

2014-2015 WINTER | News Magazine & Activity Guide



laguna hills

CITY VIEWS



Rate Decrease Effective October 1, 2014

FRONT DOOR PICKUP

Of Your Household Hazardous Waste

What's Inside?
Annual Reseeding
Dial-A-Taxi
Household Hazardous Waste
Tree Donation Program
Team Dark Horse Update
Laguna Hills Pet Fair



laguna hills

CITY VIEWS

2014/15 WINTER NEWS MAGAZINE & ACTIVITY GUIDE

CITY HALL HOURS:

8 am – 5 pm Monday – Friday

ENGINEERING, PLANNING AND BUILDING COUNTER HOURS:

1 pm – 5:30 pm Monday – Thursday

1 pm – 5 pm Friday

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

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

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

All meetings begin at 7 pm in the City Council Chambers. Closed session at 6 pm (when scheduled).



LAGUNA HILLS CITY COUNCIL:

Andrew Blount
Mayor

Dr. Dore Gilbert
Mayor Pro Tem

Randal Bressette

Melody Carruth

Barbara Kogerman

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

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

ANNUAL RESEEDING PROGRAM CUTS BACK FOR DROUGHT

Every fall, many of the City's neighborhood parks and portions of some roadway median islands are over-seeded in order to keep our landscaped areas green. If not over-seeded, these grasses enter dormancy in the winter months and can turn brown. With over 50 acres of parks and median islands, over-seeding can take considerable amounts of water resources. This past July, the State Water Resources Control Board adopted Emergency Conservation Regulations for urban water conservation, resulting in a 20% reduction of water usage for irrigation uses. As a result, the City will not be over-seeding the City parks and median islands, causing the landscaped areas to go dormant and appear brown. For more information, please contact the Public Services Department at (949) 707-2650.

DIAL-A-TAXI

Seniors already registered with the City's Dial-A-Taxi program should call toll free (877) 809-6587 to arrange pick up.

Laguna Hills seniors can participate in the Dial-A-Taxi Senior Transportation Program, which provides door-to-door taxi service to Laguna Hills residents 60 years and older, by registering and paying a co-pay of as little as \$5. To register for the Dial-A-Taxi program, fill out an application form and return it in person to the Laguna Hills Community Center at 25555 Alicia Parkway, Laguna Hills, CA 92653. The Community Center is open from 8 a.m. to 10 p.m., Monday through Saturday, and on Sunday from noon to 6 p.m. You can get a copy of the registration form online at www.ci.laguna-hills.ca.us under "Departments" then "Community Services."

To register, you will need to show proof of Laguna Hills residency and proof of age.

For more information, visit the City's website at www.ci.laguna-hills.ca.us or call (949) 707-2681.

FRONT DOOR PICK UP

BEGINNING ON OCTOBER 1, 2014,
The Easiest Way To Dispose Of Your Hazardous Waste Is NOW
At Your Front Door!



The City recently approved an amendment to its current contract with CR&R for waste hauling services, extending the term of the agreement by 8 years through 2024. In exchange for the extension, CR&R has reduced its rates for residential and commercial customers.

- Residential rates saw a 13% reduction, from \$16.07 to \$14 per month
- Commercial trash service rates decreased by 2.5% to 8%, depending on the size of the container and the number of pickups per week.
- Commercial recycling rates decreased from 2.5% to 29%, depending on the size of the container and the number of pickups per week.

Along with a decrease in monthly residential waste hauling rates of \$2.07, bringing the rates from \$16.07 to \$14, the City has established a FREE



On-Call Residential Household Hazardous Waste (HHW) Pick Up Service with the intention of making it easier for residents to dispose of HHW safely. Improper disposal of HHW – such as batteries, fluorescent bulbs and tubes, aerosol cans, paints, pesticides, and mercury-containing devices such as thermostats, switches, etc. – can pollute the environment and pose a threat to human health. The Residential On-Call HHW Pick Up Service allows residents to conveniently call CR&R for safe, efficient door-side pick-up and disposal of this special waste stream...all free of charge.



Have any household items that need to be picked up but won't fit in your cart? Laguna Hills' residents are entitled to two Bulky Item pick-ups per calendar year of up to 4 items per collection. White Goods – household appliances such

as stoves, washers, and refrigerators – can also be picked up in a manner similar to Bulky Items. In addition, e-waste items such as computers, printers, and monitors can be picked up from the curb, free of charge. To schedule a pick up or for more information, please call CR&R at (877) 728-0446.

TREE DONATION PROGRAM



The Tree Donation Program allows members of the community to dedicate trees in memory of departed loved ones or to commemorate special occasions while simultaneously adding trees throughout the City. Trees are

\$100 and are planted and maintained by the City. For more information, please contact the Public Works Department at (949) 707-2650.

TEAM DARK HORSE

Throughout the year, Team Dark Horse, the support committee for Laguna Hills' adopted 3rd Battalion, 5th (3/5) Marines, carry out a number of projects and activities in support of the 3/5 and their families. Some activities scheduled for this Fall include collecting gently worn evening wear for the Birthday Ball Gown Exchange, providing Welcome Home greetings to the recently deployed Battalion, and collecting and delivering toys for the Annual Holiday Party. Interested in volunteering? Team Dark Horse is always looking for help in the form of volunteers and donations.

One of the highlights of the season for both the families of the Marines and the members of Team Dark Horse is the Annual Holiday Party. Volunteers and members of Team Dark Horse work diligently to transform a large empty room into Santa's workshop, where children of all ages can select their own gift from the workshop. Seven Christmas gift collection boxes have been placed around the City to collect unwrapped gift donations for children of all ages.

Gift donations will be accepted after Thanksgiving through



December 12. Toy collection boxes are located at the Laguna Hills Community Center, Laguna Hills Mall, Heidelberg Bakery, Florence Sylvester Senior Center, Farmers and Merchant Bank, Big Bad Wolfe Iron Works, and the Nellie Gail homeowners association clubhouse.

To learn more about Team Dark Horse activities, please visit www.teamdarkhorse.org or Facebook page: Laguna Hills Team Darkhorse. For more information on how to get involved, contact Team Dark Horse Committee Chair Karen Robbins at 35robbins@gmail.com.

LAGUNA HILLS PET FAIR

Does your dog or cat need licensing, vaccinations, or microchip implanting? Interested in adopting a pet? The City will be hosting a Pet Fair on Saturday, November 22, 2014 from 9 a.m. to 1 p.m. at the Laguna Hills Community Center. OC Animal Care and the California Veterinary Vaccine Care Clinic will be on hand to offer low cost services. For example, vaccinations for both dogs and cats are \$7 and microchips are \$28.

As part of the Pet Fair, Laguna Hills residents wishing to license their dogs during the event will be granted license amnesty.

License amnesty is only open to Laguna Hills residents licensing their dogs at the event and will allow dogs to be licensed without any penalties or late fees. The fee to license an altered dog is \$27 and \$100 for an unaltered dog. While cat licenses are not mandatory, they are available for \$6.



The clinic will be held on a first-come, first-serve basis. All dogs must be on collars or harnesses with leashes and cats must be in carriers. Pet owners must be a minimum of 18 years old to authorize any services. Cash only for all veterinary services. Checks are accepted for licensing payments. For more information on vaccinations, please visit www.scvvc.org. For questions regarding this event, please visit the City's web-site at www.ci.laguna-hills.ca.us or contact City Hall at (949) 707-2600.

COMMUNITY TELEPHONE

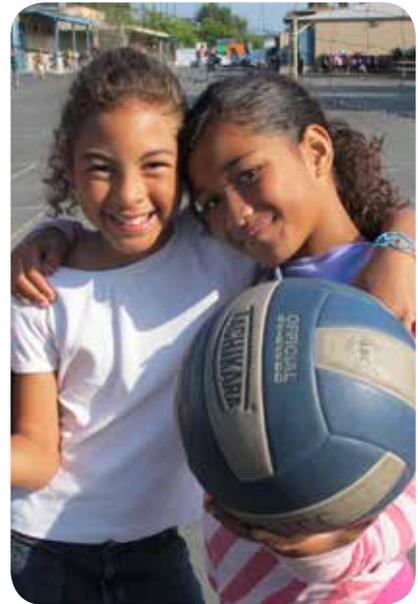


| | |
|---|--|
| Laguna Hills City Hall | 949.707.2600 |
| Laguna Hills Graffiti Hotline | 949.707.2656 |
| OC Public Technology Branch Library | 949.707.2699 |
| Orange County Sheriff's Dept. (24 hour) | 949.770.6011 |
| Florence Sylvester Memorial Senior Center | 949.380.0155 |
| Saddleback Valley 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 | www.momscluboflagunahills.com |

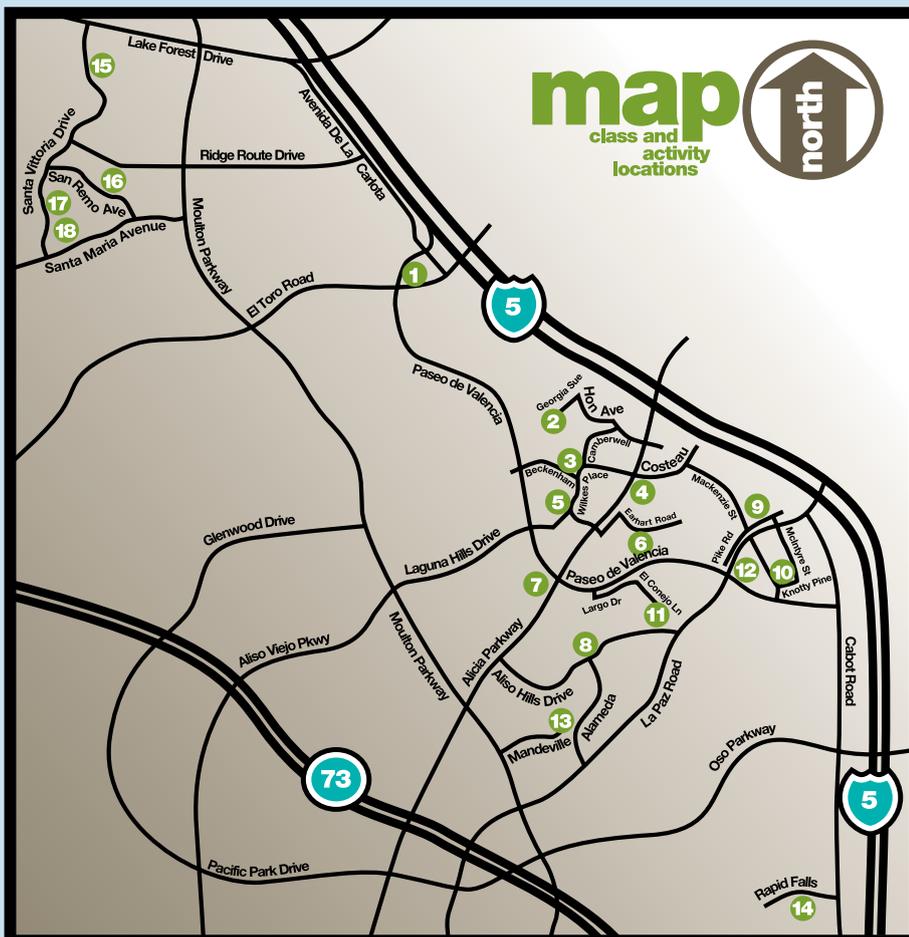


SPORTS & YOUTH GROUPS

| | |
|---|--|
| AYSO Region 1422 | www.ayso1422.org |
| Laguna Hills Little League | www.lhll.org |
| Laguna Hills National Junior Basketball | www.lhnjb.net |
| California Street Hockey Association | 714.738.8329 |



CLASS **ACTIVITY** LOCATIONS



- 1 City Hall
- 2 Clarington Park
- 3 Beckenham Park
- 4 Costeau Park
- 5 Stockport Park
- 6 Lomarena Elementary
- 7 LHCC & Sports Complex
- 8 Mendocino Park
- 9 Mackenzie Park
- 10 Knotty Pine Park
- 11 El Conejo Park
- 12 Valencia Elementary
- 13 Mandeville Park
- 14 Cabot Park
- 15 Veeh Ranch Park
- 16 San Remo Park
- 17 Santa Vittoria Park
- 18 San Joaquin Elementary

2014/15 WINTER

COMMUNITY SERVICES

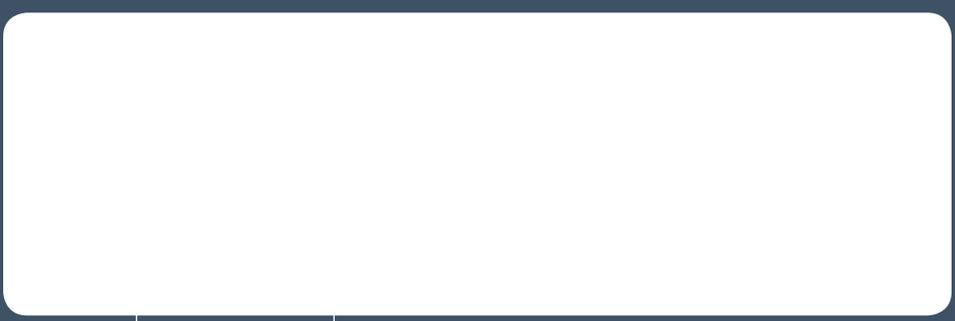
ACTIVITY GUIDE

IT'S
"SNOW"
SECRET...



WE HAVE
EXCITING
CLASSES.

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



CITY OF LAGUNA HILLS 25555 ALICIA PARKWAY LAGUNA HILLS CA 92653

CALENDAR OF EVENTS

- Nov 27 & 28** Community Center & Sports Complex Closed
- Dec 6** Breakfast with Santa
- Dec 12** Circle of Friends: Holiday Dinner Dance
- Dec 16** Winter Registration Begins
- Dec 19-21** Little Women – The Musical
- Dec 25 & 26** Laguna Hills Community Center & Sports Complex Closed
- Jan 1** Laguna Hills Community Center & Sports Complex Closed
- Jan 30** Circle of Friends: Valentine’s Dance
- Feb 6** Daddy Daughter Dinner Dance
- Feb 16** Laguna Hills Community Center & Sports Complex Closed
- Feb 20** Circle of Friends: Bingo Night
- Mar 10** Spring Registration Begins
- Mar 20** Circle of Friends: Karaoke Night

NEW NEW THIS WINTER!

Yoga Flow

STAY INFORMED

If you’d like to receive email notifications with City Information or on upcoming classes, programs and events please visit our website, www.ci.laguna-hills.ca.us.

REGISTER EARLY

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

COMMUNITY SERVICES ACTIVITY GUIDE TABLE OF CONTENTS



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WE'RE ON FACEBOOK!

Check us out! www.facebook.com/lagunahillsc



ACTIVITY SCHEDULE

EARLY CHILDHOOD

Special Events

Daddy Daughter Dinner Dance

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 dancing. Participants will receive a keepsake picture.

Register early, space is limited! PLEASE NOTE: No refunds or transfers for this event.

| DATES | TIME | DAY | CLASS |
|-------|--------------|-----|-------|
| 2/6 | 6:30-8:30 PM | F | 3970 |

Fee: Resident Adults: \$15, Children \$10

Non-Resident Adults: \$20, Children \$15

Location: LHCC

Instructor: Community Services Staff

Ages: All ages



CULTURAL ARTS

Tunes and Tales

Let's get the wiggles out! Join Ms. Vivian in this popular Music and Movement class. Sing-a-longs and fingerplay songs start off this fun-filled class followed by music activities using bean bags, rhythm sticks, instruments and a parachute. We will even have a chance to read a short story each week (2 1/2 - 4 year class only). The children have a great time while developing their listening and social skills. **Parent/adult supervision is required.**

| DATES | TIME | DAY | CLASS |
|---------------------------------------|---------------|-----|-------------------|
| Ages 1 1/2 - 2 1/2 : | | | |
| 1/13-2/10 | 9:30-10:10 AM | Tu | 3878 |
| 2/24-3/24 | 9:30-10:10 AM | Tu | 3880 |
| Fee: Resident \$40, Non-Resident \$45 | | | Class Sessions: 5 |

| | | | |
|---------------------------------------|----------------|----|-------------------|
| Ages 2 1/2 - 4: | | | |
| 1/13-2/10 | 10:15-11:10 AM | Tu | 3879 |
| 2/24-3/24 | 10:15-11:10 AM | Tu | 3881 |
| Fee: Resident \$45, Non-Resident \$50 | | | Class Sessions: 5 |

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: Resident \$135, Non-Resident \$140. Babies under 8 months may attend class for free with a registered sibling. **A \$40 material fee, made payable to Music Moves, is due to the instructor at the first class meeting.**

| DATES | TIME | DAY | CLASS |
|--------------------------|----------------|-----|-------|
| FREE TRIAL: | | | |
| 1/7 | 9:15-10:00 AM | W | 3873 |
| 10 week sessions: | | | |
| 1/14-3/18 | 9:15-10:00 AM | W | 3874 |
| 1/14-3/18 | 10:15-11:00 AM | W | 3875 |

Fee: Resident \$145, Non-Resident \$150

Location: LHCC

Instructor: Elena Salisbury

Ages: 4 & under

Class Sessions: 10

ACTIVITY SCHEDULE



EARLY CHILDHOOD

Do, Re, Mi Music/Piano

Do, Re, Mi piano/music class encourages development of the whole child through music. In this joyous class, children will experience the sounds and rhythms of music through instrument play, piano/keyboard fingering and playing simple tunes, singing do, re, mi music notations and songs, rhythm and melodic patterns, props, puppets and creative movement. **Parent participation required. Keyboards are provided by the instructor for use in class. A \$20 material fee is due to the instructor at the first class meeting. *NO CLASS 1/29.**

| DATES | TIME | DAY | CLASS |
|-----------|---------------|-----|-------|
| 1/15-2/26 | 9:30-10:10 AM | Th | 3945 |

Fee: Resident \$135, Non-Resident \$140
Location: LHCC
Instructor: Sophi Albert

Ages: 2-5
Class Sessions: 6

PERSONAL DEVELOPMENT

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 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. Families enrolling more than one child in this class will receive a 25% discount for additional children enrolled. ***NO CLASS 1/29.**

| DATES | TIME | DAY | CLASS |
|-----------|------------------|------|-------|
| 1/13-3/19 | 11:30 AM-2:00 PM | TuTh | 3947 |

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

Ages: 3-5
Class Sessions: 19

Kindergarten, Here I Come!

Taught by a fully credentialed teacher, this exciting kindergarten readiness program will offer pre-schoolers crucial social and academic skills to prepare them for school. This parent participation program is designed for 4-5 year olds and will be thematically planned with lessons including language arts, math, social studies, science, and art. Please bring a snack each day as there will be a daily snack and recess time. **Children must have turned 4 years old by October 1, 2014 to register.** Parents will only need to sign up to volunteer in the classroom for four lessons. **A \$10 material fee is due to the instructor at the first class meeting. *NO CLASS 1/19, 2/2, 2/13, 2/13, 2/16.**

| DATES | TIME | DAY | CLASS |
|---------|------------------|-----|-------|
| 1/5-4/3 | 9:00 AM-12:00 PM | MWF | 3870 |

Fee: Resident \$475, Non-Resident \$480
Location: LHCC
Instructor: Jennifer Migliaccio

Ages: 4-5
Class Sessions: 35

CULTURAL ARTS

Mediterranean Hand Drumming

Learn the music of the Mediterranean! An introduction to the goblet drum, its rich tradition, social aspects, and celebrations. Using traditional technique and rhythm patterns, we will explore the musical spirit of hand drumming. Bring your own tuned tabla, derbekki, or dumbek. Instructor will provide drums, but students are welcome to bring their own.

| DATES | TIME | DAY | CLASS |
|---------------------------------------|--------------|-----|-------------------|
| LEVEL I: | | | |
| 1/4-1/25 | 3:00-4:15 PM | Su | 3857 |
| 2/1-2/22 | 3:00-4:15 PM | Su | 3859 |
| 3/1-3/22 | 3:00-4:15 PM | Su | 3860 |
| Fee: Resident \$49, Non-Resident \$54 | | | Class Sessions: 4 |

| DATES | TIME | DAY | CLASS |
|---|--------------|-----|--------------------|
| LEVEL II: | | | |
| 1/4-3/22 | 4:30-5:45 PM | Su | 3861 |
| Fee: Resident \$120, Non-Resident \$125 | | | Class Sessions: 12 |

Location: LHCC
Instructor: George Medlock

Ages: 18 & older

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 lives. Emphasis is on determining spacial relationships and accurate value depiction. A supply kit is available from the instructor for \$35. Emphasis is on technique, composition, perspective, color and design. Media choices are colored pencil, watercolor, gouache and acrylic with the addition of ink, pastel and oil for advanced students only. All intermediate and advanced students must provide their own materials. All instruction is individual, therefore each student will be working at his or her own level and the only deadlines are sufficient completion of work.

| DATES | TIME | DAY | CLASS |
|-----------|--------------|-----|-------|
| 1/5-2/9 | 4:00-5:30 PM | M | 3876 |
| 2/23-3/30 | 4:00-5:30 PM | M | 3877 |

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

Ages: 6-16
Class Sessions: 6



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 |
|-----------|--------------|-----|-------|
| 1/12-1/26 | 6:30-7:30 PM | M | 3871 |

Fee: Resident \$60, Non-Resident \$65
Location: LHCC
Instructor: Ron Gorman

Ages: 10 & older
Class Sessions: 3

Piano/Keyboard for Children (Ages 4-8)

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 are provided by the instructor for use in class. ***NO CLASS 1/29.**

| DATES | TIME | DAY | CLASS |
|-----------|--------------|-----|-------|
| 1/15-2/26 | 3:15-4:00 PM | Th | 3946 |

Fee: Resident \$135, Non-Resident \$140
Location: LHCC
Instructor: Sophi Albert

Ages: 4-8
Class Sessions: 6

Beginning Ukulele

Learn to play classic songs on the ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature, and how to play different strum styles. No previous musical experience required. Please bring your own ukulele to class. Please visit www.rongorman.com for more information.

| DATES | TIME | DAY | CLASS |
|-----------|--------------|-----|-------|
| 1/12-1/26 | 7:30-8:30 PM | M | 3872 |

Fee: Resident \$60, Non-Resident \$65
Location: LHCC
Instructor: Ron Gorman

Ages: 10 & older
Class Sessions: 3

Nonsense

On the Edge Theatre Productions (www.otetheatre.com) presents the musical "Nonsense" on the Laguna Hills Community Center's stage. "Nonsense" begins when the Little Sisters of Hoboken discover that their cook, Sister Julia, Child of God, has accidentally poisoned 52 of the sisters, and they are in dire need of funds for the burials. The sisters decide the best way to raise the money is to put on a variety show, so they take over the school auditorium, which is set up for the eighth grade theatre production. Featuring star turns, tap and ballet dancing, an audience quiz and comic surprises, the show has become an international phenomenon. Refreshments will be available for purchase during the show. **Tickets sold at the door only; if paying with cash, you must have exact change. No refunds or transfers for this event.**

| DATES | TIME | DAY | CLASS |
|-------|--------------|-----|-------|
| 2/7 | 2:00-3:30 PM | Sa | 3937 |
| 2/7 | 7:30-9:00 PM | Sa | 3938 |
| 2/12 | 7:30-9:00 PM | Th | 3939 |
| 2/13 | 7:30-9:00 PM | F | 3940 |
| 2/14 | 2:00-3:30 PM | Sa | 3941 |
| 2/14 | 7:30-9:00 PM | Sa | 3942 |
| 2/15 | 2:00-3:30 PM | Su | 3943 |

Fee: \$15
Location: LHCC
Instructor: On the Edge Theatre Productions

Ages: All Ages

Clay Adventures

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring, slab construction and more. We will decorate the pieces with under glazes (special paint for wet clay). Different projects will be made each class. All pieces will be glazed and fired by the instructor. Aprons will be provided. \$ A \$20 material fee is due to the instructor at the first class meeting.

| DATES | TIME | DAY | CLASS |
|-----------|--------------|-----|-------|
| 1/14-2/11 | 4:15-5:30 PM | W | 3882 |

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

Ages: 6-12
Class Sessions: 5

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. Instructor has over 20 years experience in this dance form. For more information please visit www.enheduanna.com.

| DATES | TIME | DAY | CLASS |
|---|---------------|--------------------|-------|
| LEVEL I: | | | |
| 1/4-1/25 | 12:15-1:30 PM | Su | 3862 |
| 2/1-2/22 | 12:15-1:30 PM | Su | 3863 |
| 3/1-3/22 | 12:15-1:30 PM | Su | 3864 |
| Fee: Resident \$52, Non-Resident \$57 | | Class Sessions: 4 | |
| LEVEL II: | | | |
| 1/4-3/22 | 1:45-3:00 PM | Su | 3865 |
| Fee: Resident \$132, Non-Resident \$137 | | Class Sessions: 12 | |
| LEVEL III/IV: | | | |
| 1/4-3/22 | 3:15-4:30 PM | Su | 3866 |
| Fee: Resident \$132, Non-Resident \$137 | | Class Sessions: 12 | |

Location: LHCC
Instructor: Tina Elkins

Ages: 10 & older

Beginning Ballroom Dance

Ballroom dance basics for the absolute beginner, or the social dancer who wants to polish up their fundamental techniques, which will enhance their ballroom dance experience. Dances include the Waltz, Foxtrot, Cha Cha, Rumba, & Swing. For more information on Ballroom Dance, please visit www.usadance.org. **FREE TRIAL 1/5, 2/2, 3/2 (new participants only; Must have a waiver on file to participate in free trial).**

| DATES | TIME | DAY | SESSIONS | FEE (Res/Non-Res) | CLASS |
|----------|---------------|-----|----------|----------------------|-------|
| 1/5-1/26 | 12:00-1:00 PM | M | 4 | \$30/\$35 | 3901 |
| 2/2-2/23 | 12:00-1:00 PM | M | 4 | \$30/\$35 | 3902 |
| 3/2-3/30 | 12:00-1:00 PM | M | 5 | \$40/\$45 | 3903 |

Location: LHCC
Instructor: USA Dance

Ages: 10 & older

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



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

West Coast Movement Project



West Coast Movement Project is proud to provide a fun, positive dance and music program for students ages 3 and up. Our program is designed to inspire students to grow technically and artistically. WCMP is honored to be an affiliate of *More Than Just Great Dancing* and is committed to providing excellent dance and music instruction, as well as having a positive impact on our community. Now in our 9th year, we continue to grow and expand to meet the demand for more levels and classes and have begun to build our music program with the introduction of voice lessons.

New students are accepted into our Winter session based on availability in SELECT classes. Our curriculum builds from September to June and priority registration is given to students continued from the Fall session. The following classes are open to new students, if space allows: Preschool Dance I, Preschool Dance II and Classic Combo A.

All other classes require that students have taken the Fall session

MULTIPLE CLASS DISCOUNT: After the first class, there is a \$20 per additional class discount available for multiple WCMP dance classes taken by one family. The first class does not receive a discount. The discount is only applied to the additional classes. You must register for all of the classes in one transaction to have the discount applied.

We pride ourselves in responsive customer service and would be happy to answer any questions you may have about our program. Please feel free to contact us if you need assistance.

FOR MORE INFORMATION:

Mia Alicea/ Artistic Director
 Phone: (949) 495-2119
 Email: mia.alicea@gmail.com (quickest method of contact)
 Website: wcmovementproject.com
 FB business page: facebook.com/WestCoastMovementProject

Preschool Dance I (Tap/Ballet)

***Class openings based on availability - Priority registration for continuing students.** In a caring and structured environment, our tiny dancers learn to take turns, enhance their listening skills and increase their gross motor coordination by using parachutes, maracas, tambourines, etc. to learn basic tap and ballet steps and terminology. ***NO CLASS 1/29 & 2/13.**

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

| Age | Day | Dates | Time | Fee (Res/Non-Res) | Class |
|-----|-----|----------|----------------|----------------------|-------|
| 3 | Th | 1/8-3/26 | 9:00-9:45 AM | \$160/\$165 | 3908 |
| 3 | F | 1/9-3/27 | 10:00-10:45 AM | \$160/\$165 | 3909 |

Preschool Dance II (Tap/Jazz/Ballet)

***Class openings based on availability - Priority registration for continuing students.**

This class helps build the skills of our young dancers, as they begin to learn short combinations of steps and increase their tap and ballet vocabulary and are introduced to the excitement of jazz. ***NO CLASS 1/19, 2/13, & 2/16.**

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

| Age | Day | Dates | Time | Fee (Res/Non-Res) | Class |
|-----|-----|----------|----------------|----------------------|-------|
| 4 | Tu | 1/6-3/24 | 9:00-9:45 AM | \$160/\$165 | 3910 |
| 4 | F | 1/9-3/27 | 10:45-11:30 AM | \$160/\$165 | 3911 |
| 4 | M | 1/5-3/23 | 5:30-6:15 PM | \$160/\$165 | 3912 |

Classic Combo A (Tap & Jazz)

***Class openings based on availability - Priority registration for continuing students.**

This class focuses on stationary and locomotor tap steps and the beginning elements of jazz dance. ***NO CLASS 2/13.**

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

| Age | Day | Dates | Time | Fee (Res/Non-Res) | Class |
|-----|-----|----------|--------------|----------------------|-------|
| 5-6 | Tu | 1/6-3/24 | 3:15-4:15 PM | \$160/\$165 | 3913 |
| 5-6 | F | 1/9-3/27 | 3:15-4:15 PM | \$160/\$165 | 3914 |

Classic Combo B (Tap & Jazz)

***PREREQUISITE REQUIRED - must be continuing student from the Fall session.**

In this class, tap steps are introduced with the aim of increasing speed, dexterity and awareness of various rhythms. Jazz dance is introduced as students learn combinations and the foundation of leaps and turns.

***NO CLASS 1/29.**

Dress Code: Solid black leotard, solid black chiffon skirt OR black dance shorts, tan tights, black tap oxfords, tan pull on jazz oxfords, hair secured away from neck and face.

| Age | Day | Dates | Time | Fee (Res/Non-Res) | Class |
|-----|-----|----------|--------------|----------------------|-------|
| 6-7 | Th | 1/8-3/26 | 3:15-4:15 PM | \$160/\$165 | 3915 |

Ballet

***PREREQUISITE REQUIRED - must be continuing student from the Fall session.**

Our ballet classes cover fundamental classical technique and terminology and are designed to increase the student's strength, flexibility, grace and confidence. ***NO CLASS 1/19, 1/29, 2/13, & 2/16.**

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

| Level | Age | Day | Dates | Time | Fee (Res/Non-Res) | Class |
|--------------|------------|-----|----------|--------------|----------------------|-------|
| Pre Ballet | 5-6 | M | 1/5-3/23 | 3:15-4:00 PM | \$160/\$165 | 3916 |
| I | 7-10 | M | 1/5-3/23 | 4:00-4:45 PM | \$160/\$165 | 3917 |
| II* | 7-10 | Th | 1/8-3/26 | 4:15-5:00 PM | \$160/\$165 | 3918 |
| II* | 11 & older | Th | 1/8-3/26 | 5:00-6:00 PM | \$160/\$165 | 3919 |
| Ballet Tech* | 11 & older | F | 1/9-3/27 | 5:15-6:00 PM | \$160/\$165 | 3920 |

ACTIVITY SCHEDULE



DANCE

Jazz

***PREREQUISITE REQUIRED - must be continuing student from the Fall session.**

This class builds on a strong, dynamic jazz dance base. Class begins with a technical warm-up and is rounded out with progressions and combinations.

***NO CLASS 1/19 & 2/16.**

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

| Level | Age | Day | Dates | Time | Fee (Res/Non-Res) | Class |
|-------|------------|-----|----------|--------------|----------------------|-------|
| I | 7-10 | M | 1/5-3/23 | 4:45-5:30 PM | \$160/\$165 | 3921 |
| III* | 7-10 | Tu | 1/6-3/24 | 5:45-6:45 PM | \$160/\$165 | 3922 |
| IV* | 8 & older | F | 1/9-3/27 | 4:15-5:15 PM | \$160/\$165 | 3923 |
| V* | 11 & older | W | 1/7-3/25 | 7:15-8:15 PM | \$160/\$165 | 3924 |

Tap

***PREREQUISITE REQUIRED - must be continuing student from Fall session.**

Tap steps are introduced with the aim of increasing speed, dexterity and awareness of varying rhythms and styles.

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

| Level | Age | Day | Dates | Time | Fee (Res/Non-Res) | Class |
|---------|-----------|-----|----------|--------------|----------------------|-------|
| II* | 7-10 | W | 1/7-3/25 | 3:15-4:00 PM | \$160/\$165 | 3925 |
| III/IV* | 8 & older | Tu | 1/6-3/24 | 5:00-5:45 PM | \$160/\$165 | 3926 |

Hip Hop

***PREREQUISITE REQUIRED - must be continuing student from Fall session.**

This high energy class is tailored to boys and girls who want to learn the latest urban dance steps. It includes a warm-up, conditioning, dance steps and combinations.

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

| Level | Age | Day | Dates | Time | Fee (Res/Non-Res) | Class |
|-------|------------|-----|----------|--------------|----------------------|-------|
| I | 5-6 | W | 1/7-3/25 | 4:10-4:45 PM | \$160/\$165 | 3927 |
| II* | 7-10 | W | 1/7-3/25 | 4:45-5:30 PM | \$160/\$165 | 3928 |
| III* | 11 & older | W | 1/7-3/25 | 5:30-6:15 PM | \$160/\$165 | 3929 |

Lyrical

***PREREQUISITE REQUIRED - must be continuing student from the Fall session.**

Lyrical combines elements of ballet and jazz into an expressive dance form. Class begins with a technical warm-up and is rounded out with progressions and combinations. ***NO CLASS 2/13.**

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

| Level | Age | Day | Dates | Time | Fee (Res/Non-Res) | Class |
|---------|------------|-----|----------|--------------|----------------------|-------|
| I* | 7-10 | Tu | 1/6-3/24 | 4:15-5:00 PM | \$160/\$165 | 3930 |
| III/IV* | 11 & older | F | 1/9-3/27 | 6:00-7:00 PM | \$160/\$165 | 3931 |

Contemporary

***PREREQUISITE REQUIRED - must be continuing student from the Fall session.**

Contemporary has its roots in modern dance and is fused with many other forms to create this popular dance form. ***NO CLASS 1/29.**

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

| Age | Day | Dates | Time | Fee (Res/Non-Res) | Class |
|------------|-----|----------|--------------|----------------------|-------|
| 11 & older | Th | 1/8-3/26 | 6:00-7:15 PM | \$160/\$165 | 3932 |

Leaps & Turns

***PREREQUISITE REQUIRED - must be continuing student from the Fall session.**

This class is designed to help improve a variety of leaps, jumps, and turns for dancers with experience. There is no recital dance for this class. It is a tech class only.

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

| Age | Day | Dates | Time | Fee (Res/Non-Res) | Class |
|------------|-----|----------|--------------|----------------------|-------|
| 11 & older | W | 1/7-3/25 | 6:15-7:15 PM | \$160/\$165 | 3933 |

Voice Lessons

Our group voice lesson format is great for beginners ages 7-10. Students will learn how to breathe properly, how to increase their range, use proper pitch, how to project, the art of stage presence and will sing a variety of styles of music. Voice students will have the opportunity to opt into singing together in WCMP's annual recital. ***NO CLASS 2/13.**

| Age | Day | Dates | Time | Fee (Res/Non-Res) | Class |
|------|-----|----------|--------------|----------------------|-------|
| 7-10 | F | 1/9-3/27 | 3:15-4:15 PM | \$160/\$165 | 3934 |

WE'RE ON FACEBOOK!

Check us out! www.facebook.com/lagunahillssc



ACTIVITY SCHEDULE

PERSONAL DEVELOPMENT

How to Sell on eBay!

Everyone has stuff stashed in closets, drawers, and garages. Others are paying for unnecessary storage areas! Why not make some money while helping others clear out their storage spaces at the same time? This class will teach you how to sell successfully on eBay. We will discuss organization, categorization and how to write posts for each of your items. Students will receive an informational handout on the first day of class and should bring supplies to take notes. **PLEASE NOTE: No refunds or transfers for this class.**

| DATES | TIME | DAY | CLASS |
|-----------|--------------|-----|-------|
| 2/12-2/19 | 6:30-8:30 PM | Th | 3856 |

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

Ages: 18 and older
 Class Sessions: 2

SPORTS & FITNESS

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 | 2:00-6:00 PM 6:30-9:30 PM | Su Fri |

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

Ages: 18 & older

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 the 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 | 12:00-2:00 PM 2:00-4:00 PM | Su M-F |

Fee: FREE
 Location: LHCC

Ages: 17 & under

COMMUNITY CENTER FOSSIL TOUR



Join City staff for this free 40 minute guided tour of the Community Center lobby which is a showcase for regional fossil discoveries and is an educational treasure. The tour introduces community members to the ancient life that occupied Laguna Hills during the last 17 million years of the Earth's history. Participants meet at the Laguna Hills Community Center. Call (949) 707-2692 for more information. DATES: 1/3, 3/7, & 6/6 from 11:00-11:40 AM.

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. Sessions begin with skill development and progress to intramural tournaments. Session I: School Yard Games (Dodgeball, Kickball, & Ultimate Frisbee) & Session II: Coed Soccer are open to grades K-6. **NOTE: Class will not meet on school holidays and furlough days. On minimum days practice will be held at 1:30 PM at Lomarena and Valencia and at 1:00 PM at San Joaquin.**

| DATES | TIME | DAY | SCHOOL | SPORT | CLASS |
|--------------------|--------------|------|-------------|-------------------|-------|
| SESSION I: | | | | | |
| 1/26-2/25 | 2:45-4:00 PM | MW | Lomarena | School Yard Games | 3951 |
| 1/27-2/26 | 2:15-3:30 PM | TuTh | San Joaquin | School Yard Games | 3952 |
| 1/27-2/26 | 2:45-4:00 PM | TuTh | Valencia | School Yard Games | 3953 |
| SESSION II: | | | | | |
| 3/23-4/29 | 2:45-4:00 PM | MW | Lomarena | Coed Soccer | 3954 |
| 3/24-4/30 | 2:15-3:30 PM | TuTh | San Joaquin | Coed Soccer | 3955 |
| 3/24-4/30 | 2:45-4:00 PM | TuTh | Valencia | Coed Soccer | 3956 |

Fee: \$35
Instructor: Community Services Staff
Ages: 5-13
Class Sessions: 10

Aikido



Aikido is a modern Japanese form of self defense that advocates harmony over conflict. Students of Aikido learn self confidence, balance, awareness and mastery of their own bodies. Classes include games and activities that promote cooperation, discipline, Bx coordination. Adults are welcome to train with their families. Ranks advancements and belt testing available- additional fees and membership required. Please see instructor about uniform pricing and sizing. ***NO CLASS 1/29.**

| DATES | TIME | DAY | CLASS |
|-------------------|---------------|------|-------|
| Ages 6-18: | | | |
| 1/3-1/31 | 6:00-7:00 PM | TuTh | 3883 |
| | 9:30-10:30 AM | Sat | |
| 2/3-2/28 | 6:00-7:00 PM | TuTh | 3885 |
| | 9:30-10:30 AM | Sat | |
| 3/3-3/31 | 6:00-7:00 PM | TuTh | 3887 |
| | 9:30-10:30 AM | Sat | |

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

Ages 19 & older:

| DATES | TIME | DAY | CLASS |
|----------|--------------|------|-------|
| 1/3-1/31 | 7:00-9:00 PM | TuTh | 3884 |
| | 8:30-9:30 AM | Sat | |
| 2/3-2/28 | 7:00-9:00 PM | TuTh | 3886 |
| | 8:30-9:30 AM | Sat | |
| 3/3-3/31 | 7:00-9:00 PM | TuTh | 3888 |
| | 8:30-9:30 AM | Sat | |

Fee: Resident \$115, Non-Resident \$120
Location: LHCC
Instructor: Dale Eisenberg

Yoga Basics



We begin with breathing and relaxation techniques, and progress through all the 12 basic poses and more, learning correct alignment and adding variations. Finishing each class with meditation and relaxation. Both beginning and advanced students benefit. Pre-registration required. For more information visit <http://yogaknights.com>. ***NO CLASS 1/19 & 2/16.** (Multiple class discount: After the first class there is a \$20 discount per additional class. The discount is only applied to the additional class. You must register for all classes in one transaction to have the discount applied.)

| DATES | TIME | DAY | CLASS |
|----------|--------------|-----|-------|
| 1/5-3/23 | 6:30-8:00 PM | M | 3855 |

Fee: Resident \$126, Non-Resident \$131
Location: LHCC
Instructor: Angie Knight
Ages: 14 & older
Class Sessions: 10

Gentle Yoga



Gentle Yoga's calming restorative stretches will help heal and release stress, with an emphasis on deep breathing and relaxation. Pre-registration required. For more information please visit <http://yogaknights.com>. (Multiple class discount: After the first class there is a \$20 discount per additional class. The discount is only applied to the additional class. You must register for all classes in one transaction to have the discount applied.)

| DATES | TIME | DAY | CLASS |
|----------|--------------|-----|-------|
| 1/7-3/11 | 6:00-7:30 PM | W | 3853 |

Fee: Resident \$126, Non-Resident \$131
Ages: 14 & older
Location: LHCC
Instructor: Angie Knight
Class Sessions: 10

Yoga Flow



An hour long class with emphasis on flowing movement through sequences of yoga poses, starting with warm up poses, with steady build up, then winding down to final relaxation. Pre-registration required. For more information please visit <http://yogaknights.com>. (Multiple class discount: After the first class there is a \$20 discount per additional class. The discount is only applied to the additional class. You must register for all classes in one transaction to have the discount applied.)

| DATES | TIME | DAY | CLASS |
|----------|---------------|-----|-------|
| 1/9-2/27 | 12:30-1:30 PM | Fri | 3854 |

Fee: Resident \$85, Non-Resident \$90
Location: LHCC
Instructor: Angie Knight
Ages: 14 & older
Class Sessions: 8



ACTIVITY SCHEDULE

SPORTS & FITNESS

Zumba



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

calories an hour! Participants should wear comfortable attire and bring water and a towel. Be prepared to have a great time and expect to sweat! Ditch the workout...join the PARTY! To learn more about Zumba or the instructor, please visit www.southcozumba.com. ***NO CLASS 1/29.**

| DATES | TIME | DAY | SESSIONS | FEE (Res/Non-Res) | CLASS |
|-------|------|-----|----------|----------------------|-------|
|-------|------|-----|----------|----------------------|-------|

One day per week:

| | | | | | |
|----------|--------------|----|---|-----------|------|
| 1/6-1/27 | 7:00-8:00 PM | Tu | 4 | \$32/\$37 | 3889 |
| 1/8-1/22 | 7:30-8:30 PM | Th | 3 | \$24/\$29 | 3890 |
| 2/3-2/24 | 7:00-8:00 PM | Tu | 4 | \$32/\$37 | 3891 |
| 2/5-2/26 | 7:30-8:30 PM | Th | 4 | \$32/\$37 | 3892 |
| 3/3-3/31 | 7:00-8:00 PM | Tu | 5 | \$40/\$45 | 3893 |
| 3/5-3/26 | 7:30-8:30 PM | Th | 4 | \$32/\$37 | 3894 |

Two days per week:

| | | | | | |
|----------|--------------|----|---|-----------|------|
| 1/6-1/27 | 7:00-8:00 PM | Tu | 7 | \$53/\$58 | 3895 |
| | 7:30-8:30 PM | Th | | | |
| 2/3-2/26 | 7:00-8:00 PM | Tu | 8 | \$60/\$65 | 3896 |
| | 7:30-8:30 PM | Th | | | |
| 3/3-3/31 | 7:00-8:00 PM | Tu | 9 | \$68/\$73 | 3897 |
| | 7:30-8:30 PM | Th | | | |

Three month session:

| | | | | | |
|----------|--------------|----|----|-------------|------|
| 1/6-3/31 | 7:00-8:00 PM | Tu | 13 | \$104/\$109 | 3898 |
| 1/8-3/26 | 7:30-8:30 PM | Th | 11 | \$88/\$93 | 3899 |
| 1/6-3/31 | 7:00-8:00 PM | Tu | 24 | \$181/\$186 | 3900 |
| | 7:30-8:30 PM | Th | | | |

Location: LHCC
Instructor: Dina Martin-Rusk

Ages: 16 & older

Children's Beginning Tennis



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

| DATES | TIME | DAY | CLASS |
|-------|------|-----|-------|
|-------|------|-----|-------|

| | | | |
|----------|--------------|---|------|
| 1/9-2/13 | 4:00-5:00 PM | F | 3867 |
|----------|--------------|---|------|

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

Ages: 6-8
Class Sessions: 6

Children's Advanced Beginning Tennis



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

| DATES | TIME | DAY | CLASS |
|-------|------|-----|-------|
|-------|------|-----|-------|

| | | | |
|----------|--------------|---|------|
| 1/9-2/13 | 5:00-6:00 PM | F | 3868 |
|----------|--------------|---|------|

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

Ages: 9-13
Class Sessions: 6

Teen & Adult Intermediate Tennis



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

| DATES | TIME | DAY | CLASS |
|-------|------|-----|-------|
|-------|------|-----|-------|

| | | | |
|----------|--------------|---|------|
| 1/9-2/13 | 6:00-7:00 PM | F | 3869 |
|----------|--------------|---|------|

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

Ages: 14 & older
Class Sessions: 6

FUNK Fitness



FUNK Fitness is a cardio dance workout that keeps participants moving and melting calories away to Old School Funk, Hip Hop, R&B, Disco and more. Participants should bring water, a towel and 1lb or 2lb dumbbell hand weights. For more information, contact Mia at mia.alicea@gmail.com or (949) 495-2119 or visit wcmovementproject.com.

| DATES | TIME | DAY | CLASS |
|-------|------|-----|-------|
|-------|------|-----|-------|

| | | | |
|-----------|--------------|----|------|
| 1/10-2/14 | 9:00-9:50 AM | Sa | 3935 |
|-----------|--------------|----|------|

| | | | |
|-----------|--------------|----|------|
| 2/21-3/28 | 9:00-9:50 AM | Sa | 3936 |
|-----------|--------------|----|------|

Fee: Resident \$50, Non-Resident \$55
Location: LHCC
Instructor: West Coast Movement Project

Ages: 18 & older
Class Sessions: 6

ACTIVITY SCHEDULE



SPORTS & FITNESS

Qigong for All



Each class starts with a set of Gentle Opening Moves to allow the body structure to open in all directions. Next, we move through the 20 Qigong movements. These movements focus on Energy(Qi) passing through specific pathways (or meridians). The class ends with a closing Qigong form (Swimming Dragon) that integrates the mind-body-spirit to a more grounded state of well being. This form of Qigong can be safely practiced by the beginner, those with limited movement and the most advanced student.

| DATES | TIME | DAY | CLASS |
|-------|------|-----|-------|
|-------|------|-----|-------|

FREE TRIAL:

| | | | |
|------|--------------|---|------|
| 1/14 | 7:00-8:00 PM | W | 3967 |
|------|--------------|---|------|

10 week session:

| | | | |
|-----------|--------------|---|------|
| 1/21-3/25 | 7:00-8:00 PM | W | 3966 |
|-----------|--------------|---|------|

Fee: Resident \$100, Non-Resident \$105

Location: LHCC

Instructor: Karl Ardo

Ages: 18-80

Class Sessions: 10

CIVIC CENTER PUBLIC ARTS TOUR



Travel through time and relive Laguna Hill's early history through stories and art displays at the Laguna Hills Civic Center. This free 40 minute tour gives a brief look into the City's rich

history and the men and women that shaped it's destiny. Participants meet at the Laguna Hills Civic Center. Call (949) 707-2692 for more information.

DATES: 1/3, 3/7, & 6/6 from 10:00-10:40 AM.

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.

Valentine's Dance

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

| DATES | TIME | DAY | CLASS |
|-------|------|-----|-------|
|-------|------|-----|-------|

| | | | |
|------|--------------|---|------|
| 1/30 | 7:00-9:00 PM | F | 3948 |
|------|--------------|---|------|

Fee: \$5

Location: LHCC

Instructor: Community Services Staff

Ages: 13 & older

BINGO Night

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

| DATES | TIME | DAY | CLASS |
|-------|------|-----|-------|
|-------|------|-----|-------|

| | | | |
|------|--------------|---|------|
| 2/20 | 7:00-9:00 PM | F | 3949 |
|------|--------------|---|------|

Fee: \$5

Location: LHCC

Instructor: Community Services Staff

Ages: 13 & older

Karaoke Night

Invite a friend and join us for an exciting evening of karaoke at the Laguna Hills Community Center! Bring your favorite CD to sing-a-long with or use one of ours! Please RSVP in advance at (949) 707-2683.

| DATES | TIME | DAY | CLASS |
|-------|------|-----|-------|
|-------|------|-----|-------|

| | | | |
|------|--------------|---|------|
| 3/20 | 7:00-9:00 PM | F | 3950 |
|------|--------------|---|------|

Fee: Resident \$5

Location: LHCC

Instructor: Community Services Staff

Ages: 13 & older



ACTIVITY SCHEDULE

SPORTS LEAGUES

EXCURSIONS

Adult Basketball League



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

| LEAGUE | DATES | TIME | DAY | CLASS |
|-------------|-----------|---------------------|-----|-------|
| Open League | 1/13-3/24 | 6:30, 7:30, 8:30 PM | Tu | 3963 |

Fee: \$325
Location: LHCC

Ages: 18 and older

Adult Softball League



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

| LEAGUE | DATES | TIME | DAY | CLASS |
|---------|-----------|---------------------|-----|-------|
| Coed | 1/12-3/16 | 6:30, 7:40, 8:50 PM | M | 3957 |
| D | 1/13-3/24 | 6:30, 7:40, 8:50 PM | Tu | 3958 |
| D | 1/14-3/18 | 6:30, 7:40, 8:50 PM | W | 3959 |
| Lower C | 1/15-3/19 | 6:30, 7:40, 8:50 PM | Th | 3960 |
| D | 1/16-3/20 | 6:30, 7:40, 8:50 PM | F | 3961 |

Fee: \$425
Location: LHCC

Ages: 18 and older

Adult Volleyball League



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

| LEAGUE | DATES | TIME | DAY | CLASS |
|---------|-----------|---------------------|-----|-------|
| Women's | 1/12-3/16 | 6:10, 7:00, 8:00 PM | M | 3962 |

Fee: \$225
Location: LHCC

Ages: 18 & older

Excursion to the USS Midway

Experience life at sea without leaving port! Imagine experiencing life at sea aboard one of America's longest-serving aircraft carriers. Visitors to the USS Midway Museum enter a floating city at sea and walk in the footsteps of 225,000 Midway sailors who served our country and upheld the American ideals of strength, freedom and peace. The USS Midway Museum is an unforgettable adventure for the entire family. You explore more than 60 exhibits with a collection of 29 restored aircraft. Afterwards, you will visit the Cabrillo National Monument where you will enjoy spectacular views of San Diego Bay, the City, and beyond. Transportation is provided by our staff driving City vans. Bring your lunch or purchase a meal at the USS Midway's Fantail Café. Space is limited, sign up today!

| DATES | TIME | DAY | CLASS |
|-------|-----------------|-----|-------|
| 2/21 | 9:00 AM-5:00 PM | Sa | 3944 |

Fee: Resident \$30, Non-Resident \$35
Location: Meet at LHCC
Instructor: Community Services Staff

Ages: All Ages

EMERITUS

Saddleback College ART 80X: Beginning Sketching

Basic drawing techniques will be presented as students are encouraged in individual artistic expression. Still life, student model, and location work will be done in simple classic media of pencil, charcoal and pastel. Materials fee of \$5 is payable at registration. Additional art supplies may be required. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus.

| DATES | TIME | DAY |
|-----------|-----------------|-----|
| 1/23-5/15 | 1:00 PM-4:05 PM | F |

Location: LHCC

Ages: 50 and older

TREE DONATION PROGRAM

The Tree Donation Program allows members of the community to dedicate trees in memory of departed loved ones or to commemorate special occasions while simultaneously adding trees throughout the City. Trees are \$100 and are planted and maintained by the City. For more information, please contact the Public Works Department at (949) 707-2650.

DROP-IN TABLE TENNIS

Bring your own racquet and ball and join us for a drop-in game of Table Tennis each Tuesday and Thursday from 12:00-2:00 PM and Saturday from 1:00-5:00 PM. Tables are available on a first come first serve basis. Participants must complete a registration form at the front counter prior to participating.

ACTIVITY SCHEDULE



EMERITUS

Saddleback College ART20X: Art Appreciation

Focuses on the fundamentals and aesthetics of the visual arts, as well as the major developments that shaped the evolution of Western art. Additional art supplies may be required. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus.
***NO CLASS 1/29.**

| DATES | TIME | DAY |
|-----------|----------------|-----|
| 1/22-5/21 | 10:00-11:50 AM | Th |

Location: LHCC Ages: 50 and older

Saddleback College ART 41X: Art Media Studies

Students engage in introductory activities in mixed media drawing, painting, printmaking and related 2-D and 3-D art forms. Materials fee of \$10.00 payable at registration. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus.

| DATES | TIME | DAY |
|-----------|-----------------|-----|
| 1/26-5/18 | 1:00 PM-3:50 PM | M |

Location: LHCC Ages: 50 and older

Saddleback College ART59X: Intermediate/Advanced Watercolor

Rec Prep: ART 58X. Utilizing and incorporating color mixing in a broader palette for washes, glazing, and spontaneous interpretation of the subject matter. An increasing emphasis will be placed on individual exploration with the medium. Materials fee of \$5 payable at registration. Additional art supplies may be required. To register or for more information please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus.

| DATES | TIME | DAY |
|-----------|--------------|-----|
| 1/21-5/20 | 1:00-3:50 PM | W |

Location: LHCC Ages: 50 and older

Saddleback College Moment Musicale

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

| DATES | TIME | DAY |
|-------------|---------------|-----|
| 1/21 & 3/18 | 12:30-1:00 PM | W |

Location: LHCC Ages: 50 and older

Saddleback College Senior Emeritus Program

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

| DAY | CLASS | TIME |
|--|-------|------|
| The following classes meet 1/20-5/21: | | |

| | | |
|-----|-----------------------|-------------------|
| MW | Yoga | 9:00-9:50AM |
| MW | Aerobic Exercise | 10:00-10:50AM |
| MW | Pilates Conditioning | 11:00-11:50 AM |
| TTh | Sequential Stretching | 8:30-9:20 AM |
| TTh | Pilates Conditioning | 9:30-10:50 AM |
| T | Yoga | 11:00 AM-12:50 PM |
| Fri | Tai Chi | 9:00-12:05 AM |
| Fri | Pilates Conditioning | 10:10-11:55 AM |

Location: LHCC Ages: 50 and older

Saddleback College SPAN 231X: Intermediate Practical Spanish

Further the fundamentals of communicative competence in practical Spanish for the older adult. Focuses on listening, comprehension and speaking. Reading and writing skills will be expanded. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus.

| DATES | TIME | DAY |
|-----------|---------------|-----|
| 1/20-5/19 | 9:00-10:50 AM | Tu |

Location: LHCC Ages: 50 and older

Saddleback College ENG 6X: Non-Fiction Writing

Includes techniques and practice in writing nonfiction articles, essays, and biographical sketches. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus.

| DATES | TIME | DAY |
|-----------|------------------|-----|
| 1/24-5/16 | 10:30 AM-1:20 PM | S |

Location: LHCC Ages: 50 and older

City of Laguna Hills REGISTRATION FORM



Winter Registration begins December 16, 2014

Register...

On-Line

www.ci.laguna-hills.ca.us

Walk-In

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

Phone-In

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

Mail-In

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

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

- A \$35 fee is charged on all returned checks.
- Visa, American Express, and MasterCard accepted.
- If you need special accommodations for any of our activities, please notify staff 72 hours prior to the event at 949.707.2680.
- Fees are subject to change.
- Incomplete forms will not be processed which includes receipt of proper payment.
- Prior to any participation in City of Laguna Hills' recreation activity a signed and completed Registration Form and release and waiver which is included on the back of this form is required.
- All minor participants must be registered by parent or legal guardian. (No exceptions).
- Full refunds are issued for any class cancelled by the City. Refund requests made prior to the start of any activity will be granted subject to a \$5 service charge per request.
- Refund requests must be made prior to the second class meeting. No refund will be granted after that time. Special events, one day programs and camps do not receive refunds unless the participant's spot is filled. Refund processing takes 3-4 weeks from the date of the request. The City will mail all refund checks.

LAGUNA HILLS TECHNOLOGY LIBRARY



OC Community Resources

Did you know that the Laguna Hills Technology Library is located within the Laguna Hills Community Center? We have computers, an assortment of books for adults, teens, and children, and a DVD collection – all available for free! If you'd like something available at another branch, we can have it transferred over for just 25 cents. The library's online calendar is available at: ocpl.org/libloc/lht/calendar
Questions, please call the library at 949-707-2699

As you browse the 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.

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.

