HELLO

Spring

Classes and Park Activities Begin Monday, February 3, 2020
Register Now at Lakewoodcity.org/ecatalog
GATHERING PLACES – By providing places for learning and socializing
FOREVER – Parks and community centers enrich our lives by providing memories for a lifetime
PLAY – By offering safe playgrounds and play spaces
NATURE – By providing beautiful landscaping and open space
EXERCISE – By providing opportunities for healthy exercise
POSITIVE SPACES – By offering supervised places for our community

The City of Lakewood’s Spring Catalog features an exciting schedule of programs, classes and events to enhance the lives of community members. The six key messages listed below explain how Lakewood parks and recreation opportunities make your life better.

WHAT'S INSIDE

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<tr>
<td>Teen Scene</td>
<td>Registration Information</td>
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The City of Lakewood Recreation and Community Services Department is pleased to offer an exciting variety of classes, programs and community events planned for the spring season.

Teens in Lakewood are invited to participate in the many activities scheduled at the Lakewood Youth Center and the Teen Resource Center at Bloomfield Park. From fun Food and Flick meet ups, to a Career Building Series, as well as a St. Patty’s Day 3-on-3 Basketball Tournament, there is something for every teen looking to get involved in the community. Check out the Teen Scene section (pgs. 22-23) for more information.

The family friendly Play at Palms series (pg. 21) continues this spring with two Movie Nights Under the Stars featuring “The Lion King” on February 14 and “Pokémon Detective Pikachu” on March 13. Additionally, the Spring Community Car Show series will be held on April 10 and June 12.

There are countless opportunities for everyone to get involved this spring. Be sure to read through this entire catalog to find out how!

SPRING CALENDAR

Resident Registration is going on now.

Non-Resident Registration Begins: Monday, January 6

Most Classes Begin Week Of: Monday, February 3

lakewoodcity.org/recreation • 562-866-9771 ext. 2408 • PLEASE REGISTER IN ADVANCE FOR CLASSES
Exercise/Fitness Classes

For all fitness classes, please wear comfortable, breathable clothing and supportive shoes. You may want to bring a towel or exercise mat to class. Also, please consult your doctor before beginning any exercise program.

40+ Fit & Friendly
This friendly, very encouraging, stress reducing aerobics class is designed for everyone, especially adults over age 40. Class includes a short warm up, beginner level exercise including weights or resistance training bands and a short cool down period. If you are looking for the perfect place to get away from the fast-paced world and have a great time working out, please come join us. Life can begin at 40!
Instructor: Karen Suri
16285 T,Th 7:00pm-8:00pm 2/4-3/19 BCC $28/14 Mtgs
16286 T,Th 7:00pm-8:00pm 3/31-4/30 BCC $20/10 Mtgs
16287 T,Th 7:00pm-8:00pm 5/5-6/11 BCC $24/12 Mtgs

Aerobic Workout with Zero Impact
This tried and true Chinese workout increases aerobic activity, flexibility, strength, stamina, coordination, body muscle tone and balance through repeated rhythmic movement of all the muscle groups with zero impact. It’s both knee and back safe and appropriate for all levels, including those with physical conditions preventing impact. Instructor Richard Mieir-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsTaiChi.com for more information.
16290 W 9:00am-10:00am 2/5-3/11 CTR $40/6 Mtgs
16291 W 9:00am-10:00am 3/25-4/29 CTR $40/6 Mtgs
16292 W 9:00am-10:00am 5/13-6/10 CTR $34/5 Mtgs

Ballet Burn
Combining the benefits of ballet with fitness, Ballet Burn focuses on building muscle and burning calories. Light weights, TheraBands, medicine balls and basic ballet movement at the barre are used throughout class. Perfect for individuals looking for a ‘no impact’ workout and challenging enough for fitness enthusiasts. Instructor: Kick It Up! Staff
•Location: Kick It Up!, 8129 E. Wardlow Rd., Long Beach.
16326 M 9:30am-10:30am 2/3-3/23 Off Site $40/8 Mtgs
16314 T 7:30pm-8:30pm 2/4-3/24 Off Site $40/8 Mtgs
16317 W 8:30am-9:30am 2/5-3/25 Off Site $40/8 Mtgs
16323 F 8:30am-9:30am 2/7-3/27 Off Site $40/8 Mtgs
16327 M 9:30am-10:30am 3/30-5/18 Off Site $40/8 Mtgs
16315 T 7:30pm-8:30pm 3/31-5/19 Off Site $40/8 Mtgs
16318 W 8:30am-9:30am 4/1-5/20 Off Site $40/8 Mtgs
16324 F 8:30am-9:30am 4/3-5/22 Off Site $40/8 Mtgs

Basic Yoga
Yoga is designed to bring union to body, mind and spirit through flexibility, strength, full range of motion, balance, fullness of breath and relaxation. Individual needs are addressed and this style is gentle and appropriate for all ages and all levels. Instructor: Barbara McEnroe
•No class February 17 and May 25.
16340 M 6:00pm-7:00pm 2/10-3/16 WSC $50/5 Mtgs
16341 M 6:00pm-7:00pm 3/23-4/20 WSC $50/5 Mtgs
16342 M 6:00pm-7:00pm 5/4-6/8 WSC $50/5 Mtgs

Belly Jamz
Belly Jamz is a core strengthening, glute tightening, cardio dance party all in one! Combining the best of belly dancing with stomach and leg strengthening, this class will burn calories, blast away the fat and tone your ‘core’ section and legs. And it won’t even feel like you’re working out because you’ll have so much fun! Instructor: Kick It Up! Staff
•Location: Kick it Up!, 8129 E. Wardlow Rd., Long Beach.
16380 T 9:30am-10:30am 2/4-3/24 Off Site $40/8 Mtgs
16383 F 9:30am-10:30am 2/7-3/27 Off Site $40/8 Mtgs
16381 T 9:30am-10:30am 3/31-5/19 Off Site $40/8 Mtgs
16384 F 9:30am-10:30am 4/3-5/22 Off Site $40/8 Mtgs

Capoeira
Often referred to as the Art of Deception, Capoeira is a dynamic hybrid that combines martial arts, dance and acrobatics. Increase flexibility, balance and stamina while achieving a total body workout. Ages 12 and up. Instructor: Courtney Claverie, Professora Sombra
•Please wear comfortable, loose fitting clothing (no shorts).
16396 T,Th 7:45pm-9:00pm 2/4-3/12 CTR $75/12 Mtgs
16397 T,Th 7:45pm-9:00pm 3/17-4/16 CTR $65/10 Mtgs
16398 T,Th 7:45pm-9:00pm 4/21-6/4 CTR $85/14 Mtgs

Cardio Funk
This great cardio hip hop class combines funky hip hop with the intensity of a low impact cardio workout. Come ready to burn a ton of calories and learn some easy to follow dance moves while listening to some of your favorite music. Please wear tennis shoes to class.
Instructor: Kick It Up! Staff
•Location: Kick it Up!, 8129 E. Wardlow Rd., Long Beach.
•No class April 12.
16965 W 7:30pm-8:30pm 2/5-3/25 Off Site $40/8 Mtgs
16399 Su 9:00am-10:00am 2/9-3/29 Off Site $40/8 Mtgs
16666 W 7:30pm-8:30pm 4/1-5/20 Off Site $40/8 Mtgs
16400 Su 9:00am-10:00am 4/9-5/31 Off Site $40/8 Mtgs

Please register early! At some point, we must determine if enrollment is sufficient to hold a class. If you haven’t registered in advance, we can’t notify you if the class is canceled, or if we have made a change in the class logistics.
Adult Fitness & Sports

Chinese Wand Workout
A safe, effective and fun way to start your day, improve strength, energy, cardiovascular fitness, flexibility, balance, youthful vitality and benefit joints, muscles and mind. Appropriate for any age or ability. We will also explore the benefits of health batons and rope. Sticks will be available for purchase in class if you do not have one. Instructor Richard Mieir-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsTaiChi.com for more information.

• No class February 17 and May 25.

16411 M 9:00am-10:00am 2/3-3/9 CTR $34/5 Mtgs
16412 M 9:00am-10:00am 3/23-4/27 CTR $40/6 Mtgs
16413 M 9:00am-10:00am 5/11-6/8 CTR $27/4 Mtgs

Fighting Masters Seminar
The Fighting Masters Seminar is a yearly gathering of Martial Arts Masters presenting and sharing information and knowledge of their respective arts with participating students. This is an information and action packed day of classes and demonstrations. Don’t miss out on this opportunity to work with this gathering of masters. Visit www.KingsTaiChi.com for additional information. Hosted by Sifu Richard-Mieir-King

16449 Sa 9:00am-3:00pm 5/30 LYC $45/1 Mtg

Hot Hula
Hot Hula fitness is a fun, new and exciting dance workout, which isolates your larger muscle groups, increasing strength and definition to your core. Inspired by the dances of the Pacific Islands, Hot Hula incorporates traditional and new dance movements set to the Polynesian drum beats and funky Reggae music, in a 60 minute total body workout. Instructor: Kick It Up! Staff

Location: Kick It Up!, 8129 E. Wardlow Rd., Long Beach.

16493 W 9:30am-10:30am 2/5-3/25 Off Site $40/8 Mtgs
16494 W 9:30am-10:30am 4/1-5/20 Off Site $40/8 Mtgs

Kundalini Yoga
Awaken your spirit and tap into your true human potential. ‘Kundalini’ is a powerful energy that lies within us and opens creativity, mental alertness, inner drive and ability to fully experience life. It’s a technology that includes breath, movement and postures to strengthen the body, awaken the mind and develop inner peace. Enjoy deep relaxation to beautiful music and meditation for peace, tranquility, intuition or happiness. Instructor has 35 years experience teaching Kundalini yoga. Bring a beach towel or blanket and coffee mug for yogi tea at the end of class (optional). Instructor: Gobind Boyes

• No class February 17 and May 25.

16572 M 6:30pm-7:45pm 2/3-3/2 BOY $40/4 Mtgs
16573 M 6:30pm-7:45pm 3/3-3/30 BOY $40/4 Mtgs
16574 M 6:30pm-7:45pm 4/4-4/27 BOY $40/4 Mtgs
16575 M 6:30pm-7:45pm 5/4-5/18 BOY $30/3 Mtgs
16983 M 6:30pm-7:45pm 6/1-6/22 BOY $40/4 Mtgs

Kundalini Yoga Kriyas & Meditation
This class is for those who have practiced any type of yoga and would like to experience the deeper mysteries and effects of Kundalini Yoga. In this class we will practice “kriyas” that combine breathing techniques with yoga postures and movement to achieve physical vitality, mental clarity and deep inner peace. Students will also learn mudras, breath, mantras and bandhas to develop a meditative mind. Please bring a yoga mat and beach towel to class.

Instructor: Gobind Boyes

16576 W 5:30pm-6:45pm 2/5-3/4 MVP $50/5 Mtgs
16577 W 5:30pm-6:45pm 3/11-4/8 MVP $50/5 Mtgs
16578 W 5:30pm-6:45pm 4/15-5/6 MVP $40/4 Mtgs
16579 W 6:30pm-7:45pm 5/20-6/17 MVP $50/5 Mtgs

Pilates
Pilates is not just for your core. Pilates is a system that integrates movements that work your entire body. Exercises can be adapted for beginners to more advanced students. Fun and hard work, Pilates is a time-tested discipline that delivers. Please bring a mat and long belt or strap to class. Instructor: Elizabeth Markley

• No class February 19.

16677 W 7:35pm-8:35pm 2/5-2/26 CTR $45/3 Mtgs
16678 W 7:35pm-8:35pm 3/4-3/25 CTR $60/4 Mtgs
16679 W 7:35pm-8:35pm 4/4-4/22 CTR $60/4 Mtgs
16997 W 7:35pm-8:35pm 6/3-6/10 CTR $30/2 Mtgs

Pilates Barre Fitness
This is a high energy, mindful, Pilates routine that uses various exercise props (all provided) including a ballet barre for stability. You will be working and conditioning your entire body. Instructor Evelyn Grauten has been teaching for over 17 years.

• No class February 17, April 13 and May 25.

16680 M 12:15pm-1:15pm 2/3-3/16 CTR $48/6 Mtgs
16681 M 12:15pm-1:15pm 3/23-4/27 CTR $40/5 Mtgs
16682 M 12:15pm-1:15pm 5/4-6/8 CTR $40/5 Mtgs

NON-RESIDENTS ADD THE FOLLOWING FEES FOR EACH CLASS ENROLLMENT.

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<th>Class Fee</th>
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<td>$11 - $29</td>
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<td>$30 - $59</td>
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<td>$60 AND OVER</td>
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Mother’s Day Brunch
Let TGIS Catering and The Centre celebrate and pamper your Mom on Sunday, May 10, 2020 at the annual Mother’s Day Champagne Brunch.

Mother’s Day Brunch is a delicious family-friendly, all-you-can-eat brunch featuring a variety of culinary delights, a complimentary photo booth, and so much more!

For reservations, call TGIS Catering at (562) 804-4434.

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<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Description</th>
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<tr>
<td>The Centre</td>
<td>May 10</td>
<td>10:00am-2:00pm</td>
<td>Mother’s Day Champagne Brunch</td>
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If you have any questions, please contact AdultPrograms@LongBeach.gov or call (562) 570-3000.
**Power Barre Fitness**

Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace build lean muscle. The method is influenced by classical dance and though it is not a dance class, it will give you a dancer’s body. A bar is used to achieve optimum positioning, 1 or 2 lb. weights for the arms, along with an 8 inch soft ab ball which will give your abs the shape you desire. Master Cynthia has helped countless women reshape their bodies. Visit her website at www.jgparksmartialarts.com. Instructor: Master Cynthia Markopulos, 4th Degree Black Belt.

- Location: U.S. Taekwondo Academy, 12233 Centralia, Lakewood.
- No class May 25.

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**Power Tae Fitness**

Power Tae Fitness, created by Grand Master J. G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, cardio, boxing and cardio-weight movements done to high energy, upbeat music. Add this class to your weekly routine to see the results you’ve been looking for. If you like Tae Bo or Turbo Kick, you’ll love this class! For more information visit www.jgparksmartialarts.com. Instructor: Master Cynthia Markopulos, 4th Degree Black Belt.

- Location: U.S. Taekwondo Academy, 12233 Centralia, Lakewood.
- Class meets Wed., 7:10-8 p.m. & Sat., 8:30-9:20 a.m.
- No class May 23.

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**Power Tae Remix Fitness**

This class combines Taekwondo and kickboxing done to high energy upbeat music. Our kickboxing workouts incorporate kicking and punching for a dynamic, challenging experience. You’ll keep your body guessing as our trainers motivate and inspire you to empower your body with every style of kick and punch throughout the rounds. This class takes the spirit and movement of professional kickboxing and turns it into a fun fitness challenge focused on cardiovascular health. For more information visit www.jgparksmartialarts.com. Instructor: Master Cynthia Markopulos

- Location: U.S. Taekwondo Academy, 12233 Centralia, Lakewood.

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**Stretch & Easy Conditioning**

Keep your muscles and back in shape by learning to do nice and easy stretching, body conditioning and a little bit of yoga. Learn how to strengthen your stomach and stretch all those ‘sore’ spots such as your neck, shoulders, back and more so you’ll feel great. You’ll love this great daytime class. Instructor: Evelyn Grauten

- No class February 17, April 13 and May 25.

<table>
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<tr>
<th>Class Code</th>
<th>Days</th>
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**Tai Chi and Chi Kung for Health**

Start your day right with this great class. Tai Chi and Chi Kung’s calming and graceful movement will relax and relieve tension and build youthful vitality and energy rather than dissipate it. Feel energized for the rest of the day without jarring your body. Instructor Richard Mieir-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsTaiChi.com.

- Class on April 21 will meet at Mayfair Park.

<table>
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</table>

**Tai Chi for Health & Wellness**

Tai Chi is an exercise method coordinating breath, movement and relaxation while improving and increasing the body’s energy. Students will learn the Yang Short Form and other health exercises. Tai Chi reduces stress, improves circulation and balance, increases strength and more. Qigong (energy work) will also be practiced. Instructor Richard Mieir-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsTaiChi.com.

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<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Location</th>
<th>Instructor</th>
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<td>Th</td>
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<td>16801</td>
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<td>6:00pm-7:00pm</td>
<td>5/14-6/11</td>
<td>WSC</td>
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**Water Aerobics (Pre-Summer Shallow)**

Get a head start on your summer fitness with a splash! Come join the fun at the pool and stay healthy at the same time. Burn fat while doing moves that will shape and sculpt your body with zero stress to the joints! The intensity of this water aerobics class is determined by how hard you decide to work! Instructor: City Staff

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<th>Class Code</th>
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<th>End Time</th>
<th>Dates</th>
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<th>Instructor</th>
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<td>Th, T</td>
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<td>MAY</td>
<td>$24/6 Mtgs</td>
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**Adult Fitness & Sports**
World Tai Chi Day 2020
Join us in Lakewood for a gathering that is celebrated world wide in which the benefits of Tai Chi and other Far Eastern health practices are demonstrated, discussed and taught. Multiple instructors/ masters come to generously share their knowledge and skills. Don’t miss this opportunity to not only see demos of these practices but to actually leave with practical knowledge of actual skills that can benefit you. No prior experience necessary. Visit www.KingsTaiChi.com for additional information. Hosted by Sifu Richard-Mieir-King

Yin Yoga
A gentle, slow paced style of yoga with postures held for longer periods of time, Yin yoga works with the connective tissues of the body; the tendons, fascia and ligaments, with the aim of increasing circulation in the joints and improving flexibility. Sequences are aligned with the meridians in the body, as found in Chinese medicine and acupuncture. This healing yoga is suitable for all levels, ages and body types, as well as those with prior injuries. Instructor: Barbara McEnroe

• No class February 17 and May 25.
16680 M 7:00pm-8:00pm 2/10-3/16 WSC $50/5 Mtgs
16681 M 7:00pm-8:00pm 3/23-4/20 WSC $50/5 Mtgs
16682 M 7:00pm-8:00pm 5/4-6/8 WSC $50/5 Mtgs

Yoga for Fitness
This casual daytime yoga class has an Americanized style that puts emphasis on exercise, and is perfect for beginning and intermediate levels of fitness. By combining yoga postures, stretches and breathing awareness, your body will feel healthier and stronger. Instructor Evelyn Grauten will demonstrate and coach you by giving easy to follow modifications.

• No class June 2.
• Class on April 21 will meet at Mayfair Park.
16683 T 11:30am-12:30pm 2/4-2/25 CTR $36/4 Mtgs
16684 T 11:30am-12:30pm 3/3-3/31 CTR $45/5 Mtgs
16685 T 11:30am-12:30pm 4/4-4/28 CTR $36/4 Mtgs
16694 T 11:30am-12:30pm 5/5-6/9 CTR $45/5 Mtgs

Zumba
Ditch the workout and join the Zumba party! Zumba is a workout unlike any other, combining cardio, Latin dance styles, and music while toning the entire body. Using simple steps and upbeat music, Zumba is a class that anyone can do and achieve amazing results. So join in the fun and get the results you’ve always wanted. Instructor: Kick It Up! Staff

• Location: Kick It Up!, 8129 E. Wardlow Rd., Long Beach.
• No class April 12.
16690 M 6:30pm-7:30pm 2/3-3/23 Off Site $40/8 Mtgs
16695 T 6:30pm-7:30pm 2/4-3/12 Off Site $40/8 Mtgs
16690 W 6:30pm-7:30pm 2/5-3/25 Off Site $40/8 Mtgs
166911 Th 6:30pm-7:30pm 2/6-3/26 Off Site $40/8 Mtgs
166914 Sa 8:00am-9:00am 2/8-3/28 Off Site $40/8 Mtgs
16699 Su 10:00am-11:00am 2/9-3/29 Off Site $40/8 Mtgs
16693 M 6:30pm-7:30pm 3/30-5/18 Off Site $40/8 Mtgs
16696 T 6:30pm-7:30pm 3/31-5/19 Off Site $40/8 Mtgs
16699 W 6:30pm-7:30pm 4/1-5/20 Off Site $40/8 Mtgs
166912 Th 6:30pm-7:30pm 4/2-5/21 Off Site $40/8 Mtgs
166915 Sa 8:00am-9:00am 4/4-5/23 Off Site $40/8 Mtgs
166900 Su 10:00am-11:00am 4/5-5/31 Off Site $40/8 Mtgs

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 38 for additional fees.
The 5K/10K Lakewood Run is presented by the Lakewood Sheriff’s Station and Soroptimist International of Lakewood/Long Beach. Sheriff’s Deputies, recreational runners, families and kids looking for a fun outing will gather at the starting line on Saturday, March 7 in front of the Lakewood Sheriff’s Station. Proceeds from this event benefit local charitable organizations.

Run organizers note the course is a fast, enjoyable run for both practiced runners and family members. For spectators, the day offers a fitness expo and displays of public safety equipment.

Check-in and registration begins at 6:30 a.m. with 5K and 10K races starting at 8 a.m. A 1K Fun Run for parents and youngsters begins at 9:30 a.m.

Pricing is as follows:

Early bird pricing by January 31:
- 5K/10K - $35
- 1K Fun Run - $20

Pre-registration from February 1 - March 6:
- 5K/10K - $40
- 1K Fun Run - $20

Race day registration:
- 5K/10K - $45
- 1K Fun Run - $25

To register or for more information, visit www.lakewoodrun.com
Women’s Volleytennis

Women’s volleytennis is a fast-paced game played with a tennis-height net with a volleyball on a volleyball court. Teams play Monday nights at various parks on outdoor courts. Officiated league games start at 6:30 p.m. and unofficial games begin at 7 p.m.

Adult Softball

Adult softball leagues are organized and scheduled as follows:
- Men’s Single Wall Bat – Fri. evenings
- Co-ed Single Wall Bat – Mon./Tues./Thurs. evenings and Sun. afternoons
- Bat Provided – Wed. evenings (Men’s) and Thurs. evenings (Co-ed)
- Wood Bat – Fri. evenings and Sun. afternoons

Spring Season
Registration dates: January 6 - 17

Summer Season
Registration dates: April 27 - May 8

Online Registration is available for all adult sports leagues. Go to www.lakewoodcity.org/eCatalog, click on Activities-Sports League. Teams may also register in person at the Recreation and Community Services Department at City Hall.

Registration/Information packets available online at www.lakewoodcity.org/sports. Teams may also obtain registration packets at the Recreation and Community Services Department, or call (562) 866-9771 ext. 2408. Fees and other details are available in the packets.

Adult/Teen Basketball Free Play*

Looking for a relaxed spot to play basketball with your friends? Come out to the Hoover Middle School Gymnasium on Wednesday evenings, and get your game on! Drop in play will be organized and monitored by recreation staff. Players must check-in at the gymnasium.

Wednesdays, beginning January 8, 2020
6:30-9 p.m. • Ongoing

Adult/Teen Volleyball Free Play*

Free play volleyball will be held for all levels at the Hoover Middle School Gymnasium in a fun, laid back atmosphere. Play will be organized and monitored by recreation staff. Players must check-in at the gymnasium.

Thursdays, beginning January 9, 2020
6:30-9 p.m. • Ongoing

School events require occasional changes to scheduled activities at the Hoover Middle School Gym. Up-to-date gym schedules are available through Lakewood Online at lakewoodcity.org/sports.
## Adult Dance

### 2-Step/Country Swing
Get your feet movin’ and learn the latest country dance moves. You’ll learn the basics of the 2-step plus the modern style of country western swing. Gear up for a night of dancing to your favorite tunes. No partner required. Ages 18 and up. Instructor: Janet Karter

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>WSC</th>
<th>Cost</th>
<th>MTGS</th>
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<td>WSC $48/6 Mtgs</td>
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### Ballroom & Social Dance 101
Looking for a way to get moving and have a good time? Want to be more comfortable dancing socially? This six week class will focus on a single dance style so that you can look and feel confident with the material. Dance selections may include: Swing, Rumba, Waltz, Foxtrot, Tango, Cha-Cha, Night Club 2-Step, Hustle or Salsa. Begin your journey towards a lifetime of dancing enjoyment. All levels welcome. Instructor: Jeremy Pierson

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<th>Cost</th>
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### Belly Dance
Learn the art of classical belly dancing while improving strength, muscle tone and flexibility. This activity enhances coordination, increases stamina and builds self-esteem in a fun, non-intimidating atmosphere. It’s a healthy and fun way to bring exercise into your life. Visit www.fahtiem.com. All ages welcome. Instructor: Fahtiem

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<td>WSC $49/6 Mtgs</td>
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### Big Band Swing & Lindy Hop (Beg.)
Everyone’s swingin’! It’s easier than you think. Learn a variety of Jitterbug, Lindy and New Yorker styles done to big band, blues and even country western music. A great introduction to partner dancing. Excellent for parties, nightclubs and cruises. For singles and couples. Instructor: Mitch Tannen

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### East Coast Big Band Swing (Int./Adv.)
Want a fun way to get in shape and cut a rug at the same time? If you already know Big Band Swing, come and learn cool steps and new styling to look great on the dance floor. This starts where basic swing left off and prepares you to shine at parties. For singles and couples. Instructor: Mitch Tannen

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<th>Time</th>
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### Kiele Polynesian Dance (Beg./Int.)
Kiele, Hawaiian for the gardenia flower, symbolizes love and romance. The dance of hula expresses love and romance, as well as a fun form of exercise. All skill levels are welcome, from beginners to the more experienced. Students will learn dances from the Polynesian islands of Hawaii, Samoa and Tahiti. Instructors: Ms. Willie Villa-Real and Ms. Stephanie Fontela

- Students will need to purchase a costume for performances, dates and cost TBA.

### Line Dance
This class is sure to bring out the Country Western in you. Instructor Janet Karter will teach you a variety of line dances. Come and meet new people. No partner is necessary. Line dancing is fun to do at local clubs or at parties. It’s the most popular type of dance being done by new ages. For ages 18 and up. Instructor: Janet Karter

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### My Wedding Dance
Step out on the right foot and make that special moment perfect. Learn the basic steps of Waltz and Fox Trot, as well as certain patterns to enhance your first dance. Bring your fiancé and the whole wedding party. Also, bring the music for your first dance and the instructor will tell you what type of dance goes with it. Many useful tips will be given to make this once in a lifetime event perfect. Instructor: Janet Karter

- Please bring your music.

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### Salsa (Beg.)
Shall we dance? Latin dancing is Hot, Hot, Hot!!! And, it’s easy to learn everyone’s doing in the nightclubs. Instructor: Mitch Tannen

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<td>WSC $48/6 Mtgs</td>
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### Salsa (Int.)
Ready to take your salsa dancing to the next level? In this class, you will build on the fundamental steps that you currently have and learn advanced moves to spice up your routines. Instructor: Mitch Tannen

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### Finished with this Brochure?
Don’t throw it away! Pass it along to a friend. We rely upon our friends to help us spread the word about our programs.

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Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 38 for additional fees.
Artistic Cooking with Pizzazz & Pizza Too!
Consider positive ways you can trim calories, and savor full-flavored, cleaner recipes that your body and palette can enjoy in this fun culinary class! Maybe you experience swelling, joint pain, stiffness, digestion problems and low energy issues? These can be due to foods you eat daily. With artistic tweaking, re-craft your diet in such a way to avoid these intolerant or allergic symptoms. Explore new flavors and healthier ways to cook, whether you are intolerant or not. Instructor: Clyde San Juan
• A $20 materials fee is due first class.
• Please bring take home containers, a lightweight cutting board, mixing bowls, measuring cups, tablespoons and teaspoons.
16987 Sa 9:30am-11:30am 2/8-2/29 WSC $50/4 Mtgs
16988 Sa 9:30am-11:30am 3/7-3/28 WSC $50/4 Mtgs
16989 Sa 9:30am-11:30am 4/4-4/25 WSC $50/4 Mtgs
16990 Sa 9:30am-11:30am 5/9-5/30 WSC $50/4 Mtgs

Beginner’s Guide to Getting Published
If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor’s desk. You will discover how to become a “published” writer overnight, submit manuscripts the correct way, find the right publisher for your work, determine when and how to get an agent, 100 ways to make money as a freelance writer and more. If you really want to succeed, this step-by-step workshop is a must! Instructor: LeeAnne Krusemark
• A $20 materials fee is payable to the instructor in class.
16343 T 7:00pm-9:00pm 3/10 MAY $30/1 Mtg

Book Club Dinner Group
Come eat dinner and have stimulating conversation with others who love good books. Instructor: April Berg
• A $5 materials fee is payable to the instructor in each class for refreshments.
• Please read Educated: A Memoir by Tara Westover before the first class and the remaining books will be selected by the class each month.
16389 T 7:00pm-9:00pm 2/18, 3/17, 4/21, 5/19 MVP $25/4 Mtgs

Community CPR Class
Through lecture and hands-on skill sessions, you will learn CPR (for adults, children and infants), first aid skills, and how to use an AED. Participants must be able to get on the floor to demonstrate correct CPR skills, as well as pass the written exam. Certification will be through the American Red Cross and is valid for two years. Instructor: City Staff
• Please arrive on time. Late participants will not be allowed to enter.
16414 Sa 7:30am-12:30pm 4/4 BCC $30/1 Mtg

Dog Manners “Crash Course”
Accomplish your training goals and get behavior problems under control in just four weeks! New obedience skills will be introduced and behavior problems addressed. Exercises will include: sit and down on command, stay with distractions, come when called and controlled walking on a leash. For dogs ages four months or older. Please pre-register and instructor will contact you with orientation information prior to first lesson. Dogs attend all meetings. Instructor: Khara Knight, Dog Services Unlimited
• Location: El Dorado Park, 2760 Studebaker Rd., Long Beach (grass near Hockey Court).
• Please bring current vaccination records and $5 insurance fee to first class.
16426 Sa 1:15pm-2:30pm 1/25-2/15 Off Site $87/4 Mtgs
16427 Sa 1:15pm-2:30pm 4/4-4/25 Off Site $87/4 Mtgs

Dog Obedience Training
How are you and your dog getting along? If you would like your dog to become a trustworthy, well-mannered member of your family, this class will provide the help you need! All A.K.C. novice obedience commands (heel, automatic sit, down-stay, come, etc.) will be covered, and advice on behavior problems such as destructive chewing, house-soiling, jumping on people and more will be provided. All breeds of dogs 5 months and older (4 months for larger breeds) and kids ages 10 and older may attend with a registered adult. Check out DogClassInfo.com. Instructor: Rose Healey, Dog Services Unlimited
• First class meets inside the San Martin Park Activity Room.
• Session 2: 3/19-5/7 - Location: El Dorado Park, 2760 N. Studebaker Rd., Long Beach (grass near Hockey Court).
• Do not bring your dog to first class.
• Please bring current vaccination records and a $10 materials fee (includes training manual).
• No class April 9.
16428 T 7:00pm-8:00pm 2/4-3/17 SM $98/7 Mtgs
16429 Th 7:45pm-8:45pm 3/19-5/7 Off Site $98/7 Mtgs
16430 T 7:00pm-8:00pm 4/14-5/26 SM $98/7 Mtgs

Finished with this Brochure?
Don’t throw it away! Pass it along to a friend. We rely upon our friends to help us spread the word about our programs.
The Public Safety website, located at www.lakewoodcity.org/publicsafety, contains helpful information on crime prevention, disaster preparedness, bike safety, and information on upcoming special events.

The Lakewood Sheriff’s Safety Center is located inside the Lakewood Center Mall security office. You can receive public Live Scan fingerprinting services and learn about Lakewood’s Public Safety programs.

Live Scan Fingerprinting

Live Scan fingerprinting is offered to the public during routine business hours. For more information on this service and the cost, or to make an appointment, please call 562-623-3583.

The Public Safety website, located at www.lakewoodcity.org/publicsafety, contains helpful information on crime prevention, disaster preparedness, bike safety, and information on upcoming special events.

HELP PREVENT CRIME!
If you see something, say something. Report unusual activity in your neighborhood to the Lakewood Sheriff’s Station at 562-623-3500. And, if it’s a crime in progress, always call 9-1-1. To join Neighborhood Watch, contact the Lakewood Community Safety Center at 562-623-3583.

Neighborhood Watch is one of the most effective and least costly ways to prevent crime. Contact the Lakewood Sheriff’s Community Safety Center by calling 562-623-3583 or crimeprevention@lakewoodcity.org for information.

Dog Training - Puppy Kindergarten
Start your puppy out on the right paw! Establish good manners and valuable socialization skills for puppies 2-5 months old. Puppy topics such as housebreaking, teething and health-care pointers will be discussed, and basic obedience commands, including walking on a leash without pulling, will be introduced. Instructor: Khara Knight, Dog Services Unlimited

• Location: El Dorado Park, 2760 N. Studebaker Rd. in Long Beach (Hockey Court).
• Do not bring your puppy to the first meeting which is an orientation.
• Bring current vaccination records, a lawn chair and $10 materials fee (which includes a training manual) to the first meeting.

16432 Sa 12:00pm-1:00pm 1/25-2/29 Off Site $90/6 Mtgs
16433 Sa 12:00pm-1:00pm 4/4-5/9 Off Site $90/6 Mtgs

Understanding Your Digital Camera
This beginning class will explain camera design, functions, dials, how to set up your camera for best image quality and most importantly what those little icons are and how they adjust your cameras. So don’t just set that thing on automatic and push the button - there’s so much more you can do with it! Learn to take control and really enjoy photography! Instructor: Paul Litzinger

• If possible, bring the manual for your camera to class.

16873 Sa 9:00am-12:00pm 2/8 CTR $25/1 Mtg
16874 Sa 9:00am-12:00pm 3/7 CTR $25/1 Mtg
16875 Sa 9:00am-12:00pm 4/4 CTR $25/1 Mtg

Writing for Online Blogs, Magazines & Websites
You don’t need a journalism-school degree, newspaper reporting experience, or previously published articles to write for online blogs, magazines, and websites. Some online opportunities offer exposure and networking, while many pay well – $1 a word and more. In this fast-paced session, you will learn how to: find more than 1,000 opportunities that pay, find story ideas, conduct interviews and find sources, find and study your target market, and create pitches, queries and LOI’s (letters of intent). Instructor: LeeAnne Krusemark

• A $10 materials fee is payable to the instructor in class.

16879 T 6:00pm-7:00pm 3/10 MAY $15/1 Mtg

Public Safety Expo
Save the date of Saturday, June 13 for the annual Public Safety Expo at Mayfair Park. This fun-filled event features sheriff and fire department vehicles and displays, information booths, entertainment and much more. Look for more information in our Summer Recreation Catalog.
Lakewood Volunteer Day 2020

Lakewood will host the 25th Annual Volunteer Day on April 25, an event that has attracted many volunteer groups over the years to come out to work on a variety of clean-up projects at private homes, schools, and parks. **Is there someone in your neighborhood who needs help with their home?**

Qualifying sites would consist of private homes in Lakewood owned by someone who:

- Needs help with outside jobs such as weeding, light painting, yard work or trimming
- Is unable to complete the work themselves (due to age or disability) or
- Is unable to afford to hire someone to do it

If you meet the selection criteria, or if you have a friend, family member or neighbor who would benefit from a clean-up project call Burns Community Center by March 16 to have your home considered. If you’d like to volunteer at a project site, please visit lakewoodcity.org/volunteerdaysite or call Burns Community Center at (562) 925-7512.

Music Instruction

**Drums for Fun (Adult)**

Learn the basic techniques of drumming from a professional musician. Instruction includes proper grip positions, hand and wrist development, sight-reading, hand and foot coordination, rudimental training and drumset techniques. Students will have the opportunity to play on a drumset. The instructor provides sticks, practice pads and music sheets during group lessons. Sticks ($5) and pads may be purchased from the instructor. Visit Drumvillestudios.com. Ages 13 and up. Instructor: Lenny ‘Gee’ Giachello

- No class February 18.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Location</th>
<th>Fee</th>
<th>No. of Mtgs</th>
</tr>
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<tbody>
<tr>
<td>16436</td>
<td>T</td>
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<td>BOL</td>
<td>$75/7 Mtgs</td>
<td></td>
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</table>

**Piano For You!**

Wish you had learned the piano? Now’s your chance! Learn to play the piano at your own pace in a group setting. Class size is limited to six adults so register early. Individual keyboards are provided during class time; however participants must have access to a keyboard or piano to practice on outside of class. Instructor: California Foundation of Performing Arts Staff

- A $20 materials fee is payable to the instructor at the first class meeting for an instructional book.
- No class April 15.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
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<th>End Time</th>
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<tr>
<td>16675</td>
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<td>3/25/23-4/29</td>
<td>MAY</td>
<td>$52/5 Mtgs</td>
<td></td>
<td></td>
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<tr>
<td>16676</td>
<td>W</td>
<td>5:00pm-5:45pm</td>
<td>5/13/23-6/10</td>
<td>MAY</td>
<td>$52/5 Mtgs</td>
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**First Song I Write (Adult)**

Want to be a music star? Let’s write a song, record it and perform it at a real venue! The Arts and Enrichment Academy participants explore the fundamentals of the arts while fully experiencing it. We learn and play instruments, sing, write songs, record songs and then perform the songs on stage at a real music venue! In culmination the participants receive a copy of the songs they wrote, played and sang. Instructor: Kevin Kablau

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Location</th>
<th>Fee</th>
<th>No. of Mtgs</th>
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<tbody>
<tr>
<td>16986</td>
<td>Th</td>
<td>7:00pm-8:00pm</td>
<td>5/7-5/28</td>
<td>BOY</td>
<td>$100/4 Mtgs</td>
<td></td>
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</table>

Please register early! At some point, we must determine if enrollment is sufficient to hold a class. If you haven’t registered in advance, we can’t notify you if the class is canceled, or if we have made a change in the class logistics.
ABCs of Candle Making
Come see how easy it is to create your own candles for yourself or for gifts! You will learn basic candle making techniques including: scenting, coloring, embossing, herbs, wrapping and more! Instructor: Lakyn Wynn
• A $5 materials fee is due in class.
16288 Th 6:00pm-7:00pm 2/6 WSC $15/1 Mtg
16992 Th 6:00pm-7:00pm 6/11 WSC $15/1 Mtg

ABCs of Soap Making
Come see how easy it is to create your own soaps for yourself or for gifts! You will learn basic soap making techniques including: scenting, coloring, embossing, herbs, wrapping and more! Instructor: Lakyn Wynn
• A $5 materials fee is due in class.
16289 Th 6:00pm-7:00pm 2/13 WSC $15/1 Mtg
16992 Th 6:00pm-7:00pm 6/11 WSC $15/1 Mtg

Beginning Adventures in Acrylic Painting
Have you ever attended a Sip and Paint Party and told yourself that you’d like to learn more? Here’s your opportunity! Acrylic Painting is one of art’s most accessible mediums. Accommodating many painting styles and techniques, you can achieve the color and impasto of oil paintings in half the time, and explore the multi-layered inspiration of watercolor’s transparent fluidity! Instructor: Clyde San Juan
• The instructor will forward a suggested supply list for purchase before first class meeting.
16344 Th 3:00pm-5:00pm 2/6-2/27 CTR $60/4 Mtgs
16345 Th 3:00pm-5:00pm 3/5-3/26 CTR $60/4 Mtgs
16346 Th 3:00pm-5:00pm 4/2-4/23 CTR $60/4 Mtgs
16347 Th 3:00pm-5:00pm 5/7-5/28 CTR $60/4 Mtgs

Beginning Journeys in Watercolor Painting
Experience an inspiring trip in watercolor painting! Cardmaking, stamping, and journaling are just a few spirited expressions to which you can aspire. Through practiced application and personal observation, you’ll learn the mainstay watercolor techniques of wet-on-dry glazing and wet-on-wet washes. By the end of the class session, you’ll have created your own personal project(s). Instructor: Clyde San Juan
• A $20 materials fee is due at the first class meeting.
16363 Th 6:00pm-8:00pm 2/6-2/27 CTR $60/4 Mtgs
16364 Th 6:00pm-8:00pm 3/5-3/26 CTR $60/4 Mtgs
16365 Th 6:00pm-8:00pm 4/2-4/23 CTR $60/4 Mtgs
16366 Th 6:00pm-8:00pm 5/7-5/28 CTR $60/4 Mtgs

April is Volunteer Month
Make a Difference and Volunteer
What are you looking for in a volunteer opportunity? Do you like sports, art or dance? Do you like to organize, meet your neighbors, or prepare for emergencies? Do you want to work by yourself, with a group, or with your family? Whether you are looking for an ongoing commitment or a one-time event, we have a volunteer job for you.

✓ Lakewood Volunteer Day: Join your family, friends, or coworkers on April 25, and plan to be a part of over 500 residents who volunteer to assist with yard and outside home maintenance repair at homes of low income, disabled or senior residents. Call (562) 925-7512 for more information.
✓ CERT-Community Emergency Response Team: Receive training in disaster preparedness for yourself, family, and neighborhood and become a “first responder” during an emergency. Call (562) 866-9771, extension 2408 for information.
✓ Block Captain, Neighborhood Watch: Be the volunteer link in your neighborhood. Serve as a liaison with the City and the Sheriff’s Department. Call (562) 866-9771, extension 2114 for more information.
✓ Special Olympics: Coach children and adults with intellectual and physical disabilities or volunteer at tournaments. Coaches and volunteers are needed for team and individual sports, as well as tournaments and other related events. A certified volunteer form is necessary to participate. Call (562) 865-1717 for information.
✓ LYS-Lakewood Youth Sports: Make a difference in a child’s life. Receive training and coach youth ages 4-17 in volleytennis, volleyball, flag football, softball, baseball or basketball. Call (562) 866-9771, extension 2408 for information.
✓ Senior Center Special Events and Classes: Share your talents and skills by volunteering as a performer or class instructor at the Weingart Senior Center. Contact (562) 630-6141, for additional information.

In addition to city volunteer programs, the following agencies offer volunteer opportunities in Lakewood. Contact them directly for more specific information.

✓ Lakewood Meals on Wheels: Volunteers make and pack food as well as deliver meals. Call (562) 925-8747.
✓ Auxiliary of Lakewood Regional Medical Center: Volunteers work with patients, assist in departments and gift shop, and help with fundraisers. Call (562) 531-2550.
✓ Weingart-Lakewood Family YMCA: Volunteers serve in a variety of ways supporting survivors of domestic violence. Call (562) 421-6537.

Lakewood’s volunteers strengthen our community, foster human development, and provide recreational experiences. You can make a difference in your own backyard. Contact the Burns Community Center at (562) 925-7512 to request a comprehensive brochure that explains these and many additional opportunities that are available.
Adult Special Interest

Bow Making
Tired of paying all that money for pre-made bows? Come learn how to make beautiful bows using the Bowdabra Bowmaker as well as other cute packaging techniques. You will need to come to class with a Bowdabra, Bowdabra wire, at least 30 yards of wire ribbon (color of choice, at least 1 inch wide) and scissors. Instructor: Lakyn Wynn.
16390 Th 6:00pm-7:00pm 4/23 WSC $15/1 Mtg

Cake Decorating
Building Buttercream Skills
Build buttercream skills you can use for all decorating projects - from cupcakes to cakes for any occasion. Whether you’re new to decorating or have been decorating for years, when you complete this course, you’ll be proud of the new techniques you’ve learned. You will start decorating during the first lesson of class! Please come prepared by bringing all items listed on the supply list. Instructor: Lakyn Wynn.
• Class supply list available at PlumForest.com/cake-courses.
• Ages 12-15 welcome with a paying adult.
16391 Th 6:30pm-8:30pm 2/20-3/12 WSC $65/4 Mtgs

Ceramic Teacup Wall Planter
Learn to glaze a ceramic teacup wall planter with fun colors and your personal style. Great gifts! Pieces will be fired and ready for pickup in one week. Instructor: Kathryn H.
• A $10 materials fee is due in class.
16404 F 6:00pm-8:00pm 6/5 CTR $25/1 Mtg

Hairpin Lace Scarf
Learn this super easy technique and make a light and lacy scarf; it could also be expanded to be a shoulder wrap. This is an unusual crochet technique but no experience is required! Instructor: Candace Broeker
• Location: Stitches in Time, 16525 Bellflower Blvd, Bellflower.
• Bring or plan to purchase a size G hook.
• A $15 materials fee, for the scarf project, is due in class.
16586 F 6:00pm-8:00pm 3/6-3/20 Off Site $35/3 Mtgs

Learn to Knit Bears, Bunnies & Puppies, Oh My!
This class is designed for beginners or anyone wanting to make some cute and easy toys for little friends, baby showers or charity projects. Basic bodies get different ears and finishing to turn them into cute pets. Instructor: Candace Broeker
• Location: Stitches in Time, 16525 Bellflower Blvd, Bellflower.
• Bring or plan to purchase size 7 knitting needles.
• A $10 materials fee is due in class.
16588 F 6:00pm-8:00pm 5/8-5/22 Off Site $35/3 Mtgs

Hairpin Lace Scarf New
Learn this super easy technique and make a light and lacy scarf; it could also be expanded to be a shoulder wrap. This is an unusual crochet technique but no experience is required! Instructor: Candace Broeker
• Location: Stitches in Time, 16525 Bellflower Blvd, Bellflower.
• Bring or plan to purchase a size G hook.
• A $15 materials fee, for the scarf project, is due in class.
16589 Sa 3:00pm-5:00pm 5/9-5/23 Off Site $35/3 Mtgs

Non-residents add the following fees for each class enrollment.

<table>
<thead>
<tr>
<th>Class Fee</th>
<th>Additional Fee</th>
</tr>
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<tr>
<td>$0 - $10</td>
<td>NO ADDITIONAL FEE</td>
</tr>
<tr>
<td>$11 - $29</td>
<td>ADDITIONAL $5 NON-RESIDENT FEE</td>
</tr>
<tr>
<td>$30 - $59</td>
<td>ADDITIONAL $10 NON-RESIDENT FEE</td>
</tr>
<tr>
<td>$60 AND OVER</td>
<td>ADDITIONAL $15 NON-RESIDENT FEE</td>
</tr>
</tbody>
</table>

Finished with this Brochure?
Don’t throw it away! Pass it along to a friend. We rely upon our friends to help us spread the word about our programs.
**Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 38 for additional fees.**

### Morning Sewing Circle
Come join us for a casual, unstructured sewing circle. Basic sewing skills required. Complete your unfinished sewing project (UFO) or start a new one of your choice with the instructor’s help. Please bring sewing machine with knowledge of operation, sewing supplies and materials needed for your project. Projects may include quilts, clothing and more. If I know it, I will show it! Instructor: Louise Petersen

- At times a minimal copying fee is payable to the instructor in class.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
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<td>16610</td>
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<td>$42/7 Mtgs</td>
</tr>
<tr>
<td>16611</td>
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<td>4/28-6/9</td>
<td>CTR</td>
<td>$36/6 Mtgs</td>
</tr>
</tbody>
</table>

### One Stroke Painting
This class will teach you the ‘One Stroke’ decorative painting technique that is sweeping the nation. It’s an exciting and easy decorative painting technique that is very colorful, bold and for any surface that you want to decorate. It will increase your creative potential and make you feel that you have accomplished a new-found hobby. No previous painting experience necessary! For ages 14 and up. Instructor: Lakyn Wynn

- Class supply list is available at PlumForest.com

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<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Date</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>16636</td>
<td>Th</td>
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<td>5/28</td>
<td>WSC</td>
<td>$20/1 Mtg</td>
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### Paint a Ceramic Plate
Learn the basics of applying glazes to a ceramic plate and create your own, one-of-a-kind piece. Perfect for show or gift giving, this is a can’t miss for crafters! Pieces will be fired and available for pick up one week after class. Instructor: Kathryn H.

- A $10 materials fee is due in class.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Date</th>
<th>Location</th>
<th>Fee</th>
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</table>

### Paint a Ceramic Mushroom
Learn how to use ceramic glazes to create a one-of-a-kind mushroom for garden décor or for a gift. Pieces will be fired and available for pick up one week after class. Instructor: Kathryn H.

- A $10 materials fee is due in class.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Date</th>
<th>Location</th>
<th>Fee</th>
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<tr>
<td>16642</td>
<td>F</td>
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<td>CTR</td>
<td>$25/1 Mtg</td>
</tr>
</tbody>
</table>

### Tole Painting
Make beautiful tole painted items in this class designed for intermediate to advanced painters. Come paint great new seasonal projects with us while learning new techniques. New students should register two weeks prior to class. Instructor: Bonnie Brown

- Contact instructor for supply list: 562-429-3069.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
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<tr>
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<tr>
<td>16827</td>
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<td>CTR</td>
<td>$29</td>
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</tbody>
</table>

The Lakewood Artist Guild is a non-profit organization that supports artists and crafters in the greater Lakewood area. Meetings, workshops, and art shows are held throughout the year and public participation is welcome. For more information about the Artist Guild or to attend scheduled meetings and workshops go online to [www.lakewoodartistguild.org](http://www.lakewoodartistguild.org).

Please register early! At some point, we must determine if enrollment is sufficient to hold a class. If you haven’t registered in advance, we can’t notify you if the class is canceled, or if we have made a change in the class logistics.
The Burns Community Center is located at 5510 Clark Avenue, Lakewood. Active adults ages 50 and over can find a slate of various class offerings to keep both mind and body sharp! For more information on Active+ programs, please call (562) 925-7512.

Burns Community Center Hours of Operation
Monday-Friday 7 a.m. – 6:30 p.m.

Burns Quilters Group
Last Wednesday of the month, 9:30 a.m. - 1 p.m.
Dates: February 26, March 25, April 29, May 27.
Come join this friendship group to socialize and work on your favorite quilting project. Participants will need to bring their own fabric and supplies. Bring your own lunch as the group works through the lunch hour.

Bunco Party
Come out for a fun Friday night and play Bunco at the Burns Community Center! This social dice game involves 100% luck and no skill, anyone can play. Prizes will be awarded to players with the most buncos, the most wins and the most losses. Snack while you play with treats from our nacho and dessert bar. Instructor:
City Staff

Trivia Night
Join us for a fun and competitive night of trivia! Participants will be placed into teams and put their knowledge to the test. Prizes will be awarded to the winning team. Snacks and light refreshments will be provided. Instructor: City Staff

Canvas and Cupcake Party
If you are interested in a fun night out and releasing some creativity, join us for our canvas painting party! With step by step instructions you don’t have to be an artist to succeed in this class. Supplies will be provided, just paint, snack on some treats, and bring home your masterpiece! Instructor: City Staff

<table>
<thead>
<tr>
<th>Fitness Class Schedule</th>
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<tbody>
<tr>
<td><strong>Mondays</strong></td>
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<tr>
<td>Step Aerobics</td>
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<tr>
<td><strong>Tuesdays</strong></td>
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<tr>
<td>Stretch &amp; Tone</td>
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<tr>
<td>Walking Club</td>
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<tr>
<td>Step Aerobics</td>
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<tr>
<td><strong>Wednesdays</strong></td>
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<tr>
<td>Pickleball</td>
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<tr>
<td>Chair Volleyball</td>
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<tr>
<td><strong>Thursdays</strong></td>
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<tr>
<td>Stretch &amp; Meditate</td>
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<tr>
<td>Walking Club</td>
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<tr>
<td><strong>Fridays</strong></td>
</tr>
<tr>
<td>Pickleball</td>
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<tr>
<td>Chair Volleyball</td>
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</tbody>
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Texas Hold ‘Em Poker Club
Mondays and Thursdays, 12:30-2:30 p.m.
Join the Active+ Poker Group! New poker players are wanted to expand the group. Just bring your poker skills; chips and poker table are provided.

• No class May 25.

Tech Talk
Every other Thursday, 4-5 p.m.
Dates: January 30, February 13 & 27, March 12 & 26, April 9 & 23, May 7 & 21, June 4 & 18. Do you have a gadget (smartphone, ipad, ipod, etc.) that is making you crazy? Bring it in and let our technological experts show you some tricks to make life with your gadget easier.

FOR LEASE
The Burns Community Center has office space available for lease and is seeking potential human service agencies as tenants, pending approval. Agencies should primarily serve the Lakewood community. For more information call (562) 866-9771 ext. 2418.
Gentle Pilates
This exercise class will help improve your posture, balance and flexibility with an emphasis on core strengthening. Through precise movements, concentration and specific breathing practices you will improve your general fitness and overall well-being. This class is appropriate for all levels and modifications will be provided. Instructor: Barbara McEnroe

- No class February 21 and May 27 & 29.

17034 F 8:30am-9:30am 2/14-3/20 BCC $40/5 Mtgs
17033 W 8:30am-9:30am 2/26-3/18 BCC $32/4 Mtgs
17035 W 8:30am-9:30am 3/25-4/22 BCC $40/5 Mtgs
17036 F 8:30am-9:30am 3/27-4/24 BCC $40/5 Mtgs
17037 W 8:30am-9:30am 5/6-6/10 BCC $40/5 Mtgs
17038 F 8:30am-9:30am 5/8-6/12 BCC $40/5 Mtgs

Gentle Yoga
This class consists of a sequence of traditional yoga postures and breathing techniques that help to improve flexibility, balance and strength as you learn relaxation techniques proven to reduce stress and improve health. Instructor: Yvonne Kim

- Please bring your own yoga mats, blocks and cushions to class.
- No class May 25.

16456 M,W 5:15pm-6:15pm 2/3-26 BCC $48/8 Mtgs
16458 M,W 5:15pm-6:15pm 3/23-30 BCC $54/9 Mtgs
16460 M,W 5:15pm-6:15pm 4/1-29 BCC $54/9 Mtgs
16462 M,W 5:15pm-6:15pm 5/6-27 BCC $42/7 Mtgs
16464 M,W 5:15pm-6:15pm 6/1-29 BCC $54/9 Mtgs

Senior Safety Seminar
Wednesday, February 12
10 a.m. – 12 p.m.

Come and learn about the services that the Lakewood Public Safety Department and L.A. County Sheriff’s Department provide to Lakewood. Deputies will inform attendees on how to access these services, and be an involved member of the community. Also learn how to safeguard yourself and your home to prevent becoming a victim of a crime. The presentation will be followed by a Q&A session with a deputy sheriff and a city representative.

Burns Book Club
February 5, March 4, April 1, May 6
1 – 3 p.m.

Come have stimulating conversation with others who love to read. Bring your favorite mug and tea to drink with the group. Hot water will be provided. Please read Bad Blood by John Carreyrou before the first class. The remaining books will be selected by the class each month.

AARP Smart Driver Course
March 9 & 10 from 1-5:15 p.m.
May 4 & 5 from 1-5:15 p.m.

This two-part class will teach you the newest safety features in vehicles, strategies that can reduce your likelihood of having a crash, increase your confidence when driving, and much more. Please bring a pen.

Fee: $15 for AARP Members
$20 for Non-AARP Members

Please call Burns Community Center at 562-925-7512 to register, space is limited. Fee must be paid by check or money order to AARP, and will be collected at the beginning of the first class. Must attend both days. AARP Certified Instructor: Jim Jang

Alzheimer Association Educational Series
Every Monday in April
10 a.m.

April 6: Video & Discussion: Lost Memories
April 13: Memory Loss & Alzheimer’s: Let’s Talk
April 20: Keeping Your Brain Healthy
April 27: Dementia Friends

For more information and to RSVP call the Burns Community Center at 562-925-7512.

Protecting Your Family With Pre-Planning
Wednesday, March 11
10 a.m.

Get answers to your questions about cemetery & funeral services at this free information seminar. Call the Burns Community Center at 562-925-7512 for more information.
Older Adult Programs & Services

The Weingart Senior Center is located at 5220 Oliva Avenue, Lakewood. Recreational activities are open to adults age 50 or older. For more information on senior programs, please call (562) 630-6141.

Senior Programs & Class Information
All classes, programs and daily activities are held at the Weingart Senior Center. Classes include activities such as line dancing, ballroom dancing, aerobic fitness classes, hula and yoga. Artistic programming incorporates such courses as Chinese brush painting, plastic canvas needlepoint, crochet, knitting, arts and crafts and much more. Educational seminars and social engagement classes such as lip/speech reading are also available. Many classes are free or low cost. Some classes require a nominal materials fee. A complete schedule of programs and classes can be obtained at the Weingart Senior Center office.

Lakewood Meals on Wheels provides nutritious meals for seniors who are frail or homebound. Meals are delivered by friendly volunteers. For more information, or if you would like to volunteer, please contact the Lakewood Meals on Wheels office at (562) 925-8747.

The Weingart Senior Center will hold its annual Easter Eggstravaganza on Thursday, April 9th from 3:30-5 p.m. Grandparents are welcome to bring grandchildren and great-grandchildren 10 years old and younger to join in the fun. Pre-registration is required. Please bring hard boiled eggs for dyeing. To register, or for more information, call the Weingart Senior Center office at (562) 630-6141.

DASH Transportation offers FREE rides to Lakewood residents (age 60 and older) who are without transportation or to residents with a physical or mental disability. Eligible residents can use DASH for any purpose within the City of Lakewood. Transportation is also provided within limited extended boundaries for medical purposes and to Cerritos College and Long Beach City College for certain educational programs. DASH vehicles accommodate multiple passengers and are wheelchair accessible. For more information about this free service, or to register, call the DASH office at (562) 924-0149, Monday – Friday 7:30 a.m. – 5 p.m.

Come and enjoy a wonderful meal with friends at the Weingart Senior Center. Lunches are provided by the Human Services Association for seniors age 60 and older and their spouses for a suggested donation of $2.25 per meal. Persons 59 and younger are required to pay a $6 fee. Everyone is welcome with a reservation made 24 hours in advance. For more information, please call:

• Weingart Senior Center Nutrition Site
  5220 Oliva Ave.
  (562) 630-6210

Human Services Association – “Where Caring Becomes Doing”

Meals on Wheels
Lakewood Meals on Wheels provides nutritious meals for seniors who are frail or homebound. Meals are delivered by friendly volunteers. For more information, or if you would like to volunteer, please contact the Lakewood Meals on Wheels office at (562) 925-8747.

Annual Grandparents Easter Party
The Weingart Senior Center will hold its annual Easter Eggstravaganza on Thursday, April 9th from 3:30-5 p.m. Grandparents are welcome to bring grandchildren and great-grandchildren 10 years old and younger to join in the fun. Pre-registration is required. Please bring hard boiled eggs for dyeing. To register, or for more information, call the Weingart Senior Center office at (562) 630-6141.
Palm Springs Aerial Tramway

The Palm Springs Aerial Tramway is the world’s largest rotating tram car, transporting riders along a two-and-one-half mile ride along the breathtaking cliffs of Chino Canyon to the pristine wilderness of the Mt. San Jacinto State Park. During our approximately ten-minute journey, tram cars rotate slowly, offering picturesque and spectacular vistas of the valley floor below. Once we reach the Mountain Station at an elevation of 8,516 feet, you are on your own to explore the observation decks, natural history museum, documentary theaters, gift shop, and over 50 miles of hiking trails. We’ll also enjoy lunch at the Pine Café. Temperatures at the top are generally 30-40 degrees cooler than the bottom of the desert floor - check the weather and dress appropriately. Backpacks and picnic baskets are allowed but may need to be set on the floor of tram if the car is crowded. Please arrive at 7:45 a.m. for check in. The bus will leave promptly at 8 a.m. An adult must accompany children of all ages.

• Last day to register is Monday, March 9, or until filled.

Cirque du Soleil “Volta”

Volta is an energetic and captivating voyage of discovery that showcases never-before-seen under the Big Top acrobatics in a visually striking world. Themed around extreme sports, this transformative story is about being true to oneself, fulfilling one’s true potential, and recognizing one’s own power to make it possible. Whether you have seen a Cirque du Soleil show before or are a newcomer, you will not be disappointed! This show contains flashing lights which may cause difficulties for people with photosensitive epilepsy. Backpacks or other items larger than a handbag or briefcase are not allowed. All bags and persons are subject to search by security personnel. Price includes admission and transportation. Please arrive at 6 p.m. for check in. The bus will leave promptly at 6:30 p.m. An adult must accompany children of all ages.

• Last day to register is Monday, March 30, or until filled.

Les Misérables

Les Misérables is coming to the Segerstrom Center in Costa Mesa direct from an acclaimed two-and-a-half-year return to Broadway. Set against the backdrop of 19th-century France, Les Misérables tells an unforgettable story of heartbreak, passion, and the resilience of the human spirit. This epic and uplifting story has become one of the most celebrated musicals in theatrical history. With its glorious music and lyrics as well as a few of his best-loved songs, The Last Ship is coming to the Ahmanson Theater after a critically acclaimed Canadian, UK, and Irish tour. Set in the shipbuilding community in Tyne and Wear, UK, The Last Ship tells the story of a young man who returns home after 17 years at sea. Tensions between past and future flare in both his family and his town, set in a local shipyard and a community of working-class homes. Oversized bags, backpacks, briefcases, cameras and video cameras are not allowed inside the Theater and will be required to be checked if brought inside. Price includes admission and transportation. Please arrive at 11:30 a.m. for check in. The bus will leave promptly at 11:45 a.m. No children under 6 years old. An adult must accompany children of all ages.

• Last day to register is Monday, February 3, or until filled.

The Last Ship

You won’t want to miss this rare opportunity to see multiple Grammy Award® winner, Sting, star in his own heartfelt and empowering new musical, The Last Ship. Featuring Sting’s original music and lyrics as well as a few of his best-loved songs, The Last Ship is coming to the Ahmanson Theater after a critically acclaimed Canadian, UK, and Irish tour. Set in the shipbuilding community in Tyne and Wear, UK, The Last Ship tells the story of a young man who returns home after 17 years at sea. Tensions between past and future flare in both his family and his town, set in a local shipyard and a community of working-class homes. Oversized bags, backpacks, briefcases, cameras and video cameras are not allowed inside the Theater and will be required to be checked if brought inside. Price includes admission and transportation. Please arrive at 11:30 a.m. for check in. The bus will leave promptly at 11:45 a.m. No children under 6 years old. An adult must accompany children of all ages.

• Last day to register is Monday, February 3, or until filled.

TRAVEL REFUNDS

Refunds will be granted only if the City is notified, the trip is full, and the space can be resold by the City of Lakewood prior to the day of the trip. All three of these conditions must be met to authorize a refund. There is also a $5 administrative fee per person.

Please follow registration procedures listed in the back of the catalog. Trip registration is through the Recreation and Community Services Department at Lakewood City Hall. All trips depart from the Burns Community Center, 5510 Clark Ave. in Lakewood unless otherwise noted. Participating parking is available in the southeast parking lot of Burns. All destinations are wheelchair accessible unless indicated otherwise. Please notify us when registering if you use a wheelchair or other mobility aid. It is recommended that participants visit each venue’s website for a complete list of restrictions and policies. Departure and return times may be adjusted due to certain circumstances beyond our control. Please register early as seating is on a first come, first served basis. Registration is non-transferable. No walk-ins. If you have questions concerning registration, call (562) 866-9771 ext. 2408 or for questions concerning trip details call (562) 924-0149.
Family Camp
Bring your children, ages 3-11, and spend a night out under the stars. It’s a great outdoor experience for everyone. Participate in the fun activities including games, crafts, nature walks, roasting marshmallows and singing around the campfire. Camp guides will be there to help you set up camp and help your children enjoy the fun. All meals and snacks are prepared so parents can sit back, relax and enjoy nature. Pets, BBQ grills, cooking apparatuses and alcohol are not permitted. Instructor: April Berg
- A supply list will be e-mailed before camp.
- A $10 per person materials fee for meals is payable to the instructor at camp.
16445 Sa,Su 1:00pm-12:00pm 5/16-5/17 MVP $10

Family Karate
Together, parents and children, ages 5 and older, will learn self-defense moves such as basic kicks, blocks and punches. You can advance in rank through the traditional Japanese Karate Shito Ryu. Each person must register. Instructor: Kathleen Wegener
- An $8 materials fee (new students only) is payable in class.
- Receive a discount for each additional family member. Discount must be requested through the Recreation and Community Services Department.
- No class May 7.
16446 Th 6:00pm-7:00pm 2/6-3/5 CTR $40/5 Mtgs
16447 Th 6:00pm-7:00pm 3/12-4/9 CTR $40/5 Mtgs
16448 Th 6:00pm-7:00pm 4/23-5/28 CTR $40/5 Mtgs

Mother/Daughter Tea
Mothers, Grandmothers and Aunts, bring your 5-14 year old daughter, granddaughter or niece to a pleasant, relaxing afternoon of tea. You’ll experience an authentic Victorian high tea complete with scones, tea sandwiches and a variety of desserts and of course, tea (or lemonade for the little ones). Make sure to wear a favorite dress complete with hat and gloves, if you wish. Also, bring your favorite tea cup and saucer. Instructor: April Berg
16612   Su      2:00pm-4:00pm       5/3         MVP      $14/1 Mtg

Date Nights
Daddy/Daughter Date Night
Dads, grandfathers, and special guests, travel “through the decades” and bring your gal along for the ride. Each father-daughter couple can dress in the decade of their dad’s youth. This history-based theme gives girls insight into what life might have been like for their parents at their age. This generational theme offers various costume themes from the leather fringe jackets of the 70s to the scrunchies of the 80s. Enjoy a semi-formal affair featuring a fabulous dinner followed by an evening of dancing to a popular area DJ. There will be contests throughout the evening, including the crowning of a king and princess! All guests will receive a keepsake daddy/daughter photo and frame.
16424 F 6:00-9:00 p.m. 4/3 CTR $25 per person

Mother/Son Date Night
Mothers, grandmothers, aunts, dust off your favorite high waist jeans and bomber jacket and enjoy a trip down memory lane. Introduce your boys to the radical 90s and dress them in the style of your youth! Boys 5 and up and their special ladies can enjoy a special evening filled with exciting contests and inflatables. The dress attire can be casual and participants are encouraged to dress according to the theme. A prince and queen will be crowned. Dinner will be provided. All guests will receive a keepsake photo and frame. Mother/son duo with the ‘Most Creative’ attire will receive an award!
11613    Sa 6:00-9:00 p.m. 3/28 LYC $15 per person

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 38 for additional fees.

Finished with this Brochure? Don’t throw it away! Pass it along to a friend. We rely upon our friends to help us spread the word about our programs.
Every day is a wonderful day to spend with your family! Come to The Centre in Lakewood and join your neighbors and friends at FUN-Tastic Family Nights. Each event includes a light meal and fabulous entertainment for the entire family.

**February 21**
*Dino Encounters Show*
Travel back in time 65 million years to the Cretaceous period! You will get to meet, interact, and learn about several different dinosaurs that were found in North America. Come join in on the prehistoric fun, you don’t want to miss your chance to meet the 9 foot tall and 14 foot long “Rocky the T-Rex!”
- Penne pasta with white sauce, meatballs with red sauce, breadsticks, lemonade and a dessert will be served prior to the show.
- Seating will be on a first come basis. Doors open at 6 p.m.
- Last day to register is February 18th or until filled.
- $9 per person / $6 children ages 1-3 / children under 1 free 16453 F 6:30-8 p.m. CTR

**March 27**
*The Amazing Dave*
Come join in the fun while The Amazing Dave entertains us with his zany comedy magic, crazy juggling, and hysterical audience participation. This show is the perfect fit for the whole family to enjoy!
- Bean and cheese burritos, lemonade and a dessert will be served prior to the show.
- Seating will be on a first come basis. Doors open at 6 p.m.
- Last day to register is March 24th or until filled.
- $9 per person / $6 children ages 1-3 / children under 1 free 16452 F 6:30-8 p.m. CTR

**April 24**
*Ranger Jack*
Do you love to sing and dance!? You will love to join in with the fun interactive music Ranger Jack is bringing to FUN-Tastic Family Night. Families will also get to meet Ranger Jack’s animal puppet friends and learn about how these animals survive in the wild. This will be a fun night filled with music, laughter, and learning!
- Chicken fingers, mashed potatoes, lemonade and a dessert will be served prior to the show.
- Seating will be on a first come basis. Doors open at 6 p.m.
- Last day to register is April 21st or until filled.
- $9 per person / $6 children ages 1-3 / children under 1 free 16454 F 6:30-8 p.m. CTR

**June 19**
*Street Beat*
Street Beat is a kinetic, maximum energy explosion of urban rhythm and dance, utilizing junk, household items and found objects for drums and percussion. Street Beat is as intimate as a heartbeat and as boisterously crowd-pleasing as the best party you’ve ever attended! Join us for a fun filled night with music and amazement.
- Orange chicken, white rice, lemonade and a dessert will be served prior to the show.
- Seating will be on a first come basis. Doors open at 6 p.m.
- Last day to register is June 16th or until filled.
- $9 per person / $6 children ages 1-3 / children under 1 free 16455 F 6:30-8 p.m. CTR

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**13 March**
*Movie Night Under the Stars*
Featuring “Pokémon Detective Pikachu” RATED PG
Check-in begins at 6 p.m. Movie begins at 7 p.m. Bring your lawn chairs and blankets. Food truck onsite.

**14 February**
*Movie Night Under the Stars*
Featuring “The Lion King” RATED PG
Check-in begins at 6 p.m. Movie begins at 7 p.m. Bring your lawn chairs and blankets. Food truck onsite.

**10 April**
*Spring Community Car Show Series*
A variety of cars will be displayed along with a selection of food trucks, vendors and a kid’s zone. All cars are welcomed and no entry fee is required. This is a free event to the public. For more information or to register a vehicle contact: Kristin Preciado at kpreciado@lakewoodcity.org or 562-866-9771 extension 2412.

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**ALL EVENTS 6 TO 9 P.M.**
**PALMS PARK**
12305 207TH STREET
LAKWOOD, 90715
Teen Scene

Lakewood Youth Center (LYC)

Free Fusion Fridays at the LYC
4-6 p.m.

Foodie Friday - February 7, March 6, April 3, May 1
Gaming Tournament - February 14, March 13, April 10, May 8
Movie & Popcorn Night - February 21, March 20, April 17, May 15
Free For All Fridays - February 28, March 27, April 24, May 22

Food and Flick
*Meet at restaurant at 6 p.m.
January 31 - Five Guys and movie at Pacific Theatres
   Activity #16450 - $20
May 29 - Fuddruckers and movie at Pacific Theatres
   Activity #16451 - $20

Super Bowl Sunday
Sunday, February 2, 2-7 p.m.
Come out to the LYC to watch the BIG GAME and enjoy a hot dog BBQ
and open game room.

Career Building Series, 5-6 p.m.
February 18 – Interview Prep
Learn proper interview etiquette to ace that interview!
February 20 – Mock Interviews
Put your interview knowledge to the test by taking part in a
mock interview with actual business owners.
February 25 – Resumé Building
Learn how to build a resumé that will set you apart from
the competition.
February 27 – Finding that Job
You’ve done the prep, now it’s time to find the job
that’s right for you!

Summer Teen Volunteer Sign-ups
Tuesday, June 2, 3-7 p.m.
Middle and High School students can be a part of the
Lakewood Teen Action Committee’s SUMMER PROGRAM.
Earn community service hours, meet teens from other
schools, discuss topics that are important to you and
participate in community events all summer long.
Call the Lakewood Youth Center for more information.

Summer Kick-Off Party
Kick off summer with a party at the LYC!
Food, Sno-cones, an inflatable, music and more!
June 5, 4-7 p.m.
Weekday Programs at the TRC
The Teen Resource Center offers a safe social environment for teens to hang out after school, as well as an array of assistance programs for teens seeking help with:
- Homework and School Assignments
- College Research and Applications
- Job Search and Applications
- Interview Prep and Resume Building
If seeking assistance, please contact Bloomfield Park to schedule an appointment with a staff member!

Super Saturdays at the TRC
- January 18 – PS4 Gaming Tournament – 5-8 p.m.
- February 15 – Movie Marathon and Pizza Party – 4-8 p.m.
- April 18 – Game Night at the TRC – 5-8 p.m.
- May 16 – Trivia Night – 5-8 p.m.

St. Patty’s Day 3-on-3 Basketball Tournament
Bloomfield Park
Middle and High School Divisions
Pre-Registration Required
Saturday, March 21
2-6 p.m.

Teen Volunteer Program
There are several teen volunteer opportunities through the recreation department, including the popular Teens in Lakewood Care (TLC) program. Teens must be at least 12 years of age and have an interest in helping the community. Teen volunteer applications and projects are available at the TRC and LYC.

*All teen volunteers must complete a Live Scan fingerprint and background screening process prior to volunteering in this program. A parent/guardian signed release is required to complete the Live Scan process.
Youth Special Interest

Lakewood's After-School Activity ZONE is a FREE drop-in program for school aged children and preteens. The program is offered at city parks, Monday–Friday from 3–5 p.m. with a flexible schedule to accommodate school holidays and vacation periods. After-School recreation fun includes playground games, arts and crafts, homework help and organized sports leagues through the Lakewood Youth Sports (LYS) Program. ZONE programs are FREE and do not require pre-registration. Some specialized activities may require a minimal materials cost. See page 32 for registration information regarding LYS.

Fine Arts Instruction

Beginning Piano (Youth)
Students will have fun learning the basics of playing the piano. Class size is small and focuses on learning to read music notes and rhythms which lead to playing simple songs. This class is a good way to move right up to the next level of piano. Instructor will inform students on first day where to purchase book. Ages 6-17. Instructor: California Foundation of Performing Arts Staff

- A $10 cash materials fee is payable to the instructor in the first class.
- No class April 15.

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
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Intermediate Piano (Youth)
This class is a continuation of Beginning Piano and can be repeated. Students ages 6-17 will continue progressing at their own pace through their piano book. Students will be divided by age and level and rotate through centers consisting of workbooks, music games and time on the keyboard with instructor. Students must have a piano or keyboard at home to practice; although it is not necessary, students may bring their own keyboard to class if they wish. Instructor: California Foundation of Performing Arts Staff

- A $10 cash materials fee is payable to the instructor in the first class.
- No class April 15.

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
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Drums for Fun (Youth)
Youth ages 6-12 can learn the basic techniques of drumming from a professional musician. Instruction includes proper grip positions, hand and wrist development, sight reading, hand and foot coordination, rudimental training and drumset techniques. Students will have the opportunity to play on a drumset. The instructor provides sticks, practice pads and music sheets during group lessons. Visit Drumvillestudios.com. Instructor: Lenny ‘Gee’ Giachello

- Sticks ($5) and pads may be purchased from the instructor.
- No class February 18.

<table>
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Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 38 for additional fees.
Beginning Ukulele
Ukulele is the perfect instrument for kids! It’s small, fun and makes people smile! Your child will learn to read and write out chord charts, strum and play songs. Ukulele will build confidence and inspire imagination! Ages 7 to 12. Instructor: Hoku Bray
• Please bring a ukulele and pencil to class.
• A $12 materials fee is payable to the instructor in class.

Intermediate Ukulele
This is a class for kids who already have a strong grasp of ukulele chords, are comfortable strumming and who can play at least five songs. Students move beyond the basics of ukulele and will perform at the last class meeting. Instructor: Hoku Bray
• Please bring a ukulele and pencil to class.
• Teacher recommendation required to enroll.

Introduction to Violin
Be the next Joshua Bell! The path to virtuosity begins somewhere and this class is the perfect starting point. Familiarize yourself with the parts of the violin and learn the fundamentals needed to master the instrument. Students must bring their own violin. Ages 6-17. Instructor: Donna Houston
• A $10 materials fee is payable to the instructor at the first class meeting (cash only please).
• No class April 14 and May 19.

Intermediate Violin
Take your next step to mastering the violin with this class. Either having passed the Introduction to Violin course or prior instructor approval must be met before registering. Students must bring their own violin. Ages 6-17. Instructor: Donna Houston
• A $10 materials fee is payable to the instructor at the first class meeting (cash only please).
• No class April 14 and May 19.

First Song I Write (Youth)
Want to be a music star? Let’s write a song, record it and perform it at a real venue! The Arts and Enrichment Academy participants explore the fundamentals of the arts while fully experiencing it. We learn and play instruments, sing, write songs, record songs and then perform the songs on stage at a real music venue! In culmination the participants receive a copy of the songs they wrote, played and sang. Instructor: Kevin Kablau

Musical Theatre Class
Your child will get their chance to shine while learning the basics of singing, acting and dancing! Students will enjoy learning such things as basic vocal technique, improvisation, Broadway musical songs, how to perform for an audience, as well as character development! Add in some fun acting games and choreography to boot and your child will be singing and dancing all day long! Instructor: Kick It Up! Staff
• Location: Kick It Up!, 8129 E. Wardlow Rd., Long Beach.
• Wednesdays at 4:30 p.m. ages 9-13.
• Thursdays at 3:30 p.m. ages 5-9.
• Thursdays at 4:30 p.m. ages 7-10.
• Saturdays at 8:30 a.m. ages 11-15.

Enthusiastic and hard working individuals with great attitudes are needed at recreation facilities this summer. The Recreation and Community Services Department has part-time summer job openings available for recreation leaders, sports officials, swim instructors and lifeguards. Visit the city’s website at www.lakewoodcity.org for position information, application procedures, deadlines, or for information on specific positions.
### Educational Classes

#### Online Driver’s Education
The DMV allows teens to receive their Learner’s Permit at age 15 1/2 and a license at age 16. This class is the FIRST, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures, etc. A licensed instructor is available to answer any questions. Receive a DMV-approved certificate of completion. Sign up any time. Registration is ongoing. Instructor: Erika Vieyra
- **Students must have internet access and must provide an email address to take the course.**
- **Register for the month in which you want to begin the course.**
- **Registrants will be contacted with login information.**

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#### Math Development (Grades 2-6)
Get the extra help you need to reach your full potential in the area of mathematics! This comprehensive course is designed to pinpoint skill gaps to tailor a study program that teaches to your needs. Learn the fundamentals and watch your knowledge increase! For children ages 6.5-12. Instructor: Readwrite Educational Solutions Staff
- **$20 materials fee payable to the instructor at the first class meeting.**

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#### Reading Development (Grades K-1)
Kick start your little one’s journey through the wonderful world of reading with this fantastic course! Designed to fit each student’s needs, this program uses a comprehensive, multimedia approach to increase reading skills and keep learning fun. For children ages 4-5. Instructor: Readwrite Educational Solutions Staff
- **$20 materials fee payable to the instructor at the first class meeting.**

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</table>

**Please register early! At some point, we must determine if enrollment is sufficient to hold a class. If you haven’t registered in advance, we can’t notify you if the class is canceled, or if we have made a change in the class logistics.**

### Young Champions

**Young Champions offers Self Defense & Safety Awareness, Hip Hop Dance and Youth Soccer programs at several City of Lakewood facilities.**

#### Hip Hop Dance
**Tuesdays – Bolivar Park**
- 5:30 – 6:10 p.m. (All students ages 5-7)
- 6:15 – 6:55 p.m. (All students ages 8-15)

#### Self Defense & Safety Awareness
**Fridays – Boyar Park**
- 4:45 – 5:25 p.m. (New Students)
- 5:30 – 6:10 p.m. (Yellow & Orange Belts)
- 6:15 – 6:55 p.m. (Purple & Green Belts)
- 7 – 7:40 p.m. (Blue Belts & Above)

#### Reading Development (Grades 2-6)
Find that edge to push your vocabulary and reading comprehension skills over the top! This comprehensive course is designed to pinpoint skill gaps to tailor a study program that teaches to your needs. Learn the fundamentals and watch your knowledge increase! For children ages 6.5-12. Instructor: Readwrite Educational Solutions Staff
- **$20 materials fee payable to the instructor at the first class meeting.**

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#### Readwrite en Español (Grades 1 & 2)
Vamos a hablar Español! Help your child expand their opportunities by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and counting, vocabulary, reading, writing, math and beginning conversation. This is a full Spanish immersion program. For children ages 5-7. Instructor: Readwrite Educational Solutions Staff
- **Location: Bixby Knolls, 1101 East San Antonio, Long Beach.**
- **$20 materials fee payable to the instructor at the first class meeting.**

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Adaptive Programming

Special Needs Hip Hop Class
Take a chance and dance! This hip hop class is designed for youth of all abilities, ages 9-16, to participate and enjoy meeting new friends, moving to the beat and learning hip hop routines. Students achieve a feeling of success each week as they gain a new skill, improve balance, stability and stamina, and socialization skills. Class can be done unassisted but aides, parents, or guardians are welcome to join in for success. For questions specific to this class contact Kick It Up! at 562-430-1812. Instructor: Kick It Up Staff.

*Location: Kick It Up!, 8129 E. Wardlow Rd., Long Beach.
16733 Th 6:30pm-7:30pm 2/6-3/26 Off Site $50/8 Mtgs
16734 Th 6:30pm-7:30pm 4/2-5/21 Off Site $50/8 Mtgs

Top Flight on Ice
This class is specifically designed for the Special Needs Community, ages 3 and older. All skaters will learn to skate with a qualified instructor. Skaters will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day: Wednesday 7:10-7:40 p.m. or Saturday 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. For more information, visit www.therinks.com. Instructor: The Rinks Staff

*Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.
•No class February 15.
16828 W 6:10pm-6:40pm 2/5-2/26 Off Site $50/4 Mtgs
16830 Sa 9:45am-10:15am 2/8-2/29 Off Site $38/3 Mtgs
16829 W 6:10pm-6:40pm 3/4-3/25 Off Site $50/4 Mtgs
16832 Sa 9:45am-10:15am 3/7-3/28 Off Site $50/4 Mtgs
16831 W 6:10pm-6:40pm 4/1-4/22 Off Site $50/4 Mtgs
16834 Sa 9:45am-10:15am 4/4-4/25 Off Site $50/4 Mtgs
16833 W 6:10pm-6:40pm 4/29-5/20 Off Site $50/4 Mtgs
16836 Sa 9:45am-10:15am 5/2-5/23 Off Site $50/4 Mtgs
16835 W 6:10pm-6:40pm 5/27-6/17 Off Site $50/4 Mtgs
16837 Sa 9:45am-10:15am 5/30-6/20 Off Site $50/4 Mtgs

Adaptive Recreation
Adaptive Recreation is designed to provide equal recreation and leisure opportunities for people with special needs. For participants 8 years of age through adults who can function at a 1:4 ratio (staff to participants). Activities include arts and crafts, themed parties, mini-trips and sports training. Other special events or dances are offered throughout the year for a marginal fee. Registration is limited. The Adaptive Recreation program meets at Bloomfield Park, Tuesdays from 3:30 – 5:30 p.m. There is a $5 fee on special “party” days. For more information call Bloomfield Park at (562) 865-1717.

ARP Events Spring 2020

January 17
ARP Dinner and a Movie
6 – 10 p.m. • $20

February 14
Valentine Dance
6:30 – 9:30 p.m. • $5

March 20
ARP Talent Show
6:30 – 8:30 p.m. • $5

April 24
ARP Cosmic Bowling
6 – 10 p.m. • $20

May 22
ARP Prom Dance
6:30 – 9:30 p.m. • $5

Special Olympics
Lakewood partners with Special Olympics Southern California to provide a year-round athletic program for individuals with intellectual and developmental disabilities. Three sports seasons are offered:

Spring – Basketball and Bocce Ball
Summer – Bowling*
Fall – Softball, Soccer and Golf*
*Bowling/Golf practice dates vary, and are held off site

Practices are held every Thursday, from 6:30 – 8:30 p.m. at Bloomfield Park. Miscellaneous tournaments are also provided each season, along with a full schedule of inclusionary team softball and basketball games within the Lakewood Youth Sports program. Program registration and medical clearance is required prior to participating.

Spring Season Program Meeting
Thursday, March 19 • 6:30 p.m.
Bloomfield Park

Finished with this Brochure?
Don’t throw it away! Pass it along to a friend. We rely upon our friends to help us spread the word about our programs.
Beginning Lokelani Hula
Learn about the Polynesian cultures through dance in this introductory class for ages 6-10 years. Students will learn the basics of hula, Tahitian, and Maori poi balls. Exercise, the art of dance, and having FUN - all rolled into one! Instructor: Ms. Willie Villa-Real and Ms. Stephanie Fontela

- Students will need to purchase a costume for the performances, dates and cost TBA.
- Dance implements may be purchased through the instructor.
- No class April 16 and May 19.

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Cutie Pies & Dancing Divas
Your dancer will learn tap, ballet, jazz and creative movement while having a good time. Ages 5-14. Instructor: Isabel Moses-Caldera

- Multiple course/sibling discount available. Contact Recreation & Community Services for more information.
- 6:30 p.m. class ages 5-8.
- 7:15 p.m. class ages 9-14.
- In order to participate in the spring recital on June 8, children must be registered in all four sessions and purchase a costume.
- No class February 17 & 24 and May 25.

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Performing Ilima
This intermediate Polynesian dance group will be performing at various community events. Students will learn dances from Hawaii, New Zealand, Tahiti, and more. A simple audition is required to assess readiness for this class. Ages 8-12. Instructor: Ms. Michelle Reyes and Ms. Stephanie Fontela

- Students will need to purchase a costume for performances, dates and cost TBA.
- Dance implements may be purchased through the instructor.
- No class April 16.

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Performing Melia
This advanced Polynesian dance group will be performing at a number of community events. Students will learn dances from Hawaii, New Zealand, Tahiti, and Samoa, using various dance implements. Ages 13-17. Instructors: Ms. Michelle Reyes and Ms. Stephanie Fontela

- Students will need to purchase a costume for performances, dates and cost TBA.
- Dance implements may be purchased through the instructor.
- No class April 16.

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Performing Okika
This intermediate/advanced Polynesian dance group will be performing at a number of community events. Students will learn dances from Hawaii, New Zealand, Tahiti and more, using various dance implements. Ages 10-14. Instructor: Ms. Michelle Reyes and Ms. Stephanie Fontela

- Students will need to purchase a costume for performances, dates and cost TBA.
- Dance implements may be purchased through the instructor.
- No class April 16.

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Please register early! At some point, we must determine if enrollment is sufficient to hold a class. If you haven’t registered in advance, we can’t notify you if the class is canceled, or if we have made a change in the class logistics.
Gymnastics

**Cartwheel & Aerial Bootcamp**

Tumblers will completely focus on proper cartwheel basics including safe form and technique. Instructors recommend cartwheels be mastered before transitioning to aerials. This class is geared towards gymnasts, dancers and cheerleaders needing a safe environment to learn and work aerials, leaps, turns and jumps with plenty of spot time with the instructor. Ages 6-12. Instructor: Tumble-N-Kids, Inc.

- A $3 materials fee is payable to the instructor at the first class.

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**Cheer-N-Tumble**

Tumblers will learn cheer based tumbling skills and focus on proper efficiency of skill progression they will need to execute during tryouts for their high school, junior high school, elementary school, recreational or all-star cheerleading teams. Coaches will zone in on correct flexibility and strength for maximum success. Ages 7-18. Instructor: Tumble-N-Kids, Inc.

- A $3 materials fee is payable to the instructor at the first class.

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**Floor Tumbling, Strength & Conditioning**

Aspiring gymnasts benefit from our progressive teaching method, promoting confidence and self-esteem! Gymnasts build routines and skills on the floor, fine-tune cartwheels, round-offs, backbends, walkovers, hand springs, tucks, splits and more! Emphasis on conditioning to build strength and flexibility. Ages 6-16. Instructor: Tumble-N-Kids, Inc.

- A $3 materials fee is payable to the instructor in class.

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**Gymnastics Academy 2**

Beginner gymnast curriculum consists of introductory skills including forward rolls, jumps, basic understanding of cartwheels, handstands, and backward rolls. Beginner class includes fundamentals on bars, vault and beam with an emphasis on body shaping, conditioning and flexibility to increase body awareness, build strength and coordination, and boost self-esteem! Ages 6-12. Instructor: Tumble-N-Kids, Inc.

- A $3 materials fee is payable to the instructor in class.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>16494</td>
<td>Th</td>
<td>3:30pm-4:30pm</td>
<td>2/3-3/25</td>
<td>PLMS</td>
<td>$88/8 Mtgs</td>
</tr>
<tr>
<td>16495</td>
<td>Th</td>
<td>3:30pm-4:30pm</td>
<td>4/9-6/4</td>
<td>PLMS</td>
<td>$88/8 Mtgs</td>
</tr>
</tbody>
</table>

**Gymnastics Academy 3**

Advanced gymnast curriculum consists of mastering previous Academy 1 or 2 skills while learning more advanced skills such as back walkovers, handsprings, and tumbling passes. This advanced class will continue to improve body shaping, strength, flexibility and more challenging skills on bars, vault and beam. To be enrolled in Academy 3 the gymnast should be able to perform the following skills independently: cartwheel, handstand, round off, and be able to bridge from standing. Ages 6-12. Instructor: Tumble-N-Kids, Inc.

- A $3 materials fee is payable to the instructor in class.
- Coach’s approval is needed to enroll.
- Please email info@tumblenkids.com to schedule a tryout.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>16489</td>
<td>W</td>
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<td>16491</td>
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<td>6:00pm-7:00pm</td>
<td>4/8-6/3</td>
<td>PLMS</td>
<td>$88/8 Mtgs</td>
</tr>
</tbody>
</table>

**Cheer-N-Tumble**

Girls and boys learn age-appropriate gymnastic skills including floor-tumbling, cartwheels, rolls, jumps, handstands and more, all levels welcome! Students ages 6-10 years old will experience the benefits of healthy exercise, strength, coordination, agility, and balance while building self-confidence. Music and obstacle courses make learning FUN while progressive skill instruction enhances individual accomplishment. Instructor: Tumble-N-Kids, Inc.

- A $3 materials fee is payable to the instructor at the first class.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
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<td>1:30pm-2:30pm</td>
<td>2/8-3/28</td>
<td>PLMS</td>
<td>$88/8 Mtgs</td>
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<tr>
<td>16515</td>
<td>Sa</td>
<td>1:30pm-2:30pm</td>
<td>4/18-6/6</td>
<td>PLMS</td>
<td>$88/8 Mtgs</td>
</tr>
</tbody>
</table>

**Ninja Gymnastics**

This is the perfect class for children ages 7-12 who want to learn awesome gymnastics ninja skills. We’ll do obstacle courses, swing on the bars, jump on trampolines, play fun ninja games and build strength with age appropriate physical conditioning, gymnastics skills and confidence. Your child will love seeing what they are capable of achieving! Instructor: Tumble-N-Kids, Inc.

- A $3 materials fee is payable to the instructor at the first class.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
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<td>PLMS</td>
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<td>Th</td>
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<td>4/9-6/4</td>
<td>PLMS</td>
<td>$88/8 Mtgs</td>
</tr>
</tbody>
</table>

**Power Tumbling**

Power tumblers focus on gymnastics skills including floor-tumbling, cartwheels, rolls, jumps, handstands and more! Tumblers will learn the beginning techniques of round-off back handsprings, as well as jump combinations and running tumbling. Great class for cleaning new skills you could show off in competitions? If so Tumble-N-Kids’ preteam program is just the thing! Girls will work on USAG Xcel bronze skills on all four apparatuses and develop the strength and confidence to be a success in competition. Coach’s approval is needed to enroll. Please email info@tumblenkids.com to schedule a tryout. Ages 6-12. Instructor: Tumble-N-Kids, Inc.

- A $3 materials fee is payable to the instructor at the first class.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
</tr>
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<tbody>
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<td>16951</td>
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<td>2/7-3/27</td>
<td>PLMS</td>
<td>$88/8 Mtgs</td>
</tr>
<tr>
<td>16952</td>
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<td>4:30pm-5:30pm</td>
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<td>PLMS</td>
<td>$88/8 Mtgs</td>
</tr>
</tbody>
</table>

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 38 for additional fees.
Teen & Youth Fitness and Sports

**Tennis**

**Tem’s Amazing Tennis (Beg. Youth)**
No experience is necessary in this USPTA certified beginning tennis class. We will focus on proper fundamentals to give students a solid base including grips, stances, ground strokes, volleys, etc. Stroke production drills and hand-eye coordination techniques are used. Ages 8-17. Visit TemsAmazingTennis.com. Instructor: Lakewood Tennis Center Staff

- **Location:** Lakewood Tennis Center, 4212 Clubhouse Dr., Lakewood.
- **Bring tennis racket and two unopened cans of heavy duty balls.**
- **Proper tennis shoes required - no basketball or running shoes.**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Location</th>
<th>Fee</th>
</tr>
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<tr>
<td>16810</td>
<td>Sa</td>
<td>9:00am-10:00am</td>
<td>4/4-5/23</td>
<td>Off Site</td>
<td>$88/8 Mtgs</td>
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<tr>
<td>16811</td>
<td>Sa</td>
<td>9:00am-10:00am</td>
<td>5/30-6/13</td>
<td>Off Site</td>
<td>$33/3 Mtgs</td>
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</table>

**Introduction to Volleyball**
Pass, Set, Hit! Participants will learn fundamental volleyball skills such as passing, hitting, serving, and setting through hands-on instruction and games. Ages 8-14. Instructor: West Grove Volleyball Staff

- **Location:** Hoover Middle School Gym, 3501 Country Club Dr., Lakewood.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Location</th>
<th>Fee</th>
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<tr>
<td>16813</td>
<td>Sa</td>
<td>9:00am-11:00am</td>
<td>4/4-5/23</td>
<td>Off Site</td>
<td>$144/8 Mtgs</td>
</tr>
<tr>
<td>16814</td>
<td>Sa</td>
<td>9:00am-11:00am</td>
<td>5/30-6/13</td>
<td>Off Site</td>
<td>$54/3 Mtgs</td>
</tr>
</tbody>
</table>

**Tennis Clinic (Int./Adv. Youth)**
This USPTA Advanced Academy tennis class is open to junior high and high school players. Proper technique is recommended. Players who are playing in tournaments can benefit from strategy, footwork, mental toughness and match play. Private lessons are available. Visit our website TemsAmazingTennis.com. Instructor: Lakewood Tennis Center Staff

- **Location:** Lakewood Tennis Center, 4212 Clubhouse Dr., Lakewood.
- **Bring tennis racket and two unopened cans of heavy duty balls.**
- **Proper tennis shoes required - No basketball or running shoes.**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
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<td>$144/8 Mtgs</td>
</tr>
<tr>
<td>16613</td>
<td>Sa</td>
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<td>4/4-5/23</td>
<td>Off Site</td>
<td>$144/8 Mtgs</td>
</tr>
<tr>
<td>16614</td>
<td>Sa</td>
<td>9:00am-11:00am</td>
<td>5/30-6/13</td>
<td>Off Site</td>
<td>$54/3 Mtgs</td>
</tr>
</tbody>
</table>

**Tennis Clinic - All Levels (Youth)**
All levels of players will benefit from this class. Beginners will learn fundamentals. Intermediate and advanced players will learn pattern and match play. High school players welcome! Private lessons are available. For ages 8-17. Visit our website TemsAmazingTennis.com. Instructor: Lakewood Tennis Center Staff

- **Location:** Lakewood Tennis Center, 4212 Clubhouse Dr., Lakewood.
- **Bring tennis racket and two unopened cans of heavy duty balls.**
- **Proper tennis shoes required - no basketball or running shoes.**

<table>
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<tr>
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<th>Location</th>
<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>16615</td>
<td>F</td>
<td>4:00pm-6:00pm</td>
<td>2/7-3/27</td>
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<td>$144/8 Mtgs</td>
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<tr>
<td>16616</td>
<td>F</td>
<td>4:00pm-6:00pm</td>
<td>4/3-5/22</td>
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<td>$144/8 Mtgs</td>
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<tr>
<td>16617</td>
<td>F</td>
<td>4:00pm-6:00pm</td>
<td>5/29-6/12</td>
<td>Off Site</td>
<td>$54/3 Mtgs</td>
</tr>
</tbody>
</table>

**Sports Instruction**

**Beginning Ice Skating**
Meet at The Rinks to ‘Get Fit and Socialize’. For ages 7-14. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day: Wednesday 3-5:30 p.m. or Saturday 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. For more information, visit www.therinks.com. Instructor: The Rinks Staff

- **Location:** The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.
- **No class February 15.**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
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<td>F</td>
<td>4:00pm-6:00pm</td>
<td>2/7-3/27</td>
<td>Off Site</td>
<td>$48/4 Mtgs</td>
</tr>
<tr>
<td>16816</td>
<td>F</td>
<td>4:00pm-6:00pm</td>
<td>4/3-5/22</td>
<td>Off Site</td>
<td>$48/4 Mtgs</td>
</tr>
<tr>
<td>16817</td>
<td>F</td>
<td>4:00pm-6:00pm</td>
<td>5/29-6/12</td>
<td>Off Site</td>
<td>$48/4 Mtgs</td>
</tr>
</tbody>
</table>

**Introduction to Wrestling**
Want to be the next champion? Take this class and learn the basic techniques used in high school and collegiate wrestling competitions nationwide. Students will learn proper form and technique from the head wrestling coach of Mayfair High School. Ages 4-18. Instructor: Ibee Atalla

- **Location:** Mayfair High School Gym, 6000 Woodruff Ave., Lakewood.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Location</th>
<th>Fee</th>
</tr>
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<td>16509</td>
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<td>Off Site</td>
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<tr>
<td>16510</td>
<td>M,Th</td>
<td>5:30pm-6:30pm</td>
<td>3/23-30</td>
<td>Off Site</td>
<td>$25</td>
</tr>
<tr>
<td>16511</td>
<td>M,Th</td>
<td>5:30pm-6:30pm</td>
<td>4/2-30</td>
<td>Off Site</td>
<td>$25</td>
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<tr>
<td>16512</td>
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<td>5/4-5/28</td>
<td>Off Site</td>
<td>$25</td>
</tr>
<tr>
<td>16513</td>
<td>M,Th</td>
<td>5:30pm-6:30pm</td>
<td>6/1-6/29</td>
<td>Off Site</td>
<td>$25</td>
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</table>

**BEST Youth Soccer**
During this weekly soccer class, kids will learn the skills of soccer by participating in activities such as: dribbling, kicking, throw-ins, goalie skills and more! The goal and focus is to maintain an energetic and highly active program that will teach, encourage and advance young players regardless of their skill level. Ages 7-10. Instructor: Beginners Edge Sports Staff

- **Please bring an age-appropriate soccer ball with your child’s name on it and a water bottle.**
- **No class May 23.**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>16922</td>
<td>Sa</td>
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<tr>
<td>16925</td>
<td>Sa</td>
<td>9:00am-11:35am</td>
<td>4/11-6/6</td>
<td>Off Site</td>
<td>$99/8 Mtgs</td>
</tr>
</tbody>
</table>

**Idee Atalla**
Head Wrestling Coach of Mayfair High School. Ages 4-18. Instructor: Ibee Atalla

- **Location:** Mayfair High School Gym, 6000 Woodruff Ave., Lakewood.

<table>
<thead>
<tr>
<th>Class Code</th>
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<th>Time</th>
<th>Start Date</th>
<th>Location</th>
<th>Fee</th>
</tr>
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<tbody>
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<td>4:00pm-6:00pm</td>
<td>5/29-6/12</td>
<td>Off Site</td>
<td>$48/4 Mtgs</td>
</tr>
</tbody>
</table>

For more information call 562-866-9771, ext. 2408

The Lakewood Youth Hall of Fame will celebrate its 39th annual awards banquet on Monday, February 24, 6:30 p.m. at The Centre. The Hall of Fame will honor the 2019 Athlete of the Year. If purchased by February 6, discount student tickets are $20; adult tickets are $30. Tickets purchased February 7-14 are $26 and $36 respectively.

In addition to the Athlete of the Year award, Performer of the Year awards will be presented for more than a dozen sports, and Special Achievement awards will be presented for academics and other significant contributions to youth sports in Lakewood.

For more information call 562-866-9771, ext. 2408
Junior Golf Academy
The Junior Golf Academy with Cerritos Iron-Wood Nine Golf professional Jason Holmes, is designed for young golfers of all ability levels. From beginners to advanced golfers, participants will improve their game in a small group setting. Instruction will be conducted on the driving range, putting green and pitching area. Range balls will be provided for each class and loaner clubs are available during class time. Parents are required to sign children in and out of the class meeting. Instructor: Kathleen Wegener

- Monday/Wednesday - 5 p.m. ages 7-10.
- Monday/Wednesday - 6 p.m. ages 11-17.
- Saturday - 10 a.m. & 11 a.m. ages 4-6.

16517 M,W 5:00pm-5:45pm 1/6-1/15 Off Site $53/4 Mtgs
16518 M,W 6:00pm-6:45pm 1/6-1/15 Off Site $53/4 Mtgs
16516 Sa 10:00am-10:45am 1/11-2/1 Off Site $53/4 Mtgs
16519 Sa 11:00am-11:45am 1/11-2/1 Off Site $53/4 Mtgs
17015 M,W 5:00pm-5:45pm 1/27-2/5 Off Site $53/4 Mtgs
17016 M,W 6:00pm-6:45pm 1/27-2/5 Off Site $53/4 Mtgs
17017 Sa 10:00am-10:45am 2/22-3/14 Off Site $53/4 Mtgs
17018 Sa 11:00am-11:45am 2/22-3/14 Off Site $53/4 Mtgs
17019 M,W 5:00pm-5:45pm 2/24-3/4 Off Site $53/4 Mtgs
17020 M,W 6:00pm-6:45pm 2/24-3/4 Off Site $53/4 Mtgs
17021 M,W 5:00pm-5:45pm 3/16-3/25 Off Site $53/4 Mtgs
17022 M,W 6:00pm-6:45pm 3/16-3/25 Off Site $53/4 Mtgs
17025 M,W 5:00pm-5:45pm 3/30-4/8 Off Site $53/4 Mtgs
17026 M,W 6:00pm-6:45pm 3/30-4/8 Off Site $53/4 Mtgs
17028 Sa 10:00am-10:45am 4/4-4/25 Off Site $53/4 Mtgs
17024 Sa 11:00am-11:45am 4/4-4/25 Off Site $53/4 Mtgs

Karate (Beg.)
Learn and demonstrate self-defense moves such as basic kicks, blocks and punches in this beginning karate class for ages 5-15. If you have no experience or even if you have some experience, this class is for you. Check out www.dojowear.com. Instructor: Kathleen Wegener

- An $8 materials fee (new students only) is payable to the instructor in class.
- Discount available if registering for both Tuesday & Thursday.
- Must request discount through Recreation and Community Services.
- No class May 5 & 7.

16531 T 4:00pm-5:00pm 2/4-3/3 MAY $40/5 Mtgs
16532 Th 4:00pm-5:00pm 2/6-3/5 CTR $40/5 Mtgs
16533 T 4:00pm-5:00pm 3/10-4/7 MAY $40/5 Mtgs
16534 Th 4:00pm-5:00pm 3/12-4/9 CTR $40/5 Mtgs
16535 T 4:00pm-5:00pm 4/21-5/26 MAY $40/5 Mtgs
16536 Th 4:00pm-5:00pm 4/23-5/28 CTR $40/5 Mtgs

Karate (Int.)
Youngsters yellow belt and above may enroll in the intermediate program. This class is for serious participants who wish to progress to higher degree belts in Japanese Karate Do, Shito Ryu. Check out www.dojowear.com. Ages 5-15. Instructor: Kathleen Wegener

- An $8 materials fee (new students only) is payable to the instructor in class.
- Discount available if registering for both Tuesday & Thursday.
- Must request discount through Recreation and Community Services.
- No class May 5 & 7.

16537 T 5:00pm-6:00pm 2/4-3/3 MAY $40/5 Mtgs
16538 Th 5:00pm-6:00pm 2/6-3/5 CTR $40/5 Mtgs
16539 T 5:00pm-6:00pm 3/10-4/7 MAY $40/5 Mtgs
16540 Th 5:00pm-6:00pm 3/12-4/9 CTR $40/5 Mtgs
16541 T 5:00pm-6:00pm 4/21-5/26 MAY $40/5 Mtgs
16542 Th 5:00pm-6:00pm 4/23-5/28 CTR $40/5 Mtgs

Kidz Love Soccer: Soccer 1
Players will learn dribbling, passing, receiving, shooting, defense and much more! 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. Ages 5-6. Instructor: Kidz Love Soccer

- Location 2/27-4/2: Rynerson Park near the playground.
- Off Site Location 3/2-4/6: Simms Park Basketball Gym, 16614 Clark Ave., Bellflower.
- Off Site Location 4/20-6/1: Caruthers Park Baseball Outfield, 10500 Flora Vista St., Bellflower.
- No class May 25.

17000 Th 3:45pm-4:30pm 2/27-4/2 RYN $83/6 Mtgs
16562 M 4:15pm-5:00pm 3/24-6/ Off Site $83/6 Mtgs
16563 M 4:15pm-5:00pm 4/20-6/1 Off Site $83/6 Mtgs
17001 Th 4:15pm-5:00pm 4/23-5/28 RYN $83/6 Mtgs

Kidz Love Soccer: Soccer 2
Kids 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will include small-sided scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world’s most popular sport. Shin guards are required. Instructor: Kidz Love Soccer

- Off Site Location 3/2-4/6: Simms Park Basketball Gym, 16614 Clark Ave., Bellflower.
- Off Site Location 4/20-6/1: Caruthers Park Baseball Outfield, 10500 Flora Vista St., Bellflower.
- No class May 25.

16564 M 3:30pm-4:15pm 3/24-6/ Off Site $83/6 Mtgs
16565 M 3:30pm-4:15pm 4/20-6/1 Off Site $83/6 Mtgs
17003 Th 3:30pm-4:15pm 4/23-5/28 RYN $83/6 Mtgs

Skatedogs Skateboarding
Whether you are just learning to skateboard or ready to learn advanced tricks, this class is right for you. Make new friends, play games and advance your skills in our private skatepark! For ages 5-13 years old. Please register in advance - registration is not taken at the park. Visit skatedogs.com to view our online skateboard customizer and to learn more about what type of skateboard to bring. Instructor: Skatedogs

- Location: Heartwell Park Basketball Courts, 5801 East Parkcrest, Long Beach.
- Requirements: A signed Skatedogs waiver form, a “trick” skateboard, knee pads, elbow pads and a helmet.

16994 Sa 9:00am-10:30am 3/7-4/4 Off Site $125/5 Mtgs
16995 Sa 9:00am-10:30am 4/13-5/16 Off Site $125/5 Mtgs

4-Sport Multi Sport (Youth)
During this eight week course participants will learn basic skills from the following sports: soccer, baseball/softball, basketball and track and field. Participants will learn how to kick and control a soccer ball, how to hit, catch and throw a baseball, how to shoot and dribble a basketball, and how to build strength and endurance while running and jumping. The goal and focus is to maintain an energetic and highly active program that will teach, encourage and advance young players regardless of their skill level. Ages 7-10. Instructor: Beginners Edge Sports Staff

- Please bring an age-appropriate soccer ball for the first week of class. A hitting tee and a basketball are needed later in the season.
- No class May 23.

16282 Sa 10:50am-11:35am 2/8-3/28 SM $99/8 Mtgs
16919 Sa 10:50am-11:35am 4/11-6/6 SM $99/8 Mtgs
T-Ball, Coach Pitch, Baseball & Softball
T-Ball and coach pitch teams, for boys and girls ages 4-5 & 6-7 play at all Lakewood parks this summer. T-Ball and coach pitch teams work on fundamental baseball skills, stressing participation and fun, not competition. Sign-ups are April 25–May 9 online at www.lakewoodcity.org/ecatalog*. Division placement will be based on the players age before June 1, 2020. Practices begin May 26. Instructional games are played June 15-July 31.

League teams will be organized in four age divisions at all Lakewood parks this summer. Sign-ups are April 25–May 9 online at www.lakewoodcity.org/ecatalog*. League divisions for ages 8-17 are determined by the player’s age as of June 1, 2020. Teams begin practice May 26. Regular season games are played June 15-July 31. Playoffs conclude by August 8.

• No registration fee for Lakewood residents. Non-resident registration fee of $20 is payable online at time of registration. Players will be required to provide birth certificates at the park prior to the start of play.

*If online access is not available, contact the Recreation and Community Services Department at 562-866-9771 ext. 2408 to register.

Youth Ice Hockey
Learn the basic skating skills necessary to play ice hockey, one of the fastest growing So Cal. high school varsity sports! This is a skating skills class where sticks and pucks are not used. Fee includes skate rental and open skating on registered class day, from 3:30-5 p.m. for Thursday classes or 10:45-11:15 a.m. for Saturday classes. Students should dress warmly in layers and bring gloves or mittens. For ages 7-18. Check in early. Please register in advance. You may not register at the facility. For more information, visit www.therinks.com. Instructor: The Rinks Staff

• Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.
• Prerequisite: 4 weeks in Beginning Ice Skating and instructor approval.
• No class February 15.

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Location</th>
<th>Fee</th>
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<tr>
<td>16889</td>
<td>Th</td>
<td>5:30pm-6:00pm</td>
<td>2/6-2/27</td>
<td>Off Site</td>
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<td>2/8-2/29</td>
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<tr>
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<td>3/7-3/28</td>
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<td>$50/4 Mtgs</td>
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<tr>
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<td>4/2-4/23</td>
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<td>$50/4 Mtgs</td>
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<td>16898</td>
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<td>5/30-6/20</td>
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<td>$50/4 Mtgs</td>
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</tbody>
</table>

Swim Lessons by Lakewood Aquatics
Living in Southern California means swimming can be a year round activity. With this program your child, ages 3 and up, will learn a life saving skill that will come in handy when making your summer plans at the beach or the pool. Held at Cerritos College’s heated instructional pool, and taught by Lakewood Aquatics, these 30 and 40 minute swim classes will help your child become a strong swimmer and will open opportunities for a lifetime of aquatic endeavors. Multiple class options are available for beginner, intermediate and advanced swimmers. Instructor: Lakewood Aquatics Staff

• Location: Cerritos College Aquatics Center, 11110 Alondra Blvd., Norwalk.
• Participants must pay a one-time $20 USA Swimming “Flex” membership registration fee.
• Private swim lessons available by appointment only. For more information call (562) 370-0955.
• No class February 17 and May 25.
• Classes offered Monday-Sunday. Register online at www.lakewoodcity.org/ecatalog or call 562-866-9771 ext. 2408 for more information.

Volunteer Coaches Needed
Do you remember playing Lakewood Youth Sports (LYS) as a child? Do you remember the person you called coach? Do you remember the positive, lasting impact he or she had on your life? Well, this season it’s your turn to be that positive sporting influence on the youth of our community. The LYS Program relies on volunteers to coach its more than 80 youth baseball and softball teams. No prior coaching experience is required to coach in this instructional, fun league and coaching instruction is offered by the Recreation and Community Services staff for those seeking further training. If you would like to sign up to coach, contact your local park or call 562-866-9771 ext. 2408.

Finished with this Brochure?
Don’t throw it away! Pass it along to a friend. We rely upon our friends to help us spread the word about our programs.

ARE YOU A STAY AT HOME MOM?
MOMS Club of Lakewood may be just what you are looking for. For more information email us at: lakewoodmomsclub@hotmail.com
Pre-Summer Aquatics

Pre-Summer Aquatics at Mayfair Pool

Youth and adaptive lessons are offered Monday - Friday every half hour between 4:30 p.m. and 6 p.m.
*20 minute private lessons offer a one instructor to one student ratio (ages 3+, adaptive or adult.)

Online Pre-Summer Swim Lesson Registration

<table>
<thead>
<tr>
<th>Pre-Summer Sessions</th>
<th>Lesson Dates</th>
<th>Priority Resident Online Registration Dates</th>
<th>Non-Resident Registration Dates</th>
<th>Online Registration Ends</th>
<th>Walk-in Registration</th>
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</thead>
<tbody>
<tr>
<td>Mayfair Pool Only</td>
<td>May 26 - June 5</td>
<td>Begins May 16 at 7 p.m.</td>
<td>Begins May 19 at 7 p.m.</td>
<td>May 22 at noon</td>
<td>May 23 1-4 p.m.</td>
</tr>
</tbody>
</table>

- Not all levels are offered every half hour.
- Minimum enrollment required each class.
- Each session includes eight days of instruction and one fun day.
- Classes are subject to cancellation and class schedule is subject to change.

REFUND POLICY

- All refunds/withdrawals must be requested in person, at the pool your child is registered or via e-mail to aquatics@lakewoodcity.org prior to the start of the third lesson. Email requests will be processed during pre-summer sessions only.
- There is a $5 processing fee for each participant for refunds, withdrawals and class transfers.
- Refund, withdrawal and transfer requests will be issued at the discretion of the pool manager.
- Transfer requests will not be granted after the first class meeting.

Early Season Recreation Swim

Memorial Weekend - May 23-25
1 - 2:30 p.m. and 2:45 - 4:15 p.m. at Mayfair Pool

POOL RULES

- Unaccompanied swimmers are required to be at least 48 inches tall or have a valid minnow Red Cross (Level 4) swimming card. Youngsters not meeting this requirement must be accompanied in the pool area by an adult (18 years or older) on a one-to-one basis, and must remain in the water within reach at all times.
- Swim diapers must be worn by all children four years and younger and are available for purchase at the pool.
- Entry fee must be paid in order to gain access to the deck.
- Guests must enter and exit through the main lobby of the swim pavilion.

Junior Lifeguard Program

Mayfair and McCormick pools
June 15 - August 7, Ages 12-15

The Junior Lifeguard Program provides youth the opportunity to improve swimming skills, receive a basic understanding of water rescues and become certified in CPR and First Aid. Junior Guards will work as a team and gain valuable real-world job experience.

- Proof of age required.
- No prior lifeguarding experience needed.

More information and registration will be available in the Recreation & Community Services Summer Catalog.
Preschool Programs

Dance Classes

Baby Doll Dance (Age 2)
Does your little one like to dance around when they hear music? Have them learn the basic tap, ballet and creative movements in a fun way that preschoolers can understand. Instructor: Isabel Moses-Caldera
• Ballet & Tap shoes recommended. Please purchase slip resistant peels to stick on the bottom of tap shoes.
• Multiple course/sibling discount available. Contact Recreation & Community Services for more information.
• In order to participate in the spring recital on June 8, children must be registered in all four sessions and purchase a costume.
• No class February 17 & 24 and May 25.

16294 M 5:00pm-5:45pm 2/3-3/9 BLM $32/4 Mtgs
16295 M 5:00pm-5:45pm 2/16-4/6 BLM $32/4 Mtgs
16296 M 5:00pm-5:45pm 4/13-5/4 BLM $32/4 Mtgs
16297 M 5:00pm-5:45pm 5/11-6/8 BLM $32/4 Mtgs

Baby Doll Dance (Ages 3-4)
Does your little one like to dance around when they hear music? Have them learn the basic tap, ballet and creative movements in a fun way that preschoolers can understand. Instructor: Isabel Moses-Caldera
• Ballet & Tap shoes recommended. Please purchase slip resistant peels to stick on the bottom of tap shoes.
• Multiple course/sibling discount available. Contact Recreation & Community Services for more information.
• In order to participate in the spring recital on June 8, children must be registered in all four sessions and purchase a costume.
• No class February 17 & 24 and May 25.

16298 M 5:45pm-6:30pm 2/3-3/9 BLM $32/4 Mtgs
16299 M 5:45pm-6:30pm 3/10-4/6 BLM $32/4 Mtgs
16300 M 5:45pm-6:30pm 4/13-5/4 BLM $32/4 Mtgs
16301 M 5:45pm-6:30pm 5/11-6/8 BLM $32/4 Mtgs

Baby Hip Hop
Now a class for both boys and girls ages 3-5. Learn different styles hip hop dance to have fun. From commercial to old school moves, to freestyle. Bring your friends and siblings and improve your skills in dance. Instructor: High Fidelity Entertainment

16302 W 4:00pm-4:45pm 2/5-3/25 CTR $52/8 Mtgs
16303 W 4:00pm-4:45pm 4/22-6/10 CTR $52/8 Mtgs

Baby Kukui Hula
Let your little ones shake their hips in this fun introduction to Polynesian dances. Children ages 2-3 years old will learn grace and balance with hand and foot coordination. Instructor: Ms. Willie Villa Real and Ms. Stephanie Fontela
• Students will need to purchase a costume for performances, dates and cost TBA.
• Dance implements (poi balls) may be purchased through the instructor.
• No class April 14 and May 19.

16304 T 5:15pm-6:00pm 1/28-2/11 PLMS $26/3 Mtgs
16305 T 5:15pm-6:00pm 3/10-3/31 PLMS $34/4 Mtgs
16306 T 5:15pm-6:00pm 4/7-4/28 PLMS $26/3 Mtgs
16307 T 5:15pm-6:00pm 5/5-6/2 PLMS $34/4 Mtgs

Ballet & Tap for Tots
For little tykes who like to dance. This is a fun introduction to ballet & tap, which includes beginning movements, arm and foot positions. For ages 2-3. Instructor: High Fidelity Entertainment
• No class February 29 and June 6.

16312 Sa 10:00am-10:45am 2/8-4/4 BLM $52/8 Mtgs
16313 Sa 10:00am-10:45am 4/25-6/20 BLM $52/8 Mtgs

Ballet Character Class
Children ages 3-6.5 years old will be learning the basic beginning ballet positions and movements while pretending to be princesses and dancing to the famous Ballads such as Cinderella, Sleeping Beauty and Swan Lake. Ballet shoes are suggested for this creative ballet class. Instructor: Evelyn Grauten
• No class June 2.
• Class on April 21 will meet at Mayfair Park.

16329 T 10:30am-11:15am 2/4-2/25 CTR $36/4 Mtgs
16330 T 10:30am-11:15am 3/3-3/31 CTR $45/5 Mtgs
16331 T 10:30am-11:15am 4/7-4/28 CTR $36/4 Mtgs
16341 T 10:30am-11:15am 5/5-6/9 CTR $45/5 Mtgs

Ballet/Tap Combo
Help your child develop self-confidence and poise through the art of dance! Postures, grace, rhythm, arm and foot positions and basic stretches are taught through exercises specifically designed for this age group. The class will cover pre-tap and pre-ballet techniques. For ages 4-6. Instructor: High Fidelity Entertainment
• No class February 29 and June 6.

16332 Sa 10:45am-11:30am 2/8-4/4 BLM $52/8 Mtgs
16333 Sa 10:45am-11:30am 4/25-6/20 BLM $52/8 Mtgs

Petite Pikake Hula
This class will introduce your 4-5 year old child to the beauty and grace of the Polynesian dance forms. Students will learn the basic steps as well as hand motions as they tell stories through hula. ALOHA! Instructor: Ms. Willie Villa Real and Ms. Stephanie Fontela
• Students will need to purchase a costume for performances, dates and cost TBA.
• Dance implements (poi balls) may be purchased through the instructor.
• No class April 14 and May 19.

16308 T 6:00pm-6:45pm 1/28-2/11 PLMS $26/3 Mtgs
16309 T 6:00pm-6:45pm 3/10-3/31 PLMS $34/4 Mtgs
16310 T 6:00pm-6:45pm 4/7-4/28 PLMS $26/3 Mtgs
16311 T 6:00pm-6:45pm 5/5-6/2 PLMS $34/4 Mtgs

Tot Lot Registration Continues at Two Lakewood Parks

Tot Lot, a parent cooperative program for 2-5 year olds, is held at Del Valle and Mayfair Parks during the fall, winter and spring. Most Tot Lots meet Monday - Friday, 9:30 - 11:30 a.m. in the fenced preschool play area of each park. Parents are responsible for each Tot Lot’s operation and members select activities and excursions.

Tot Lot registration is accepted throughout the year (as space permits). Up-to-date immunization cards and proof of age are required at the time of registration. TB testing is mandatory for all new working adults. The registration fee is $55 for residents and $65 for non-residents. Additional program fees may apply.

Since this is an organized program, a limited number of visitors are allowed in the fenced play area during Tot Lot hours. Visitors limited to one visit per month and Tot Lot rules must be observed.
Preschool Programs

Parent & Me Pre-K Readiness

Kids and parents will have fun in this class blending audio, visual and kinesthetics to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math and outdoor games and play specifically designed for children 2 years to 3 years and 11 months. Parent participation required. Instructor: Readwrite Educational Solutions Staff

• Location: Bixby Knolls Park, 1101 East San Antonio, Long Beach.
• $20 materials fee is payable to the instructor in class.
• No class April 14 & 16.

Readwrite en Español (Preschool & Kinder)

Vamos a hablar Español! Help your child expand their opportunities by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and counting, vocabulary, early reading, spelling, and mathematics skills. This is a full Spanish immersion program. Parent participation required. For children ages 4-6. Instructor: Readwrite Educational Solutions Staff

• Location: Bixby Knolls, 1101 East San Antonio, Long Beach.
• $20 materials fee payable to the instructor at the first class meeting.
• No class April 14 & 16.

Readwrite Kinder Prep

Be ready for kindergarten, academically and socially. This well-rounded, individualized program incorporates letter and number recognition, phonics (for reading and spelling), math, science, and fine motor skills (for writing). We reinforce a positive self-image with fun and engaging activities that stimulate creativity through art projects and music time. Children must be toilet trained. Bring a healthy snack. Parent participation is required two days per session. Ages 3 years and 6 months to 5 years and 11 months. Instructor: Readwrite Educational Solutions Staff

• Location: Bixby Knolls Park, 1101 East San Antonio, Long Beach.
• $40 materials fee is payable to the instructor in class.
• No class February 10 & 17, April 13-17, and May 25.

Gymnastic Giants

Students focus on developing gymnastic/tumbling skills, coordination, strength, balance, agility and following direction. Safely led by an experienced instructor, skills include: beginning cartwheels, forward and backward rolls, balance beams plus obstacle courses, movement/exercise games and music! Progressive skill instruction and positive reinforcement encourage confidence, pride, and good attitude while helping your child ages 3-5 become a giant success! Parent participation required. Instructor: Tumble-N-Kids, Inc.

• A $3 materials fee is payable to the instructor at the first class.
• No class April 16.

Gymnastics Academy 1

Beginner gymnast curriculum consists of introductory skills including forward rolls, jumps, basic understanding of cartwheels, handstands, and backward rolls. Beginner class includes fundamentals on bars, vault and beam with an emphasis on body shaping, conditioning and flexibility to increase body awareness, build strength and coordination, and boost self-esteem! Ages 4-6. Instructor: Tumble-N-Kids, Inc.

• A $3 materials fee is payable to the instructor at the first class.
• No class April 13, 14 & 16 and May 25.

Junior Olympians

Beginner gymnast curriculum consists of introductory skills including forward rolls, jumps, basic understanding of cartwheels, handstands, and backward rolls. Beginner class includes fundamentals on bars, vault and beam with an emphasis on body shaping, conditioning and flexibility to increase body awareness, build strength and coordination, and boost self-esteem! Ages 3-5. Instructor: Tumble-N-Kids, Inc.

• A $3 materials fee is payable to the instructor at the first class.
• No class April 15.

Kartwheel-N-Kids

Girls and boys ages 4-6 learn gymnastics skills including: cartwheels, rolls, jumps, handstands, bridge/backbends, beam, handspring barrel, trampoline and more. We focus on beginning tumbling skills while incorporating music, obstacle courses and fun. Progressive skill level instruction creates confidence and success. Instructor: Tumble-N-Kids, Inc.

• A $3 materials fee is payable to the instructor at the first class.

Please register early! At some point, we must determine if enrollment is sufficient to hold a class. If you haven’t registered in advance, we can’t notify you if the class is canceled, or if we have made a change in the class logistics.
Preschool Programs

Preschool Tumble Ninjas
Does your little ninja never stop moving? This is the perfect class to get out some of those wiggles and help build strength, gymnastics skills and confidence. Students ages 3-6 will participate in awesome Ninja Warrior style obstacle courses, play fun games and improve strength by doing age appropriate strength exercises. We’ll use the uneven bars, trampoline, balance beams and vault to further develop our tumble ninja skills and agility. Instructor: Tumble-N-Kids, Inc.
• A $3 materials fee is payable to the instructor at the first class.
• No class April 14.
16947 T 3:30pm-4:30pm 2/4-3/24 PLMS $88/8 Mtgs
16948 T 3:30pm-4:30pm 4/18-6/6 PLMS $88/8 Mtgs

Teeny Tumblers
Enjoy special time together in activities fun for both parent and little cruiser. Teeny Tumblers will safely build important motor skills, balance and coordination as they explore tunnels, roll and crawl down the ‘big cheese’, slides, balls and lots of creative age appropriate tumbling fun. Plus, music makes everything more fun! Parent participation required. For boys and girls ages 12-24 months. Instructor: Tumble-N-Kids, Inc.
• A $3 materials fee is payable to the instructor at the first class.
16807 Sa 9:00am-10:00am 2/8-3/28 PLMS $88/8 Mtgs
16808 Sa 9:00am-10:00am 4/18-6/6 PLMS $88/8 Mtgs

Tumble Stars
Girls and boys ages 24-36 months are introduced to safe, age-appropriate tumbling skills: ‘Position of the Day’ rolls, balance beams, beginning cartwheels - ‘monkey jumps!’ Led by an experienced instructor using music, games, props, and creative play, kids develop body control, focus, strength, coordination and balance. Progressive skill instruction helps children happily zoom to confidence, pride and skill success! Parent participation is required. Instructor: Tumble-N-Kids, Inc.
• A $3 materials fee is payable to the instructor at the first class.
16949 T 10:00am-11:00am 2/4-3/24 PLMS $88/8 Mtgs
16955 Th 10:00am-11:00am 2/6-3/6 PLMS $88/8 Mtgs
16950 T 10:00am-11:00am 4/18-6/6 PLMS $88/8 Mtgs
16956 Th 10:00am-11:00am 4/18-6/6 PLMS $88/8 Mtgs

Music Instruction

Kids Love Music
Come sing, dance and play with your 1-4 year old! Spark your child’s imagination with animal puppets and rhythm instruments! Explore making music with drums and pentatonic xylophones and glockenspiels! Your child gains tonal memory, motor skills, cognitive development - and has a fun bonding time with you! Instructor: Karen Greeno, Kids Love Music
• Location: Cerritos Park East, 13234 E. 166th St., Cerritos.
16558 M 3:30pm-4:00pm 2/24-3/23 Off Site $70/5 Mtgs

Sports Instruction

4-Sport Multi Sport (Preschool)
During this eight week course participants will learn basic skills from the following sports: soccer, baseball/softball, basketball and track and field. Participants will learn how to kick and control a soccer ball, how to hit, catch and throw a baseball, how to shoot and dribble a basketball, and how to build strength and endurance while running and jumping. The goal and focus is to maintain an energetic and highly active program that will teach, encourage and advance young players regardless of their skill level. Ages 2-6. Instructor: Beginners Edge Sports Staff
• Please bring an age-appropriate soccer ball for the first week of class. A hitting tee and a basketball are needed later in the season.
• 9 a.m. ages 2-4 / 9:55 a.m. ages 4-6.
• No class May 23.
16280 Sa 9:00am-9:45am 2/8-3/28 SM $99/8 Mtgs
16281 Sa 9:55am-10:40am 2/8-3/28 SM $99/8 Mtgs
16917 Sa 9:00am-9:45am 4/11-6/6 SM $99/8 Mtgs
16918 Sa 9:55am-10:40am 4/11-6/6 SM $99/8 Mtgs

Kids Love Music: Babies!
• Location: Cerritos Park East, 13234 E. 166th St., Cerritos.
16559 M 4:15pm-4:45pm 2/24-3/23 Off Site $70/5 Mtgs

Kids Love Music: Toddlers!
A good class for first-timers! Sing, dance and play rhythm instruments with your 1-2 year old toddler! Explore making music with drums and pentatonic xylophones and glockenspiels. Your child gains tonal memory, motor skills, cognitive development - and fun with you in this shortened version of the Kids Love Music class! Adult participation required. Optional materials: $20. Instructor: Karen Greeno, Kids Love Music
• Location: Cerritos Park East, 13234 E. 166th St., Cerritos.

Gymnastics Parties & Private Lessons
Tumble-N-Kids, Inc. is pleased to offer gymnastics birthday parties and private one-on-one gymnastics lessons. Parties and private lessons are held at the Palms Park gymnastics room. For pricing and more information call the Recreation and Community Services Department at (562) 866-9771 ext. 2408. Parties and private lessons are scheduled through the instructor and all fees are paid to the City of Lakewood.

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 38 for additional fees.
Preschool Programs

BEST Preschool Soccer
During this weekly soccer class, kids will learn the skills of soccer by participating in activities such as: dribbling, kicking, throw-ins, goalie skills and more! The goal and focus is to maintain an energetic and highly active program that will teach, encourage and advance young players regardless of their skill level. Ages 16 months-6 years. Instructor: Beginners Edge Sports Staff
• Please bring an age-appropriate soccer ball with your child’s name on it and a water bottle.
• 9:00 a.m. ages 3-6 / 9:55 a.m. ages 16 months-2 yrs.
• No class May 23.

Karate (Pee Wee Tiger)
Little tigers ages 3-5 can learn some basic skills in this fun Karate class designed just for them. Instructor: Kathleen Wegener
• A one-time $8 materials fee is payable to the instructor in class for a Karate belt.
• Discount available if registering for both Tuesday & Thursday. Must request discount through Recreation & Community Services.

Kidz Love Soccer: Parent & Me Soccer
Introduce 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 Parent & Me Soccer, parents are part of the action, not watching from the sidelines! Ages 2-3.5. Parent participation is required. Instructor: Kidz Love Soccer Staff
• Location: 2/27-4/2: Rynerson Park near the playground.
• Off Site Location 3/2-4/6: Simms Park Basketball Gym, 16614 Clark Ave., Bellflower.
• Off Site Location 4/20-6/1: Caruthers Park Baseball Outfield, 10500 Flora Vista St., Bellflower.
• Location 4/23-5/28: Rynerson Park near the playground.
• No class May 25.

Kidz Love Soccer: Tot Soccer
This class 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. Ages 3.5-5 years. Instructor: Kidz Love Soccer Staff
• Location 2/27-4/2: Rynerson Park near the playground.
• Off Site Location 3/2-4/6: Simms Park Basketball Gym, 16614 Clark Ave., Bellflower.
• Off Site Location 4/20-6/1: Caruthers Park Baseball Outfield, 10500 Flora Vista St., Bellflower.
• Location 4/23-5/28: Rynerson Park near the playground.
• No class May 25.

Parent & Me Ice Skating
Meet at The Rinks Lakewood Ice to ‘Get Fit and Socialize.’ Class fee includes skate rental (for one parent and child age 3-6), half hour of instruction and free practice session on your registered class day: Thursday 10:30 a.m.-12:30 p.m. or Saturday 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. For more information, visit www.therinks.com. Instructor: The Rinks Staff
• Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.
• No class February 15.

Tot Beginning Ice Skating
Meet at The Rinks Lakewood Ice to ‘Get Fit and Socialize.’ For beginners ages 3-6. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day: Wednesday 7:10-7:40 p.m., Thursday 3:5-4:30 p.m. or Saturday 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. For more information, visit www.therinks.com. Instructor: The Rinks Staff
• Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.
• No class February 15.

Tot Ice Hockey
Learn the basic skating skills necessary to play ice hockey. This is a skating skills class where sticks and pucks are not used. Fee includes skate rental, half hour of instruction and free practice session on registered class day, from 3:30-5:30 p.m. for Thursday classes or 10:45-11:15 a.m. for Saturday classes. Students should dress warmly in layers and bring gloves or mittens. For ages 3-6. Proof of age required. Check in at least 30 minutes prior to class time. Please register in advance. You may not register at the facility. For more information, visit www.therinks.com. Instructor: The Rinks Staff
• Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.

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Registration Information

SPRING CALENDAR
Resident Registration is going on now.
Non-Resident Registration Begins:
Monday, January 6
Most Classes Begin Week Of:
Monday, February 3

Non-residents add the following fees for each class enrollment.

- $0 - $10: NO ADDITIONAL FEE
- $11 - $29: ADD ADDITIONAL $5 NON-RESIDENT FEE
- $30 - $59: ADD ADDITIONAL $10 NON-RESIDENT FEE
- $60 and over: ADD ADDITIONAL $15 NON-RESIDENT FEE

Any qualified individual with a disability that would exclude that individual from participating in or attending the above event/program should contact the Recreation Office, 5050 Clark Avenue, Lakewood, CA, at 562-866-9771, ext. 2408 at least 48 hours prior to the above event/program to ensure that reasonable arrangements can be made to provide accessibility to the event/program or other reasonable auxiliary aids or services may be provided.

ONLINE
Register Online go!
You’re first in line to register for your favorite classes with eCatalog:
lakewoodcity.org/recreation
Credit cards only

PHONE-IN
(562) 866-9771, ext. 2408
Credit cards only

MAIL-IN
Fill out and sign the LIFE registration form and mail to: City of Lakewood, P.O. Box 158, Lakewood, CA, 90714. Check or money order only — Do not send cash!

WALK-IN
Lakewood City Hall
From 7:30 a.m. - 5:30 p.m., M-Th and alternating Fridays at Lakewood City Hall.
All payment forms accepted
Class Location
Walk-in registration at class location is based on availability.
Only checks are accepted

EASY WAYS TO REGISTER

WE STRONGLY RECOMMEND ADVANCE REGISTRATION DUE TO CLASS SIZE LIMITATIONS AND TO ENSURE A MINIMUM NUMBER OF CLASS PARTICIPANTS.

- REFUND POLICY
  Refunds are accepted if requested before the second class meeting or one business day prior to one-day classes. There is a $5 administrative fee for refunds. Travel and Day Camp programs have additional refund policies. Refunds will not include material fees. A full refund will be made in the event an activity is cancelled by the City prior to the starting date.

- TRANSACTION FEE
  A non-refundable $2 transaction fee will be charged per receipt.

SATISFACTION GUARANTEED
If you are not completely satisfied with your class, notify us immediately and we will arrange for you to: repeat the class at no charge, transfer you to another class or receive a refund.

- TRANSFER POLICY
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Call (562) 866-9771 ext. 2408 for more information
www.lakewoodcity.org/recreation

City of Lakewood Parks & Facilities Guide

Resident Registration is going on now.
Non-Resident Registration Begins:
Monday, January 6
Most Classes Begin Week Of:
Monday, February 3

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### Step 1
First, give us your email address. Email: ________________________________

### Step 2
Next, decide who the **Main Contact** is for your family. This is normally the person who is responsible for signing up family members and paying for activities. (Note: Any refund processed for this account will be payable to the Main Contact.)

<table>
<thead>
<tr>
<th>Main Contact Last Name</th>
<th>First Name</th>
<th>MI</th>
<th>Cell Phone</th>
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<tr>
<th>Street Address</th>
<th>Apt. No.</th>
<th>Home Phone</th>
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<table>
<thead>
<tr>
<th>City</th>
<th>Zip Code</th>
<th>Birth Date (mm/dd/yy)</th>
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### Step 3
**Participant Information** Please list separately each participant and the activity information requested.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Last Name</th>
<th>First Name</th>
<th>Activity Name</th>
<th>Sex</th>
<th>Birth Date</th>
<th>Start Date</th>
<th>Fee</th>
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**WAIVER, RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SU**

I, the undersigned, fully understand that my, or my child(ren)'s (named above) participation in the city activities(ies), herebyafter “event/class” I expose me and/or my child(ren) to the risk of property damage, personal injury or death. I hereby acknowledge my or my child(ren)'s voluntary participation in this event/class and agree to assume any such risks.

I hereby release, discharge and agree not to sue the City of Lakewood, its officers, employees and agents for any injury, death or damage to or loss of personal property arising out of, or in connection with, my participation in the event/class from whatever cause, including the active or passive negligence of the City of Lakewood, its officers, employees and agents or any other participants in the event/class. The parties to this agreement understand that this document is not intended to release any party from any act or omission of “gross negligence,” as the term is used in applicable case law and/or statutory provision.

In consideration for being permitted to participate in the event/class, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless the City of Lakewood, its officers, employees and agents from any and all claims, demands, actions or suits arising out of or in connection with my participation in the event/class.

I also understand that from time to time City representatives may photograph and videotape City recreation programs and participants. By signing this form, I authorize the City to use or publish any images taken by the City showing my or my child(ren)'s participation.I HAVE CAREFULLY READ THIS RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SU AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY AND SIGN IT ON MY OWN FREE WILL.

__________________________
Date

__________________________
Signature Required

<table>
<thead>
<tr>
<th>Print Name</th>
<th>Method of Payment</th>
<th>Check</th>
<th>Money Order</th>
<th>Cash</th>
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**Total Paid**

Total of activity fees

Total non-resident fees

Tax deductible donation to help support Lakewood Volunteer Day

Transaction Fee

$2

Total Paid

Return to:

City of Lakewood, P.O. Box 158, Lakewood, CA 90714 • 562 866-9771, ext. 2408 • lakewoodcity.org/recreation

If you are a qualified individual with a disability and need an accommodation to participate in this activity or program, please contact the Recreation and Community Services Department at (562) 866-9771 ext. 2408 at least 48 hours in advance.
This catalog is 100% recyclable — please recycle

Presale ride tickets at reduced prices available starting April 27 at Lakewood City Hall in the Recreation and Community Services Department