

Shoreline



City of Seal Beach Classes and Activities • Summer 2016



Summer

"The City of Seal Beach provides excellent city services to enhance the quality of life and to preserve our small town character."

City of Seal Beach

211 8th Street, Seal Beach, CA 90740 • (562) 431-2527

CITY COUNCIL

City Council meetings are open to the public and are held at City Hall on the second and fourth Monday of each month at 7 pm

Mayor	Sandra Massa-Lavitt, District 5
Mayor Pro Tem	Mike Varipapa, District 3
Council Member	Ellery Deaton, District 1
Council Member	David Sloan, District 2
Council Member	Gary Miller, District 4

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Patrick Gallegos
City Clerk	Robin Roberts
Chief of Police	Joseph Stilinovich
Deputy Director of Public Works/City Engineer	Michael Ho
Director of Community Development/ Community Services, Interim Director of Public Works	Jim Basham
Director of Finance/City Treasurer	Victoria Beatley
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Recreation Manager	Tim Kelsey, ext. 1341
Community Services Coordinator	David Nett, ext. 1339
PT Recreation Coordinator	Kevin Ortiz, ext. 1307
Recreation Coordinator	Jessica Jacobs, ext. 1344

RECREATION COMMISSIONERS

District 1	Roslyn Bennett
District 2	Lauren Sosenko
District 3	Rita Hayes
District 4	Schelly Sustarsic
District 5	Christine Bittner

MUNICIPAL MEETINGS

Council Meeting

7:00pm; 2nd & 4th Monday per month

Planning Commission

7:00pm; 1st & 3rd Monday per month

Environmental Quality Control Board

As Needed

Recreation Commission

6:00pm; 4th Wednesday/month

January, February, March, April, May, June,
September, October, November

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HOLIDAY CLOSURES

Memorial Day - May 30

Labor Day - September 5

Registration Information & Dates

Online Registration Begins:

May 2, 2016

Walk-in and Mail Registration Begins:

May 9, 2016

We welcome non-residents to participate in our programs. Register early to avoid class cancellations. Pre-registration required through the Community Services Department for all classes. If your name is not on the roster you may not participate in the class until class fees have been paid.

City News

City of Seal Beach



A Message from the City Manager's Office



City Manager **Jill R. Ingram**

“The City of Seal Beach provides excellent city services to enhance the quality of life and to preserve our small town character.”

It's been a great spring season following a very successful “Be More Healthy” Expo, 5K/10K Run, and Seal Beach Car Show, and we are looking forward to a very active and fun summer season.

Once again, as part of our annual budget process, the public has the opportunity to provide input at the Council budget workshops in early June. Shortly thereafter, the City Council will consider adoption of the fiscal year 2016-17 budget. The new fiscal year will bring great opportunities and undoubtedly a few challenges. To manage the goals and objectives in the upcoming fiscal year and beyond, and to provide staff with the principal policy guidance for the development of the City budget, the City Council and executive management staff held a Strategic Planning Workshop in April to provide an opportunity for the City Council, staff, and public to review the accomplishments of the previous year's goals and objectives, as well as to develop a Mission Statement and three-year goals for 2016-2019. A strategic plan provides the basis for teamwork, communication, improved services, and preserving a high quality of life in Seal Beach.

The City Council unanimously approved the Strategic Plan, including a mission statement and 3-year goals with 6-month strategic objectives as follows:

Mission Statement

“The City of Seal Beach provides excellent city services to enhance the quality of life and to preserve our small town character.”

3-Year Goals (2016-2019)

- Provide a quality beach and pier environment, including a restaurant
- Achieve short and long-term fiscal sustainability
- Improve and maintain the infrastructure
- Attract, develop, compensate and retain quality staff

The City Council and executive management team will monitor progress of the 3-year goals and 6-month strategic objectives at each monthly Council meeting, and the City Council has already scheduled a follow-up Strategic Planning Workshop in October to more thoroughly assess progress on the goals and strategic objectives, identify a vision statement and core values for the City, and develop key performance measures and objectives for the next 6 months.

With the summer upon us, we are excited to continue our tradition of welcoming visitors to our small coastal town while also enjoying a variety of local events with our neighbors. From our beach and parks to the Summer Concert Series to Movies in the Park, we have a variety of local venues and events that are family-friendly and filled with recreational opportunities that everyone can enjoy. These events are typically organized by resident-volunteers and the business community such as the Seal Beach Chamber of Commerce, Lions Club, and also joint efforts with other municipalities to host various events in the summer including the 4th of July Fireworks Show at the Joint Forces Training Base. This annual event brings together residents from Cypress, Los Alamitos, Rossmoor, and Seal Beach to celebrate America's Independence and to honor those who have served and are serving to protect our country. Each of these organizations, and many others in our community and region, do an exceptional job of donating countless hours of dedicated service to promote the quality of life in Seal Beach.

Wishing you the best this summer, and please be sure to check out all that Seal Beach has to offer!

For more information about the City, please visit the City's website at www.sealbeachca.gov.

Jill R. Ingram
City Manager



Always Call 8-1-1 Before You Dig

With home improvement season now underway, the City would like to remind readers to call 8-1-1 before commencing any project that requires digging or excavating.

Even the most simple of projects such as planting a tree or installing a mailbox can lead to damage of underground utility pipes, which can have serious consequences.

One toll-free call to the USA Underground Service Alert (8-1-1) will alert all local utility companies of your planned project and schedule them to come out and mark the location of their respective underground facilities in and around the excavation site at no cost to the property owner.

Always call 811 before you start any digging project! You can help avoid injury, expense, and a very inconvenient day without critical services like electricity, internet or phone.

For more information, visit www.call811.com or call 8-1-1.

Coyote Awareness Reminder

The highly adaptable nature of coyotes allows them to live in almost any habitat in California, including in a surfside community like that of Seal Beach where natural space is part of the landscape and ample food, water and shelter is readily available.

If coyote sightings are common in your neighborhood or place of recreation, now is a good time to learn or re-familiarize yourself with the following simple strategies to safely and responsibly coexist with these wild members of the dog family:

- Make your property less hospitable for wild animals by removing shelter, water and food sources: thin ground level shrubbery that can serve as a den or hiding place, take down and store bird feeders, and promptly gather low-hanging fruit and collect any fallen pieces.
- Teach your children to learn how to identify a coyote and know what to do if they come in contact with one.
- Keep a close watch on small pets, feed them indoors, supervise them while they are outdoors, and always walk dogs on a leash.
- Store refuse containers in your garage or another secure area until collection day.

Also of great importance is that you and your neighbors do not intentionally feed or attempt to tame coyotes as this causes them to lose their innate fear of humans, thereby increasing the potential for encounters and conflicts with people and pets.

In the event you encounter an aggressive or fearless coyote, the Department of Fish



and Wildlife suggest you take the following steps:

- Make sure you are standing up and pick up any small pets or young children who may be with you.
- Face the coyote and try to frighten it away by shouting loudly and waving your arms above your head to appear larger and menacing; do not stop until it has left. If it does not leave or starts walking toward you, throw rocks, sticks or other objects in its direction.
- Retreat by walking backward so that you do not turn your back on the coyote.

For more information or to report a coyote sighting, please contact the Long Beach Bureau of Animal Control at (562) 570-7387 or the Seal Beach Police Department at (562) 799-4100 or visit the City's website at www.sealbeachca.gov.



7th Street Alley Waterline and Sewer Replacement Project

The City is reconstructing the 7th Street alley between north of Electric Avenue and Pacific Coast Hwy, due to water and sewer main lines that have deteriorated over the years. The 7th Street Alley Waterline and Sewer Replacement Project CIP No. WT1607 is replacing the sewer, waterlines and rehabilitating the alley pavement. The City is currently under construction and estimates the project to be complete summer 2016. Your cooperation is critical to the safe and successful completion of this project. This temporary inconvenience will provide years of quality utilities and a nicely concrete surfaced alley.



Pop-up City Hall

The City of Seal Beach introduces Pop-up City Hall where we will be highlighting City programs and services at special events. It will also be an opportunity for members of the public to meet City staff from various departments and ask questions and/or provide input about topics that you are interested in. We look forward to meeting you!

Prevent Drowning: *Always Watch the Water*

While drowning is the number one cause of accidental death in children under the age of five, adults comprise nearly 60% of fatal drowning related incidents. Drowning is 100% preventable, and yet there were 117 total drowning incidents in Orange County in 2015.

Drowning prevention and water safety need to be practiced year round! The Orange County Fire Authority offers free drowning prevention and water safety programs to Seal Beach residents. To schedule or for more information, please visit our website at www.ocfa.org or call (714) 573-6200.

By participating in these programs and learning water safety tips, together, we can reduce needless drowning tragedies.

Drowning Prevention

A Active Adult Supervision

- Never swim alone, even adults
- Actively supervise children in or near water – no phone calls, texting, reading, napping, or other distracting activity

B Barriers

- Isolate pool/spa from home and play areas
- Install multiple barriers and maintain regularly

C Classes

- Learn to swim
- Learn CPR, first aid, and rescue techniques
- Make sure anyone responsible for your child is prepared to respond to an emergency

D Drain Safety

- Teach children to stay away from pool/spa drains
- Install compliant drain covers and automatic shut-off pump systems
- If someone gets stuck on the drain, turn off the pump immediately. Insert fingers or small object between drain and body to break seal

■ CLUBS & ORGANIZATIONS

Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Food Finders	Patti Larson – 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman – 562-431-7415
Girl Scouts of Orange County	949-461-8800
Historical Society Red Car Museum	562-430-1450
International Friendship Assoc.	Claire Yeh – 562-431-5414
Interval House – Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt – 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton – 562-596-3497
McGaugh School PTA	Isabelle McFadden – 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo – 562-493-0543 www.momsclubofsb.org
Moms Club of Seal Beach-Old Town	www.momscluboldtown.com
Republican Women's Club	Phyllis Steiner – 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales – 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai – 562-431-9400
Run Seal Beach	RunSealBeach.com
Save Our Beach	www.saveourbeach.org
Seal Beach Arts & Crafts Faire	belinda www.sealbeachartsandcrafts.com
Seal Beach Beauty Pageant	Rosie Ritchie – 562-810-0078
Seal Beach Lions Club	Scott Newton – 562-537-3955
Seal Beach Leo Club	Scott Newton – 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Speech Bums Toastmasters	Ed Smith – 714-996-5864 edlosmith@roadrunner.com
Seal Beach Volleyball Club	714-504-6326 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
Surfrider Foundation	Mike Balchin – 562-397-3658 mebahh2o@msn.com
Special Olympics So California-OC	Jimmy Wong – 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Judy O'Neil 562-598-0718

■ TRASH

Republic Services	(800) 299-4898 www.republicservices.com
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■ STREET SWEEPING

R.F. Dickson	(800) 573-3222
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■ SEAL BEACH WATER BILLING

Water Billing	(562) 431-2527 x1309
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■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, x1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
Police Substation	562-431-1518
SB Lifeguard Headquarters	562-430-2613
SB Com Pool @ McGaugh School	562-430-9612
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Main Post Office (Westminster)	562-596-5546
Leisure World	562-431-6586
Fire Main Line	714-573-6000
Fire Information	714-573-6200

■ RECREATION & COMMUNITY SERVICES

Los Alamitos Recreation	562-430-1073
Los Alamitos Youth Center	562-493-4043
Rossmoor Comm. Services Dist	562-430-3707

■ LIBRARIES

Leisure World Library	562-431-1611
Mary Wilson Library	562-431-3584
Rossmoor/Los Alamitos Library	562-430-1048

■ PRESCHOOL

Growing Tree	562-430-2434
Sun N Fun	562-430-4384
Seal Beach Playgroup	562-594-0066
Marley's Preschool	562-598-2900

■ LOCAL NEWS

Seal Beach TV 3 (Community Access)	562-596-1404
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■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527

- Ext. 1307 – Adult Sports, General Information and Classes
- Ext. 1341 – Athletic Fields, Aquatics, Swim Lessons, Gym Reservations, Film Permits and Seal Beach Tennis Center
- Ext. 1339 – Facility/Park Rentals and Special Event Permits
- Ext. 1344 – General Information, Brochure/Classes and Instructors and Community Gardens



City of Seal Beach- Community Services



SealBeachRec



Summer Concert Series 2016

6-8 p.m. • Eisenhower Park

- July 6 **Crimson and Crowbar**
- July 13 **Highway 91**
- July 20 **Aquarius**
- July 27 **Elm Street Band**
- Aug 3 **Grilled Cheese Soundwich**
- Aug 10 **Abbey Road**
- Aug 17 **Flash Back Heart Attack**
- Aug 24 **LAVation**

The Chamber and City of Seal Beach, along with individual band sponsors have made these events free to the public. The concerts will run every Wednesday evening from 6 to 8 p.m. starting July 6 through August 24 at Eisenhower Park next to the Seal Beach Pier. In order to ensure there is enough space for all residents to enjoy the concerts, please do not set unattended chairs or any other items to reserve spots until after 4 p.m. All chairs and items that are in the park before 4 p.m. must be accompanied at all times, and limited to space accommodating up to four people. If left unattended, your belongings will be picked up and held at the chamber booth for pickup and your space will be forfeited. Please contact the Seal Beach Chamber of Commerce at (562) 799-0179 for additional information.

Seal Beach Summer Send-off

Join us for some end of summer fun!

Saturday, August 27

Heather Park

5:00pm

Enjoy summer games, activities, and hotdogs cooked by the Lions Club. End the night with a movie in the park and fresh popcorn!

National Night Out

Tuesday, August 2 • 6 p.m.

Target Town Center, 12300 Seal Beach Blvd.

National Night Out (NNO) is a designated evening when communities across America come together to take a stand against crime, drugs and disorder in their neighborhoods. This year the Seal Beach Police Department will again be partnering with members of the community to affirm our conviction against crime and disorder, and to promote personal preparedness at the Target Town Center. The Police Department, along with Seal Beach Marine Safety, Community Services, Public Works, and Target Stores bring you a night of information, interaction with public safety and fun. For more information, call the Police Department at 562-799-4100 ext. 1145.

Seal Beach Lions Fish Fry

Saturday, July 16 • 11 a.m.-7 p.m.

Sunday, July 17 • 11 a.m.-6 p.m.

Eisenhower Park

Fish and Chips will sizzle along with bratwurst, jumbo hot dogs and other great foods. What started 72 years ago as a celebration of the local harvest, is now the longest running event in Seal Beach. Local bands will play continuously throughout the weekend for the many locals and visitors who come out to support the Lions in their effort to improve our community and help the needy. There is no charge to attend this iconic seal Beach event hosted by the Seal Beach Lions Club. For additional information, visit www.sealbeachlions.org

Rough Water Swim

Saturday, July 2

Seal Beach Pier at Eisenhower Park

Everyone is welcome! Race distances consist of a 3-mile, 1-mile and kid's swim with distances based upon age. For additional event information, please contact Maria Fattal at (562) 430-1092 or visit www.sealbeachswimclub.org.



SEAL BEACH COMMUNITY
**PERFORMING
ARTS**
ASSOCIATION

ENRICHING LIVES.
ENRICHING COMMUNITIES.

An emotionally gripping thriller, where gossip turns friendships rancid, and rumor brutally murders innocence.



OTHELLO

SUNDAY, AUGUST 7, 2016 • 7:00PM
EISENHOWER PARK • THE PIER, MAIN & OCEAN AVE., SEAL BEACH

For audiences seeking quality, family entertainment, Shakespeare by the Sea's free performances can't be beat. Pack a picnic, a blanket and beach chair, gather loved ones, and settle in under the stars for a night of classic entertainment. **The tales are timeless, the admission ticketless, and the experience priceless.**

ADMISSION IS FREE

BE A SPONSOR WITH BENEFITS: VISIT SEALBEACHARTS.ORG FOR INFO.

IncrediFlix Camps

Animation Flix

Incrediflix Inc.

Marina Community Center- Large Room, 151 Marina Dr

Each day you'll use a new style of stop-motion, combining favorites from the past with new styles, making this camp different each year! It's the ultimate arts and crafts camp where students create, direct, and film their movies in age-appropriate groups. *Flix downloadable within a month after camp ends. \$30 production fee payable to the instructor due first day of camp.

327211-01 1 week Mon-Fri 6/27-7/1 9am-12pm 7-13 yrs \$162

Lego Flix

Incrediflix Inc.

Marina Community Center- Large Room, 151 Marina Dr

Bring Lego worlds to life! We provide the Legos and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot and add voice-over in age-appropriate groups. *Flix downloadable within a month after camp ends. \$30 production fee payable to the instructor due first day of camp.

327216-01 1 week Mon-Fri 6/27-7/1 1-4pm 7-13 yrs \$162

Animation & Lego Flix Combo

Incrediflix Inc.

Marina Community Center- Large Room, 151 Marina Dr

10% registration discount and lunch supervision provided for those who register for a full day of IncrediFlix camps! Please bring your own sack lunch. \$60 production fee payable to the instructor due first day of camp.

327212-01 1 week Mon-Fri 6/27-7/1 9am-4pm 7-13 yrs \$288

Action Flix

Incrediflix Inc.

**Marina Community Center- Small Room
151 Marina Dr**

POW! BANG! BOOM! You'll get to use a green screen, camera tricks and special effects to create your own live-action action movie. Students will collaborate to write, act, and direct in this action packed camp where kids will be taught fake punches and kicks to thrill the audience. *Flix downloadable within a month after camp ends. \$30 production fee payable to the instructor due first day of camp.

327213-01 1 week Mon-Fri 7/18-7/22 9am-12pm 7-13 yrs \$162

Imagination Flix

Incrediflix Inc.

**Marina Community Center- Small Room
151 Marina Dr**

Take your characters underwater, to a volcano, or even to outer space! In this exciting stop-motion animation camp, there are no limits to where your imagination can take you. You'll brainstorm, create your own clay characters (that you keep), choose the backgrounds, film your movies using a green screen, and add voice-overs, while working in age-appropriate groups. *Flix downloadable within a month after camp ends. \$30 production fee payable to the instructor due first day of camp.

327214-01 1 week Mon-Fri 7/18-7/22 1-4pm 7-13 yrs \$162



Action & Imagination Flix Combo

Incrediflix Inc.

Marina Community Center- Small Room, 151 Marina Dr

10% registration discount and lunch supervision provided for those who register for a full day of IncrediFlix camps! Please bring your own sack lunch. \$60 production fee payable to the instructor due first day of camp.

327215-01 1 week Mon-Fri 7/18-7/22 9am-4pm 7-13 yrs \$288

Mad Science Camps

Galaxy Defenders

O.C. Mad Science

Marina Community Center- Small Room, 151 Marina Dr

Join our Astronaut Academy and Space Shuttle Tech Crew as you prepare to defend the galaxy. Build your own model rocket, make and take home tubular telescopes, space copters and flying fizzlers. Discover the fun involved in rockets and experience an awesome rocket launch. Learn how Sir Isaac Newton laid down the law of rocketry and motion. Join now and help our Mad Scientists protect the Earth from Alien Invaders! \$30 materials fee due the first day of class.

327206-01 1 week Mon-Fri 6/27-7/1 9am-12pm 5-12 yrs \$145

Little Scientists Preschool Camp

O.C. Mad Science

Marina Community Center- Large Room, 151 Marina Dr

Cultivate your interest in life science as you learn about insects, weather, plants and soil. Experience fun hands-on experiments in this week long lab. Parent requested not to stay during class. Must be potty trained. \$25 materials fee is due the first day of class.

327202-01 4 days Tue-Fri 7/5-7/8 9am-12pm 3-5 yrs \$145

Secret Agent Lab

O.C. Mad Science

Seal Beach Tennis Center Clubhouse, 3900 Lampson Ave

Look out, 007 – Mad Science's Secret Agent Lab will help you sharpen your secret spy skills as you learn about the science of sleuthing! Campers will learn all about forensic science by decoding messages, gathering evidence, checking out spy gear and cracking security systems. Become a super spy and learn clever ways of performing tasks in this hands-on view of the science that spies use. Campers will make awesome take-home projects each day for their spy kit including spynoculars and a secret safe! \$30 materials fee due the first day of class.

327201-01 1 week Mon-Fri 7/18-7/22 9am-12pm 5-12 yrs \$145

NASA Jr. Astronauts

O.C. Mad Science

Marina Community Center- Small Room, 151 Marina Dr

Join our Academy of Future Space Explorers. Build your own model rocket, race a balloon rocket, and then see the real thing - a rocket launch up to 300 ft. in the air! Use teamwork to complete an important space mission. Make and take home your own comet, Space Copter and much more. This NASA camp is 'Out of this World!' \$30 materials fee due the first day of class.

327200-01 1 week Mon-Fri 8/1-8/5 9am-12pm 5-12 yrs \$145

Robots 101

O.C. Mad Science

Marina Community Center- Small Room, 151 Marina Dr

I am a RO-BOT! Join us for a week of FUN with amazing robots! Learn about the uses of robots in our world and spend time experimenting with super cool robots that can sense sound, follow patterns, even play soccer! Discover the science of circuitry and how robots use sensors to explore the things around them. Use your skills to build your very own working robot to take home with you! \$30 materials fee due the first day of class.

327203-01 1 week Mon-Fri 8/1-8/5 1:30-4:30pm 8-12 yrs \$155

Science in Action

O.C. Mad Science

Marina Community Center- Small Room, 151 Marina Dr

Discover how things move with science. View the world through a camera obscura, different lenses and Kaleidoscopes. Make and take home a periscope, assemble and control pulleys, levers, catapults, and mega pinchers. Chemically compose your own sidewalk chalk, grow your own crystal gardens, play with Magic Mud! \$30 materials fee due the first day of class.

327205-01 1 week Mon-Fri 8/15-8/19 9am-12pm 5-12 yrs \$145



Crazy Chemworks

O.C. Mad Science

Marina Community Center- Large Room, 151 Marina Dr

Come and discover what it's like to be a real scientist and work in a Mad Science Lab. Each day we will experiment with different chemicals and tools to see what kind of interesting and crazy reactions we can create! Students will explore acids and bases, reveal the secret recipe of slime and examine crystallization. By the end of the week the Jr. Mad Scientists will have their very own chemistry set so they can perform their own experiments at home! \$30 materials fee due the first day of class.

327204-01 1 week Mon-Fri 8/22-8/29 9am-12pm 5-12 yrs \$145

Play-Well Teknologies Camps

Mine, Craft, Build Adventure Game using LEGO®

Play-Well Teknologies

Marina Community Center- Small Room, 151 Marina Dr

Bring Minecraft to life using LEGO! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, and use these resources to build special items to help in our adventures! Build a Zoo, create a Medieval Castle, and design a Tree House Village! This LEGO experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft or LEGO.

313050-01 1 week Mon-Fri 6/20-6/24 9am-12pm 5-6 yrs \$180

Mine, Craft, Build Survival Game using LEGO®

Play-Well Teknologies

Marina Community Center- Small Room, 151 Marina Dr

Bring Minecraft to life using LEGO! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate LEGO Minecraft experience is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Students will have a blast, even without any prior experience with Minecraft or LEGO.

313051-01 1 week Mon-Fri 6/20-6/24 1-4pm 7-11 yrs \$180

JEDI Engineering using LEGO®

Play-Well Teknologies

Marina Community Center - Small Room, 151 Marina Dr

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets. New offering of original designs for young Jedi from Play-Well TEKnologies.

313052-01 1 week Mon-Fri 7/11-7/15 9am-12pm 5-6 yrs \$180

JEDI Master Engineering using LEGO®

Play-Well Teknologies

Marina Community Center - Small Room, 151 Marina Dr

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

313054-01 1 week Mon-Fri 7/11-7/15 1-4pm 7-11 yrs \$180

Jr. Robotics using LEGO® WeDo

Play-Well Teknologies

Marina Community Center – Small Room, 151 Marina Dr

Build and program robots in this introductory Robotics class using the LEGO WeDo system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs.

313053-01 1 week Mon-Fri 8/8-8/12 9am-12pm 7-9 yrs \$240

Robotics using LEGO® EV3

Play-Well Teknologies

Marina Community Center-Small Room, 151 Marina Dr

Build and program robots using the LEGO® Mindstorms EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pickup and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun!

313055-01 1 week Mon-Fri 8/8-8/12 1-4pm 10-14 yrs \$240

Young Rembrandts Art Camps

Fashion Runway 'Tween Style

Young Rembrandts Staff

Marina Community Center – Small Room, 151 Marina Dr

Join us for 5 days of fashion design and drawing, layering and styling tons of dazzling accessories. The perfect workshop for the fashionista in your family! Students will learn to draw portraits, figures and tons of the latest 'tween fashion trends. Hurry and enroll now, this favorite workshop fills up fast! \$10 material fee due to the instructor at first class meeting.

323155-01 1 week Mon-Fri 7/25-7/29 9am-12pm 6-12 yrs \$197

Pirate & Superhero

Young Rembrandts Staff

Marina Community Center – Small Room, 151 Marina Dr

AHOY MATES! Join us as we explore the world of pirates with new drawing adventures! Pirates, treasure maps, sunken treasures, parrots, a grand pirate ship and more will inspire us as we draw, using cartoon and realistic drawing techniques. POW! BANG! WOW! Students will also learn to draw their own comic book superhero. Each day we will complete several drawings while we explore a variety of characters. We will learn to draw the basic muscular superhero body and adapt it to the character of our choice. We will learn to draw action and movement while we complete the scenes around our superheroes, using pencils, markers, and Sharpies. Our collection of drawings will be impressive! \$10 material fee due to the instructor at first class meeting.

323154-01 1 week Mon-Fri 7/25-7/29 12:30-3:30pm 6-12 yrs \$197

Fashion Runway

Young Rembrandts Staff, Fire Station 48, 3131 N. Gate Rd

This stylish Young Rembrandts workshop is tailored for the aspiring fashionista. Join us for 5 days of runway chic as we illustrate the various aspects of fashion design. Step into the shoes of a fashion magazine editor as you design and draw an eye-catching fashion magazine cover. And let's not forget about the purses! Design the perfect purse to go along with the outfit of your dreams. And finally, draw your model stepping out onto the runway in your fashion originals. If you love to design clothes and are hip to the latest fashions, this drawing workshop is a perfect fit. \$10 material fee due to the instructor at first class meeting.

323152-01 1 week Mon-Fri 8/1-8/5 9am-12pm 6-12 yrs \$197

Anime Cartoon

Young Rembrandts Staff, Fire Station 48, 3131 N. Gate Rd

Come explore the world of Anime with young Rembrandts! We will spend four days learning about the drawing cartoons in the Anime style. We will learn to create our own original Anime characters. We will use a variety of facial expressions and action and movement to illustrate our scenes. On the final day, we will pull from what we already learned to draw a large comic book type scene in Anime style. \$10 material fee due to the instructor at first class meeting.

323153-01 1 week Mon-Fri 8/1-8/5 12:30-3:30pm 6-12 yrs \$197



Jump Start Camps

Jump Start Basketball Camp

Jerrit Crosby, Oak Middle School Gym, 10821 Oak Street, Los Alamitos

Participants will learn basic & advanced fundamentals of basketball while learning how to play in a team environment. These skills include shooting, passing, ball handling, transition offense, defense, and rebounding.

323993-01 1 week Mon-Fri 7/11-7/15 9am-12pm 8-13 yrs \$105

323993-02 1 week Mon-Fri 7/25-7/29 9am-12pm 8-13 yrs \$105

Beach Volleyball Camp

Coed Beach Volleyball

Maria Fattal, 10th Street Beach, 10th St @ Ocean Ave

Dive into the sand for summer volleyball action! Experienced coaches from Seal Beach Volleyball Club will lead these one-week camps. Fundamentals taught then reinforced in games. All sessions held Southside of pier. Dates subject to change.

333063-01 1 week Mon-Fri 6/20-6/24 9-11am 10-14 yrs \$120

333063-02 1 week Mon-Fri 6/27-7/1 9-11am 10-14 yrs \$120

333063-03 1 week Mon-Fri 7/11-7/15 9-11am 10-14 yrs \$120

POW!

Skyhawks Sports Camps

Basketball Camp

Skyhawks Sports Staff
College Estates Park
808 Stevely Ave., Long Beach

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility. All participants receive a t-shirt, basketball, and player evaluation.

323183-01 4 days Tue-Fri 7/5-7/8 9am-12pm 6-12 yrs \$140

Flag Football Camp

Skyhawks Sports Staff
College Estates Park
808 Stevely Ave., Long Beach

Campers learn skills on both sides of the football including the core components of passing, catching, and defense - all in a fun and positive environment. The week ends with the Skyhawks Super Bowl! All participants receive a t-shirt, football, and player evaluation.

323184-01 1 week Mon-Fri 7/25-7/29 9am-12pm 6-12 yrs \$175

Mini-Hawk Multi-Sport Camp

Skyhawks Sports Staff
College Estates Park
808 Stevely Ave., Long Beach

This baseball, basketball, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a t-shirt, ball and a merit award.

323180-01 1 week Mon-Fri 7/11-7/15 9am-12pm 4-7 yrs \$175

Edutainment Arts Camp

Zombie Survival Camp

Edutainment Arts Staff
Arnold Cypress Park
8611 Watson Street, Cypress

Learn survival skills in a fun and interactive camp. Teamwork and wilderness skills will be required to compete against the walking dead in many games, challenges and activities. If you're prepared for zombies, you'll be prepared for anything.

323157-01 1 week Mon-Fri 6/20-6/24 9am-12pm 7-12 yrs \$145

Wipe Out Camp

Edutainment Arts Staff
Arnold Cypress Park
8611 Watson Street, Cypress

For those who like to play and compete. Teams and individuals compete in fort building, survival challenges, treasure hunts and classic games from shows like Minute to Win It, Survivor, and Amazing Race. Work together to overcome obstacles and challenges impossible to do alone. Teams will compete for teamwork, sportsmanship, and enjoy a massive water fight.

323161-01 4 Days Tue-Fri 7/5-7/8 9am-12pm 8-13 yrs \$115

California Summer Camp

Edutainment Arts Staff, 1st Street Beach, 1st St @ Ocean Ave

We will play in the sand by the water building sand castles; play fun beach games, like beach soccer, dodge ball, and tug of war. We will sign songs and make crafts- make friends and be silly! Enjoy the beach and love your California Summer like it was meant to be. Bring your sun screen for a summer you will always remember.

323159-01 1 week Mon-Fri 6/20-6/24 8-11am 6-12 yrs \$155

Fort & Team Building

Edutainment Arts Staff
Seal Beach Tennis Center Clubhouse, 3900 Lampson Ave

Each day new forts will be made out of different whacky materials: from card castles to bamboo huts. Work together to overcome obstacles and challenges impossible to do alone. Teams will compete for best fort, team work, sportsmanship, and enjoy a massive water fight fort against fort.

323168-01 1 week Mon-Fri 7/25-7/29 12:30-3:30pm 6-12 yrs \$155

Star Wars Camp

Edutainment Arts Staff

It's Jedi Training Time at Camp! Learn to use the force and how to operate a Light saber. Campers will build a Jedi costume, be issued a practice saber, and be taught the positive aspects of being a Jedi. Basic stage combat will be taught for safe saber sparing. Yoga will help us get in time with the force. Crafts will build our Jedi arsenal. And Jedi games and competitions will be held to help strengthen our commitment to the force.

Heather Park, Heather St & Lampson Ave

323167-01 4 days Tue-Fri 7/5-7/8 9am-12pm 6-12 yrs \$125

Seal Beach Tennis Center Clubhouse, 3900 Lampson Ave.

323167-02 1 week Mon-Fri 7/25-7/29 9am-12pm 6-12 yrs \$155



Top Junior Chef Cooking Camp

Edutainment Arts Staff

Campers will learn food handling skills and hygiene and then learn how to make several delicious and fun dishes. Crafts and games are used to keep the cooking fun. Our restaurant is open at the end of the week for family and friends. (2 guests per student enrolled allowed at the final days meal.) \$20 material fee payable to instructor at first day of camp. \$20 material fee due to instructor at first class meeting.

Fire Station 48, 3131 N. Gate Rd

323162-01 1 week Mon-Fri 6/20-6/24 9am-12pm 7-12 yrs \$155

Marina Community Center- Large Room, 151 Marina Dr.

323162-02 1 week Mon-Fri/8/15-8/19 9am-12pm 7-12 yrs \$155

Photography Camp

Edutainment Arts Staff

Marina Community Center- Large Room, 151 Marina Dr

An introduction to photography using digital cameras. Focusing on capturing the perfect image instead of editing one, we will learn about shading, lighting, composition, balance and focus. We will use our skills in photo scavenger hunts to keep our learning fun and exciting. Create a variety of picture frames and present an art exhibit at the end of the week. We'll supply the cameras, but you are welcome to bring your own. Just bring an SD card to get your photos instantly, or we'll send you a CD of your photos after the end of summer. \$10 material fee due to Instructor first day of class

323158-01 1 week Mon-Fri 8/15-8/19 12:30-3:30pm 7-12 yrs \$155

Wilderness Survival Camp

Edutainment Arts Staff

Seal Beach Tennis Center Clubhouse, 3900 Lampion Ave

Are you prepared in case there is a major earthquake, storm, or even a Zombie Apocalypse? Then get prepared. Learn the survival skills you and everyone around you should know. Following survivalists' Rules of Three we teach shelter building, water collection, first aid, fire skills, and signaling for help. We'll also explore what you need for a survival kit. Role playing and games keep the lessons positive and fun. This is the one camp your life may depend on.

323169-01 1 week Mon-Fri 8/1-8/5 9am-12pm 7-12 yrs \$155



Long Beach Marine Institute Camps

Sign up for our Ocean Adventure Camp this summer and experience a unique hands-on approach to marine science. Each week has a different ocean related theme and is filled with projects, crafts and aquatic fun designed to promote ocean sciences and conservation. Campers will enjoy weekly field trips, kayaking, an expedition on our research vessel Challenger and much, much more! We offer extended care for an extra charge of \$5 per session (we offer two sessions per day, morning from 7:30-9:00am and afternoon from 3:15-5:00pm).

Squirmy, Slimy & Spineless!

Long Beach Marine Institute

Boy Scout Sea Explorer Base, 5875 Appian Way

Venture into the land of invertebrates, no backbone required! These amazing animals include more than 98% of all animal species! See first-hand how an octopus changes color and texture to avoid predators while exploring local tide pools. Discover how sea urchins and sea anemones live in a constantly changing habitat, with dangers lurking around every corner! This week is filled with exciting crafts, activities and field trips to keep campers excited and engaged. Read all the details at LBMI website: www.longbeachmarine.org

327223-01 1 week Mon-Fri 6/20-6/24 9am-3pm 5-7 yrs \$205

327223-02 1 week Mon-Fri 6/20-6/24 9am-3pm 8-9 yrs \$205

327223-03 1 week Mon-Fri 6/20-6/24 9am-3pm 10-12 yrs \$205

327223-04 1 week Mon-Fri 7/25-7/29 9am-3pm 5-7 yrs \$205

327223-05 1 week Mon-Fri 7/25-7/29 9am-3pm 8-9 yrs \$205

327223-06 1 week Mon-Fri 7/25-7/29 9am-3pm 10-12 yrs \$205



Whales Tales & Mammal Friends

Long Beach Marine Institute

Boy Scout Sea Explorer Base, 5875 Appian Way

Journey with a gray whale as it travels 10,000 miles along the coast! This week will focus on some of the most magnificent animals that live in our oceans: marine mammals and marine plankton. Campers will learn all about plankton, whales, dolphins, seals and sea lions. In each session, campers will get a hands-on look at marine invertebrates collected on our excursion aboard the R/V CHALLENGER. We will also be on the lookout for local marine mammals that may be hanging out in the Long Beach Harbor. Read all the details at LBMI website: www.longbeachmarine.org

327222-01 1 week Mon-Fri 6/27-7/1 9am-3pm 5-7 yrs \$205

327222-02 1 week Mon-Fri 6/27-7/1 9am-3pm 8-9 yrs \$205

327222-03 1 week Mon-Fri 6/27-7/1 9am-3pm 10-12 yrs \$205

327222-04 1 week Mon-Fri 8/1-8/5 9am-3pm 5-7 yrs \$205

327222-05 1 week Mon-Fri 8/1-8/5 9am-3pm 8-9 yrs \$205

327222-06 1 week Mon-Fri 8/1-8/5 9am-3pm 10-12 yrs \$205

Mysteries of the Deep

Long Beach Marine Institute

Boy Scout Sea Explorer Base, 5875 Appian Way

Ever wonder what lives in the darkest depths of the sea? Campers will explore the mysteries of the deep and discover the secrets of the ocean! They will learn about the amazing adaptations and abilities of the strange creatures that live in this unfamiliar habitat. Campers will partake in hands-on activities and experiments to demonstrate the harshness of this environment. Read all the details at LBMI website: www.longbeachmarine.org

327221-01 4 Days Tue-Fri 7/5-7/8 9am-3pm 5-7 yrs \$180

327221-02 4 Days Tue-Fri 7/5-7/8 9am-3pm 8-9 yrs \$180

327221-03 4 Days Tue-Fri 7/5-7/8 9am-3pm 10-12 yrs \$180

Liquid Jungles of the Sea

Long Beach Marine Institute

Boy Scout Sea Explorer Base

5875 Appian Way

Travel through the amazing liquid jungles found just below the surface of our oceans! The world of fish and their habitats is vast and diverse. This week will cover many different ocean environments such as kelp forests and coral reefs, and illustrate why each habitat is unique not only in structure but in resources for inhabitant survival as well. Campers will learn about the fastest growing forest in the world and realize that coral reefs are complex aggressive predators. Most of all, the campers will understand how important these habitats really are, not only to the ocean but to humans as well. Read all the details at LBMI website: www.longbeachmarine.org

327224-01 1 week Mon-Fri 7/11-7/15 9am-3pm 5-7 yrs \$205

327224-02 1 week Mon-Fri 7/11-7/15 9am-3pm 8-9 yrs \$205

327224-03 1 week Mon-Fri 7/11-7/15 9am-3pm 10-12 yrs \$205

327224-04 1 week Mon-Fri 8/8-8/12 9am-3pm 5-7 yrs \$205

327224-05 1 week Mon-Fri 8/8-8/12 9am-3pm 8-9 yrs \$205

327224-06 1 week Mon-Fri 8/8-8/12 9am-3pm 10-12 yrs \$205

Shark Days

Long Beach Marine Institute
Boy Scout Sea Explorer Base, 5875 Appian Way

Come explore the extraordinary world of sharks and their relatives the "bony fish"! Did you know that a shark is a special type of fish? During this week, campers will learn what makes a shark unique and dispel some of the myths that have given sharks such a bad reputation. Campers will also discover the many incredible adaptations that fish have to help them survive in their ocean habitats. Day campers will participate in ocean themed crafts and activities to help them better understand the concepts being taught. Read all the details at LBMI website: www.longbeachmarine.org

327220-01	1 week	Mon-Fri	7/18-7/22	9am-3pm	5-7 yrs	\$205
327220-02	1 week	Mon-Fri	7/18-7/22	9am-3pm	8-9 yrs	\$205
327220-03	1 week	Mon-Fri	7/18-7/22	9am-3pm	10-12 yrs	\$205
327220-04	1 week	Mon-Fri	8/15-8/19	9am-3pm	5-7 yrs	\$205
327220-05	1 week	Mon-Fri	8/15-8/19	9am-3pm	8-9 yrs	\$205
327220-06	1 week	Mon-Fri	8/15-8/19	9am-3pm	10-12 yrs	\$205



Take The Stage Productions

Camp Broadway Star

Take the Stage Productions
Los Alamitos Community Ctr
10911 Oak Street

Act, Sing, Dance and explore the world of Broadway in this fun musical theater camp! Campers will build valuable musical theater performance skills, craft props & scenery, play theater games and create fun characters all while working together to perform a final showcase on the last day! Campers will be expected to practice lines and songs at home. Bring a lunch/ snack & water. \$20 material fee payable to instructor on the first day of camp.

Wizard of Oz

323020-01	1 week	Mon-Fri	6/27-7/1	9:30-11:30am	4-6 yrs	\$125
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Wicked

323020-02	1 week	Mon-Fri	6/27-7/1	12:30-2:30pm	7-12 yrs	\$125
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Lion King

323020-04	1 week	Mon-Fri	8/1-8/5	12:30-2:30pm	7-12 yrs	\$125
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Camp Stage Play

Take the Stage Productions

Do you love dressing up in fun costumes, using your imagination to be transported to exotic places, and being in the spot light? Then Camp Stage Play is for you! Campers will use their voices, bodies, imagination, costumes and props, to learn theater acting techniques and step into the spotlight, as they become fun storybook characters. All while having so much fun performing that they won't even know they are building skills in public speaking, creative thinking, reading comprehension, and confidence! Campers should bring a lunch/ snack and water. \$20 material fee payable to instructor at first class.

Los Alamitos Community Ctr., 10911 Oak Street

Fancy Nancy

323021-01	1 week	Mon-Fri	7/11-7/15	9:30-11:30am	4-6 yrs	\$125
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Young Shakespeare Workshop

323021-02	1 week	Mon-Fri	7/11-7/15	12:30-2:30pm	8-12 yrs	\$125
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Marina Community Center: Small Room, 151 Marina Dr

Jungle Book

323021-03	1 week	Mon-Fri	8/22-8/26	9:30-11:30am	4-6 yrs	\$125
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Charlie & the Chocolate Factory

323021-04	1 week	Mon-Fri	8/22-8/26	12:30-2:30pm	6-10 yrs	\$125
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Anne Pennypacker's Camps

The Amazing Astronaut & Art Camp

Anne Pennypacker

Marina Community Center- Large Room 151 Marina Dr

Fusing art and science together for an out of this world experience! Not only will we explore planets and stars, but art history such as Andy Warhol's Moonwalk 1. Every day our budding artists will create a masterpiece using various artistic media. From sketching to painting, we'll create an art exhibit at camp's end that will shine like the moon! \$15 material fee due to instructor at first class meeting.

327042-01	4 days	Tue-Fri	7/5-7/8	9:30-11am	5-12 yrs	\$118
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Storybook Adventure!

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

Every day begins a new adventure into a world of dance and imagination. Through storytelling, children will dance, and dress up creating an exciting journey into the land of fairytales: pirates, magicians, princesses and more! We'll create costumes to put on a magical show at camp's end! \$15 material fee due to instructor at first class meeting.

327044-01	1 week	Mon-Fri	6/20-6/24	11am-1pm	4-7 yrs	\$138
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Cute Baby Animals Art Camp!

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr

Have you ever seen how adorable Japanese squirrels are, or how silly baby giraffes look? This exciting camp will make learning about different animals and their environments tons of fun! We'll play animal inspired games, discuss cool animal facts and better yet, every day using several art mediums we'll create museum worthy masterpieces for our exhibit at camp's end! \$15 material fee due to instructor at first class meeting.

327040-01	1 week	Mon-Fri	6/20-6/24	9:30-11am	5-12 yrs	\$118
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Hip Hop Dance Camp

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr

High energy, pumping music and tons of fun! This camp will not only get everyone dancing to upbeat (and appropriate) music, but we'll throw down mats and do some tumbling too. We'll make our own Breakin' Funky T-Shirts to perform in at weeks end! \$15 material fee payable to instructor at first class.

327043-01	1 week	Mon-Fri	7/11-7/15	9:30am-12pm	5-12 yrs	\$138
327043-02	1 week	Mon-Fri	8/8-8/12	9:30am-12pm	5-12 yrs	\$138

Fashion Friends

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr

Bring your best friends and make new friends at this stylish week long fashion extravaganza! We'll explore decades of fashion history, perform a runway inspired dance, design our own look books and create fashionable totes to put them in. We'll sketch amazing fashions and make friendship bracelets to rock at the couture show at camps end. \$15 material fee payable to instructor on the first day of camp.

327054-01	4 days	Tue-Fri	7/12-7/15	12-2pm	5-12 yrs	\$118
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Rockstar Popstar

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr

C-mon boy & girls, it's time to party like a rockstar! We will learn lyrics and hip hop dance moves to our favorite pop songs and be stars! At weeks end, we'll costume up and put on a concert not to be missed! \$15 material fee payable to instructor on the first day of camp.

327046-01	1 week	Mon-Fri	7/18-7/22	9:30am-12pm	5-12 yrs	\$138
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Circus Gymnastics!

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr

Come one, come all the circus has come to town! See the animals and clowns tumble and play as this fun camp gets underway. With balancing acts, rhythmic gymnastics, hula hoops, tumbling floor shows and more, this camp is non-stop! We'll create costumes for a performance at camp's end- It will be the greatest show on earth! \$15 material fee payable to instructor on the first day of camp.

327055-01	1 week	Tue-Fri	7/19-7/22	12-2pm	5-12 yrs	\$118
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Perfect Playwrights & Awesome Actors!

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr

Lights! Camera! Action! Our aspiring stars will be given several story lines to choose from, and together work as a team to create dialogue and a unique play that's never been seen before! Instilling creativity, our playwrights will also become the actors, setting the stage for a memorable production at camp's end in costumes we create! \$15 material fee due to instructor at first camp meeting.

327041-01	1 week	Mon-Fri	8/8-8/12	12-2pm	5-12 yrs	\$138
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Musical Madness!

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr

Casting singers, actors, performers! Gear up for a week of exploring theatre and the art of mastering a performance. Students will dance with props, hold auditions, create costumes and more! Curtains open at weeks end for a show not to be missed! \$15 material fee payable to instructor on the first day of camp.

327052-01	1 week	Mon-Fri	8/1-8/5	1-3pm	5-12 yrs	\$138
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Enchanted Princess Camp

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr

Come dream of far off lands, enchanted forests full of unicorns and fairies where fairytales do exist. Princesses will sing, dance, and create magical costumes to wear for the happy ending- our ENCHANTING SHOW at camp's end! \$15 material fee payable to instructor on the first day of camp.

327049-01	1 week	Mon-Fri	7/25-7/29	9:30-11am	4-7 yrs	\$118
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Cheerdance & Tumble Camp

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr

Rah Rah Rah! We will rock! Ya Ya Ya, and take it to the top- in this non-stop cheer camp! Cheerleaders will learn popular cheers, do a cheer dance routine, learn cheerleader motions of pon poms and baton. We will make a rockin' tee and perform at camps end. \$15 material fee payable to instructor on the first day of camp.

327050-01	1 week	Mon-Fri	7/25-7/29	11am-1pm	5-12 yrs	\$138
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Minions & Monsters Camp

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr

Enrolling all minions and monsters now! We'll create our own minions, monster masks and do a hip hop inspired dance to perform at camp's end. Rarr! \$15 material fee payable to instructor on the first day of camp.

327051-01	4 days	Tue-Fri	7/26-7/29	1-3pm	4-8 yrs	\$118
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Perfect Pixie & Fabulous Fairy

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr

Do you believe? With a sprinkle of pixie dust we'll journey to a fantasy land where fairies dance the days away. From flower fairies to secret garden games, every day will be a magical new adventure. We will create our own pixie dust and fairy wings to wear for our special show at camp's end. \$15 material fee payable to instructor on the first day of camp.

327053-01	1 week	Mon-Fri	8/1-8/5	9:30-11am	4-7 yrs	\$118
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Superhero Gymnastics Camp

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr

Boys & Girls! Run Fast! Jump High! Leap Far! Join Miss Anne in an action packed gymnastics camp. "Superheroes" will learn tumbling skills & create their own super-powered costumes! \$15 material fee payable to instructor on the first day of camp.

327048-01	1 week	Mon-Fri	8/1-8/5	11am-1pm	4-7 yrs	\$138
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Build It Workspace Camps

Build It Workspace Staff

Build It Workspace, 4478 Cerritos Ave, Los Alamitos

For camp descriptions, please visit register.sealbeachca.gov.

Skatepark

313084-01	1 week	Mon-Fri	6/20-6/24	9am-4pm	9-14 yrs	\$500
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Lego EcoFactory

313084-02	1 week	Mon-Fri	6/27-7/1	9am-4pm	9-14 yrs	\$500
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Moviemaking Studio

313084-03	1 week	Mon-Fri	6/27-7/1	9am-4pm	9-14 yrs	\$500
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Junior Moviemaking Studio

313084-04	1 week	Mon-Fri	6/27-7/1	9am-4pm	6-9 yrs	\$500
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Microcomputer

313084-05	4 days	Tue-Fri	7/5-7/8	9am-4pm	6-9 yrs	\$400
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Lego SumoBot

313084-06	1 week	Mon-Fri	7/11-7/15	9am-4pm	9-14 yrs	\$500
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Junior Fashionista – Yarns & Fabrics

313084-07	1 week	Mon-Fri	7/11-7/15	9am-4pm	6-9 yrs	\$500
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Fashionista - Yarns & Fabrics

313084-08	1 week	Mon-Fri	7/11-7/15	9am-4pm	9-14 yrs	\$500
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Coding – Space Invader Theme

313084-09	1 week	Mon-Fri	7/18-7/22	9am-4pm	9-14 yrs	\$500
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Junior Lego Medieval Conquest

313084-10	1 week	Mon-Fri	7/25-7/29	9am-4pm	6-9 yrs	\$500
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Lego Medieval Conquest

313084-11	1 week	Mon-Fri	7/25-7/29	9am-4pm	9-14 yrs	\$500
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Kinetic Sculptures

313084-12	1 week	Mon-Fri	8/1-8/5	9am-4pm	10+ yrs	\$500
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Coding – Video Game Adventures

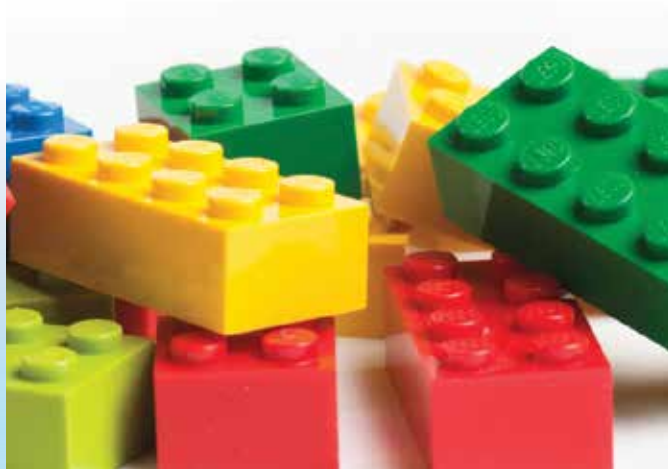
313084-13	1 week	Mon-Fri	8/8-8/12	9am-4pm	9-14 yrs	\$500
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4K Media Console

313084-14	1 week	Mon-Fri	8/15-8/19	9am-4pm	10+ yrs	\$500
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Entrepreneur

313084-15	1 week	Mon-Fri	8/22-8/26	9am-4pm	11-17 yrs	\$500
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Skatedogs

Skateboard Summer Camp

Adam Cohen, Little Cottonwood Park, 4000 Farquhar, Los Alamitos

Whether you are just learning, or ready to learn more advanced tricks, this camp is right for you. Make new friends, play games, and most importantly, have fun in our private skatepark. Bring a snack and plenty of water. Requirements: signed Skatedogs waiver form, a skateboard, knee pads, elbow pads, and a helmet.

323150-01	1 week	Mon-Fri	6/27-7/1	1-4pm	6-13 yrs	\$167
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323150-02	1 week	Mon-Fri	8/8-8/12	1-4pm	6-13 yrs	\$167
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323150-03	1 week	Mon-Fri	8/22-8/26	8:30-11:30am	6-13 yrs	\$167
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Children's Library Programs

at Mary Wilson Library
707 Electric Avenue

Family Programs on Mondays at 3pm in the Senior Center

Swazzle Puppeteers – June 20

Juggler David Cousin – June 27

Closed – July 4

Storytelling Musician Dan Crow – July 11

Wild Life Learning Center – July 18

Magician David Skale – July 25

Buster Balloon – Aug. 1

Baby/Toddler Story Time

Monday & Tuesdays

May 2 - July 26

10:30 a.m. or 11:15 a.m.

Library Hours

Mon: 12-8pm, Tues: 12-8pm, Wed: 10am-6pm, Thurs: 10am-6pm

Sat: 10am-5pm • Closed Friday and Sunday

Free programs presented by the Seal Beach Friends of the Library.

For more information, call 562-431-3584.



Surf Camps

M&M Surf Camps

Michael Pless, 8th Street Beach, 8th St & Ocean Ave

Michael Pless, owner and operator of M & M Surfing School has been teaching for over 25 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment, including boogie boarding & other fun water sports after lunchtime, at the discretion of the instructor. All instructors are CPR, 1st Aid and Water Safety Certified *Please indicate your date/ time preference on the registration form. Register through the Community Services Office or online at register.sealbeachca.gov. Registration will not be accepted at the class.

367061-01	1 week	Mon-Fri	6/20-6/24	8am-2pm	All Ages	\$285
367061-02	1 week	Mon-Fri	6/27-7/1	8am-2pm	All Ages	\$285
367061-03	1 week	Mon-Fri	7/4-7/8	8am-2pm	All Ages	\$285
367061-04	1 week	Mon-Fri	7/11-7/15	8am-2pm	All Ages	\$285
367061-05	1 week	Mon-Fri	7/18-7/22	8am-2pm	All Ages	\$285
367061-06	1 week	Mon-Fri	7/25-7/29	8am-2pm	All Ages	\$285
367061-07	1 week	Mon-Fri	8/1-8/5	8am-2pm	All Ages	\$285
367061-08	1 week	Mon-Fri	8/8-8/12	8am-2pm	All Ages	\$285
367061-09	1 week	Mon-Fri	8/15-8/19	8am-2pm	All Ages	\$285
367061-10	1 week	Mon-Fri	8/22-8/26	8am-2pm	All Ages	\$285

Chas Weekly Surf Camp

Chas Wickwire, 1st Street Beach, 1st St @ Ocean Ave

Weekly surf camps for entry level to intermediate surfers of all ages. Held at 1st Street beach, the most consistent and well shaped surf in town.

367050-01	1 week	Mon-Fri	6/20-6/24	9am-1pm	All Ages	\$295
367050-02	1 week	Mon-Fri	6/27-7/1	9am-1pm	All Ages	\$295
367050-03	1 week	Mon-Fri	7/4-7/8	9am-1pm	All Ages	\$295
367050-04	1 week	Mon-Fri	7/11-7/15	9am-1pm	All Ages	\$295
367050-05	1 week	Mon-Fri	7/18-7/22	9am-1pm	All Ages	\$295
367050-06	1 week	Mon-Fri	7/25-7/29	9am-1pm	All Ages	\$295
367050-07	1 week	Mon-Fri	8/1-8/5	9am-1pm	All Ages	\$295
367050-08	1 week	Mon-Fri	8/8-8/12	9am-1pm	All Ages	\$295
367050-09	1 week	Mon-Fri	8/15-8/19	9am-1pm	All Ages	\$295

Tennis Camps

Tennis Camps

Camps Taught by Brian Collison

CLASS #	DATES	DAYS	TIME	AGE	PRICE	LOCATION
323010-01	6/20-6/24	Mon-Fri	9-11 am	7-11 yrs	\$135	Marina
323010-02	6/27-7/1	Mon-Fri	9-11 am	7-11 yrs	\$135	McGaugh
323010-03	7/11-7/15	Mon-Fri	9-11 am	7-11 yrs	\$135	Marina
323010-04	7/18-7/22	Mon-Fri	9-11 am	7-11 yrs	\$135	McGaugh
323010-05	7/25-7/29	Mon-Fri	9-11 am	7-11 yrs	\$135	Marina
323010-06	8/8-8/12	Mon-Fri	9-11 am	7-11 yrs	\$135	McGaugh
323010-07	8/15-8/19	Mon-Fri	9-11 am	7-11 yrs	\$135	Marina
323010-08	8/22-8/26	Mon-Fri	9-11 am	7-11 yrs	\$135	McGaugh

Tennis Camps at the Seal Beach Tennis Center

Camps Taught by Mickey Yelverton – Academy Coordinator

- \$195 per week includes SBTC T-Shirt
- Daily Drop-ins welcome- \$45 per day
- *10% discount for 2nd and 3rd siblings

***Register at the Seal Beach Tennis Center, 3900 Lampson Ave.**

DATES	DAYS	TIME	AGE	PRICE	LOCATION
6/13-6/17	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
6/20-6/24	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
6/27-7/1	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
7/5-7/8	Tue-Fri	9am-12pm	6-17 yrs	\$165	SBTC
7/11-7/15	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
7/18-7/22	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
7/25-7/29	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
8/1-8/5	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
8/8-8/12	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
8/15-8/19	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC
8/22-8/26	Mon-Fri	9am-12pm	6-17 yrs	\$195	SBTC



Community Pool

McGaugh School • 1698 Bolsa Ave., Seal Beach Blvd. • Pool Office (562) 430-9612
Community Services Office (562) 431-2527 Extension 1344

The McGaugh Pool was built in 1964. It is 25 yards in length and has six lanes open for lap swimming. The water temperature is maintained at 80 degrees and an outdoor, warm water shower with limited dressing rooms are available.

Summer Adult & Youth Lap Swim

This is an ongoing fitness/workout program for lap swimming. Pool is closed on national holidays. All passes must be purchased at City Hall in the Community Services Department. \$5 pass reissuing fee for all lost passes.

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Pay at City Hall 16 swim pass: \$48 34 swim pass: \$96 Unlimited Annual pass: \$245 (No guests)
Monday-Friday	11am – 1pm	Adult /16+ yrs	
Monday-Friday	6:30pm – 8pm	Adult /16+ yrs	
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	16 swim pass: \$32
Monday-Friday	6pm-6:30pm	Youth	
Saturday & Sunday	8am – 9am	Youth	

Renew Your Swim Pass Online!

If you have already been issued an electronic card by the Community Services Department and would like to renew your swim pass, visit register.sealbeachca.gov

Recreation Swim

Recreation swim is open to anyone who is interested in enjoying a fun afternoon at the pool. The pool is supervised by experienced staff and provides a great opportunity for a family pool day! All children must be accompanied by an adult. Pool passes must be purchased from the Community Services Department at City Hall. Resident summer pass is \$25.50. Non-resident pass is \$50.75. The summer pass is for immediate family ONLY (up to 6 people) and must be presented upon entry. Valid for all dates listed below.

6/20-8/25	Mon- Fri	1-2:45pm
7/10-8/21	Sunday	3:30-5:30pm

Deep Water Aerobics

Cheryl von der Hellen
McGaugh Campus, 1698 Bolsa Ave

This deep water exercise develops total fitness. You must purchase your own buoyancy cuffs to participate in class. You will burn calories while improving endurance, flexibility and strength. Purchase Buoyancy Cuffs at Competitive Aquatic Supply (800-421-5192) or visit www.casswimshop.com

344010-01	5 weeks	Mon & Wed	6/27-7/27	5:30-6:30pm	18+ yrs	\$60
344010-02	5 weeks	Mon & Wed	8/1-8/31	5:30-6:30pm	18+ yrs	\$60

2016 Seal Beach Junior Lifeguard Program

Summer is right around the corner and so is another exciting session of Junior Lifeguards! All Junior Lifeguards, both new and returning must pass a swim test before registering for the summer. 2016 Junior Lifeguard dates are **June 27- August 12, 2016 from 9am- 12pm, Monday- Friday**. The swim test will consist of a 100 yard swim that must be completed within:

1:55 – 'C' group (9-11)

1:45 – 'B' group (12-13)

1:35 – 'A' group (14- 17)

Seal Beach Swim Team

The Seal Beach Swim Team is a privately operated team that conducts practices at McGaugh Community Pool. For Swim Team information, call Maria Fattal, a parent volunteer, at (562) 430-1092.



Swim Lessons

Summer swim classes are 9 day sessions (Mon-Fri & Mon-Thurs) classes are 30 minutes. Resident fee is \$40.50 per child and non-resident fee is \$60.50 per child. Make-up classes are not offered unless classes are cancelled due to a pool closure. If a pool closure does occur, classes are made-up on the second Friday of the session. Parents are respectfully requested to observe swim lessons in the spectator area provided outside the pool deck. Only children currently enrolled in a lesson are permitted on the deck. The pool manager reserves the right to transfer any participant to a class that is more appropriate for the swimmers skill level. Swim classes are taught at McGaugh Campus, 1698 Bolsa Ave. Registration after the original enrollment dates will be accepted online and in City Hall prior to the third class meeting of each session.

Fees for 9 Day Sessions (Mon- Fri & Mon-Thurs)	Registration Time	Online Registration	Walk-in Registration	Session	Class Dates
Resident: \$45/per child Non-Resident: \$65/per child	Resident Registration: 8 a.m. Non-Resident Registration: 11 a.m.	Friday, June 3	Friday, June 10	1	6/20-6/30
				2	7/4-7/14
				3	7/18-7/28
				4	8/1-8/11
				5	8/15-8/25

Parent & Me (6 Months- 3 Years)

To promote comfort, safety and enjoyment in and around the water. One adult per child required.

SESSION 1 6/20-6/30	SESSION 2 7/4-7/14	SESSION 3 7/18-7/28	SESSION 4 8/1-8/11	SESSION 5 8/15-8/25	TIME
314020-01	314020-03	314020-05	314020-07	314020-09	11:30am- 12noon
314020-02	314020-04	314020-06	314020-08	314020-10	4:30pm- 5:00pm

Intro to Water (3-5 Years)

To introduce swimming & water safety skills to children of preschool ages through the use of games and skill practice.

SESSION 1 6/20-6/30	SESSION 2 7/4-7/14	SESSION 3 7/18-7/28	SESSION 4 8/1-8/11	SESSION 5 8/15-8/25	TIME
314021-01	314021-12	314021-23	314021-34	314021-45	9:00am- 9:30am
314021-02	314021-13	314021-24	314021-35	314021-46	9:30am-10:00am
314021-03	314021-14	314021-25	314021-36	314021-47	10:00am- 10:30am
314021-04	314021-15	314021-26	314021-37	314021-48	10:30am- 11:00am
314021-05	314021-16	314021-27	314021-38	314021-49	11:00am- 11:30am
314021-06	314021-17	314021-28	314021-39	314021-50	11:30am- 12:00pm
314021-08	314021-19	314021-30	314021-41	314021-52	3:00pm- 3:30pm
314021-09	314021-20	314021-31	314021-42	314021-53	3:30pm- 4:00pm
314021-10	314021-21	314021-32	314021-43	314021-54	4:00pm- 4:30pm
314021-11	314021-22	314021-33	314021-44	314021-55	4:30pm- 5:00pm

Pool Party Rentals

Reserve the pool for a private party beginning April 1, 2016. Reservations are only available on Saturdays and Sundays from June 4 through August 28.

Information: Enjoy a private pool party for your group, organization or birthday celebration. Pool Party Rentals have a two hour minimum on Saturdays and Sundays only. Rental times and dates are available in the Community Services Office or by calling (562) 431-2527 x: 1344.

Reservations: All paperwork and reservations must be handled through the community services department. You must submit a pool party application and FULL payment in order to reserve a time slot. There will be a fee of \$25 for date changes and cancellations.

Pool Rental Fees	1 Lifeguard (1-20 swimmers and non-swimmers)	2 Lifeguards (21-40 swimmers and non-swimmers)
Seal Beach Resident	\$183.25 (per 2 hr time slot)	\$215.25 (per 2 hr time slot)
Non- Resident	\$183.75 (per 2 hr time slot)	\$215.75 (per 2 hr time slot)

Beginner Levels 1,2,3

Students will be introduced to the primary skills of body position, proper kicking, effective strokes and timing of side breathing for free-style/crawl. Time and skills permitting elementary backstroke is introduced in Level 3. Progressive advancement through levels are taught in the shallow, short end, of the pool.

Level 1

SESSION 1 6/20-6/30	SESSION 2 7/4-7/14	SESSION 3 7/18-7/28	SESSION 4 8/1-8/11	SESSION 5 8/15-8/25	TIME
324021-01	324021-11	324021-21	324021-31	324021-41	9:00am- 9:30am
324021-02	324021-12	324021-22	324021-32	324021-42	9:30am-10:00am
324021-03	324021-13	324021-23	324021-33	324021-43	10:00am- 10:30am
324021-04	324021-14	324021-24	324021-34	324021-44	10:30am- 11:00am
324021-05	324021-15	324021-25	324021-35	324021-45	11:00am- 11:30am
324021-07	324021-17	324021-27	324021-37	324021-47	3:00pm- 3:30pm
324021-08	324021-18	324021-28	324021-38	324021-48	3:30pm- 4:00pm
324021-09	324021-19	324021-29	324021-39	324021-49	4:00pm- 4:30pm
324021-10	324021-20	324021-30	324021-40	324021-50	4:30pm- 5:00pm

Level 2

SESSION 1 6/20-6/30	SESSION 2 7/4-7/14	SESSION 3 7/18-7/28	SESSION 4 8/1-8/11	SESSION 5 8/15-8/25	TIME
324022-01	324022-11	324022-21	324022-31	324022-41	9:00am- 9:30am
324022-02	324022-12	324022-22	324022-32	324022-42	9:30am-10:00am
324022-03	324022-13	324022-23	324022-33	324022-43	10:00am- 10:30am
324022-04	324022-14	324022-24	324022-34	324022-44	10:30am- 11:00am
324022-05	324022-15	324022-25	324022-35	324022-45	11:00am- 11:30am
324022-07	324022-17	324022-27	324022-37	324022-47	3:00pm- 3:30pm
324022-08	324022-18	324022-28	324022-38	324022-48	3:30pm- 4:00pm
324022-09	324022-19	324022-29	324022-39	324022-49	4:00pm- 4:30pm
324022-10	324022-20	324022-30	324022-40	324022-50	4:30pm- 5:00pm

Level 3

SESSION 1 6/20-6/30	SESSION 2 7/4-7/14	SESSION 3 7/18-7/28	SESSION 4 8/1-8/11	SESSION 5 8/15-8/25	TIME
324023-01	324023-11	324023-21	324023-31	324023-41	9:00am- 9:30am
324023-02	324023-12	324023-22	324023-32	324023-42	9:30am-10:00am
324023-03	324023-13	324023-23	324023-33	324023-43	10:00am- 10:30am
324023-04	324023-14	324023-24	324023-34	324023-44	10:30am- 11:00am
324023-06	324023-16	324023-26	324023-36	324023-46	3:00pm- 3:30pm
324023-07	324023-17	324023-27	324023-37	324023-47	3:30pm- 4:00pm
324023-08	324023-18	324023-28	324023-38	324023-48	4:00pm- 4:30pm
324023-09	324023-19	324023-29	324023-39	324023-49	4:30pm- 5:00pm

The ABCs of Pool Safety

Whether you're at a community pool or in your own backyard, knowing the ABCs of pool safety can help you keep summertime fun when kids are in the water.

A: Adult Supervision, Assign a "Water Watcher"!

B: Barriers, Install Fencing!

C: Classes, Learn CPR!

Learn more at www.abcpoolsafety.org

Level 4 - Stroke Improvement

Overarm backstroke and breaststroke are introduced. Introduction of CPR & rescue breathing will also be covered. Students will be required to swim 25 yards using rhythmic breathing. Student must be proficient in free style & backstroke & able to swim unassisted the length of the pool.

SESSION 1 6/20-6/30	SESSION 2 7/4-7/14	SESSION 3 7/18-7/28	SESSION 4 8/1-8/11	SESSION 5 8/15-8/25	TIME
324024-01	324024-11	324024-21	324024-31	324024-41	9:00am- 9:30am
324024-02	324024-12	324024-22	324024-32	324024-42	9:30am-10:00am
324024-03	324024-13	324024-23	324024-33	324024-43	10:00am-10:30am
324024-04	324024-14	324024-24	324024-34	324024-44	10:30am- 11:00am
324024-05	324024-15	324024-25	324024-35	324024-45	3:00pm- 3:30pm
324024-06	324024-16	324024-26	324024-36	324024-46	3:30pm- 4:00pm
324024-07	324024-17	324024-27	324024-37	324024-47	4:00pm-4:30pm
324024-08	324024-18	324024-28	324024-38	324024-48	4:30pm- 5:00pm

Level 5 - Stroke Refinement

Freestyle, backstroke and breaststroke will be refined. Emphasis will be on proper stroke techniques.

SESSION 1 6/20-6/30	SESSION 2 7/4-7/14	SESSION 3 7/18-7/28	SESSION 4 8/1-8/11	SESSION 5 8/15-8/25	TIME
324025-01	324025-11	324025-21	324025-31	324025-41	9:00am- 9:30am
	324025-12	324025-22	324025-32		9:30am-10:00am
324025-03	324025-13	324025-23	324025-33	324025-43	10:00am-10:30am
	324025-14	324025-24	324025-34		3:00pm- 3:30pm
324025-05	324025-15	324025-25	324025-35	324025-45	3:30pm- 4:00pm
	324025-16	324025-26	324025-36		4:00pm-4:30pm

Level 6 - Skill Proficiency

Class will stress proper stroke efficiency & endurance. Butterfly is also introduced. Students will learn and practice the various lifesaving skills.

SESSION 1 6/20-6/30	SESSION 2 7/4-7/14	SESSION 3 7/18-7/28	SESSION 4 8/1-8/11	SESSION 5 8/15-8/25	TIME
	324026-11	324026-21	324026-31		9:00am- 9:30am
324026-02	324026-12	324026-22	324026-32	324026-42	9:30am-10:00am
	324026-13	324026-23	324026-33		10:00am-10:30am
324026-04	324026-14	324026-24	324026-34	324026-44	3:00pm- 3:30pm
	324026-15	324026-25	324026-35		3:30pm- 4:00pm
324026-06	324026-16	324026-26	324026-36	324026-46	4:00pm-4:30pm

Level 7 - Advanced Skill Proficiency

Students will demonstrate various lifesaving skills and stroke perfection and endurance. Laps and aerobic fitness will be emphasized.

SESSION 1 6/20-6/30	SESSION 2 7/4-7/14	SESSION 3 7/18-7/28	SESSION 4 8/1-8/11	SESSION 5 8/15-8/25	TIME
		324027-01	324027-03		9:00am- 9:30am
		324027-02		324027-04	4:00pm-4:30pm

Adult Stroke Refinement

This class is for adults with swim experience. Participants must be at a level 5 or 6 to qualify for the class.

SESSION 1 6/20-6/30	SESSION 2 7/4-7/14	SESSION 3 7/18-7/28	SESSION 4 8/1-8/11	SESSION 5 8/15-8/25	TIME
		324028-01	324028-02	324028-03	10:30am- 11:00am

Music & Movement

Danuta Klimczak, Seal Beach Senior Center, 707 Electric Ave

Designed to provide a positive and challenging learning environment for children to blossom musically and personally. Children will participate in musical games, singing, dancing, listening, and playing instruments. Program combines elements of Orff Schulwerk and Kodaly methods with traditional philosophies of musical education.

311061-01	7 weeks	Fri	6/24-8/5	10-10:50am	2 yrs	\$79
311061-02	7 weeks	Fri	6/24-8/5	11-11:50am	3-4 yrs	\$79

Ballet & Tap Combo

Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required. Proper suede bottom, pink ballet shoes required for class. Bedroom slippers will not be allowed. No Class 7/4 & 8/1

322021-01	6 weeks	Mon	6/20-8/8	3-3:45pm	5-8 yrs	\$67
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Rockstar Popstar

Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street

Dancers will party, learning lyrics and hip hop moves to our favorite pop songs and be stars! At session's end, we'll rock out and be fabulous, throwing a concert not to be missed! No Class 7/4 & 8/1

342036-01	6 weeks	Mon	6/20-8/8	4:30-5:15pm	5-12 yrs	\$67
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Petit Ballerina

Anne Pennypacker

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautes, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!" No Class 7/4, 7/27, 8/1

Marina Community Center, 151 Marina

322023-01	6 weeks	Mon	6/20-8/8	6-6:30pm	2.5-5 yrs	\$67
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Los Alamitos Community Ctr, 10911 Oak Street

322023-02	6 weeks	Wed	7/6-8/17	6-6:30pm	2.5-5 yrs	\$67
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Hip Hops Tots!

Anne Pennypacker, Recreation Park, Long Beach, 4900 E. 7th Street

Time to dance our best moves in this fun fast paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class.

322027-01	6 weeks	Tue	6/7-7/12	4:30-5pm	2.5-5 yrs	\$62
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322027-02	6 weeks	Tue	7/19-8/23	4:30-5pm	2.5-5 yrs	\$62
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Hip Hop

Anne Pennypacker

Los Alamitos Community Ctr
10911 Oak Street

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! At session's end, we'll put on a show. Tennis shoes or Jazz shoes required. No Class 7/4 & 8/1

342034-01	6 weeks	Mon	6/20-8/8	3:45-4:30pm	5-12 yrs	\$67
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342034-02	6 weeks	Tue	6/7-7/12	5-5:45pm	5-12 yrs	\$67
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342034-03	6 weeks	Tue	7/19-8/23	5-5:45pm	5-12 yrs	\$67
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Musical Minis

Anne Pennypacker

Marina Community Center
151 Marina Dr

Sing, dance and swing on a star, this theater class will take dancers far! Little performers will learn song and dance from various musicals that audiences will love! No Class 7/27

327070-01	6 weeks	Wed	7/6-8/17	4-4:30pm	3-5 yrs	\$67
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Princess Ballet

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment!

342033-01	6 weeks	Thu	7/7-8/11	3:45-4:30pm	4-7 yrs	\$67
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Teeny Tumblers

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Squat-hop-tumble-n-roll this class is a go go go! We'll bear-walk, crab-walk, tumble and jump having so much fun it will be hard to stop! This is a great first class to promote coordination and balance in a creative environment.

311031-01	6 weeks	Thu	7/7-8/11	9-9:30am	2.5-5 yrs	\$67
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Pre-School Gymnastics

Anne Pennypacker

Marina Community Center, 151 Marina Dr

Class is structured to introduce floor work such as bridge, cartwheels, frogstands and more. Gymnasts will also improve strength, balance and skills in this fun and fast paced class!

311032-01	6 weeks	Thu	7/7-8/11	5:15-5:45pm	4-6 yrs	\$67
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Gymnastics

Anne Pennypacker

Marina Community Center, 151 Marina Dr

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well!

311033-01	6 weeks	Thu	7/7-8/11	4:30-5:15pm	6-12 yrs	\$67
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Coed Beginning Volleyball

Maria Fattal

McGaugh Campus Gym, 1698 Bolsa Ave

Learn to play volleyball this summer! Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games.

333060-01 5 weeks Mon & Wed 7/6-8/3 3:30-5:30pm 8-12 yrs \$170

Coed Intermediate Volleyball

Maria Fattal

McGaugh Campus Gym, 1698 Bolsa Ave

Perfect your volleyball skills and learn how to run a 6-2 offense. Class consists of a warm-up, skills work, and a half-hour of playing. For players who play on 8th grade school teams or club teams or by instructor's approval, please email sbvbcmaria@yahoo.com or call 562-430-1092 with experience.

333061-01 5 weeks Tue & Thu 7/5-8/4 3:30-5:30pm 10-14 yrs \$200

Skyhawks Mini-Hawk Multi-Sport

Skyhawks Sports Staff

College Estates Park, 808 Stevelly Ave., Long Beach

This baseball, basketball and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand-eye coordination, and skill development at their own pace. All participants receive a t-shirt.

323181-01 9 weeks Tue 6/21-8/16 4-4:45pm 3-5 yrs \$139

323181-02 9 weeks Tue 6/21-8/16 5-5:45pm 5-7 yrs \$139



Ice Skating at Westminster ICE

13071 Springdale, Westminster

Fee: \$37/ 4 weeks

Continuous 4 week sessions are offered for the following classes:

- Parent and Me Ice Skating (#313131)
- Ice Skating for Tots (#313130)
- Beginning Ice Skating (#323130)
- Ice Skating for Adults (#323131)
- Ice Hockey Skating Skills (#323141)

Class fee includes skate rental, half hour instruction and a free weekly practice session on your registered class day. All classes taught by Westminster ICE Staff. Dress warmly in layers and bring gloves or mittens. Please check in at least 15 minutes prior to class start time at first class. Pre-registration is required through the Community Services Department for all classes. For individual class descriptions, dates, times, and class registration, visit our website at register.sealbeachca.gov.



Kidz Love Soccer

Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!"

Mommy/Daddy & Me Soccer

Kidz Love Soccer

Heather Park, Heather St & Lampson Ave

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/ Daddy & Me Soccer, parents are part of the action, not watching from the sidelines!

323995-01 5 weeks Tue 6/14-7/12 5:30-6pm 2-3.5 yrs \$77

323995-02 5 weeks Tue 8/2-8/30 5:30-6pm 2-3.5 yrs \$77

Tot/Pre Soccer

Kidz Love Soccer

Heather Park, Heather St & Lampson Ave

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

323997-01 5 weeks Tue 6/14-7/12 4:45-5:20pm 3.5-5 yrs \$77

323997-02 5 weeks Tue 8/2-8/30 4:45-5:20pm 3.5-5 yrs \$77

Soccer 1

Kidz Love Soccer

Heather Park, Heather St & Lampson Ave

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

323998-01 5 weeks Tue 6/14-7/12 4-4:45pm 5-6 yrs \$77

323998-02 5 weeks Tue 8/2-8/30 4-4:45pm 5-6 yrs \$77



Little Bakers

Jasmine Hernandez
Los Alamitos Community Ctr, 10911 Oak Street

Little bakers and their favorite adult will bake healthy goodies in this fun class. We will introduce simple measuring, mixing, decorating, and following directions. Children will learn numbers, shapes, colors, healthy ways and more through a fun, safe baking environment. \$25 Materials fee due to the instructor on the first day of class. Parent participation required.

311079-01	3 weeks	Wed	6/22-7/13	2-3pm	3-6 yrs	\$55
311079-02	4 weeks	Wed	7/27-8/17	2-3pm	3-6 yrs	\$55
311079-03	4 weeks	Fri	7/22-8/12	10-11am	3-6 yrs	\$55

Little Singers

Take the Stage Productions
Los Alamitos Community Ctr, 10911 Oak Street

Love to sing, sing, sing? Then Little Singers is the class for you! Students will build a solid foundation in vocal performance, rhythm, and musicianship while having fun singing favorites from Broadway show tunes, Grammy winners, and popular children's songs. This entertaining class helps children develop listening and cooperative skills, coordination of the mouth and lips, gross and fine motor skills (through creative movement and keeping the beat), self-control, concentration skills and memory. \$10 material fee due at the first class meeting.

313070-01	10 weeks	Wed	6/22-8/24	3:30-4:15pm	4-6 yrs	\$115
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Glee Club

Take the Stage Productions
Los Alamitos Community Ctr, 10911 Oak Street

This high-energy class provides male & female students with an opportunity to sing, dance, perform and unlock their inner super star! Students will learn Pop & Broadway music & choreography in a fun atmosphere, while building voice & mic technique, musical expression, and providing self-confidence in all areas. A \$10 material fee payable to instructor.

313076-01	10 weeks	Wed	6/22-8/24	4:20-5:15pm	7-12 yrs	\$121
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Magic in Seal Beach

Daniel Habel
North Seal Beach Center, 3333 Saint Cloud Dr.
Fee: FREE + \$10 for lectures due day of event

Join local magicians to observe and learn the history of magic and magic effects, including close-up magic as well as stage magic. Professional magicians will lecture four times per year. Meetings held every 3rd Saturday of the month from 6-10pm. Contact Daniel Habel for more information at (562) 434-4693.

• June 18 • July 16 • August 20

Puppy Kindergarten

Khara Knight, Trainer with Dog Services Unlimited
El Dorado Park (near Hockey Court)
2760 N. Studebaker Rd., Long Beach

Start your puppy off on the right paw. Establish good manners and socialization skills at an early age for puppies 2-5 months. Class will include puppy care topics such as housebreaking, teething/chewing problems, health-care pointers, and will introduce basic obedience commands. Please bring a lawn chair, current vaccination records, and \$10 materials fee (includes training manual) to first meeting, which is an orientation to be held WITHOUT PUPPIES.

366039-01	6 weeks	Sat	7/16-8/20	12:30-1:30pm	12+ yrs	\$84
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Dog Manners "Crash Course"

Khara Knight, Trainer with Dog Services Unlimited
Bolsa Chica Park
13660 University, Westminster

Establish better manners and correct behavior problems in just four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Bad habits such as destructive chewing, jumping on people, digging, and barking will also be addressed. Dogs attend all meetings. Bring current shot records and \$5 materials fee to first lesson. Pre-registration is required.

Bolsa Chica Park, 13660 University, Westminster

366043-01	4 weeks	Thu	7/28-8/18	7:45-9pm	12+ yrs	\$82
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El Dorado Park (Near Hockey Court), 2760 Studebaker Rd, Long Beach

366043-02	4 weeks	Sat	7/30-8/20	11am-12:15pm	12+ yrs	\$82
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Dog Obedience

Khara Knight, Trainer with Dog Services Unlimited
Laurel Park
10862 Bloomfield Street, Los Alamitos

All breeds of dogs 6 mos & older (larger breeds 4 mos & older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, as well as discussions on correction of various behavior problems. Hand signals, long distance work, & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records and \$10 materials fee (includes training manual) to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park- corner of Katella & Bloomfield in Los Alamitos. Handlers ages 9 yrs to adults.

366040-01	7 weeks	Thu	6/23-8/4	6:15-7:15pm	9+ yrs	\$94
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First Aid, CPR & AED Training

Erik Berg
Fire Station 48, 3131 N. Gate Rd

These classes are designed to teach individuals basic CPR, First Aid and use of an Automatic external defibrillator (AED). Participants will receive a card from the American Safety and Health Institution. There will be a 45 min lunch break, please bring a sack lunch. \$15 book fee payable to instructor due at class.

346031-01	1 Day	Sat	6/4	9am-3:30pm	16+ yrs	\$50
346031-02	1 Day	Sat	7/9	9am-3:30pm	16+ yrs	\$50
346031-03	1 Day	Sat	8/6	9am-3:30pm	16+ yrs	\$50



Surf Lessons

M&M Surfing Lessons

Michael Pless, 8th Street Beach, 8th St & Ocean Ave

Group Lessons are on-going from June 13 - September 4. Please note, this class is good for any one day of surfing instruction. Please indicate your date preference on the registration form or at the checkout screen. Bring receipt to class.

3 Hour Group Lesson

367063-01 12 weeks Mon-Sun 6/13-9/4 8am-2pm 5+ yrs \$85

1 Hour Group Lesson

367064-01 12 weeks Mon-Sun 6/13-9/4 8am-2pm 5+ yrs \$75

1 Hour Semi-Private Lesson

367067-01 12 weeks Mon-Sun 6/13-9/4 8am-2pm 5+ yrs \$95

1 Hour Private Lesson

367068-01 12 weeks Mon-Sun 6/13-9/4 8am-2pm 5+ yrs \$115

M&M Summer Surf Pass

Michael Pless, 8th Street Beach, 8th St & Ocean Ave

Summer passes are good for participation in all summer sessions. Don't wait, only 20 spots available for this great summer deal!

367062-01 12 weeks Mon-Fri 6/13-9/2 8am-2pm 5+ yrs \$850

Chas 1 Day Surf Lesson

Chas Wickwire, 1st Street Beach, 1st St @ Ocean Ave

This is good for any ONE DAY of surfing instruction during your selected week. Please indicate your date preference on the registration form or in the note section of the checkout screen.

367052-01 1 Day Mon-Fri 6/20-6/24 9am-1pm All Ages \$70/day

367052-02 1 Day Mon-Fri 6/27-7/1 9am-1pm All Ages \$70/day

367052-03 1 Day Mon-Fri 7/4-7/8 9am-1pm All Ages \$70/day

367052-04 1 Day Mon-Fri 7/11-7/15 9am-1pm All Ages \$70/day

367052-05 1 Day Mon-Fri 7/18-7/22 9am-1pm All Ages \$70/day

367052-06 1 Day Mon-Fri 7/25-7/29 9am-1pm All Ages \$70/day

367052-07 1 Day Mon-Fri 8/1-8/5 9am-1pm All Ages \$70/day

367052-08 1 Day Mon-Fri 8/8-8/12 9am-1pm All Ages \$70/day

367052-09 1 Day Mon-Fri 8/15-8/19 9am-1pm All Ages \$70/day

Chas Summer Pass

Chas Wickwire, 1st Street Beach, 1st St @ Ocean Ave

Summer passes are good for participation in all camp sessions. No blackout dates or off weeks this season!

367051-01 All Summer Mon-Fri 6/20-8/19 9am-1pm All Ages \$695

Beginning Ballroom

Anne Pennypacker, Los Alamitos Community Ctr, 10911 Oak Street

Let's get those feet moving right away! Learn the basics of Ballroom and Latin in this fun and friendly atmosphere. Students will learn dances such as the rumba, cha-cha, swing waltz, salsa, and foxtrot-Partners not necessary. No Class 7/4 & 8/1

344020-01 6 weeks Mon 6/20-8/8 7:30-8:30pm 18+ yrs \$70

Intermediate Ballroom

Anne Pennypacker

Geared towards students with some basic dance experience, Intermediate Ballroom is the class for you! Refine the basics and add more step patterns to spice up your dancing! Partner not necessary. No Class 7/4 & 8/1

Marina Community Center

344021-01 5 weeks Tue 6/14-7/5 7:15-8:15pm 18+ yrs \$60

Los Alamitos Community Center, 10911 Oak Street

344021-02 6 weeks Mon 6/20-8/8 6:30-7:30pm 18+ yrs \$7

Adult Tap

Anne Pennypacker, Marina Community Center, 151 Marina Dr

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. Tennis shoes, hard soled shoes or tap shoes are the best to wear for class.

342026-01 6 weeks Thu 7/7-8/11 7:15-8pm 18+ yrs \$67

Jazzercise

Martha Maguire

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

Marina Community Center, 151 Marina Dr

342042-01 6 weeks Tue & Thu 6/14-7/23 6-7pm 13+ yrs \$55
Sat 8:30-9:30am

342042-02 6 weeks Tue & Thu 7/26-9/3 6-7pm 13+ yrs \$55
Sat 8:30-9:30am

North Seal Beach Center, 3333 Saint Cloud Dr

342044-01 7 weeks M&W 6/13-7/20 6-7pm 13+ yrs \$65

342044-02 6 weeks M&W 7/25-8/31 6-7pm 13+ yrs \$65



Jacki Sorensen's Fitness/ Dance Class

Martha Stegen, North Seal Beach Center, 3333 Saint Cloud Dr

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional. Pay \$8 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

342030-01 8 weeks Tue & Thu 6/21-8/11 4:30-5:30pm 16+ yrs \$117

Aikido for Adults

Steve Wasserman

North Seal Beach Center, 3333 Saint Cloud Dr

This course focuses on the martial art of "Aikido" self-defense. Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control and blending with your opponent, mat safety, and self-defense awareness. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased on own, and belt testing is optional (\$50). All students that attend the classes must have the ability to roll and fall at a moderate pace and will be allowed to participate only per instructor's discretion. Some Saturdays to be announced from 9-10:30am.

342050-01 12 weeks Mon & Wed 6/13-8/31 7:30-9:30pm 18+ yrs \$150

Gentle Yoga

Suzy Hazard

Seal Beach Senior Center, 707 Electric Ave

A series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. May include some gentle Chinese yoga (Qigong). Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel.

342068-01 11 weeks Tue 6/21-8/30 5:30-6:45pm 18+ yrs \$82

PiYo® LIVE (Pilates/Yoga)

Divita Elliot

Seal Beach Senior Center, 707 Electric Ave

PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. But there's no time to stop and chant ommm—because you won't pose—you'll push it. We crank up the music, and the fun to give you an intense, yet low-impact workout that will burn crazy calories for a long, lean beautiful physique. And, there's no need to spend hours hopping from class to class. You'll sweat, stretch, and strengthen—all in one empowering PiYo LIVE workout! You only need a yoga mat, shoes are optional.

342078-01 6 weeks Wed 6/15-7/20 6-7pm 18+ yrs \$65

342078-02 6 weeks Wed 8/3-9/7 6-7pm 18+ yrs \$65



Pilates

Beginning Pilates

Bonnie Nash, Seal Beach Senior Center, 707 Electric Ave

Geared for new students. The Pilates method of physical and mental conditioning will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. The Pilates Beginning program will be the most important sessions you will experience. New students are encouraged to attend 20 classes before moving to Intermediate level classes. To see if you are a good fit for this beginners class please call Bonnie at (714) 345-2140. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met. No Class 7/4

342072-01 6 weeks Mon 6/13-7/25 12:30-1:30pm 18+ yrs \$65

342072-02 5 weeks Mon 8/1-8/29 12:30-1:30pm 18+ yrs \$55

Intermediate Pilates

Bonnie Nash, Seal Beach Senior Center, 707 Electric Ave

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Bonnie Nash are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience. No Class 7/4

342069-01 6 weeks Mon 6/13-7/25 11:30am-12:30pm 18+ yrs \$65

342069-02 5 weeks Mon 8/1-8/29 11:30am-12:30pm 18+ yrs \$55

Advanced Pilates

Bonnie Nash, Seal Beach Senior Center, 707 Electric Ave

For returning students ONLY who have taken both the Beginning and Intermediate Pilates program. New students who have not trained with Bonnie Nash are welcome to try a free assessment class to determine if this would be the appropriate level. Advanced Pilates work will focus on increasing strength, endurance, flexibility, coordination and posture with more challenging exercises. Continuing the fundamentals of proper breathing and alignment are essential. Exercise mat and other props required. Classes are subject to cancellation if class minimum is not met. No Class 7/7

342071-01 6 weeks Thu 6/16-7/28 12:30-1:30pm 18+ yrs \$65

342071-02 5 weeks Thu 8/4-9/1 12:30-1:30pm 18+ yrs \$55

Tai Chi Chih I

Suzanne Roady-Ross
Seal Beach Senior Center, 707 Electric Ave

Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful flowing movements tone muscles, align the body & enhance flexibility while promoting a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness.

342073-01 5 weeks Mon 7/11-8/8 6:40-7:40pm 16+ yrs \$45

Tai Chi Chih II

Suzanne Roady-Ross
Seal Beach Senior Center, 707 Electric Ave

Refine your practice and deepen the benefits of this simple but powerful moving meditation. Reduce stress and experience peace within while promoting wellness.

342077-01 5 weeks Mon 7/11-8/8 5:30-6:30pm 18+ yrs \$45

BeachFit Moms

Beach Fitness, Eisenhower Park, 900 Ocean Ave

Join Seal Beach's effective BeachFit Moms' program taught by certified Beach Fitness personal trainers. BeachFit Moms is a female focused workout in an environment that promotes healthy living for women, their pregnancies and their children. BeachFit moms was created with the idea of getting results by focusing on the 5 major components of fitness. Through Strength, Endurance, flexibility, Nutrition, and Mind Body connection you will learn how to live a healthier and more fit life. **BeachFit Moms is a daily class offered Mondays, Tuesdays, Thursdays, and Fridays. Pay \$15 per class.**

342063-01 12 weeks Mon/Tu/Th/F 6/13-9/2 9:30-10:30am 18+ yrs \$15/class



Beach Boot Camp

Beach Fitness, 10th Street Beach, 10th St @ Ocean Ave

Join Seal Beach's exclusive Beach Boot Camp and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout. CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'! Pay \$15 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

342062-01 12 weeks Sat 6/18-9/3 8-9am 12+ yrs \$129



Adult Sports Leagues

Basketball League

Basketball league begins July 25, 2016. \$350 per team, plus \$25 per game for referees. For more information, call Kevin Ortiz in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at kortiz@sealbeachca.gov.

Softball League

Softball league begins May 24 (men) and May 26, 2016 (coed). \$400 per team. For information, call Kevin Ortiz, Community Services Department, at (562) 431-2527 ext: 1307, or e-mail kortiz@sealbeachca.gov. **Dates subject to change due to weather.**

Zumba Fitness

Mari Huelskamp, Marina Community Center, 151 Marina

Dr Zumba Fitness uses dance workouts to upbeat Latin and world rhythms. Just shake, sweat, and tone at your own pace with your own style. It's perfect for all levels of dance and anyone wanting to get or stay in shape. Zumba Fitness allows you to stay healthy, be happy, and have fun! No Class Mondays: 6/20, 6/27, 7/4, 8/1 & Wednesdays: 6/22, 8/3, 8/10

342090-01 8 weeks Mon 6/13-8/29 6:30-7:30pm 18+ yrs \$85

342090-02 9 weeks Wed 6/15-8/31 8-9am 18+ yrs \$95

Strength & Toning

Mari Huelskamp Fire Station 48, 3131 N. Gate Rd

Range of motion, strength, and toning exercises using chairs, elastic bands, and balls. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 6/20, 6/22, 6/27, 7/4, 8/1-8/10

342091-01 10 weeks Mon & Wed 6/13-8/31 10-11am 40+ yrs \$85

Fitness with Mari

Mari Huelskamp, Fire Station 48, 3131 N. Gate Rd

Increase your range of motion with this cardiovascular workout that includes balance, stretching and strength. Pay \$8 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 6/20-6/23, 6/27, 7/4, 8/1-8/11

342092-01 10 weeks Mon-Thu 6/13-9/1 9-10am 18+ yrs \$175

Tennis Lessons taught by Brian Collison

KIDS BEGINNING (4-6 years) No class: 7/5, 7/7, 7/9, 8/2, 8/4, 8/6

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333020-01	6/21-7/19	Tues	4:30-5 pm	\$35	Heather Park
333020-02	7/26-8/23	Tues	4:30-5 pm	\$35	Heather Park
333020-03	6/23-7/21	Thur	4:30-5 pm	\$35	Marina
333020-04	7/28-8/25	Thur	4:30-5 pm	\$35	Marina
333020-05	6/25-7/23	Sat	9-9:30 am	\$35	McGaugh
333020-06	7/30-8/27	Sat	9-9:30 am	\$35	McGaugh

KIDS ADVANCED (5-6 years) No class: 7/4, 8/1

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333020-07	6/20-7/18	Mon	4:30-5 pm	\$35	Heather Park
333020-08	7/25-8/22	Mon	4:30-5 pm	\$35	Heather Park

JUNIORS BEGINNING (7-10 years) No class: 7/5, 7/7, 7/9, 8/2, 8/4, 8/6

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333021-01	6/21-7/19	Tues	5-6 pm	\$65	Heather Park
333021-02	7/26-8/23	Tues	5-6 pm	\$65	Heather Park
333021-03	6/23-7/21	Thur	5-6 pm	\$65	Marina
333021-04	7/28-8/25	Thur	5-6 pm	\$65	Marina
333021-05	6/25-7/23	Sat	9:30-10:30 am	\$65	McGaugh
333021-06	7/30-8/27	Sat	9:30-10:30 am	\$65	McGaugh

JUNIORS ADVANCED (7-10 years) No class: 7/4, 8/1

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333021-07	6/20-7/18	Mon	5-6 pm	\$65	Heather Park
333021-08	7/25-8/22	Mon	5-6 pm	\$65	Heather Park

TWEENS BEGINNING (11-13 years) No class: 7/5, 7/7, 8/2, 8/4

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333023-01	6/21-7/19	Tues	6-7 pm	\$65	Heather Park
333023-02	7/26-8/23	Tues	6-7 pm	\$65	Heather Park
333023-03	6/23-7/21	Thur	6-7 pm	\$65	Marina
333023-04	7/28-8/25	Thur	6-7 pm	\$65	Marina

TWEENS INTERMEDIATE (11-13 years) No class: 7/4, 8/1

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333023-05	6/20-7/18	Mon	6-7 pm	\$65	Heather Park
333023-06	7/25-8/22	Mon	6-7 pm	\$65	Heather Park

**1st Annual Seal Beach
Summer Send-Off!**
Saturday, August 27th

ADULTS BEGINNING (14+ years) No class: 7/5, 7/7, 8/2, 8/4

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333022-01	6/21-7/19	Tues	7-8 pm	\$65	Heather Park
333022-02	7/26-8/23	Tues	7-8 pm	\$65	Heather Park
333022-03	6/23-7/21	Thur	7-8 pm	\$65	Marina
333022-04	7/28-8/25	Thur	7-8 pm	\$65	Marina

ADULTS ADVANCED (14+ years) No class: 7/4, 8/1

Instructor: Brian Collison

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333022-05	6/20-7/18	Mon	7-8 pm	\$65	Heather Park
333022-06	7/25-8/22	Mon	7-8 pm	\$65	Heather Park



Seal Beach Tennis Center

For more information, call 562-598-8624.

TINY TOTS (4-5 years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333035-01	6/6-6/27	Mon	4:30-5:30pm	\$70	SBTC
333035-02	7/11-8/1	Mon	4:30-5:30pm	\$70	SBTC
333035-03	8/8-8/29	Mon	4:30-5:30pm	\$70	SBTC

ADULT BEGINNING (18+ years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333030-01	6/15-7/13	Wed	10:30-11:30am	\$80	SBTC
333030-02	7/27-8/24	Wed	10:30-11:30 am	\$80	SBTC

ADULT ADVANCED BEGINNING (18+ years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
333030-01	6/18-7/23	Sat	11am - 12pm	\$80	SBTC
333030-02	7/30-8/27	Sat	11am - 12pm	\$80	SBTC

CARDIO TENNIS (16+ years)

Instructor: Brenda Danielson

CLASS #	DATES	DAYS	TIME	PRICE	LOCATION
334010-01	6/18-7/23	Sat	8:30-9:30 am	\$80	SBTC
334010-01	7/30-8/27	Sat	8:30-9:30 am	\$80	SBTC

Senior Lunch Program

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive. Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. Meals, support services and transportation are available to all persons age 60+ on a donation basis. The Center is open Monday through Friday, 8 a.m.-2 p.m. Lunch is served at 11:15 a.m. For more information, please call (562) 430-6079 between the hours of 11 a.m. and 1p.m. If you need transportation to the senior lunch program, arrangements may be made with the City's Dial-A-Ride transportation company. This shuttle service is available to and from the North Seal Beach Senior Lunch Program site which is located in the Rossmoor Shopping Center.

Senior Dial-A-Ride Program in Seal Beach

The Dial-A-Ride component of the program has traditionally offered to deliver a senior resident to any location within the three miles outside City Limits. Dial-A-Ride service is available Monday through Friday from 8 a.m. to 5 p.m., and can be utilized by calling (562) 439-3699 at least 24 hours in advance to schedule a date, time, and location. The service can be made for any reason such as doctor's appointments, retail/grocery shopping (within the City of Seal Beach), and dining excursions (within the City of Seal Beach).

Attention Leisure World Residents: The City's Dial-A-Ride Program will no longer allow users to make reservations for trips that begin at a user's home in Leisure World to another location inside Leisure World. Leisure World currently operates a shuttle service that transports residents throughout Leisure World.

Home Delivered Meals

For homebound individuals 60+ years of ages who are unable to shop/and or prepare meals for themselves, Community Senior Serv delivers three meals directly to their homes – a cold lunch, a frozen dinner, and breakfast items. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week. Suggested donation is \$4.50/day. For more information, call (714) 220-0224.

Drivers Needed to Deliver Meals

Help us bring smiles to the faces of older adults living in your community. We are in need of volunteer drivers to deliver meals to homebound elders in Seal Beach who are unable to cook and/or shop for themselves. Drivers are needed for one hour a day, Monday thru Friday between 10 a.m. and 1 p.m. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, call (714) 220-0224.

In Home Case Management

For older adults who are facing multiple problems, which they cannot resolve on their own, Community Senior Serv Case Managers are available to help them evaluate and find acceptable solutions to their individual needs. Referrals may be made by any concerned individual, physician, Social Service Worker, family member, neighbor, or the senior themselves, Monday through Friday, from 8 a.m.-5 p.m. For more information, call (714) 220-0224.

Shopper Shuttle

The Shopper Shuttle provides transportation to shopping centers throughout the City of Seal Beach. The Shopper Shuttle runs in North Seal Beach Monday through Wednesday 8 a.m. to 4:30 p.m., Thursday 8 a.m. to 2 p.m. and Friday 8 a.m. to 4:30 p.m. The Shuttle runs in Old Town and Seal Beach Pier Thursday 8 a.m. to 4:30 p.m. For more information and pickup locations, please call (562) 439-3699 or Public Works at (562) 431-2527 ext. 1317.

Friendly Companions

Community Senior Serv serves over 1200 frail, isolated, homebound older adults daily who are in need of companionship. Many homebound elders are lonely and do not or cannot reach out to others. If you find joy in making a difference and enjoy listening or talking, friendly visiting is the right volunteer opportunity for you. Volunteers visit in the home of the older adult and offer warmth, friendship and understanding to make life more meaningful. Volunteers play an important part in the elders well-being by helping to restore feelings of self worth, dignity and promoting independence. Volunteers are needed throughout Central, North and West Orange County. Families are encouraged to volunteer. Call (714) 220-0224 to volunteer.

Referral Assistance

This referral service directs persons 60+ to the appropriate agencies for specific needs. Call the Orange County Senior Information and Referral Line at (714) 567-7500 if you need assistance. This program is designed to provide seniors access to the many agencies and human service programs available that can assist with problems, legal information, nutrition programs and more.

Health Insurance Counseling and Advocacy Program (HICAP)

Trained counselors are available to assist seniors with Medicare rights and protections. They can help with HMO appeals, with information regarding Medi-Gap Plans and/or Long Term Care information. No fee. For more information, call 714-560-0424.

Senior Pinochle Club

**Senior Center, 707 Electric Ave.
Free – Drop in – Tuesday 9 a.m. - 3 p.m.**

Person 50 years of age and older are invited. The club provides opportunities to meet new friends, develop new interests and socialize.

Medicare 101

**Cesar Arteaga
Seal Beach Senior Center
707 Electric Ave**

Learn about Social Security timeframes, how to enroll in Medicare, and the qualifications to receive Medicare. Learn about what Part A, Part B, Part C, and Part D consist of and what it covers and does not cover. The instructor will explain the options that Medicare beneficiaries have to get coverage for and what Medicare does not cover, such as Medicare Advantage plans, Prescription drug plans, and Medicare Supplement plans. Additional plans are also available for those who are receiving financial assistance or for those who have Medicare and Medi-Cal.

356040-01	1 Day	Mon	7/11	10-11am	63+ yrs	FREE
356040-02	1 Day	Mon	8/15	10-11am	63+ yrs	FREE

Map & Facilities

Amenity Key Updated December 2012

- Baseball Fields
- Basketball Courts
- Bike Racks
- Bleachers
- Classes Offered Here
- Community Center
- Community Garden
- Drinking Fountains
- Dugout Bench
- Gravel Parking Area
- Gymnasium
- Handball Courts
- Park Benches
- Paved/Striped Parking Spaces
- Pet Waste Dispenser
- Picnic Shelters
- Picnic Tables
- Portable Toilets
- Reservable
- Restrooms
- Soccer Fields
- Softball Fields
- Swimming Pool
- Swing Sets
- Tennis Courts
- Tetherball
- Tot Lot/Playgrounds
- Trash Receptacles
- Volleyball Courts



Map not to scale.

Park/ Facility **L = Lit U = Unlit i = Indoor**

1 Almond Park – 4600 Almond Ave. <i>in College Park East</i>	
2 Arbor Park – 4665 Lampson Ave. <i>Behind the WestEd Facility, College Park East off Lampson Ave</i>	
3 Arbor Dog Park – 4665 Lampson Ave. <i>Behind the WestEd Facility off Lampson Ave</i>	
4 Aster Park – Aster St. & Candleberry <i>in College Park East</i>	
5 Beach	
6 Bluebell Park – Almond Ave. & Bluebell St. <i>in College Park East</i>	
7 City Hall & Community Services Office – 211 8th St <i>on the 2nd floor in Old Town</i>	
8 Corsair Park – Corsair Way <i>in Bridgeport</i>	
9 Edison Park – 99 College Park Dr. <i>in College Park West</i>	
10 Eisenhower Park – Ocean Ave. <i>at Main St. in Old Town</i>	
11 Electric Greenbelt – <i>Runs along Electric Ave in Old Town</i>	
12 Fire Station #48, Community Room – 3131 North Gate Rd.	
13 Gum Grove Nature Park – corner of Crestview & Avalon Dr. <i>on the Hill</i>	
14 Heather Park – Heather St. & Lampson <i>in College Park East</i>	
15 Los Alamitos Community Center – 10911 Oak St., Los Alamitos	
16 Los Alamitos/Rossmoor Library – 12700 Montecito Rd. (562) 430-1048	
17 Marina Park & Community Center – 151 Maina Dr. <i>in Old Town</i>	
18 McGaugh School (LAUSD) – 1698 Bolsa Ave. <i>on the Hill</i>	
19 North Seal Beach Center – 3333 St. Cloud Dr.	
20 Schooner Park – Schooner Way & Dory Way <i>in Bridgeport</i>	
21 Seal Beach Police – 911 Adolpho Lopez Dr. (562) 799-4100	
22 Seal Beach Senior Center/Mary Wilson Library – 707 Electric Ave. <i>in Old Town</i>	
23 Seal Beach Tennis Center/Club House – 3900 Lampson Ave (562) 598-8624 www.sealbeachtenniscenter.com	
24 Windsurf Park – Adjacent to the 1st St. Beach Parking Lot	
25 Zoeter Field – 12th St. & Landing Ave. <i>in Old Town</i>	

5 easy ways to REGISTER TODAY

1 MAIL IN

Select the class or classes you are interested in and complete the registration form. Please sign the consent section at the bottom. Mail the completed registration form with a check or money order (do not send cash) made payable to the City of Seal Beach, or your MasterCard or Visa number to:

City of Seal Beach
ATTN: Finance Department
211 8th Street
Seal Beach, CA 90740

If you would like to receive a confirmation receipt, please supply a self-addressed, stamped envelope with your registration or request that one be sent to your e-mail address.

2 WALK IN

Open Monday - Friday
Registration in person at Seal Beach City Hall from 8 a.m. -5 p.m. Monday through Friday. Closed daily from 12-1p.m.

3 ONLINE

Register for classes from your home 24/7 and it's FREE! You can browse activities and facilities; view your history, reprint receipts, register for classes, renew your swim pass, print a household calendar and more!

If you have registered for any classes, camps, or swim passes through our department but have not registered online please call the Community Services Department for your user ID & password. Register online at: register.sealbeachca.gov

4 FAX

Register by fax with your Visa or Master Card. Fax us 24 hours a day at **(562) 430-3498**. Please have all of your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

5 E-mail

Scan and e-mail your registration to communityservices@sealbeachca.gov

Online Registration begins May 2, 2016

Walk-in and Mailed Registration begins May 9, 2016

Please register early to avoid class cancellations.

Submit Your Photos

Have you or your children participated in one of our classes and have high resolution digital photographs that you would like to submit for publication in the Seal Beach *Shoreline*? If so, you can email them to Dana at dengstrom@sealbeachca.gov.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured

The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of Seal Beach or anyone authorized by the City of Seal Beach of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."



Refund Policy

► Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us. You will be refunded a prorated fee minus the \$5 admin fee for the class you attended.

► Refund checks will be mailed within three weeks following the request.

► If the Department cancels a class, before the start date, an automatic refund will be processed at no cost to the registrant.

► A \$26 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Seal Beach Community Services Department prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs. All are welcome to register and we encourage your participation. If you have special needs, please contact the Community Services Office at (562) 431-2527, ext.1344.

Community Services Department

City of Seal Beach

211 8th Street
Seal Beach, CA 90740
Office (562) 431-2527 ext. 1344
Fax (562) 430-3498

Office Hours

Monday - Friday; 8am - 5pm
(closed daily 12-1pm for lunch)

For Your Information: We share instructors and co-sponsor activities and classes to better serve YOU, our most important customer!

CONTENT: We make every effort to ensure the information in the Guide is accurate & up-to-date. We regret that occasional errors occur & we retain the right to amend information & fees.

Seal Beach Community Services Department

211 8th Street, Seal Beach, Ca 90740

Community Services Office (562) 431-2527 Ext. 1344 • Office Fax (562) 430-3498

CLASS REGISTRATION FORM

ADULT NAME: _____
LAST NAME FIRST NAME

E-MAIL: _____

ADDRESS: STREET _____ CITY _____ STATE _____ ZIP _____

PHONE: HOME # _____ WORK# _____ MOBILE # _____

EMERGENCY CONTACT: _____ PHONE # _____

Drivers License #: _____ EXP DATE: _____

Check if address or phone number has changed (For returning participants only)

PARTICIPANT FIRST NAME	LAST NAME	BIRTH DATE	CLASS #	CLASS TITLE	START DATE	FEE \$	Office Use Only ACCOUNT #
TOTAL						\$	

RELEASE AND INDEMNIFICATION

I hereby agree to indemnify, defend and hold harmless the City of Seal Beach, its officers, employees, agents and volunteers from and against any and all claims, damages, liability, bodily injury, death, expenses, and judgments, including attorney fees, expert witness fees and court costs in any way arising from my (or my child's) participation in the program for which I am registering him/her. I understand and am familiar with the nature of the event or activity and recognize that this event or activity can be dangerous to me (or my child) and accept those dangers. In case of emergency, I give my permission for emergency medical treatment. I also give my permission to the City of Seal Beach to photograph me or my child participating in this event or activity for advertising purposes for the City of Seal Beach and acknowledge I will not receive any compensation for such use. My signature acknowledges that I understand and agree to the above conditions.

DATED: _____ SIGNATURE: _____

(PARTICIPANT/PARENT OR GUARDIAN)

METHOD OF PAYMENT

MAKE CHECK PAYABLE TO CITY OF SEAL BEACH

CHECK #: _____ CHECK DATE: _____

CASH

VISA MASTERCARD

CARD # - - - EXP. DATE -

SIGNATURE _____ TOTAL CHARGED TO ACCT: \$ _____

City of Seal Beach
CITY HALL
211 8th Street
Seal Beach, CA 90740

POSTAL CUSTOMER
Seal Beach, CA 90740

PRSR STD
U. S. Postage
PAID
Long Beach, CA
PERMIT #70001

Seal Beach Chamber of Commerce & City of Seal Beach present...

2016 SUMMER CONCERTS



WEDNESDAYS
6:00 - 8:00 PM

at Eisenhower Park

July 6 – Crimson and Crowbar	August 3 – Grilled Cheese Soundwich
July 13 – Highway 91	August 10 – Abbey Road
July 20 – Aquarius	August 17 – Flash Back Heart Attack
July 27 – Elm Street Band	August 24 – LAVation

1st
Annual

Seal Beach Community Services & Lions Club present...

Seal Beach Summer Send-Off

Join us for some end of summer fun!

WHEN: Saturday, August 27th
5:00 p.m.

WHERE: Heather Park
(College Park East)

WHAT: Enjoy summer games, activities,
and hotdogs cooked by the Lions
Club. End the night with a movie in
the park and fresh popcorn!