM | Tu | 1823 | \$163/\$173 |
| Jazz II/III – Instructor Approval Required Ages 10 and older | | | | |
| 1/6-3/31 | 5:00-6:00 PM | Th | 1824 | \$163/\$173 |
| Lyrical II/III – Instructor Approval Required Ages 10 and older | | | | |
| 1/8-4/2 | 10:00-11:15 AM | Sa | 1825 | \$163/\$173 |
| Tap I/II Ages 8 and older | | | | |
| 1/6-3/31 | 6:00-6:35 PM | Th | 1826 | \$105/\$115 |
| Primary Ballet Ages 6-8 | | | | |
| 1/8-4/2 | 12:30-1:15 PM | Sa | 1828 | \$163/\$173 |
| Ballet I Ages 9 and older | | | | |
| 1/7-4/1 | 5:30-6:30 PM | F | 1829 | \$163/\$173 |

Location: LHCC
Instructor: Coast Dance Center

Class Sessions: 13

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 January 6, 2011.** For more information, please contact David Nimmo at (949) 939-1773.

| DATES | TIME | DAY | CLASS |
|----------|--------------|-----|-------|
| 1/6-1/27 | 6:45-9:45 PM | Th | 1786 |
| 2/3-2/24 | 6:45-9:45 PM | Th | 1787 |
| 3/3-3/31 | 6:45-9:45 PM | Th | 1788 |

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

Class Sessions: 4

The following sessions meet monthly:

| DATES | TIME | DAY | CLASS |
|----------|--------------|-----|-------|
| 1/6-3/31 | 6:45-9:45 PM | Th | 1789 |

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

Class Sessions: 13

Location: LHCC
Instructor: David Nimmo

Ages: 6 and older

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 | | | |
| 1/9-1/30 | 12:15-1:30 PM | Su | 1766 |
| 2/6-2/27 | 12:15-1:30 PM | Su | 1767 |
| 3/6-3/27 | 12:15-1:30 PM | Su | 1768 |

Fee: Resident \$49, Non-Resident \$59

Class Sessions: 4

LEVEL II (12 Week Session)

| DATES | TIME | DAY | CLASS |
|----------|--------------|-----|-------|
| 1/9-3/27 | 1:30-2:45 PM | Su | 1769 |

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

Class Sessions: 12

LEVEL III & IV (12 Week Session)

| DATES | TIME | DAY | CLASS |
|----------|--------------|-----|-------|
| 1/9-3/27 | 3:00-4:15 PM | Su | 1770 |

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

Class Sessions: 12

Location: LHCC
Instructor: Tina Elkins

Ages: 10 and older

ACTIVITY SCHEDULE

DANCE

Middle School Dance



Come and join us for this exciting Middle School Dance! If you are a student at La Paz, Los Alisos or Serrano Middle Schools, you are welcome to register. Tickets will be sold on a first come, first served basis. **Tickets may be purchased at the Community Center; if paying with cash you must have EXACT CHANGE. Tickets must be purchased by parent or legal guardian.** Buy your tickets early as this event will sell out! Tickets for 1/14 Dance go on sale beginning 12/27; tickets for 3/11 Dance go on sale beginning 2/22. Supervision will be provided by City Staff. You must bring your ticket and student ID card to get into the dance. For more information please call Todd Smyser (949) 707-2690. Hope to see you there!

| DATES | TIME | DAY | CLASS |
|-------|--------------|-----|-------|
| 1/14 | 7:00-9:00 PM | F | 1859 |
| 3/11 | 7:00-9:00 PM | F | 1860 |

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

PERSONAL DEVELOPMENT

The Veggie Kitchen

NEW



The Veggie Kitchen™ brings you easy and economical recipes that introduce the delicious world of vegetarian cooking! Classes are fun and informative! Bring your appetite as all recipes will be sampled. **PLEASE NOTE: No refunds or transfers for one day classes.**

| DATES | TOPIC | TIME | DAY | CLASS |
|-------|-----------------------------|------------------|-----|-------|
| 1/8 | What to Do with Tofu | 11:30 AM-1:00 PM | Sa | 1855 |
| 2/5 | Sensational Soup and Salad | 11:30 AM-1:00 PM | Sa | 1856 |
| 3/5 | Taste Buds Around the World | 11:30 AM-1:00 PM | Sa | 1857 |

CLASS DESCRIPTIONS

What to Do With Tofu: Learn how this healthy and versatile product is cooked into great tasting recipes for breakfast, lunch and dinner.

Sensational Soup and Salad: Prepare delicious soup to warm you up on a cold day. Discover ideas that make salads into more than just side dishes. Turn simple ingredients into fast and delicious meals.

Taste Buds Around the World: Create hearty and wholesome recipes with a Mexican, Italian and Middle Eastern flair. A tasty adventure awaits!

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

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

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 |
|---------|--------------|-----|-------|
| 2/2-2/9 | 6:30-8:30 PM | W | 1771 |

Fee: Resident \$59, Non-Resident \$69
 Location: LHCC
 Instructor: Frances Greenspan

Ages: 18 and older
 Class Sessions: 2

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 \$15 material fee and self-addressed stamped envelope are due to instructor at the start of class for your CPR certification cards. **PLEASE NOTE: No refunds or transfers for one day classes.**

| DATES | TIME | DAY | CLASS |
|-------|------------------|-----|-------|
| 3/8 | 9:00 AM-12:30 PM | Tu | 1760 |

Fee: Resident \$45, Non-Resident \$47
 Instructor: Amy Alexander

Ages: 13 and older
 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. Make up classes may be arranged with instructor. **NO CLASS 2/21.**

| DATES | TIME | DAY | CLASS |
|---------------------|--------------|-----|-------|
| BEGINNING | | | |
| 1/17-2/28 | 5:30-6:10 PM | M | 1849 |
| 3/7-4/11 | 5:30-6:10 PM | M | 1852 |
| INTERMEDIATE | | | |
| 1/17-2/28 | 6:15-6:55 PM | M | 1850 |
| 3/7-4/11 | 6:15-6:55 PM | M | 1853 |
| ADVANCED | | | |
| 1/17-2/28 | 7:00-7:40 PM | M | 1851 |
| 3/7-4/11 | 7:00-7:40 PM | M | 1854 |

Fee: Resident \$70, Non-Resident \$80
 Location: LHCC
 Instructor: Rick Garza

Ages: 5-18
 Class Sessions: 6

SPORTS & FITNESS

Children & Teen Open Gym Basketball



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

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

Fee: FREE
 Location: LHCC Gym

Ages: 17 and under

Adult Open Gym Basketball



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

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

Annual Fee: Resident \$30, Non-Resident \$40
 Location: LHCC Gym

Ages: 18 and older

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

After School Sports



Intramural sports will be offered for boys and girls two days a week after school at each elementary school campus in Laguna Hills. Sessions begin with skill development and progress to intramural tournaments. **Session I:** Coed Kickball for grades 3-6;

Session II: Coed Soccer for grades K-6. Please call (949) 707-2687 for additional information. **NOTE: On minimum days practice will be held at 1:30 PM at Lomarena and Valencia, and at 1:00 PM at San Joaquin. NO CLASS 2/21.**

| DATES | TIME | DAY | SCHOOL | SPORT | CLASS |
|-------------------|--------------|-------|-------------|---------------|-------|
| SESSION I | | | | | |
| 1/24-2/24 | 2:45-4:00 PM | M | Lomarena | Coed Kickball | 1804 |
| | 1:30-2:45 PM | W | | | |
| 1/25-2/24 | 2:15-3:30 PM | Tu Th | San Joaquin | Coed Kickball | 1805 |
| 1/25-2/24 | 2:45-4:00 PM | Tu Th | Valencia | Coed Kickball | 1806 |
| SESSION II | | | | | |
| 3/14-4/14 | 2:45-4:00 PM | M | Lomarena | Coed Soccer | 1807 |
| | 1:30-2:45 PM | W | | | |
| 3/15-4/14 | 2:15-3:30 PM | Tu Th | San Joaquin | Coed Soccer | 1808 |
| 3/15-4/14 | 2:45-4:00 PM | Tu Th | Valencia | Coed Soccer | 1809 |

Fee: \$35
Weeks: 5
Grades: 3-6 (Kickball), K-6 (Soccer)
Instructor: Community Services Staff

Runners Club



Calling all future marathon runners! As part of the City's Get Fit Campaign, this program has been designed for children of all fitness levels. Come join Community Services Staff once a week, for four weeks, to get fit and learn the basics about running!

| DATES | TIME | DAY | CLASS |
|-----------|--------------|-----|-------|
| 3/25-4/15 | 4:00-5:00 PM | F | 1876 |

Fee: Resident \$20, Non-Resident \$25
Location: LHCC
Instructor: Community Services Staff
Ages: 8-13
Class Sessions: 4

Pee Wee Cheer & Pom



Come learn arm motions, jumps, cheers, and pom dances to our favorite kids songs such as Radio Disney and High School Musical! Formatted by former NFL cheerleader and award winning cheer coach, Kim Esmond, this class is perfect for the first time cheerleader and taught with enthusiasm and encouragement by experienced staff. Cheerleaders learn self confidence, teamwork and have fun while learning the basics of this exciting sport. A \$10 material fee is charged for 2 cheer crafts. Participants may invite family and friends on the last day for their performance. For more information on OC Dance Productions and optional performance please visit www.OCDanceProductions.com.

| DATES | TIME | DAY | CLASS |
|----------------------|--------------|-----|-------|
| 1/24-3/21 | 5:30-6:15 PM | M | 1759 |
| NO CLASS 2/21 | | | |

Fee: Resident \$89, Non-Resident \$99
Location: LHCC
Instructor: OC Dance Productions
Ages: 4-7
Class Sessions: 8

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! Register monthly, or for three months at once! To learn more about Zumba or the instructor, please visit www.southcozumba.com.

| DATES | TIME | DAY | CLASS | SESSIONS | SEE FEE (Res/Non-Res) |
|-----------|--------------|-----|-------|----------|--------------------------|
| 1/11-3/29 | 7:00-8:00 PM | Tu | 1858 | 12 | \$96/\$106 |

The following sessions meet monthly:

| | | | | | |
|-----------|--------------|----|------|---|-----------|
| 1/11-1/25 | 7:00-8:00 PM | Tu | 1831 | 3 | \$24/\$34 |
| 2/1-2/22 | 7:00-8:00 PM | Tu | 1832 | 4 | \$32/\$42 |
| 3/1-3/29 | 7:00-8:00 PM | Tu | 1833 | 5 | \$40/\$50 |

Location: LHCC
Instructor: Maria Hansen
Ages: 16 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

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 |
|----------|--------------|-----|-------|
| 1/5-3/30 | 6:00-7:30 PM | W | 1763 |

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

Location: LHCC

Instructor: Angie Knight

Ages: 14 and older

Class Sessions: 13

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 |
|----------------------|--------------|-----|-------|
| 1/3-3/28 | 6:30-8:00 PM | M | 1764 |
| NO CLASS 2/21 | | | |

Fee: Resident \$156, Non-Resident \$166

Location: LHCC

Instructor: Angie Knight

Ages: 14 and older

Class Sessions: 12

Yoga Flow



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

| DATES | TIME | DAY | CLASS |
|----------|----------------|-----|-------|
| 1/5-3/30 | 10:00-11:30 AM | W | 1765 |

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

Location: LHCC

Instructor: Angie Knight

Ages: 14 and older

Class Sessions: 13

MEET THE INSTRUCTOR



The City of Laguna Hills is excited to introduce Ed Cervantes and The Veggie Kitchen to our class offerings this winter! A vegetarian for over thirty years, Ed enjoys teaching others how easy, economical and delicious a vegetarian diet can be. He enjoys the variety of flavors, tastes and textures plus the energy

gained from grains, fruits and veggies. In his free time, Ed sings and plays accordion with friends in a folk garage band. He and his wife Eileen have three adult children and four grandchildren, all happy, healthy vegetarians themselves. For more information on The Veggie Kitchen classes at the Laguna Hills Community Center, see page 8 or call (949) 707-2680.

SPORTS & FITNESS

Children's Beginning Tennis



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

| DATES | TIME | DAY | CLASS |
|----------|--------------|-----|-------|
| 1/7-2/11 | 4:00-5:00 PM | F | 1780 |

Fee: Resident \$65, Non-Resident \$75
 Location: Mackenzie Park
 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 |
|----------|--------------|-----|-------|
| 1/7-2/11 | 5:00-6:00 PM | F | 1781 |

Fee: Resident \$65, Non-Resident \$75
 Location: Mackenzie Park
 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 |
|----------|--------------|-----|-------|
| 1/7-2/11 | 6:00-7:00 PM | F | 1782 |

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

Ages: 14 and older
 Class Sessions: 6

Day Hike to Los Piños Peak



Start the year off right with this moderately strenuous 6.5 mile hike to the top of the Santa Ana Mountains' fourth highest peak. The route has a 1,600 foot elevation gain and explores the beauty of the Main Divide Road and Los Piños Trail area. Participants should be prepared for plenty of sunshine and bring water and a sack lunch to eat during the hike. Participants will meet at the Laguna Hills Community Center with transportation provided by City Staff to the trailhead. For more information, please call (949) 707-2692.

| DATES | TIME | DAY | CLASS |
|-------|-----------------|-----|-------|
| 1/8 | 8:00 AM-4:00 PM | Sa | 1871 |

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

Ages: 15 and older

Hiking Club



Join the Hiking Club to get some exercise while enjoying the natural beauty of our local wilderness areas! This intermediate level class is held at a faster hiking pace and encounters a variety of terrain, including steep hills with trail distances of 4-6 miles. Class meets promptly at 8:00am at the Laguna Hills Community Center with transportation provided by City Staff to all destinations; bring plenty of water. Please call (949) 707-2692 for more information. **SCHEDULE:** 1/22: Whiting Ranch Wilderness Park – Vista Lookout Trail; 2/5: Laguna Coast Wilderness Park – Bommer Ridge/Big Bend Loop; 2/19: Santiago Oaks Regional Park – Robber Roost Loop; 3/5: Caspers Wilderness Park – Juaneno Trail.

| DATES | TIME | DAY | CLASS |
|----------|------------------|-----|-------|
| 1/22-3/5 | 8:00 AM-12:00 PM | Sa | 1869 |

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

Ages: 15 and older
 Class Sessions: 4

Beginning Hiking



Have fun learning basic hiking techniques and discover native plants, animals and the local history. This beginner level class is a series of four hikes that are held at a slow, comfortable pace with trail distances of 2-3 miles. Class meets promptly at 8:00am at the Laguna Hills Community Center with transportation provided by City Staff to all destinations; bring plenty of water. Please call (949) 707-2692 for more information. **SCHEDULE:** 2/12: Riley Wilderness Park – Wagon Wheel Loop; 2/26: Caspers Wilderness Park – Juaneno Trail; 3/12: O'Neill Regional Park – Hoffman Homestead Trail; 3/26: San Juan Canyon – San Juan Loop Trail.

| DATES | TIME | DAY | CLASS |
|-----------|------------------|-----|-------|
| 2/12-3/26 | 8:00 AM-12:00 PM | Sa | 1870 |

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

Ages: 15 and older
 Class Sessions: 4

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 or to find out more about the program, please contact Kate Steinbarger at (949) 707-2683.

Holiday Dinner Dance



Get dressed up and come dance the night away at the Circle of Friends Holiday Dinner Dance! Join us for a special evening at the Laguna Hills Community Center. Please RSVP to Kate at (949) 707-2683. We hope you can come!

| DATES | TIME | DAY | CLASS |
|-------|--------------|-----|-------|
| 12/10 | 6:30-9:00 PM | F | 1640 |

Fee: \$10
Ages: 13 and older
Location: LHCC

Bowling Night



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

| DATES | TIME | DAY | CLASS |
|-------|--------------|-----|-------|
| 1/14 | 7:00-9:00 PM | F | 1796 |

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

Circle of Friends Valentine's Dance



Invite a friend and join us for a special evening at the Circle of Friends Valentine's Dance! Please RSVP to Kate at (949) 707-2683. We hope to see you there!

| DATES | TIME | DAY | CLASS |
|-------|--------------|-----|-------|
| 2/4 | 7:00-9:00 PM | F | 1797 |

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 |
|-------|--------------|-----|-------|
| 3/25 | 7:00-9:00 PM | F | 1798 |

Fee: \$5
Location: LHCC
Ages: 13 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 LEAGUES

EMERITUS

Adult Basketball League



Registration for Adult Basketball for returning teams begins 12/6. Open registration begins 12/13. Registration is on site at Laguna Hills Community Center. For more information call (949) 707-2690. \$30 per game official's fee.

| LEAGUE | DATES | TIME | DAY | CLASS |
|-------------------|-----------|---------------------|-----|-------|
| Men's Competitive | 1/11-3/15 | 6:10, 7:00, 8:00 PM | Tu | 1866 |

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

Adult Softball League



Registration for Adult Softball for returning teams begins 12/6. Open registration begins 12/13. Registration is on site at Laguna Hills Community Center. For more information call (949) 707-2690. \$15 per game umpire fee.

| LEAGUE | DATES | TIME | DAY | CLASS |
|-------------------|-----------|---------------------|-----|-------|
| Competition Co-ed | 1/14-3/18 | 6:15, 7:30, 8:45 PM | F | 1861 |
| Men's Recreation | 1/10-3/21 | 6:15, 7:30, 8:45 PM | M | 1862 |
| Men's Lower D | 1/12-3/16 | 6:15, 7:30, 8:45 PM | W | 1863 |
| Men's Upper D | 1/11-3/15 | 6:15, 7:30, 8:45 PM | Tu | 1864 |
| Men's Upper C | 1/13-3/17 | 6:15, 7:30, 8:45 PM | Th | 1865 |

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

Adult Volleyball League



Registration for Adult Volleyball for returning teams begins 12/6. Open registration begins 12/13. Registration is on site at Laguna Hills Community Center. For more information call (949) 707-2690. \$12 per game umpire fee.

| LEAGUE | DATES | TIME | DAY | CLASS |
|--------------------|-----------|---------------------------|-----|-------|
| Recreational Co-ed | 1/12-3/16 | 6:10, 7:00, 8:00, 9:00 PM | W | 1867 |
| Women's | 1/10-3/21 | 6:10, 7:00, 8:00, 9:00 PM | M | 1868 |

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 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 |
|------|----------------------|----------------|
| M/W | Yoga | 9:00-9:45 AM |
| M/W | Aerobic Exercises | 10:15-10:45 AM |
| M/W | Pilates Conditioning | 11:10-12:00 PM |
| T/Th | Stretch Exercise | 8:30-9:15 AM |
| T/Th | Pilates Conditioning | 9:30-10:15 AM |
| T/Th | Aerobic Exercises | 10:30-11:15 AM |
| Fri | Beginning Tai Chi | 9:00-10:20 AM |
| Fri | Pilates Conditioning | 10:10-11:30 AM |
| Fri | Advanced Tai Chi | 10:30-12:00 PM |

Location: LHCC Ages: 50 and older

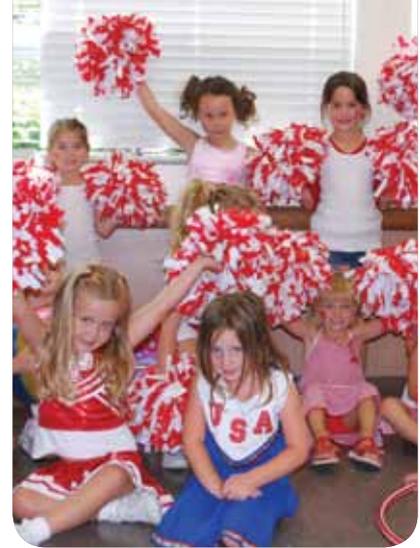
REGISTER EARLY

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

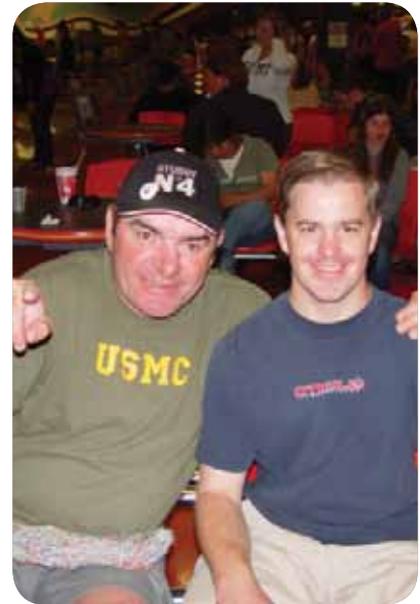


| | |
|---|--------------|
| Laguna Hills City Hall | 949.707.2600 |
| Laguna Hills Graffiti Hotline | 949.707.2656 |
| OC Public Technology Branch Library | 949.707.2699 |
| Orange County Sheriff's Dept. (24 hour) | 949.770.6011 |
| Florence Sylvester Memorial Senior Center | 949.380.0155 |
| Saddleback Valley School District | 949.586.1234 |
| Laguna Hills High School | 949.770.5447 |
| Department of Motor Vehicles | 800.777.0133 |
| South Orange County Chamber | 949.635.5800 |
| Orange County Animal Care Services | 714.935.7419 |
| MOMS Club of Laguna Hills | 949.224.3065 |

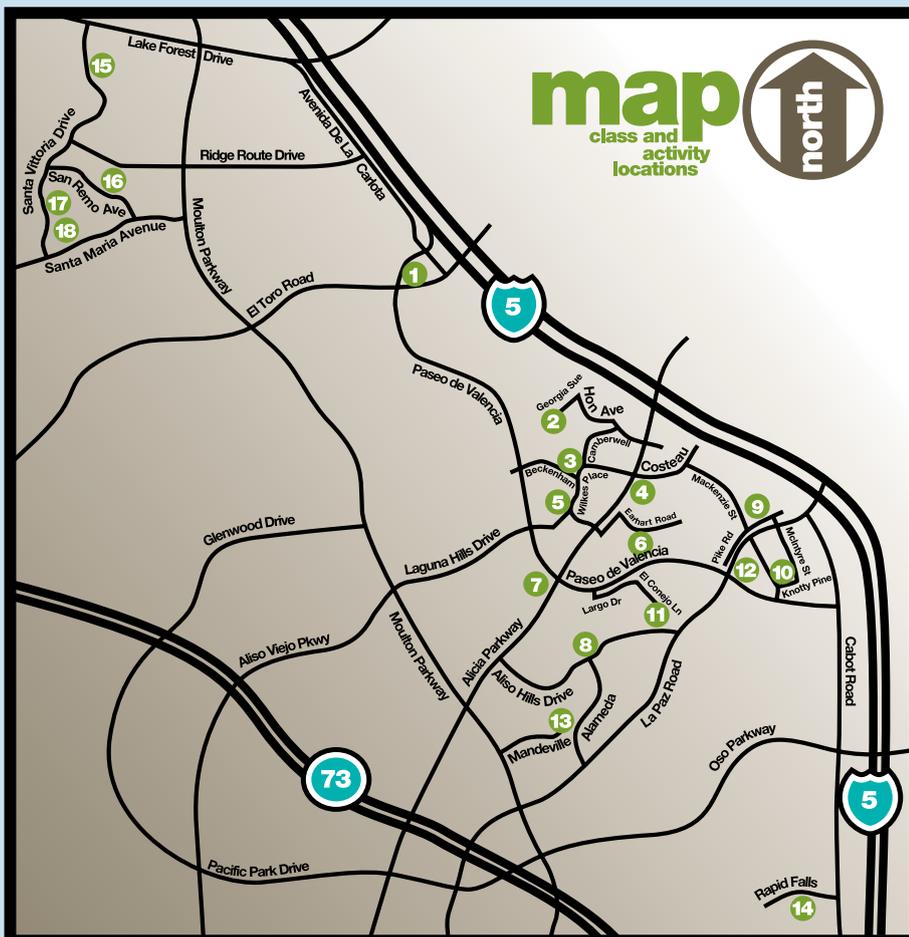


SPORTS & YOUTH GROUPS

| | |
|---|--|
| 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

Winter Registration begins Tuesday, December 7, 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.
- 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