

2015 SPRING

COMMUNITY SERVICES

# ACTIVITY GUIDE



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LAGUNA HILLS, CA



# City of Laguna Hills REGISTRATION FORM

Spring Registration begins Tuesday, March 10, 2015

## Register...

### On-Line

[www.ci.laguna-hills.ca.us](http://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

presents

### Gaming Night

- Chess
- Web-based computer games
- Pizza and fun!



### Digital Storytime

a new way to enjoy a library tradition!  
For ages 3-5 with accompanying adult,  
siblings are welcome too.



### OC Community Resources

25555 Alicia Parkway  
Laguna Hills, CA 92653  
949-707-2699  
Monday-Thursday: 10 a.m. - 9 p.m.  
Friday-Saturday: 10 a.m. - 5 p.m.  
Sunday: Closed

Call for details and to reserve your spot!

**As you browse** As you browse the Spring Class and Activity schedule, be sure to note those programs designated with one of the "Get Fit" logos. These programs are offered as part of the City's Get Fit Campaign and are provided to support your nutrition and exercise goals. **The City of Laguna Hills supports the health and wellness of the community through the provision of programs and facilities that promote fitness and well-being.**

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# CALENDAR OF EVENTS

- Mar 10** Spring Registration Begins
- Mar 13** Middle School Dance
- Mar 20** Circle of Friends: Karaoke Night
- Mar 28** Excursion: Star Party at Griffith Observatory
- Apr 17** Circle of Friends: Pizza & Movie Night
- Apr 18** Volunteer Connection Day
- Apr 25** Excursion: Walking Tour of Union Station and Olvera Street
- May 12** Build A Fort Registration (Laguna Hills Residents Only)
- May 15** Circle of Friends: Bowling Night
- May 19** Summer Registration
- May 25** Memorial Day Half Marathon, 5K & 10K
- Jun 26** Circle of Friends Summer Kick-off Dance

## NEW CLASSES THIS SPRING!

- Dance Badge Workshop for Brownies
- Sing, Dance and Play Music Class

## 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](http://www.ci.laguna-hills.ca.us).

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# SAVE THE DATE

**BUILD A FORT REGISTRATION** - Due to the popularity of the Build A Fort and Junior Build A Fort Camps, registration for **Laguna Hills residents** will be collected **in person Tuesday, May 12, 2015 - Friday, May 15, 2015** between the hours of 8:00 AM and 5:00 PM at the Laguna Hills Community Center. Please bring a recent utility bill as proof of residency and a copy of your child(ren)'s birth certificate(s) with you. Children may be enrolled by their parent or guardian only. Space is limited and is on a first come, first served basis. Registration for **non-residents** will begin on **Tuesday, May 19, 2015**.



# ACTIVITY SCHEDULE

## EARLY CHILDHOOD

# Special Events

### Volunteer Connection Day

Make a difference in your community this April by participating in the City of Laguna Hills' annual Volunteer Connection Day! It is a wonderful experience to dedicate time supporting your City, so join us for a day of community spirit. Volunteers should wear comfortable clothing and tennis shoes. Children ages 12 and under must be supervised by an adult. A special thank you lunch will follow at the conclusion of the project. For more information, please call (949) 707-2680.

DATES	TIME	DAY	CLASS
4/18	9:00 AM-12:00 PM	Sa	4053

Fee: Free  
 Location: LHCC  
 Instructor: Community Services Staff

Ages: All Ages  
 Welcome

### Memorial Day Half Marathon 2015



On your mark, get set, go! Preparation has already begun for the 17th annual Laguna Hills Memorial Day Half Marathon 5K, and 10K, Honoring the United States Marine Corps Dark Horse Battalion. The race crosses through the cities of Laguna Hills, Aliso Viejo, Laguna Woods, and Laguna Niguel. Runners of all skill levels are welcome to participate in the event of their choice, the Half Marathon (13.1 miles), 5K Run/Walk (3.1 miles), 10K Run/Walk (6.2 miles), or Kid's Run (1/2 mile). The City of Laguna Hills intends to donate \$3 per participant to the 3/5 Marine Support Committee. In addition to the running events, the City of Laguna Hills will once again hold a one-day community expo featuring live music and more than 40 vendors and exhibitors from 7:30 to 11:30 AM. The City of Laguna Hills needs more than 400 volunteers to make this great event take place. Volunteers will receive a free t-shirt, a meal, and community service hours. Those interested in volunteering should call (949) 975-8506. Visit [www.lagunahillshalfmarathon.com](http://www.lagunahillshalfmarathon.com) for race times, fees, course descriptions, information regarding sponsorships, entertainment, parking, directions and much more!

DATES	DAY
5/25	M

### CULTURAL ARTS

#### Music Together

Here is your chance to experience a nationwide, research-based program packed with songs, rhymes, dance and instrumental jam sessions! Outstanding teachers with early childhood and music experience will lead participants in a wonderful musical learning experience. Parent participation is required. For more information, please visit [www.svmusictogogether.net](http://www.svmusictogogether.net). Babies under 8 months may attend class for free with a registered sibling. **A \$40 material fee is due to the instructor at the first class meeting.**

DATES	TIME	DAY	CLASS
<b>FREE Trial (must sign waiver to participate):</b>			
4/8	9:15-10:00 AM	W	4008

#### 10 week sessions:

4/15-6/17	9:15-10:00 AM	W	4009
4/15-6/17	10:15-11:00 AM	W	4010

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

Ages: 4 & under

#### Sing, Dance and Play Music Class

NEW

A Joyful music experience. Music preparation class for future group piano class. Children and parents share in music making with activities that focus on singing songs, singing do, re, mi music notation and tonal patterns, keeping a beat by playing instruments to classical music and music from around the world to enhance timing, rhythm and coordination. Language and listening skills will be enhanced through rhymes, stories and colorful props. Imagination and focus enhanced through multicultural dance, and listening to teacher's playing guitar or keyboard. A \$10 material fee is due to the instructor at the first class meeting.

DATES	TIME	DAY	CLASS
4/23-5/28	9:30-10:10 AM	Th	3980

Fee: Resident \$125, Non-Resident \$130  
 Location: LHCC  
 Instructor: Sophi Albert

Ages: 1 ½ -5  
 Class Sessions: 6

# ACTIVITY SCHEDULE



## EARLY CHILDHOOD

### 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
<b>Ages: 1 ½ -2 ½ :</b>			
5/12-6/9	9:30-10:10 AM	Tu	3993
6/23-7/21	9:30-10:10 AM	Tu	3995

Fee: Resident \$40, Non-Resident \$45      Class Sessions: 5

DATES	TIME	DAY	CLASS
<b>Ages 2 ½ - 4:</b>			
5/12-6/9	10:15-11:10 AM	Tu	3994
6/23-7/21	10:15-11:10 AM	Tu	3996

Fee: Resident \$45, Non-Resident \$50      Class Sessions: 5  
 Location: LHCC  
 Instructor: Vivian Stapleton

### 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 be a daily snack and recess time. **Children must have turned 4 years old by April 1, 2015 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 5/25.**

DATES	TIME	DAY	CLASS
4/13-6/19	9:00 AM-12:00 PM	M W F	4052

Fee: Resident \$475, Non-Resident \$480      Ages: 4-5  
 Location: LHCC      Class Sessions: 30  
 Instructor: Jennifer Migliaccio

#### 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 1 child in this class will receive a 25% discount for additional children enrolled.

DATES	TIME	DAY	CLASS
4/14-6/18	11:30 AM-2:00 PM	Tu Th	4047

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

## CHILDREN'S BIRTHDAY PARTY PROGRAM

Let us help with your 3-10 years olds next birthday party! Community Services Staff will provide cake, ice cream, pizza, and decorations for up to 24 children and adults, and lead fun activities for the kids while you sit back and enjoy the celebration. Party times are available on Saturdays from 12:00-2:00 pm in either the Community Center's Classroom or outside at the Picnic Shelter. Call (949) 707-2680 for details.



# ACTIVITY SCHEDULE

## CULTURAL ARTS

### Dance Badge Workshop for Brownies

NEW

Attention Brownies! Do you need your Dance Badge? Come join us for a 90 minute free workshop. We will take you through all of the steps needed to earn your badge. Brownies may attend independently or with a troop. Troop leaders, call for more information if you are interested in bringing a group. Space is limited. For information, contact Mia at (949) 495-2119.

DATES	TIME	DAY	CLASS
4/8	4:00-5:30 PM	W	4044

Fee: FREE  
 Location: LHCC  
 Instructor: West Coast Movement Project  
 Ages: 7-10

### Beginning/Intermediate/Advanced Drawing & Painting

Beginners will be taught to see (as an artist) line, location and value. They will learn how to use charcoal drawing tools and produce accurate drawings of simple still lifes. Emphasis is on determining spacial relationships and accurate value depiction. A supply kit is available from the instructor for \$35. Emphasis is on technique, composition, perspective, color and design. Media choices are colored pencil, 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. **\*NO CLASS 4/27 & 5/25**

DATES	TIME	DAY	CLASS
4/6-5/11	4:00-5:30 PM	M	4011
5/18-6/29	4:00-5:30 PM	M	4012

Fee: Resident \$140, Non-Resident \$145  
 Location: LHCC  
 Instructor: Marillyn Brame  
 Ages: 6-16  
 Class Sessions: 6

### 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](http://www.rongorman.com) for more information.

DATES	TIME	DAY	CLASS
6/2-6/16	7:00-8:00 PM	Tu	4072

Fee: Resident \$60, Non-Resident \$65  
 Location: LHCC  
 Instructor: Ron Gorman  
 Ages: 10 & older  
 Class Sessions: 3

### 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
<b>Level I:</b>			
4/12-5/3	3:00-4:15 PM	Su	4002
5/10-5/31	3:00-4:15 PM	Su	4003
6/7-6/28	3:00-4:15 PM	Su	4004

Fee: Resident \$49, Non-Resident \$54  
 Class Sessions: 4

DATES	TIME	DAY	CLASS
<b>Level II:</b>			
4/12-6/28	4:30-5:45 PM	Su	4005

Fee: Resident \$120, Non-Resident \$125  
 Class Sessions: 12

Ages: 18 & older  
 Location: LHCC  
 Instructor: George Medlock

### 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
5/15-6/12	4:45-6:00 PM	F	4015

Fee: Resident \$69, Non-Resident \$74  
 Location: LHCC  
 Instructor: Lucia Henry  
 Ages: 6-12  
 Class Sessions: 5

### 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](http://www.rongorman.com) for more information.

DATES	TIME	DAY	CLASS
6/2-6/16	6:00-7:00 PM	Tu	4073

Fee: Resident \$60, Non-Resident \$65  
 Location: LHCC  
 Instructor: Ron Gorman  
 Ages: 10 & older  
 Class Sessions: 3

# 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 a parent/guardian.** Buy your tickets early, this event will sell out! Supervision is provided by City Staff. You must bring your dance ticket and student ID card to get into the dance. For more information please call (949) 707-2690.

DATES	TIME	DAY	CLASS
3/13	7:00-9:00 PM	F	3965

Fee: \$5  
Location: LHCC  
Ages: 12-14

### 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](http://www.usadance.org).

DATES	TIME	DAY	SESSIONS	FEE	CLASS
4/6-4/27	12:00-1:00 PM	M	4	\$40/\$45	3981
4/4-4/25	6:00-7:00 PM	Sa	4	\$40/\$45	3982
5/4-5/18	12:00-1:00 PM	M	3	\$30/\$35	3983
5/2-5/30	6:00-7:00 PM	Sa	5	\$50/\$55	3984
6/1-6/29	12:00-1:00 PM	M	5	\$50/\$55	3985
6/6-6/27	6:00-7:00 PM	Sa	4	\$40/\$45	3986

Location: LHCC  
Instructor: USA Dance  
Ages: 10 & 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. Instructor has over 20 years experience in this dance form. For more information please visit [www.enheduanna.com](http://www.enheduanna.com).

DATES	TIME	DAY	CLASS
<b>Level I:</b>			
4/12-5/3	12:15-1:30 PM	Su	3997
5/10-5/31	12:15-1:30 PM	Su	3998
6/7-6/28	12:15-1:30 PM	Su	3999

Fee: Resident \$52, Non-Resident \$57  
Class Sessions: 4

<b>Level II:</b>			
4/12-6/28	1:45-3:00 PM	Su	4000

Fee: Resident \$132, Non-Resident \$137  
Class Sessions: 12

<b>LEVEL III/IV:</b>			
4/12-6/28	3:15-4:30 PM	Su	4001

Fee: Resident \$132, Non-Resident \$137  
Class Sessions: 12

Location: LHCC  
Instructor: Tina Elkins  
Ages: 10 & older

## REGISTER EARLY

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

# ACTIVITY SCHEDULE

## DANCE

### West Coast Movement Project



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

West Coast Movement Project is proud to provide a fun, positive dance and music program for students ages 3 & 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.

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

**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.

**NO CLASSES: April 6th-April 11th or May 25th & May 26th.**

### Preschool Dance I (Tap/Ballet)

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

In a caring and structured environment, our tiny dancers learn to take turns, enhance their listening skills and increase their gross motor coordination by using parachutes, maracas, tambourines, etc. to learn basic tap steps and terminology.

**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	4/2-6/18	9:00-9:45 AM	\$160/\$165	4016
3	F	4/3-6/19	10:00-10:45 AM	\$160/\$165	4017

### Preschool Dance II (Tap/Jazz/Ballet)

**\*PREREQUISITE REQUIRED- must be continuing students from Winter session.**

This class helps build the skills of our young dancers, as they begin to learn short combinations of steps and increase their tap and ballet vocabulary and are introduced to the excitement of jazz.

**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	3/31-6/16	9:00-9:45 AM	\$160/\$165	4018
4	F	4/3-6/19	10:45-11:30 AM	\$160/\$165	4019

### Classic Combo A (Tap & Jazz)

**\*PREREQUISITE REQUIRED- must be continuing students from Winter session.**

This class focuses on stationary and locomotor tap steps and the beginning elements of jazz dance.

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

Age	Day	Dates	Time	Fee (Res/Non-Res)	Class
5-6	Tu	3/31-6/16	3:15-4:15 PM	\$160/\$165	4020

### Classic Combo B (Tap & Jazz)

**\*PREREQUISITE REQUIRED- must be continuing students from Winter session.**

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

**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	4/2-6/18	3:15-4:15 PM	\$160/\$165	4021

### Ballet

**\*PREREQUISITE REQUIRED- must be continuing students from Winter session.**

Our ballet classes cover fundamental classical technique and terminology and are designed to increase the student's strength, flexibility, grace and confidence.

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

Age	Day	Dates	Time	Fee (Res/Non-Res)	Class
<b>Pre Ballet</b>					
5-6	M	3/30-6/15	3:15-4:00 PM	\$160/\$165	4022
<b>Level I</b>					
7-10	M	3/30-6/15	4:00-4:45 PM	\$160/\$165	4023
<b>Level II*</b>					
7-10	Th	4/2-6/18	4:15-5:00 PM	\$160/\$165	4024
<b>Level II*</b>					
11 & up	Th	4/2-6/18	5:00-6:00 PM	\$160/\$165	4025
<b>Level II*</b>					
11 & up	F	4/3-6/19	5:15-6:00 PM	\$160/\$165	4026

# ACTIVITY SCHEDULE



## DANCE

### Jazz

**\*PREREQUISITE REQUIRED-** must be continuing students from Winter 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.

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

Age	Day	Dates	Time	Fee (Res/Non-Res)	Class
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<b>Level I</b>					
7-10	M	3/30-6/15	4:45-5:30 PM	\$160/\$165	4027
<b>Level II*</b>					
7-10	F	4/3-6/19	3:15-4:15 PM	\$160/\$165	4028
<b>Level III*</b>					
7-10	Tu	3/31-6/16	5:45-6:45 PM	\$160/\$165	4029
<b>Level IV*</b>					
8 & up	F	4/3-6/19	4:15-5:15 PM	\$160/\$165	4030
<b>Level V*</b>					
11 & up	W	4/1-6/17	7:15-8:15 PM	\$160/\$165	4031

### Tap

**\*PREREQUISITE REQUIRED-** must be continuing students from Winter 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.

Age	Day	Dates	Time	Fee (Res/Non-Res)	Class
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<b>Level II*</b>					
7-10	W	4/1-6/17	3:15-4:00 PM	\$160/\$165	4032
<b>Level III/IV*</b>					
8 & up	Tu	3/31-6/16	5:00-5:45 PM	\$160/\$165	4033

### Hip Hop

**\*PREREQUISITE REQUIRED-** must be continuing students from Winter session.

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

**Dress Code:** Comfortable street clothes/active wear and sneakers. No jeans.

Age	Day	Dates	Time	Fee (Res/Non-Res)	Class
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<b>Level I</b>					
5-6	W	4/1-6/17	4:10-4:45 PM	\$160/\$165	4034
<b>Level II*</b>					
7-10	W	4/1-6/17	4:45-5:30 PM	\$160/\$165	4035
<b>Level III*</b>					
11 & up	W	4/1-6/17	5:30-6:15 PM	\$160/\$165	4036

### Lyrical

**\*PREREQUISITE REQUIRED-** must be continuing students from Winter 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.

**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
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<b>Level I*</b>					
7-10	Tu	3/31-6/16	4:15-5:00 PM	\$160/\$165	4037
<b>Level III/IV*</b>					
11 & up	F	4/3-6/19	6:15-7:15 PM	\$160/\$165	4038

### Contemporary

**\*PREREQUISITE REQUIRED-** must be continuing students from Winter session.

Contemporary has its roots in modern dance and is fused with many other forms to create this popular dance form.

**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
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11 & up	Th	4/2-6/18	6:00-7:15 PM	\$160/\$165	4039
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### Leaps & Turns

**\*PREREQUISITE REQUIRED-** must be continuing students from Winter 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
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11 & up	W	4/1-6/17	6:15-7:15 PM	\$160/\$165	4040
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### Voice Lessons

**\*PREREQUISITE REQUIRED-** must be continuing students from Winter session.

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. Voice students will have the opportunity to opt into singing together in WCMP's annual recital.

Age	Day	Dates	Time	Fee (Res/Non-Res)	Class
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7-10	F	4/3-6/19	3:15-4:15 PM	\$160/\$165	4041
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# ACTIVITY SCHEDULE

## PERSONAL DEVELOPMENT

## SPORTS & FITNESS

### 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
4/9-4/16	6:30-8:30 PM	Th	3977

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

Ages: 18 & older  
 Class Sessions: 2

### Fossil Finders Fossil Fixers

Have you ever wanted to be a paleontologist? Did you know the Laguna Hills Community Center was built on one of the richest Fossil sites in the United States? Join us for the day in our Fossil Finders Fossil Fixers program where children and parents will gain hands on experience in paleontology and learn about the rich fossil history of Laguna Hills. For more information please call (949) 707-2680.

DATES	TIME	DAY	CLASS
6/20	12:00-2:00 PM	Sa	4054

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

Ages: 5-13

### 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	Su
	6:30-9:30 PM	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	Su
	2:00-4:00 PM	M-F

Fee: FREE  
 Location: LHCC

Ages: 17 & under

## 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: 3/7, & 6/6 from 10:00-10:40 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: Coed Soccer Session II: Track & Field. All City Track Meet will be held Saturday, June 13 from 8am-12pm. **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
<b>SESSION I:</b>					
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
<b>SESSION II:</b>					
5/18-6/10	2:45-4:00 PM	MW	Lomarena	Track & Field	4055
5/19-6/11	2:15-3:30 PM	TuTh	San Joaquin	Track & Field	4056
5/19-6/11	2:45-4:00 PM	TuTh	Valencia	Track & Field	4057

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

### Children's Running Program



Calling all future marathon runners! The City of Laguna Hills Community Services Staff is here to help you train for a fun 5K run this Memorial Day. As part of the City's Get Fit Campaign, this program has been designed for children of all fitness levels to work towards the goal of competing in the City of Laguna Hills Memorial Day 5K and Half Marathon. Come out and join Community Services Staff twice a week for eight weeks to train, prepare and participate in the 5K run this Memorial Day. This program will teach you proper stretching exercises, build endurance and conclude with the 5K run on Monday, May 25th. All participants will receive a t-shirt and entrance into the 5K run.

DATES	TIME	DAY	CLASS
3/30-5/20	4:00-5:00 PM	MW	4045
3/31-5/21	4:00-5:00 PM	TuTh	4046

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

### Gentle Yoga

Gentle Yoga's calming restorative stretches will help heal and release stress, with an emphasis on deep yoga breathing and relaxation. Pre-registration required. For more information visit <http://yogaknights.com>. **\*NO CLASS 4/29, 5/20, & 5/27.** \*\*Multiple Class Discount: After the first class, there is a \$20 per additional class discount. The discount is only applied to the additional class. You must register for both classes in the same transaction to have the discount applied.

DATES	TIME	DAY	CLASS
4/1-6/24	6:00-7:30 PM	W	4013

Fee: Resident \$140, Non-Resident \$145  
Location: LHCC  
Instructor: Angie Knight  
Ages: 14 & older  
Class Sessions: 10

### 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 ongoing students benefit. Pre-registration required. For more information visit <http://yogaknights.com>. **\*NO CLASS 5/25.** \*Multiple Class Discount: After the first class, there is a \$20 per additional class discount. The discount is only applied to the additional class. You must register for both classes in one transaction to have the discount applied.

DATES	TIME	DAY	CLASS
4/13-6/22	6:30-8:00 PM	M	4014

Fee: Resident \$140, Non-Resident \$145  
Location: LHCC  
Instructor: Angie Knight  
Ages: 14 & older  
Class Sessions: 10

## WE'RE ON FACEBOOK!

Check us out! [www.facebook.com/lagunahillsc](http://www.facebook.com/lagunahillsc)



# ACTIVITY SCHEDULE

## SPORTS & FITNESS

### Aikido



Aikido is a modern Japanese form of self defense that advocates harmony over conflict. Students of Aikido learn self confidence, balance, awareness and mastery of their own bodies. Classes include games and activities that promote cooperation, discipline, and coordination. Adults are welcome to train with their families. Ranks and belt testing available-additional fees and membership required. Please see instructor about uniform pricing and sizing.

DATES	TIME	DAY	CLASS
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#### Ages 6-18:

4/2-4/30	6:00-7:00 PM 9:30-10:30 AM	TuTh Sat	3987
5/2-5/30	6:00-7:00 PM 9:30-10:30 AM	TuTh Sat	3989
6/2-6/30	6:00-7:00 PM 9:30-10:30 AM	TuTh Sat	3991

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

#### Ages 19 & older:

4/2-4/30	7:00-9:00 PM 8:30-9:30 AM	TuTh Sat	3988
5/2-5/30	7:00-9:00 PM 8:30-9:30 AM	TuTh Sat	3990
6/2-6/30	7:00-9:00 PM 8:30-9:30 AM	TuTh Sat	3992

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

Location: LHCC

Instructor: Dale Eisenberg

### 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](http://www.southcozumba.com).

DATES	TIME	DAY	SESSIONS	FEE (Res/Non-Res)	CLASS
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#### One day per week:

4/7-4/28	7:00-8:00 PM	Tu	4	\$32/\$37	4058
4/2-4/30	7:30-8:30 PM	Th	5	\$40/\$45	4059
5/5-5/26	7:00-8:00 PM	Tu	4	\$32/\$37	4060
6/2-6/30	7:00-8:00 PM	Tu	5	\$40/\$45	4061
5/7-5/28	7:30-8:30 PM	Th	4	\$32/\$37	4062
6/4-6/25	7:30-8:30 PM	Th	4	\$32/\$37	4063

#### Two days per week:

4/2-4/30	7:00-8:00 PM 7:30-8:30 PM	Tu Th	9	\$67/\$72	4064
5/5-5/28	7:00-8:00 PM 7:30-8:30 PM	Tu Th	8	\$60/\$65	4065
6/2-6/30	7:00-8:00 PM 7:30-8:30 PM	Tu Th	9	\$67/\$72	4066

#### Three Month session:

4/7-6/30	7:00-8:00 PM	Tu	13	\$104/\$109	4067
4/2-6/25	7:30-8:30 PM	Th	13	\$104/\$109	4068
4/2-6/30	7:00-8:00 PM 7:30-8:30 PM	Tu Th	26	\$195/\$200	4069

Location: LHCC

Instructor: Dina Martin-Rusk

Ages: 16 & older

## 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: 3/7, & 6/6 from 11:00-11:40 AM.

# 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
4/8	7:00-8:00 PM	W	3978

#### 10 week session:

4/15-6/17	7:00-8:00 PM	W	3979
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Fee: Resident \$100, Non-Resident \$105

Location: LHCC

Instructor: Karl Ardo

Ages: 18-& older

Class Sessions: 10

### 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
4/4-5/9	9:00-9:50 AM	Sa	4042
5/16-6/20	9:00-9:50 AM	Sa	4043

Fee: Resident \$50, Non-Resident \$55

Location: LHCC

Instructor: West Coast Movement Project

Ages: 18-& older

Class Sessions: 6

## CIRCLE OF FRIENDS

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

### Circle of Friends 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 (949) 707-2683.

DATES	TIME	DAY	CLASS
4/17	6:30-9:00 PM	F	4049

Fee: \$5

Location: LHCC

Instructor: Community Services Staff

Ages: 13 & older

### Circle of Friends Bowling Night

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

DATES	TIME	DAY	CLASS
5/15	7:00-9:00 PM	F	4050

Fee: \$10

Location: Forest Lanes at Forest Lanes

Instructor: Community Services Staff

Ages: 13 & older

### Circle of Friends Summer Kick-off Dance

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

DATES	TIME	DAY	CLASS
6/26	7:00-9:00 PM	F	4051

Fee: \$5

Location: LHCC

Instructor: Community Services Staff

Ages: 13 & older

## SAVE THE DATE!

Junior Build A Fort: June 29th-July 3rd

Build A Fort Session I: July 6th – July 17th

Build A Fort Session II: July 27th – August 7th

Day Camp & Teen Camp: July 6th - August 14th



# ACTIVITY SCHEDULE

## SPORTS LEAGUES

## EXCURSIONS

### Adult Basketball League



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

LEAGUE	DATES	TIME	DAY	CLASS
Open League	5/12-7/14	6:30, 7:30, 8:30 PM	Tu	4071

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

### Adult Volleyball League



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

LEAGUE	DATES	TIME	DAY	CLASS
Women's	5/11-7/13	6:10, 7:00, 8:00 PM	M	4070

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

### Star Party at the Griffith Observatory

Come for the view and stay for the party! Community Services staff will do all of the driving for this trip up to one of Los Angeles' most iconic and scenic landmarks. Tour the Observatory exhibits on your own and enjoy the sunset. With the assistance of amateur astronomers from the Los Angeles Astronomical Society. Food is available for purchase at the Observatory's Café at the End of the Universe. **Sign up today, space is limited.**

DATES	TIME	DAY	CLASS
3/28	4:00-11:00 PM	Sa	4006

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

### Walking Tour of Union Station & Olvera Street

Join this guided tour and explore Union Station in Los Angeles, the last grand railroad station built in America. The train station's iconic mix of Art Deco and Spanish Colonial Revival architecture was a culmination of over two decades of planning and embodies the excitement, promise, and wide-open spaces of southern California in the early and mid-twentieth century. After the walking tour of Union Station, purchase lunch at Olvera Street, known as the "birthplace of Los Angeles" a Mexican Marketplace that recreates a romantic 'Old Los Angeles' with a block-long narrow, tree-shaded, brick-lined market with old structures, painted stalls, street vendors, cafes, restaurants and gift shops. **Sign up today, space is limited!**

DATES	TIME	DAY	CLASS
4/25	8:00 AM-4:00 PM	Sa	4007

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

## 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](http://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](http://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](http://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](http://www.saddleback.edu/emmeritus).

DAY	CLASS	TIME
<b>The following classes meet 1/20-5/21:</b>		

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](http://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](http://www.saddleback.edu/emmeritus).

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

Location: LHCC Ages: 50 and older