

City of Lakewood
Recreation and Community Services

SUMMER 2020

Recreation Catalog



- ▶ Classes and Park Activities Begin Monday, June 15, 2020
- ▶ Register Now at Lakewoodcity.org/ecatalog

Parks Make Life Better



The City of Lakewood's Summer Catalog features an exciting schedule of programs, classes and events to enhance the lives of community members. The six key messages listed below explain:

- GATHERING SPACES** – By providing places for learning and socializing
- FOREVER** – Parks 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 PLACES** – By offering supervised places for youth

**Parks
Make
Life
Better!**

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Even though some activities have been cancelled in order to comply with Los Angeles County's Safer at Home Order, there are still opportunities for your family to have fun together this summer. This catalog will be updated continuously throughout the summer, please check back often for updates.

Also, check out the City of Lakewood's Virtual Recreation Center at www.lakewoodcity.org/virtualrec. There, you can find fun activities for the whole family!

For all news updates related to COVID-19 in Lakewood, please refer to the City of Lakewood's web site at www.lakewoodcity.org.

Thank you for your understanding as we work together to protect our community. If you have any questions please contact the Recreation and Community Services Department at 562-866-9771 extension 2408.

To protect yourself and others during the COVID-19 crisis, Lakewood City Hall is closed to in-person business until further notice.

For all updates related to COVID-19 in Lakewood, please refer to the City of Lakewood's website at www.lakewoodcity.org/covid19.

Congratulations

GRADUATES!

Class

of
2020



Adult Fitness and Sports

Exercise/Fitness Classes

For all fitness classes, please wear comfortable, breathable clothing and supportive shoes. 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

17145 T,Th 7:00pm-8:00pm 9/1-9/17 BCC \$12/6 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 friendly and appropriate for all levels, including those with physical conditions preventing impact. Instructor Richard Mier-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsTaiChi.com for more information.

• No class on July 8 and September 9.

17771 W 9:00am-10:00am 8/5-9/16 CTR \$40/6 Mtgs

Ballet Burn

Combining the benefits of ballet with fitness, Ballet Burn focuses on building muscle and burning calories. Light weights, thera bands, 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.

• No class September 7.

17167	M	9:30am-10:30am	7/13-8/3	Off Site	\$20/4 Mtgs
17171	T	7:30pm-8:30pm	7/14-8/4	Off Site	\$20/4 Mtgs
17169	W	8:30am-9:30am	7/15-8/5	Off Site	\$20/4 Mtgs
17702	Th	7:30pm-8:30pm	7/16-8/6	Off Site	\$20/4 Mtgs
17173	F	8:30am-9:30am	7/17-8/7	Off Site	\$20/4 Mtgs
17697	M	9:30am-10:30am	8/10-9/14	Off Site	\$25/5 Mtgs
17699	T	7:30pm-8:30pm	8/11-9/1	Off Site	\$20/4 Mtgs
17698	W	8:30am-9:30am	8/12-9/2	Off Site	\$20/4 Mtgs
17703	Th	7:30pm-8:30pm	8/13-9/3	Off Site	\$20/4 Mtgs
17700	F	8:30am-9:30am	8/14-9/4	Off Site	\$20/4 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

17731 M 6:00pm-7:00pm 8/10-8/31 WSC \$40/4 Mtgs

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 46 for additional fees.

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.

17213	T	9:30am-10:30am	7/14-8/4	Off Site	\$20/4 Mtgs
17215	F	9:30am-10:30am	7/17-8/7	Off Site	\$20/4 Mtgs
17704	T	9:30am-10:30am	8/11-9/1	Off Site	\$20/4 Mtgs
17705	F	9:30am-10:30am	8/14-9/4	Off Site	\$20/4 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.

17228	W	7:30pm-8:30pm	7/15-8/5	Off Site	\$20/4 Mtgs
17226	Su	9:00am-10:00am	7/26-8/16	Off Site	\$20/4 Mtgs
17707	W	7:30pm-8:30pm	8/12-9/2	Off Site	\$20/4 Mtgs
17706	Su	9:00am-10:00am	8/23-9/13	Off Site	\$15/3 Mtgs

Chinese Wand Health 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. These classes are not one size fits all, they are made to fit you. This class will explore the use of various sized sticks and items for your workout. This is a class for adults and seniors. Join the fun! Instructor Richard Mier-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsTaiChi.com.

• No class July 6 and September 7.

17233 M 10:30am-11:30am 8/3-9/14 CTR \$40/6 Mtgs



For a complete listing of virtual classes visit www.lakewoodcity.org/virtualsummer Check back frequently for updates.

Kick It Up! Unlimited Monthly Pass

Come kick it up with us seven days a week! Kick It Up!'s Unlimited Monthly Pass allows you to attend all fitness classes at Kick It Up! anytime, including Zumba, Cardio Hip Hop, Ballet Barre, Belly Jamz and Dance Strength, with almost 20 class options per week! Instructor: Kick It Up! Staff

- Location: Kick It Up!, 8129 E. Wardlow Rd., Long Beach.
- Kick It Up! will be closed on September 7.

17729	August	\$60
17730	September	\$60

Kundalini Kriyas & Meditation

This class is for those who have practiced any type of yoga and would like to experience the deeper 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. Instructor: Gobind Boyes

- Bring a yoga mat and beach towel.
- Classes will be held outside weather permitting.

17376	W	5:30pm-6:45pm	9/9-9/30	MVP	\$40/4 Mtgs
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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, beautiful music and meditation for peace, tranquility, intuition or happiness. Instructor has been teaching Kundalini Yoga since 1976. Bring a beach towel or blanket. Good for beginners to experienced practitioners. Instructor: Gobind Boyes

- No class September 7.

17378	M	6:30pm-7:45pm	8/3-8/24	BOY	\$40/4 Mtgs
17717	M	6:30pm-7:45pm	8/31-9/28	BOY	\$40/4 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. In a forward 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 July 1 and September 9.

17491	W	7:35pm-8:35pm	8/19-9/16	CTR	\$60/4 Mtgs
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Pilates Barre Fitness

This is a new, popular, and very fun form of fitness. Enjoy a series of core, leg, and arm strengthening exercises using various Pilates equipment, including a ballet barre for stability. Instructor: Evelyn Grauten

- No class June 29, July 6 and September 7.

17493	M	12:15pm-1:15pm	8/3-9/14	CTR	\$48/6 Mtgs
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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 out the '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 June 29, July 6 and September 7.

17545	M	11:00am-12:00pm	8/3-9/14	CTR	\$48/6 Mtgs
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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.

- No class July 7 and September 8.

17553	T	9:00am-10:00am	8/4-9/15	CTR	\$40/6 Mtgs
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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, balance, increases strength and more. Qi Gong (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.

- No class July 9 and September 10.

17555	Th	6:00pm-7:00pm	8/6-9/17	WSC	\$30/6 Mtgs
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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 goal 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

17732	M	7:00pm-8:00pm	8/10-8/31	WSC	\$40/4 Mtgs
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Yoga for Fitness

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

- No class on June 30.

17619	T	11:30am-12:30pm	9/1-9/22	CTR	\$32/4 Mtgs
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Lakewoodcity.org

Click to the city's website for access to Lakewood's 24-hour city hall. You'll find recreation classes, an events calendar, online forms for city services and news about Lakewood.

Adult Fitness and Sports

*Save
the Date!*

SATURDAY, SEPTEMBER 26

10 A.M. – 2 P.M.

LAKWOOD CITY HALL

PUBLIC SAFETY AND EMERGENCY PREPAREDNESS EXPO

Two of Lakewood's great annual events have been combined! The Safety Expo and Emergency Preparedness Fair are now one super event to give you the opportunity to gather information on safety and see various presentations with tips, ideas, and best practices concerning emergency situations. Come out to Lakewood City Hall to meet your local law enforcement partners and speak to various representatives in the field of emergency. Agencies including the City of Lakewood, Los Angeles County Sheriff's and Fire Departments, and the American Red Cross, will be on-site plus many more. Don't miss a chance to tour the Sheriff and Fire Departments emergency vehicles and displays including the Resource Command Vehicle, Sky Knight Helicopter, Special Incident Command Trailer, and the hook and ladder fire engine with the Jaws of Life! There is something for everyone so bring the entire family!

Survive for 7 Disaster Planning Program

**MORE INFORMATION
COMING SOON**

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 September 5 & 7.**

17633	M	6:30pm-7:30pm	7/13-8/3	Off Site	\$20/4 Mtgs
17635	T	6:30pm-7:30pm	7/14-8/4	Off Site	\$20/4 Mtgs
17637	W	6:30pm-7:30pm	7/15-8/5	Off Site	\$20/4 Mtgs
17639	Th	6:30pm-7:30pm	7/16-8/6	Off Site	\$20/4 Mtgs
17641	Sa	8:00am-9:00am	7/25-8/15	Off Site	\$20/4 Mtgs
17692	M	6:30pm-7:30pm	8/10-9/14	Off Site	\$25/5 Mtgs
17693	T	6:30pm-7:30pm	8/11-9/1	Off Site	\$20/4 Mtgs
17694	W	6:30pm-7:30pm	8/12-9/2	Off Site	\$20/4 Mtgs
17695	Th	6:30pm-7:30pm	8/13-9/3	Off Site	\$20/4 Mtgs
17696	Sa	8:00am-9:00am	8/22-9/19	Off Site	\$20/4 Mtgs

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 46 for additional fees.

Sports Instruction

Karate

Participants will learn and demonstrate self-defense moves such as basic kicks, blocks and punches. Participants have the opportunity to advance in rank through the traditional Japanese Karate Shito Ryu. For beginning or intermediate levels. This class will be held in conjunction with the Parent/Child Karate class. Check out www.dojowear.com. Instructor: Kathleen Wegener

• **An \$8 materials fee is payable to the instructor in class (new students only).**

• **No class July 9.**

17685 Th 6:00pm-7:00pm 9/3-9/17 CTR \$24/3 Mtgs

Kung Fu - Health Through Self Defense

Relieve stress, have fun and feel great with the martial art of Kung Fu. This practical self defense method provides the perfect way to stay in shape, increase flexibility and discipline, and calm the mind. Techniques involve striking, joint locking and more. Ages 15 and up. Instructor Richard Mierzeng is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsKungFu.com.

• **No class July 7 & 9 and September 8 & 10.**

17381 T 6:30pm-8:30pm 8/4-9/15 MAY \$40/6 Mtgs

17382 Th 7:00pm-9:00pm 8/6-9/17 WSC \$40/6 Mtgs

Adult Sports

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 beginning at 6:30 p.m. in the officiated league, and at 7 p.m. in the non-officiated league, at various parks on outdoor courts.

League Dates: September 21 – November 30

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 Thursday evenings (Co-ed)

Wood Bat – Fri. evenings and Sun. afternoons

League Dates: September 20 – December 4

Fall Season

Registration dates: August 3 - 14

Registration available online for all adult sports leagues. Go to

www.lakewoodcity.org/ecatalog,

click on Activities – Sports League.

Registration packets are also available

online at www.lakewoodcity.org/sports, for in person registration. Additionally, teams may obtain registration packets at the Recreation and Community Services Department at City Hall, or call (562) 866-9771 ext. 2408.

Fees and other details are available in the packets.

Just
15-30 MINUTES
a Day

Most of us know that exercise plays an important role in weight management and good health. While 15 minutes of exercise a day is a good start, more is better. If you are just starting out, most of the Lakewood parks have a mile-long fitness route. Walking briskly, you can cover a mile in 15 minutes. Do this twice a day and you will be ahead of the game; forging a path towards incorporating fitness into your daily routine. Growing old gracefully requires keeping healthy and staying active. Let Lakewood parks help you in this quest.

Biscailuz Park – The perimeter of the park measures one-third of one mile.

Bloomfield Park – A half-mile route. See map at park for exact route.

Bolivar Park – The sidewalk around the perimeter of the park measures one-half mile.

Boyar Park – A half-mile route uses the perimeter of the park on the south side of Del Amo. See map at the park for exact location.

Del Valle Park – The sidewalk around the perimeter of the park measures 5/8 of one mile. Two laps is 1.25 miles.

Mayfair Park – A route measuring one-half mile has been designed using the south portion of the park. See map at park for exact route.

Palms Park – This fitness loop is 2/3 of one mile. See map at park for exact route.

San Martin Park – The sidewalk around the park's perimeter measures .55 mile. Two laps is 1.1 miles.

Rynerson Park – The foot path is 1-mile long.

The Nature Trail – The trail is 3 miles long (from Candlewood to Carson round trip).

Adult Dance

Ballroom & Social Dance 101

Looking for a way to get moving and have a good time? Want to be more comfortable dancing socially? This 101 class will focus on 1-2 dances for six weeks so that you can look confident with the material. Dance selections may include: Swing, Rumba, Waltz, Foxtrot, Tango, Cha-Cha, Night Club 2-Step, Country Western, Disco and Salsa. Begin your journey towards a lifetime of dancing enjoyment. All levels welcome. Instructor: Jeremy Pierson
17179 T 8:00pm-9:00pm 8/4-9/8 WSC \$48/6 Mtgs

Ballroom & Social Dance Sampler

Have you always wanted to learn how to dance socially? Are you looking for a fun way to exercise mind, body and soul? Do you need a dance review? This social dance sampler will introduce and practice the basics of swing, foxtrot and Latin dances. Dances may include Swing, Waltz, Foxtrot, Tango, Rumba, Cha-Cha, Salsa and Merengue. Get started now. Begin your journey toward a lifetime of dancing enjoyment. All levels welcome. Instructor: Jeremy Pierson
17181 T 7:00pm-8:00pm 8/4-9/8 WSC \$48/6 Mtgs

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-confidence in a fun, non-intimidating atmosphere. It's a healthy and fun way to bring exercise into your life. Visit www.fantem.com. All ages welcome. Instructor: Fahtiem
17211 W 6:30pm-7:30pm 8/26-9/16 BLM \$40/4 Mtgs

Big Band Swing & Lindy Hop (Beg.)

Everyone's swinging! It's easier than you think. Learn a variety of Jitterbug, Lindy and New Yorker styles, 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
17217 T 7:00pm-8:00pm 8/18-9/15 WSC \$40/5 Mtgs

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
17257 T 8:00pm-9:00pm 8/18-9/15 WSC \$40/5 Mtgs

Kiele Polynesian Dance

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 Mantela

- Students will need to purchase a costume for performance, date and cost TBA.
 - Dance implements may be purchased through the instructor.
 - Class on August 13 meets at Palms Park.
- 17373 Th 7:45pm-8:45pm 8/20-9/10 BLM \$38/4 Mtgs

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

If class fee is:

\$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

Salsa (Beg.)

Shall we dance? Latin dancing is Hot, Hot, Hot!!! and, it's easy to learn the basic steps of beginning Salsa. You can learn the dance everyone is doing in the nightclubs. Instructor: Mitch Tannen
17523 Th 7:00pm-8:00pm 8/20-9/17 WSC \$40/5 Mtgs

Salsa (Int.)

Ready to take your salsa dancing to the next level? In this class, you will build on the fundamentals you already currently have and learn advanced moves to add to your routines. Instructor: Mitch Tannen
17525 Th 8:00pm-9:00pm 8/20-9/17 WSC \$40/5 Mtgs

2-Step/Country Swing - VIRTUAL

Grab your partner and lets dance around your house! 2-Step is fun to do at all events. You will also learn how to swing in this class. Instructor: Janet Karter

- Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
- | | | | | |
|-------|---|---------------|-----------|-------------|
| 17140 | W | 7:00pm-8:00pm | 6/17-7/29 | \$42/7 Mtgs |
| 17665 | W | 7:00pm-8:00pm | 8/5-9/16 | \$42/7 Mtgs |

Line Dance - VIRTUAL

This class will bring out your creative dance moves in your own space at home. You'll learn a variety of line dances. It's great exercise and you'll feel great after each class. Instructor: Janet Karter

- Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
- | | | | | |
|-------|---|---------------|-----------|-------------|
| 17383 | W | 6:00pm-7:00pm | 6/17-7/29 | \$42/7 Mtgs |
| 17664 | W | 6:00pm-7:00pm | 8/5-9/16 | \$42/7 Mtgs |



For a complete listing of virtual classes visit www.lakewoodcity.org/virtualsummer
Check back frequently for updates.

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 46 for additional fees.

Workshops & Classes

Beginner's Guide to Getting Published - VIRTUAL

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

- Students must have internet access and must provide an e-mail address to take the course.
- Registrants will be contacted with login information.

17796 Th 7:00pm-9:00pm 6/25 \$35/1 Mtg

Writing for Online Blogs, Magazines & Websites - VIRTUAL

You don't need a journalism-school degree 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 create interesting content, protect your copyright, write query letters, and then use this credibility to sell other articles or even your self published novel. Instructor: LeeAnne Krusemark

- Students must have internet access and must provide an e-mail address to take the course.
- Registrants will be contacted with login information.

17797 Th 6:00pm-7:00pm 6/25 \$22/1 Mtg

CyberSAFE

Regardless of your computer experience, this class will help you become more aware of technology and online risks and what you can do to protect yourself and your organization from them. You will use discussions, case studies, and the experiences of your instructor and fellow students to explore the hazards and pitfalls of end user technology and learn how to use that technology safely and securely. This CyberSAFE course prepares you to earn your Certified CyberSAFE credential. Ages 14 and older. Instructor: Camille Davis

17775 Th 4:00pm-8:00pm 9/17 BCC \$99/1 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 6 months or older. Please pre-register and instructor will contact you with orientation information prior to first class. Dogs attend all meetings. Instructor: Khara Knight, Dog Services Unlimited

- Session 1: 7/25-8/15: 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. Vaccinations must be current.

17733 Sa 1:15pm-2:30pm 7/25-8/15 Off Site \$87/4 Mtgs

Public Safety Information

Public Safety and Emergency Preparedness Expo

Saturday, September 26
10 a.m. - 2 p.m.
Lakewood City Hall



Two of Lakewood's annual events are now joining together as one and debuting on Saturday, September 26! Bring the whole family and learn all about Public Safety and Emergency Preparedness in the Lakewood community. For questions, please email crimeprevention@lakewoodcity.org.

READY TO HELP PREVENT CRIME?

Crime prevention is up to all of us! Make new friends and reconnect with your neighbors by joining Lakewood's Neighborhood Watch program. Block captains and their neighbors are supported in their crime prevention efforts by Lakewood's Public Safety Department and members of Lakewood's Special Assignment Officer (SAO) team. If you and your neighbors are interested, all you have to do is make the call! Training and support are offered year round. When you're ready to join, or you'd like more information, call the Public Safety Department's message line at 562-866-9771, ext. 2114 or email crimeprevention@lakewoodcity.org.



CRIME STOPPERS

LOS ANGELES REGIONAL

"MAKE THE CALL... STAY ANONYMOUS"

Call 1-800-222-tips (8477)

or Send a Tip at

www.LACrimeStoppers.org

Want to Get Emergency LA County Updates? Sign up Now!



Visit Alert.LACounty.gov to Register



Lakewood Sheriff Station
Non-Emergency Line:
562-623-3500
For Emergencies Dial: 9-1-1

Adult Special Interest

Farmers & Merchants Bank Free Financial Workshop Series at the Burns Community Center

You Can Bank On It September 9 6-7 p.m.

This workshop is an introduction to the options consumers may have when choosing services provided by various financial institutions. Some of the topics that will be covered include documents needed to establish an account, how to maintain your account to keep costs down and establishing a positive banking relationship.

Roadmap to Home Ownership September 16 6-7 p.m.

This workshop will educate potential home buyers in navigating through the home buying process by analyzing the local residential real estate market, calculating affordability, reviewing mortgage and credit fundamentals and preparing for closing.

Credit as an Asset September 23 6-7 p.m.

This workshop is a high level overview designed to bring awareness to the importance of using credit correctly.

Please RSVP to the Burns Community Center
at 562-925-7512



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

- **Session 1: 7/9-8/20: Location: El Dorado Park, 2760 N. Studebaker Rd., Long Beach (Hockey Court).**
- **Do not bring your dog to first class.**
- **Please bring current vaccination records and a \$10 materials fee (includes training manual).**

17252 Th 7:45pm-8:45pm 7/9-8/20 Off Site \$98/7 Mtgs

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.**

17253 Sa 12:00pm-1:00pm 7/18-8/22 Off Site \$90/6 Mtgs

Explore 250 Home-Based Business Ideas - VIRTUAL

Are you tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home-based business. During this informative workshop you will learn about the many ways to market your products/services, what necessary legal documentation is required, how to take tax deductions and much more. This is probably the most comprehensive business start up workshop you will ever find, so if you really want to succeed in a home business, this step-by-step session is a must! Instructor: LeeAnne Krusemark

- **Students must have internet access and must provide an e-mail address to take the course.**
- **Registrants will be contacted with login information.**

17801 M 7:00pm-9:00pm 6/22 \$35/1 Mtg

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 to adjust your cameras. So don't just see that little green 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.**

17611 Sa 9:00am-12:00pm 8/22 CTR \$25/1 Mtg

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 a 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.**

17235 Sa 7:30am-12:30pm 8/1 BCC \$30/1 Mtg

Arts & Crafts

ABCs of Candle Making - VIRTUAL

Come see how easy it is to create your own candles for yourself or as gifts! You will learn about gel and wax candle making techniques. For ages 14 and up. Instructor: Lakyn Wynn

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17146 Th 6:00pm-7:00pm 9/10 \$15/1 Mtg

ABCs of Soap Making - VIRTUAL

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.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17147 Th 6:00pm-7:00pm 7/23 \$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 soft and impasto of oil paintings in half the time and explore the multi-layered inspiration of watercolor's transparent fluidity! Ages 15 & up. Instructor: Clyde San Juan

- Instructor will forward a suggested supply list to your current email for purchase by first class.

17185 Th 3:00pm-5:00pm 8/13-9/3 CTR \$65/4 Mtgs

Beginning Drawing and Rendering for Acrylic Painting

Tired of tracing everything you want to draw and/or paint? Want to render believable objects, set in believable settings without copying? Learn the basics of Sketching and Drawing in preparation and accomplishment of your Drawings and Acrylic paintings. Utilizing graphite and watercolor pencils, and pencils and render forms in light, translating this to acrylics and your acrylic paintings. Let your imagination and style grow as your suite of personal compositions comes to life! Ages 15 and up. Instructor: Clyde San Juan

- Instructor will forward a suggested supply list to your current email for purchase by first class.

17154 T 3:00pm-5:00pm 8/11-9/1 CTR \$70/4 Mtgs

Beginning Journeys in Watercolor Painting

Experience this inspiring trip into Watercolor Painting! Through personal observation and practice, you'll learn the mainstay watercolor techniques of wet-on-dry glazing and wet-on-wet washes. From a limited palette, learn the mechanics of color mixing to create a myriad of colors from scratch. By the end of the class session, you'll have created your own personal project(s). Your new watercolor skills will bring new life to cardmaking, stamping and journaling to name a few. Ages 15 and up. Instructor: Clyde San Juan

- A \$20 materials fee is due at first class meeting.

17200 Th 6:00pm-8:00pm 8/13-9/3 CTR \$65/4 Mtgs

Bow Making - VIRTUAL

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

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17783 Th 6:00pm-7:00pm 9/17 \$15/1 Mtg

Cake Decorating - Building Buttercream Skills - VIRTUAL

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.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

17219 Th 6:30pm-8:30pm 6/25-7/16 \$65/4 Mtgs

Cake Decorating - Flowers & Cake Design - VIRTUAL

In this course, you will learn to work with royal icing. You will develop core skills to make many varieties of flowers, such as lilies and roses. You will learn how to design a cake, from selecting the colors to arranging the flowers. 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.
- Building Buttercream Skills is a pre-requisite for this course.
- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

17220 Th 6:30pm-8:30pm 8/6-8/27 \$65/4 Mtgs

Classic Knit Baby Booties

A perfect shower gift or a small treasure for the baby in your own family. Learn to knit these easy and classic booties, cozy and guaranteed to stay on. You should be able to make a pair in one evening! 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.

17242 F 6:00pm-8:00pm 8/14-8/21 Off Site \$28/2 Mtgs

17243 Sa 3:00pm-5:00pm 8/15-8/22 Off Site \$28/2 Mtgs

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.

- Class will meet at the Lakewood Youth Center on July 9 and August 6.

17782 Th 10:00am-12:30pm 8/13-9/24 CTR \$29/7 Mtgs

Adult Special Interest

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 you don't know it, I will show it! Instructor: Louise Petersen

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

- No class August 4.

17395	T	10:00am-2:00pm	8/11-9/15	CTR	\$36/6 Mtgs
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One Stroke Painting - VIRTUAL

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

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

17784	Th	6:30pm-8:30pm	6/18	\$20/1 Mtg
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17785	Th	6:30pm-8:30pm	7/30	\$20/1 Mtg
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Paint a Canvas Tote Bag - VIRTUAL

Show your love for summer by painting your own canvas tote. You will learn to create a beautiful seascape theme with palm trees to capture the summer vibe. Materials fee covers all supplies. No experience necessary. Great class for tweens, teens and adults. Instructor: Lakyn Wynn.

- Class supply list available at PlumForest.com.

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

17457	Th	6:30pm-8:30pm	9/3	\$25/1 Mtg
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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. Please will be found and available for pick up one week after class. Instructor: Kathryn H.

- A \$10 material fee is due in class.

17458	F	6:00pm-8:00pm	8/21	CTR	\$25/1 Mtg
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Pottery Workshop (Beg.)

Learn to appreciate wheel-thrown or hand-built pottery by trying it yourself. Class is a workshop atmosphere, with a glaze firing each session. Over 15 glazes from which to choose. For ages 18 and up. Instructor: Barbara Hase

- A \$10 lab fee and \$10 glaze fee are payable to the instructor in class.

17498	T	6:45pm-9:00pm	8/18-9/15	CTR	\$50/5 Mtgs
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Pottery (Int./Adv.)

Learn to appreciate wheel-thrown or hand-built pottery by trying it yourself. Class is a workshop atmosphere, with a glaze firing each session. Over 15 glazes from which to choose. For ages 18 and up. Instructor: Barbara Hase

- A \$10 lab fee and \$10 glaze fee are payable to the instructor in class.

17496	W	6:45pm-9:00pm	8/19-9/16	CTR	\$50/5 Mtgs
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Beginning Drawing with Your Acrylic Painting - VIRTUAL

Apply the basics of sketching and drawing to acrylic paintings! Use graphite and watercolor pencils to conceptualize and render forms in space, and then parallel this learning to the composing and execution of your acrylic paintings. Just think, the ability to draw without reference material can only expand your imaginative boundaries and style. Ages 15 and up. Instructor: Clyde San Juan

- Instructor will forward a suggested supply list to your current email for purchase by first class.

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

17912	T	9:30am-11:30am	6/16-7/7	\$70/4 Mtgs
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17913	T	9:30am-11:30am	7/14-8/4	\$70/4 Mtgs
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17914	T	9:30am-11:30am	8/11-9/1	\$70/4 Mtgs
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Beginning Journeys in Watercolor Painting - VIRTUAL

Embark on this inspiring trip into Watercolor Painting! This class of beginning instruction covers the basics, and through personal observation and practice, you'll experience the mainstay techniques of Wet-on-Dry glazing and Wet-on-Wet washes. By the end of the 4-week session you'll have created your own personal project(s). Ages 15 and up. Instructor: Clyde San Juan

- The instructor will email a suggested supply list to each student for supply purchases before the first class.

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

17909	Th	10:00am-12:00pm	6/18-7/9	\$70/4 Mtgs
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17910	Th	10:00am-12:00pm	7/16-8/6	\$70/4 Mtgs
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17911	Th	10:00am-12:00pm	8/13-9/3	\$70/4 Mtgs
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Music Instruction

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 will have access to a keyboard or piano to practice in between class. Instructor: California Foundation of Performing Arts Staff

- A \$20 materials fee is payable to the instructor at the first class meeting.

- No class July 1.

17487	W	5:30pm-6:15pm	8/12-9/16	MAY	\$62/6 Mtgs
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LAKEWOOD
EQUESTRIAN
CENTER

The Lakewood Equestrian Center is a 19-acre facility located on Carson Street just east of Studebaker Road along the San Gabriel River. It's a unique country atmosphere in the city offering the following:

- ★ Year-round Riding Lessons (ages 7 through adult)
- ★ Western, English, Jumping, Dressage, Trails
- ★ Private or Group Instruction (using your horse or theirs)
- ★ Horse Boarding – Box stalls or Pipes
- ★ Summer Riding Programs available

Pony Time at Lakewood Equestrian Center

562-916-7669

Hours: Wed. – Sun., 10 a.m. – 5 p.m.

Pony Rides ★ Petting Farm ★ Mommy and Me Pony Interaction

**Open 7 days
a week**

Please call
for more details.
562-425-1905



Follow us for the latest updates.



facebook



Twitter

To protect yourself and others during the Covid-19 crisis, Burns Community Center is closed until further notice. Please check back often for updates. As orders are lifted programs will safely resume.

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.

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 September 7.

17273 M,W 5:15pm-6:15pm 9/2-9/16 BCC \$24/4 Mtgs



Returning on June 10!

Wednesdays and Fridays
9 a.m. to 11 a.m.
Mayfair Park Basketball Courts

The following rules will be in place for the safety of participants:

- Pre-registration is required, call 562-925-7512
- Singles play only
- Social distancing of 6 ft must be maintained at all times
- Participants must wear a face covering at all times, except during game play
- Temperature will be taken of every participant upon arrival. Anyone with a temperature over 100.4° F will be sent home.
- Hand sanitizer will be provided for players in between games
- Bring your own water and chair to sit in between games, with 6ft allowance between chairs
- Bringing your own paddle is highly recommended, paddles checked out will be sanitized regularly
- All equipment will be sanitized regularly
- Restrooms will **not** be open for use

Anyone not adhering to the above rules will be asked to leave by supervising staff on site.



Founded in 1971, M.A.W. is a licensed private, non-profit childcare center that offers a full day program for preschool-aged children, ages two through five, from 6 a.m. to 6 p.m., Monday through Friday.

Mothers at Work Children's Center, located at the Burns Community Center at 5510 Clark Ave., Lakewood, is open and accepting new enrollment.

Funding is available to provide free childcare for essential workers through June 30. For more information, visit the Mothers at Work Children's Center website at www.mawchildrencenter.com or call 562-867-4083.



Children do not need to be toilet trained to enroll. A hot breakfast is served each morning at 7:25 a.m., and hot lunches and two snacks are also provided daily.

M.A.W. is closely following CDC guidelines by increasing the amount of cleaning and sanitizing of the room, toys and touchpoints. Children are assigned to small groups with specific teachers in separate rooms to maintain social distancing.

PROJECT SHEPHERD



Year Round Assistance

Families in need may apply any time of year for help with the emergency food pantry or utility bill payment assistance. Residents will receive non-perishable food items and personal care items.

Project Shepherd applicants must be Lakewood residents (determined by current Lakewood mailing address and utility bill).

To apply for assistance, please call the center that serves the zip code of your residence:

Resident Zip Code	Facility	Call
90712 or 90713	Burns Community Center	562-925-7512
90715	Palms Park	562-865-6414

Registration is taken over the phone. Items are distributed by appointment only.

Backpack Program

Each year Project Shepherd accepts donations of new backpacks and school supplies. Backpacks are then distributed to low income Lakewood families in need. New supplies and monetary donations are needed to assist with this year's program.

For monetary donations go to www.lakewoodcity.org/DonatePS, or mail a check to Lakewood Project Shepherd, 5050 Clark Ave. Lakewood, 90712.



Drop off backpacks and school supplies to:

- Burns Community Center at 5510 Clark Avenue
- Call 562-925-7512 to schedule a drop off time

Please submit donations no later than Friday, July 31

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.

The safety of older adults is one of our top priorities during the COVID-19 crisis. The Weingart Senior Center is closed to the public at this time. Please check back frequently for updates. As orders are lifted, programs will safely resume. Call Weingart Senior Center at (562) 630-6141.

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.

Donations and Volunteers Needed



www.lakewoodcity.org/mealsonwheels • (562) 925-8747

DASH Transportation

DASH Transportation continues to operate during the COVID-19 crisis, offering



FREE rides to residents over 60 or disabled residents 18 or older who are without transportation. Pre-registration is required and rides are by reservation only. Clients are encouraged to avoid non-essential trips and are required to wear a face covering. DASH is temporarily adjusting hours to accommodate reservations to grocery stores offering early morning shopping hours for seniors. DASH has decreased its vehicle capacity to maintain social distancing standards. Cleaning protocols for all vehicles have increased and hand sanitizer is available on each vehicle. For registration information please call (562)924-0149.



The City, as well as many of the venues booked for the travel program, have been following guidelines from the State and Los Angeles County regarding safe reopening plans and social distancing. Trips may be cancelled often under the current COVID-19 circumstances. Please check back frequently to make sure the trip you are interested in is still on the calendar.

Lakewood Youth Center (LYC)

**To Protect yourself and others during the COVID-19 crisis,
the Lakewood Youth Center is closed until further notice.
Please check back often for updates.
As orders are lifted programs will safely resume.**

Teen Resource Center @ Bloomfield Park (TRC)

**To Protect yourself and others during the COVID-19 crisis,
the Teen Resource Center is closed until further notice.
Please check back often for updates.
As orders are lifted programs will safely resume.**

Teen & Youth Dance

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: Michelle Villa-Real and Ms. Stephanie Fontela

- Students will need to purchase a costume for performance, date and cost TBA. Dance implements (poi balls and poi sticks) may be purchased through the instructor.
 - Class on September 8 meets at the Lakewood Youth Center.
- | | | | | | |
|-------|---|---------------|----------|------|-------------|
| 17203 | T | 6:45pm-7:30pm | 8/18-9/8 | PLMS | \$34/4 Mtgs |
|-------|---|---------------|----------|------|-------------|

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 the Recreation & Community Services Department for more information.
 - 6:30 p.m. class ages 5-8
 - 7:15 p.m. class ages 9-14.
 - No class September 7.
- | | | | | | |
|-------|---|---------------|-----------|-----|-------------|
| 17248 | M | 6:30pm-7:15pm | 8/17-9/14 | BLM | \$32/4 Mtgs |
| 17249 | M | 7:15pm-8:00pm | 8/17-9/14 | BLM | \$32/4 Mtgs |

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 10-14. Instructor: Ms. Michelle Reyes and Ms. Stephanie Fontela

- Students will need to purchase a costume for performance, date and cost TBA.
 - Dance implements may be purchased through the instructor.
- | | | | | | |
|-------|----|---------------|-----------|-----|-------------|
| 17475 | Th | 5:15pm-6:00pm | 8/20-9/10 | BLM | \$34/4 Mtgs |
|-------|----|---------------|-----------|-----|-------------|

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. An audition is required to assess dance and memorization skills, and readiness for this class. Ages 11-14.

- Instructors: Ms. Michelle Reyes and Ms. Stephanie Fontela
- Students will need to purchase a costume for performance, date and cost TBA.
 - Dance implements may be purchased through the instructor.
- | | | | | | |
|-------|----|---------------|-----------|-----|-------------|
| 17478 | Th | 6:45pm-7:45pm | 8/20-9/10 | BLM | \$38/4 Mtgs |
|-------|----|---------------|-----------|-----|-------------|

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. An audition will be required to assess readiness for this group. Ages 10-14. Instructor: Ms. Michelle Reyes and Ms. Stephanie Fontela

- Students will need to purchase a costume for performance, date and cost TBA.
 - Dance implements may be purchased through the instructor.
 - Class on August 13 meets at Palms Park.
- | | | | | | |
|-------|----|---------------|-----------|-----|-------------|
| 17481 | Th | 6:00pm-6:45pm | 8/20-9/10 | BLM | \$34/4 Mtgs |
|-------|----|---------------|-----------|-----|-------------|



For a complete listing of virtual classes visit www.lakewoodcity.org/virtualsummer Check back frequently for updates.

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

If class fee is:	
\$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

Gymnastics

Cheernastics

"Let's go Starfish!" Together we'll cheer, tumble, stunt, dance and practice performing. Experienced coaches safely teach age appropriate cheers, arm motions, beginning stunts and gymnastics skills including rolls, cartwheels, round-off, bridges, handstands and more! Ages 6-12. Instructor: Tumble-N-Kids, Inc.

• **A \$3 materials fee is payable to the instructor at the first class.**
 17745 F 4:30pm-5:30pm 8/14-9/18 PLMS \$66/6 Mtgs

Floor Tumbling, Strength & Conditioning

Aspiring gymnasts benefit from our progressive skill teaching method, promoting confidence and self-esteem! Gymnasts build routines and skills on the floor, fine-tune cartwheels, round-offs, backbends, walkovers, handsprings, tucks, splits and more! Emphasis on conditioning to build strength and flexibility. Ages 6-15. Instructor: Tumble-N-Kids, Inc.

• **A \$3 materials fee is payable to the instructor in class.**
 17301 W 5:00pm-6:00pm 8/12-9/16 PLMS \$66/6 Mtgs

Gymnastics Academy 2

Beginner gymnast curriculum consists of introductory skills including forward rolls, jumps, basic understanding of cartwheels, handstands, and backward rolls and more advanced progressions as they master gymnastics basics. Beginner class includes fundamentals on bars, vault and beam with an emphasis on body control, 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 at the first class.**
 • **No class September 7 & 8.**
 17735 M 6:00pm-7:00pm 8/10-9/14 PLMS \$55/5 Mtgs
 17293 T 5:30pm-6:30pm 8/11-9/15 PLMS \$55/5 Mtgs
 17737 W 7:00pm-8:00pm 8/12-9/16 PLMS \$66/6 Mtgs
 17295 Th 5:30pm-6:30pm 8/13-9/17 PLMS \$66/6 Mtgs

Gymnastics Academy 3

Advanced gymnast curriculum consists of mastering previous Academy 1 or 2 skills while learning more advanced skills such as back handsprings, tucks and tumbling passes. This advanced class will continue to improve body shape, 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 6-14. Instructor: Tumble-N-Kids, Inc.

• **A \$3 materials fee is payable to the instructor in class.**
 17297 W 6:00pm-7:00pm 8/12-9/16 PLMS \$66/6 Mtgs

Gymnastics Preteam

Do you love gymnastics? Would you like a chance to train and work on 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 successful in competition. Coach's approval is needed to enroll. Please email info@tumblekids.com to schedule a tryout. Ages 6-12. Instructor: Tumble-N-Kids, Inc.

• **No class September 7.**
 17303 M,Th 4:00pm-5:30pm 8/10-9/17 PLMS \$275/11 Mtgs

Jammin' Gymnasts

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.**
 • **No class July 4.**
 17318 Sa 1:30pm-2:30pm 8/15-9/19 PLMS \$66/6 Mtgs

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 obstacle 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.**
 17719 Th 3:30pm-4:30pm 8/13-9/17 PLMS \$66/6 Mtgs

Parents Night Out

Calling all kids who want to have a super fun night and parents who would love an evening off! Parents, drop them off and leave the rest to the Tumble-N-Kids staff! We'll do gymnastics and play awesome games, complete a craft, eat a pizza dinner and have a great time! Ages 3-12. Instructor: Tumble-N-Kids, Inc.

• **A \$5 materials fee is payable to the instructor in class.**
 • **Children should wear flexible clothing and slip on shoes, and bring a water bottle.**
 • **All students must be toilet trained.**
 • **No pull-ups or diapers.**
 17748 F 5:30pm-8:00pm 9/18 PLMS \$25/1 Mtg

Trampoline Cardio for Kids

Does your child LOVE to jump and move? If so, Trampoline Cardio might be just the thing for you! In this class, students will jump, dance and get an awesome workout on individual fitness trampolines. We'll learn different jumps, plyometrics, have challenges and get STRONGER all while listening to great music, making friends and building confidence. Ages 5-12. Instructor: Tumble-N-Kids, Inc.

• **A \$3 materials fee is payable to the instructor at the first class.**
 17743 W 4:15pm-5:00pm 8/12-9/16 PLMS \$48/6 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.

Teen & Youth Fitness and Sports

Sports Instruction

3-Sport Multi Sport by BEST Sports

During this five week course participants will learn basic skills from the following sports: soccer, baseball/softball and track and field. Participants will learn how to kick and control a soccer ball, how to hit, catch and throw a baseball, 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 is needed later in the season.
- Class will meet near the playground.

17757 Sa 10:50am-11:35am 8/1-8/29 RYN \$62/5 Mtgs

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.
- Class will meet near the playground.

17763 Sa 10:50am-11:35am 8/1-8/29 RYN \$62/5 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 Department, 562-866-9771 x 2408.
- No class July 7 & 9.

17686 T 4:00pm-5:00pm 9/1-9/15 MAY \$24/3 Mtgs

17687 Th 4:00pm-5:00pm 9/3-9/17 CTR \$24/3 Mtgs

Karate (Int.)

Youngsters yellow belt and above may enroll in this 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 Department, 562-866-9771 x 2408.
- No class July 7 & 9.

17688 T 5:00pm-6:00pm 9/1-9/15 MAY \$24/3 Mtgs

17689 Th 5:00pm-6:00pm 9/3-9/17 CTR \$24/3 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 enjoying a total body workout. Ages 12 and up. Instructor: Courtney Claverie - Professora Sombra

- Please wear comfortable, loose fitting clothing (no shorts).
- No class July 30 and August 20.

17224 T,Th 7:45pm-9:00pm 8/18-9/17 MAY \$85/9 Mtgs

Kidz Love Soccer: Soccer 1 - VIRTUAL

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, as every participant has a ball at their feet. Concepts of small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. Ages 5-6. Instructor: Kidz Love Soccer

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

17368 Sa 11:00am-11:30am 7/11-8/1 \$32/4 Mtgs

17675 Sa 11:00am-11:30am 8/8-8/29 \$32/4 Mtgs

Kidz Love Soccer: Soccer 2 - VIRTUAL

A great introduction to competitive soccer. Soccer 2 teaches advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goaltending. Kids learn concepts necessary to play together as a team. From defense and mid-field to forward and goalie, kids get exposure to every position and have a blast doing it. Appropriate for players of varying skill levels. Ages 7-10. Instructor: Kidz Love Soccer

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

17369 Sa 11:40am-12:10pm 7/11-8/1 \$32/4 Mtgs

17674 Sa 11:40am-12:10pm 8/8-8/29 \$32/4 Mtgs

Tennis

Tem's Amazing Tennis (Beg. Youth)

No experience is necessary in this USTA 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.
- No class July 4.

17562 Sa 9:00am-10:00am 6/20-8/15 Off Site \$88/8 Mtgs

17563 Sa 9:00am-10:00am 8/22-9/19 Off Site \$55/5 Mtgs

Lakewoodcity.org

Click to the city's website for access to Lakewood's 24-hour city hall. You'll find recreation classes, an events calendar, online forms for city services and news about Lakewood.

Tennis Clinic - All Levels (Youth)

All levels of players will benefit from this class. Beginners will learn fundamentals. Tournament prep for intermediate and advanced players with a focus on drills and match play for USTA rankings. 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.**
- | | | | | | |
|-------|---|---------------|-----------|----------|--------------|
| 17564 | F | 4:00pm-6:00pm | 6/19-8/7 | Off Site | \$144/8 Mtgs |
| 17565 | F | 4:00pm-6:00pm | 8/14-9/18 | Off Site | \$108/6 Mtgs |



For a complete listing of virtual classes visit www.lakewoodcity.org/virtualsummer
Check back frequently for updates.

Lakewood Teen Action Committee

Middle and High School students can be a part of Lakewood's teen leadership group and earn community service hours. Meet teens from other schools, discuss topics that are important to you, listen to guest speakers, participate in community events, suggest new program ideas, plan teen trips, special events and more. Call the Youth Center at 562-429-7472 for more information.



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.



FLAG FOOTBALL

Competitive divisions are offered for ages 8-17. Participants will learn the fundamentals of the sport from volunteer coaches. Each team will play 12 regular season games. The Rookie and Smurf divisions, for ages 4-5 & 6-7 are non-competitive, instructional leagues. Rookie/Smurf teams will use a Nerf football with modified rules to gain an introduction to the sport, and will play eight games.

GIRLS VOLLEYTENNIS/ VOLLEYBALL

Volleytennis is a fast-moving game played like volleyball with a modified format for girls ages 8-9. Volleyball is offered for girls ages 10-17. Teams will play 12 regular season games. Volleytennis games will be played at Lakewood parks and Volleyball games will be played at Hoover Middle School Gym.

Flag Football and Volleytennis/Volleyball Registration and League Information

- Online LYS registration will take place August 29 - September 12. To register visit www.lakewoodcity.org/ecatalog.
- 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.
- Teams practice and play games weeknights and Saturday mornings. Practices begin the week of September 21. League play will start October 10 and conclude December 5. City Championships will conclude December 12.
- No games will be played the week of November 23-28.

Volunteer Coaches Needed

Adult volunteers are needed to coach flag football, volleytennis and volleyball. Teams begin practices September 21, regular season dates are October 10 - December 5. Sign up at any Lakewood park.

* All 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 for volunteers under 18 years of age.

Educational Classes

Digital Photography & Photoshop

This six-week course, for youth ages 12-17, is designed to introduce students to the fundamental operations, techniques, and critical vocabulary of digital photography. Students will learn about the camera's basic and advanced features in an effort to make beautiful photographs all while having fun. This class will cover technical information such as shutter speed and aperture, white balance, image quality, and compositional methods to help students develop their vision as photographers. Instructor: Joshua James

17753 W 4:00pm-6:00pm 8/12-9/16 BOY \$120/6 Mtgs

Math Development

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 meets your needs. Learn the fundamentals and watch your knowledge increase! For children ages 6-12. Instructor: Readwrite Educational Solutions Staff

• **\$20 materials fee payable to the instructor at the first class meeting.**

17392 M-W 11:30am-12:15pm 8/3-8/18 BOY \$79/8 Mtgs

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 DMV-approved certificate of completion. Sign up any time. Registration is ongoing. Instructor: Erika Vieyra

• **Students must have internet access and must provide an e-mail address to take the course.**

• **Register for the month in which you want to begin the course.**

• **Registrants will be contacted with login information.**

17454 July \$22

17455 August \$22

17456 September \$22

Reading Development

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 matches to your needs. Learn the fundamentals and watch your knowledge increase! For children ages 6-12. Instructor: Readwrite Educational Solutions Staff

• **\$20 materials fee payable to the instructor at the first class meeting.**

17509 M-W 10:40am-11:25am 8/3-8/18 BOY \$79/8 Mtgs

Sound-Start Reading

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 4.5-7. Instructor: Readwrite Educational Solutions Staff.

• **\$20 materials fee payable to the instructor at the first class meeting.**

17538 M-W 9:50am-10:35am 8/3-8/18 BOY \$79/8 Mtgs

Arts & Crafts

Paint a Mug

Come and enjoy painting a mug. Items will be ready to pick up on August 14. For ages 7 and up. Instructor: Barbara Hass

17793 W 1:00pm-3:00pm 8/12 CTR \$22/1 Mtg

Paint a Teacup

Come and enjoy painting a miniature teacup and saucer. Items will be ready to pick up on August 10. For ages 7 and up. Instructor: Barbara Hass

17792 M 1:00pm-3:00pm 8/10 CTR \$22/1 Mtg

Paint a Tile

Come and enjoy painting four 4"x4" tiles. Number stencils will be available. Items will be ready to pick up on August 19. For ages 7 and up. Instructor: Barbara Hass

17802 M 1:00pm-3:00pm 8/17 CTR \$22/1 Mtg

Tie Dye Workshop

Come learn tie dying techniques at this fun Tie Dye Workshop! All materials will be provided. Each participant will be supplied with three pairs of socks and three t-shirts to dye. Ages 6 and up. Instructor: Jennifer Cox

• **No class on August 20.**

17795 T,Th 11:00am-12:00pm 8/4-8/25 MAY \$75/6 Mtgs

Fine Arts Instruction

Beginning Piano

Students, ages 6-17, 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 find out if you or child is ready for and/or interested in piano lessons. At the end of the session each student will be able to move on to the next level of piano. Instructor will inform students on first day where to purchase book. Instructor: California Foundation of Performing Arts Staff

• **A \$10 materials fee is payable to the instructor in the first class (cash only please).**

17205 W 4:30pm-5:20pm 8/12-9/16 MAY \$62/6 Mtgs

Intermediate Piano

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 up 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 on; 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 materials fee is payable to the instructor in the first class (cash only please).**

17309 W 3:30pm-4:20pm 8/12-9/16 MAY \$62/6 Mtgs

Youth Special Interest

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 46 for additional fees.

Private Piano Lessons



For students who enjoy one-on-one instruction and wish to move more quickly, this is the class for you. Learn to read music while learning fun songs. Private lessons move at a much quicker pace and allow individual attention to meet student needs. If you have had previous lessons, please bring your own piano books. New students will be assessed and instructed where to purchase their book. Instructor: California Foundation of Performing Arts Staff

17768	W	6:15pm-6:45pm	8/12-9/16	MAY	\$152/6 Mtgs
17769	W	6:45pm-7:15pm	8/12-9/16	MAY	\$152/6 Mtgs

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 fundamental skills needed to master the instrument. Students must bring their own violin. Ages 6-12. Instructor: Donna Houston

• A \$10 materials fee is payable to the instructor at the first class meeting (cash only please).

17714	T,Th	12:00pm-12:50pm	8/11-9/3	PLMS	\$69/8 Mtgs
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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 7-17. Instructor: Donna Houston

• A \$10 materials fee is payable to the instructor at the first class meeting (cash only please).

17713	T,Th	1:00pm-1:50pm	8/11-9/3	PLMS	\$69/8 Mtgs
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Musical Theatre Class

Children ages 5-13 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: 4:30 p.m. ages 9-13.

• Thursdays: 3:30 p.m. ages 5-9.

• Thursdays: 4:30 p.m. ages 7-10.

• Saturdays: 8:30 a.m. ages 11-15.

17396	W	4:30pm-5:30pm	8/12-9/16	Off Site	\$40/6 Mtgs
17398	Th	3:30pm-4:30pm	8/13-9/17	Off Site	\$40/6 Mtgs
17400	Th	4:30pm-5:30pm	8/13-9/17	Off Site	\$40/6 Mtgs
17402	Sa	8:30am-9:30am	8/15-9/19	Off Site	\$40/6 Mtgs



For a complete listing of virtual classes visit www.lakewoodcity.org/virtualsummer
Check back frequently for updates.

Special Needs Hip Hop Class

Take a chance and dance! This hip hop class is designed for youth of all abilities, ages 9-17, 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.**

17541	Th	6:30pm-7:30pm	7/16-8/6	Off Site	\$35/4 Mtgs
17708	Th	6:30pm-7:30pm	8/13-9/3	Off Site	\$35/4 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 1:4 ratio (staff to participants). Activities include arts and crafts, life skills, mini-trips and sports training. Special events are offered once a month 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.

Special Olympics

Lakewood collaborates 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.

For more information call
Bloomfield Park at (562) 865-1717.



Summer Camps



Weekly camp offers fun activities centered around a different weekly theme.

Camp is offered Monday - Friday from 7:30 a.m. - 6:00 p.m.

This program is designed for children 6-12 years of age, who can participate in a group setting of 1 adult to 12 children.

FACEMASKS AND DAILY TEMPERATURE CHECKS REQUIRED OF EACH CAMPER

ADVANCED ONLINE REGISTRATION IS REQUIRED

\$100 for Lakewood Residents • \$115 for Non-residents (#18039)

One time \$15 materials fee due at registration

\$20 Cancellation Fee (per participant) • \$10 Transfer Fee (per participant)

(Priority Registration for Lakewood Residents June 13-19)

The registration period closes on Friday at noon for the following week of camp.

WEEK 1

MFP:#18038 • PP:#18040

**June 29 - July 3
Superheroes**

WEEK 2

MFP:#18041 • PP:#18042

**July 6 - 10
Animal Safari**

WEEK 3

MFP:#18043 • PP:#18044

**July 13 - 17
Mystery Detectives**

WEEK 4

MFP:#18045 • PP:#18046

**July 20 - 24
Around the World**

WEEK 5

MFP:#18047 • PP:#18048

**July 27 - 31
Island Paradise**

WEEK 6

MFP:#18049 • PP:#18050

**August 3 - 7
Outer Space**

WEEK 7

MFP:#18051 • PP:#18052

**August 10 - 14
Summer Games**

WEEK 8

MFP:#18053 • PP:#18054

**August 17 - 21
Hollywood**

Camp offered at two locations

Mayfair Park (MFP)

5720 Clark Ave., Lakewood, 90712

Palms Park (PP)

12305 207th St., Lakewood, 90715

Space is limited. If registration minimum is not met, campers may be transferred to another site.

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 after registering and at least 48 hours in advance.

Fine Arts Camps

Creative Arts & Crafts Camp

Design and complete a variety of different projects including a soft sculpture, luminaries, modern mobiles, collage, watercolors, design your own T-shirt and much more in this camp. A wide range of art mediums will be explored and children ages 5-12 are encouraged to use their own imagination and creativity. Each week will have different & unique art projects and art work will be displayed at an 'art show' the last day of class for the family to attend. Campers must bring their own snacks, lunch and beverage. Instructor: April Berg

• **A \$30 materials fee is payable to the instructor in class.**
 17237 M-F 9:00am-1:00pm 8/3-8/7 CTR \$75/5 Mtgs

Canceled

Sports Camps

Beginning Golf Camp ★

Campers will learn the fundamentals of swinging, putting and body positioning. Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided. Ages 5-8. Instructor: Skyhawks Sports Academy

• **Location: Thompson Park, 14001 Bellflower Blvd., Bellflower.**
 17642 M-F 9:00am-12:00pm 8/10-8/14 \$169/5 Mtgs

Flag Football Camp ★

Flag football is the perfect introduction to "America's Game." Campers learn skills on both sides of the football, including the core components of passing, catching, and defense - all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! Ages 7-12. Instructor: Skyhawks Sports Academy

• **Location: Bellflower High School, 15301 McNab Ave., Bellflower.**
 17646 M-F 9:00am-12:00pm 7/13-7/17 Off Site \$169/5 Mtgs

Mini-Hawk Multi-Sport Camp ★

This multi-sport program gives children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Ages 4-6. Instructor: Skyhawks Sports Academy

• **Location: Bellflower High School, 15301 McNab Ave., Bellflower.**
 17645 M-F 9:00am-12:00pm 7/6-7/10 Off Site \$169/5 Mtgs



Skateboarding Summer Camp

Whether you are just learning or ready to learn advanced tricks, this camp is right for you! Make new friends, advance your skills, play games and most importantly, have fun! For ages 5-13 years old. Instructor: Skatedogs

- **Location: El Dorado Skatepark, 2760 N. Studebaker Road, Long Beach.**
- **Requirements: A signed Skatedogs waiver form, a "trick" skateboard, knee pads, elbow pads and a helmet. Visit www.skatedogs.com to learn about what type of skateboard to bring.**

• **No class July 3.**

17648	M-F	9:00am-12:00pm	6/22-6/26	Off Site	\$189/5 Mtgs
17649	M-F	9:00am-12:00pm	6/29-7/2	Off Site	\$152/4 Mtgs
17650	M-F	9:00am-12:00pm	7/6-7/10	Off Site	\$189/5 Mtgs
17651	M-F	9:00am-12:00pm	7/13-7/17	Off Site	\$189/5 Mtgs
17652	M-F	9:00am-12:00pm	7/20-7/24	Off Site	\$189/5 Mtgs
17653	M-F	9:00am-12:00pm	7/27-7/31	Off Site	\$189/5 Mtgs
17654	M-F	9:00am-12:00pm	8/3-8/7	Off Site	\$189/5 Mtgs
17655	M-F	9:00am-12:00pm	8/10-8/14	Off Site	\$189/5 Mtgs
17656	M-F	9:00am-12:00pm	8/17-8/21	Off Site	\$189/5 Mtgs

Skyhawks Soccer Camp (Ages 5-7) ★

Developed over 40 years, this is the number one soccer camp for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progression curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer. Ages 5-7. Instructor: Skyhawks Sports Academy

• **Location: Bellflower High School, 15301 McNab Ave., Bellflower.**

17643 M-F 9:00am-12:00pm 7/27-7/31 Off Site \$169/5 Mtgs

Skyhawks Soccer Camp (Ages 7-12) ★

Developed over 40 years, this is the number one soccer camp for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progression curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer. Ages 7-12. Instructor: Skyhawks Sports Academy

• **Location: Bellflower High School, 15301 McNab Ave., Bellflower.**

17644 M-F 9:00am-12:00pm 7/27-7/31 Off Site \$169/5 Mtgs

Tennis Summer Camp - All Levels

Come out and learn technique, fundamentals and proper form from open level professionals. Class will consist of lecture, drills, footwork, and games for beginners to advanced. Class space will be limited. Ages 8-17. Visit our website at TemsAmazingTennis.com. Instructor: Lakewood Tennis Center Staff

• **Location: Lakewood Tennis Center, 4212 Clubhouse Dr., Lakewood.**

- **Bring a tennis racket and two unopened cans of heavy duty balls**
- **Proper tennis shoes required - no basketball or running shoes.**

17566	M-Th	9:00am-12:00pm	6/15-6/18	Off Site	\$110/4 Mtgs
17567	M-Th	9:00am-12:00pm	6/22-6/25	Off Site	\$110/4 Mtgs
17568	M-Th	9:00am-12:00pm	6/29-7/2	Off Site	\$110/4 Mtgs
17569	M-Th	9:00am-12:00pm	7/6-7/9	Off Site	\$110/4 Mtgs
17570	M-Th	9:00am-12:00pm	7/13-7/16	Off Site	\$110/4 Mtgs
17571	M-Th	9:00am-12:00pm	7/20-7/23	Off Site	\$110/4 Mtgs
17666	M-Th	9:00am-12:00pm	7/27-7/30	Off Site	\$110/4 Mtgs
17667	M-Th	9:00am-12:00pm	8/3-8/6	Off Site	\$110/4 Mtgs

DON'T BLOW IT ON INDEPENDENCE DAY!

A fun, family-oriented Independence Day is a Lakewood tradition. For some families, the tradition includes the safe use of legal fireworks - the only fireworks permitted to be sold in Lakewood and the only fireworks that can be used on July 4.

- Fireworks not marked with the Fire Marshal's "Safe and Sane" seal are illegal.
- Fireworks not sold at a community sales booth are illegal.
- Fireworks bought out of state or purchased over the internet or from any other source are illegal (not only in Lakewood but throughout the state).

- **DON'T USE ILLEGAL FIREWORKS.**
- **DON'T TOLERATE THOSE WHO DO.**
- **DON'T RUIN THE DAY FOR THOSE WHO CELEBRATE RESPONSIBLY AND SAFELY.**

The organizations that sell legal fireworks - clubs, sports boosters, church groups and civic associations have joined with the City of Lakewood and the Lakewood Sheriff's Station in a campaign of "zero tolerance" toward the use or possession of illegal fireworks.

Sheriff's deputies will issue citations if illegal fireworks are found or used. In addition, property owners can be cited if illegal fireworks are used on their property or if illegal fireworks are in the possession of others.

- **Legal fireworks may be used only on July 4** and only between the hours of 10 a.m. and 11 p.m. On other days and at other times, all fireworks are illegal to use in Lakewood.
- **The use of fireworks is prohibited in city parks.** Call 562-866-9771, extension SAFE (7233) or report at www.lakewoodcity.org/safe4th if you know of a home in your neighborhood where illegal fireworks have been used. In progress use should be reported to the Lakewood Sheriff's Station by calling 562-623-3500.

Mayfair Pool Swim Information

Online Summer Swim Lesson Registration – lakewoodcity.org/ecatalog

Pre-registration is required for all programs.

Youth and Adaptive lessons offered Monday – Friday every hour 9 a.m.-1:30 p.m. and 3-5:30 p.m.

Class Levels	
Parent & Me	6 months - 3 years
Tiny Tots 1-3	3-5 years
Levels 1- 6 = 6-15 years	
Tadpole 1-3	Level 1-3
Minnnows	Level 4
Swordfish	Level 5
Shark	Level 6
Adult Lessons = 16 & older 4 one-hour lessons for a two-week session T/TH at Mayfair, 7:30 - 8:30 p.m.	

Special Classes
Adaptive • Ages 3+ Swim lessons for those with special needs, such as hearing, visual, or developmental disabilities.

- Parents are required to enter the water for all Tiny Tots, Tadpole and Adaptive classes.
- Come ready to swim in your swimsuit.
- Locker rooms are closed.
- A daily health screening including a temperature scan is required.
- Apply hand sanitizer just prior to entering the pool facility and continue to wear your mask.
- Facemasks required to and from the pool and shared restrooms.
- Remove facemask before entering the water.
- Maintain a 6-foot distance from others at all times in the facility and in the water.
- Swim diapers must be worn by all children four years and younger and are available for purchase at the pool.
- Approved swimsuits are required. No cut off pants, leotards, sweats, baseball shorts or shirts are allowed (rash guards only). Suits and towels are not provided.
- Only those in proper swimwear may remain on pool deck.
- Swimmers with long hair must tie their hair in a ponytail.
- Not all classes are offered every hour.
- Minimum enrollment required for each class.
- Saturday lessons are offered between 10 a.m. and 2 p.m.
- Each session includes 9 days of instruction and 1 fun day.
- Students may be moved to the most developmentally appropriate level.
- Classes are subject to cancellation and class schedule is subject to change.

Registration Dates

Summer Sessions	Lesson Dates	Priority Resident Online Registration Dates	Non-Resident Online Registration Dates	Online Registration Ends
Session 1	July 13- 24	Begins July 4 at 7 p.m.	Begins July 7 at 7 p.m.	Ends July 10 at noon
Sat. Session 1	July 18 - August 15	Begins July 11 at 7 p.m.	Begins July 14 at 7 p.m.	Ends July 17 at noon
Session 2	July 27 - August 7	Begins July 18 at 7 p.m.	Begins July 21 at 7 p.m.	Ends July 24 at noon
Session 3	August 10 - 21	Begins August 1 at 7 p.m.	Begins August 4 at 7 p.m.	Ends August 7 at noon

Fee Schedule

Pre-registration required. No walk-in registration.

Swim Lessons	Resident Rates	Non-Resident Rates
M-F	\$26	\$38
Saturday	\$19	\$31
Adaptive	\$41	\$53
Adult	\$26	\$38

Aquatics Refund Policy

- All refunds/withdrawals must be requested prior to the start of the third lesson. Call the pool office or email requests to aquatics@lakewoodcity.org.
- There is a \$5 administrative 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.

Mayfair Pool Activity Schedule

Pool Activity Schedule		
Activity	Dates/Times	Fee Schedule
<p>Adult Lap Swim For ages 16 and over. Note: Multiple classes will be operating at the same time, therefore lap swim may go short course (width) of the pool rather than long course (length) of the pool.</p>	<p>July 13 - August 22:</p> <p>Monday/Wednesday: 7:30 - 8:30 p.m.</p> <p>Saturday: 7:30 - 8:30 a.m. 8:30 - 9:30 a.m.</p>	<p>Lakewood Resident Fee: Adult Lap Swim: \$2.00</p> <p>Non-Resident Fee: Adult Lap Swim: \$3.00</p> <p>Pre-registration required</p>
<p>Aqua Zumba Spice up your regular workout with Aqua Zumba. Burn calories and strengthen muscles through this fantastic one hour cardio and strength workout that will have you burning up to 400 calories per hour. A great way to beat the heat, workout and enjoy dancing in the water. Instructor - Jenny Kellogg</p>	<p>Mondays - July 13 - August 17 6 - 7 p.m.</p> <p>Wednesdays - July 15 - August 19 6 - 7 p.m.</p>	<p>\$50/6Mtgs Class #18679</p> <p>\$50/6Mtgs Class #18680</p> <p>Pre-registration required</p>
<p>Water Aerobics It's going to be a long hot summer! Stay healthy and active! Burn fat while doing moves that will shape and sculpt your body with zero stress to the joints! Instructor - Staff</p>	<p>Tuesdays/Thursdays - July 14 - 30 6 - 7 p.m.</p> <p>Tuesdays/Thursdays - August 4 - 20 6 - 7 p.m.</p>	<p>\$35/6Mtgs Class #18681</p> <p>\$35/6Mtgs Class #18682</p> <p>Pre-registration required</p>

Pool Rules



- A daily health screening including a temperature scan is required.
 - Apply hand sanitizer just prior to entering the pool facility and continue to wear your mask.
 - Facemasks required to and from the pool and shared restrooms.
 - Remove facemask before entering the water.
 - Maintain a 6-foot distance from others at all times in the facility and in the water.
 - Locker rooms are closed.
 - 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 pool deck.
 - Approved swimsuits are required. No cut off pants, leotards, sweats, basketball shorts or shirts are allowed (rash guards only). Suits and towels are not provided.
 - Only those in proper swimwear may remain on the pool deck.
 - Swimmers with long hair must tie their hair in a ponytail.
 - No toys, inflatables, water wings, or life jackets (except Coast Guard approved) allowed in the pool.
- **As part of ongoing training, City of Lakewood pool personnel may participate in emergency drills during lap swim and swim lessons.

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.

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, 562-866-9771 x 2408.
- **No class July 9.**

17684 Th 6:00pm-7:00pm 9/3-9/17 CTR \$24/3 Mtgs



Parents Night Out, Kids Night In!

Parents, do you need a date night out? Then bring the kids to us! The highly qualified Youth Center staff will supervise your children while parents get a much needed night out. Enjoy an evening out at your favorite local restaurant or try a new one (and maybe even time for a movie). While the kids have a pizza dinner, snacks, games and more! This event is for ages 3 and older (children must be potty trained).

Cancelled

17472 F 6:00pm-10:00pm 8/7 LYC \$5/1 Mtg

FUN-Tastic Family Nights

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.

September 25 Kids Imagine Nation

Bring the family to dance the night away with Kids Imagine Nation! Kids Imagine Nation is a musical dance party that encourages the use of imagination and friendship through songs and storytelling. This high energy, interactive dance party is sure to get the whole family up and moving!



- **Chicken enchiladas with beans, 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 September 22nd or until filled.**
- **\$10 per person / \$7 children ages 1-3 / Children under 1 free**

17265 F 6:30-8 p.m. CTR

FINALLY IT'S
FRIDAY
EVENTS!

**MORE INFORMATION
COMING SOON**

Tot Lot registration information coming soon

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 the Recreation & Community Services Department for more information, 562-866-9771 x 2408.
- No class September 7.

17157 M 5:00pm-5:45pm 8/17-9/14 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 the Recreation & Community Services Department for more information, 562-866-9771 x 2408.
- No class June 22 and September 7.

17160 M 5:45pm-6:30pm 8/17-9/14 BLM \$32/4 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. Instructors: Willie Villa-Real and Ms. Stephanie Fontela

- Students will need to purchase a costume for performance, date and cost TBA. Dance implements may be purchased through the instructor.
- Class on September 8 meets at the Youth Center.

17164 T 5:15pm-6:00pm 8/18-9/8 PLMS \$34/4 Mtgs

Ballet Character Class

Children ages 2.5-5 years old will be learning the basic beginning ballet positions and movements while acting out the princesses and dancing to the names of the stories such as Cinderella, Sleeping Beauty and Swan Lake. Ballet shoes are suggested for this creative ballet class. Instructor: Evelyn Grauten

17175 T 10:30am-11:15am 9/1-9/22 CTR \$36/4 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 performance, date and cost TBA. Dance implements (poi balls) may be purchased through the instructor.
- Class on September 8 meets at the Youth Center.

17484 T 6:00pm-6:45pm 8/18-9/8 PLMS \$34/4 Mtgs

Educational Classes

Reading, Math and More Preschool

Be ready for kindergarten! Kids and parents have fun blending audio, visual and kinesthetic learning styles to maximize learning. We incorporate phonics and leveled reading, spelling and math instruction specifically designed for preschoolers. Parent participation is required. Instructor: Readwrite Educational Solutions Staff

- \$20 materials fee is payable to the instructor in class.

17515 M-W 9:00am-9:45am 8/3-8/18 BOY \$79/8 Mtgs

Gymnastics

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, parallel bar 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.

17284 Th 11:00am-12:00pm 8/13-9/17 PLMS \$66/6 Mtgs

17285 Sa 11:15am-12:15pm 8/15-9/19 PLMS \$66/6 Mtgs

Gymnastics Academy 1

Tumble-N-Kids, Inc. 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 the ability 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 September 7 & 8.

17289 M 5:00pm-6:00pm 8/10-9/14 PLMS \$55/5 Mtgs

17290 T 4:30pm-5:30pm 8/11-9/15 PLMS \$55/5 Mtgs

17291 Th 4:30pm-5:30pm 8/13-9/17 PLMS \$66/6 Mtgs

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. Focuses on 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.

17345 W 4:15pm-5:00pm 8/12-9/16 PLMS \$48/6 Mtgs

Kartwheel-N-Kids

Girls and boys ages 4-6 learn gymnastics skills including: cartwheels, rolls, jumps, handstands, bridge/backbends, beams, handspring barrel, trampoline and more. Instruction 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.

17362 Sa 12:15pm-1:15pm 8/15-9/19 PLMS \$66/6 Mtgs

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 core exercises. We'll use the uneven bars, trapezium, 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 September 8.

17721 T 3:30pm-4:30pm 8/11-9/15 PLMS \$55/5 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 tumbles, roll and crawl down the 'big cheese' slides, balls and more 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.
- No class July 4.

17561 Sa 9:00am-10:00am 8/15-9/19 PLMS \$66/6 Mtgs

Tootsie Rollers

Let's MOVE! Music, tumbling challenges, introducing simple directions and routines will help your child develop listening and social interaction skills. Tumble Bugs and partners will participate in circle time and obstacle courses and more songs, tumble, roll, jump, balance, walk like an airplane and finish with parachute activities! For ages 1-3 years. A great class for siblings! Instructor: Tumble-N-Kids, Inc.

- A \$3 materials fee is payable to the instructor at the first class.
- No class September 8.

17723 T 10:00am-11:00am 8/11-9/15 PLMS \$55/5 Mtgs

17725 Th 10:00am-11:00am 8/13-9/17 PLMS \$66/6 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 and beginning cartwheels - 'monkey jumps' led by an experienced instructor using music, games, puppets, 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.

17604 Sa 10:00am-11:00am 8/15-9/19 PLMS \$66/6 Mtgs

Sports Instruction

3-Sport Multi Sport by BEST Sports

During this five week course participants will learn basic skills from the following sports: soccer, baseball/softball and track and field. Participants will learn how to kick and control a soccer ball, how to hit, catch and throw a baseball, 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 is needed later in the season.

• 9 a.m. ages 2-4 / 9:55 a.m. ages 4-6.

• Class will meet near the playground.

17755 Sa 9:00am-9:45am 8/1-8/29 RYN \$62/5 Mtgs

17756 Sa 9:55am-10:40am 8/1-8/29 RYN \$62/5 Mtgs

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 a.m. ages 3-6 / 9:55 a.m. ages 16 months-2 yrs.

• Class will meet near the playground.

17761 Sa 9:00am-9:45am 8/1-8/29 RYN \$62/5 Mtgs

17762 Sa 9:55am-10:40am 8/1-8/29 RYN \$62/5 Mtgs

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 the Recreation & Community Services Department, 562-866-9771 x 2408.

17690 T 3:30pm-4:00pm 9/1-9/15 MAY \$21/3 Mtgs

17691 Th 3:30pm-4:00pm 9/3-9/17 CTR \$21/3 Mtgs

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

Kidz Love Soccer: Parent and Me Soccer - VIRTUAL

The fun happens all together, so don't just watch from the sidelines! Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week. Adult participation is required. Ages 2-3.5. Instructor: Kidz Love Soccer

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

17367	Sa	9:00am-9:30am	7/11-8/1	\$32/4 Mtgs
17677	Sa	9:00am-9:30am	8/8-8/29	\$32/4 Mtgs

Kidz Love Soccer: Pre-Soccer - VIRTUAL

Kick and pass! Pre-Soccer helps youngsters develop a lifelong love of soccer while they begin to learn about playing on a team. Our curriculum includes energetic, all-inclusive games that teach young kids the basics about playing with a group. In addition to building their soccer skills, Pre-Soccer kids begin learning the fundamentals of good sportsmanship through sharing, passing and being aware of other players. Ages 4-5. Instructor: Kidz Love Soccer

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

17905	Sa	10:20am-10:50am	7/11-8/1	\$32/4 Mtgs
17906	Sa	10:20am-10:50am	8/8-8/29	\$32/4 Mtgs

Kidz Love Soccer: Tot Soccer - VIRTUAL

Chase the ball! Tot-Soccer helps kids learn to be part of a structured group activity without a parent by their side. Realizing this can be difficult for young children, our time-tested, age specific curriculum builds confidence and promotes physical development in a safe, supportive and fun environment. Tot-Soccer focuses on helping kids develop their large motor skills through demonstrations and entertaining games like 'Bugs in the House!' These games build skill and self-esteem and prepare tots to start running and kicking - just like the big kids! Ages 3.5-5. Instructor: Kidz Love Soccer

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

17370	Sa	9:40am-10:10am	7/11-8/1	\$32/4 Mtgs
17676	Sa	9:40am-10:10am	8/8-8/29	\$32/4 Mtgs



For a complete listing of virtual classes visit www.lakewoodcity.org/virtualsummer Check back frequently for updates.

Registration Information

SUMMER REGISTRATION CALENDAR

Registration is going on now.

Most Classes Begin Week Of:
Monday, June 17

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

If class fee is:

\$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.

3 EASY WAYS TO REGISTER

Register Online go!

ONLINE

You're first in line to register for your favorite classes with eCatalog:

lakewoodcity.org/eCatalog

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!

To protect yourself and others during the COVID-19 crisis, Lakewood City Hall is closed to in-person business until further notice.

For all updates related to COVID-19 in Lakewood, please refer to the City of Lakewood's website at www.lakewoodcity.org/covid19.

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

Class transfers must be made before the second class meeting. Any additional class payment must be received at this time. **Only one (1) transfer per class participant is permitted.**

City of Lakewood Parks & Facilities Guide

<ul style="list-style-type: none"> Biscailuz Park (BIS) 2601 Dollar St. 562-634-3348 Bloomfield Park (BLM) 21420 Pioneer Blvd. 562-865-1717 Bolivar Park (BOL) 3300 Del Amo Blvd. 562-421-3881 Boyar Park (BOY) 6701 Del Amo Blvd. 562-925-6912 	<ul style="list-style-type: none"> Burns Community Center (BCC) 5510 Clark Ave. 562-925-7512 The Centre (CTR) 5000 Clark Ave. 562-804-4434 City Hall 5050 Clark Ave. 562-866-9771 x 2408 Del Valle Park (DV) 5939 Henrilee St. 562-429-0545 	<ul style="list-style-type: none"> Home Run Dog Park Del Amo & Studebaker 562-866-9771 x 2408 Lakewood Youth Center (LYC) 4658 Woodruff Ave. 562-429-7472 	<ul style="list-style-type: none"> Mayfair Park (MAY) 5720 Clark Ave. 562-866-4776 Mayfair Pool (MPL) 5720 Clark Ave. 562-804-4256 McCormick Pool (MCP) 3300 Del Amo Blvd. 562-421-3343 Monte Verde Park (MVP) 4626 N. Shadeway Rd. 562-429-0598 	<ul style="list-style-type: none"> Palms Park (PLMS) 12305 207th St. 562-865-6414 Rynerson Park (RYN) Del Amo & Studebaker 562-925-6912 San Martin Park (SM) 5231 Ocana Ave. 562-867-1090 Weingart Senior Center (WSC) 5220 Oliva Ave. (562) 630-6141
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Call (562) 866-9771, ext. 2408 for more information
www.lakewoodcity.org/recreation

LIFE Form

(Lakewood Individual & Family Enrollment) Form



CITY OF LAKEWOOD RECREATION & COMMUNITY SERVICES

If you've filled out the Lakewood LIFE Form in the past, please complete **Steps 1 and 3**. Please complete all steps if you have never filled out a LIFE form.

Check this box if you have a change of address, phone number or name. Be sure to also complete **Step 2** with your up-to-date information.

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.)

Main Contact Last Name	First Name	MI	Cell Phone () _____
Street Address	Apt. No.		Home Phone () _____
City	Zip Code	Birth Date (mm/dd/yy)	

Step 3 Participant Information Please list separately each participant and the activity information requested.

Activity #	Last Name	First Name	Activity Name	Sex M/F	Birth Date mm/dd/yy	Start Date	Fee
1.							
2.							
3.							
4.							

WAIVER, RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE

I, the undersigned, fully understand that my and/or my child(ren)'s participation in the activity(ies), hereinafter referred to as "EVENT/CLASS" exposes me and/or my child(ren) to the risk of personal injury, death, communicable diseases, illnesses, viruses, or property damage. I hereby acknowledge my and/or my child(ren)'s voluntary participation in EVENT/CLASS and agree to assume any such risks.

I hereby release, discharge and agree not to sue the City of Lakewood, hereinafter referred to as "CITY", 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 and/or my child(ren)'s voluntary participation in EVENT/CLASS from whatever cause, including the active or passive negligence of CITY, its officers, employees and agents or any other participants in 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 EVENT/CLASS, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless CITY, its officers, employees and agents from any and all claims, demands, actions or suits arising out of or in connection with my and/or my child(ren)'s voluntary participation in EVENT/CLASS.

I understand and agree that EVENT/CLASS may be recorded for viewing and/or listening by others during EVENT/CLASS and at a future date. I consent to CITY's use of audio and video recordings and photographs of me and/or my child(ren) during EVENT/CLASS and that CITY may use audio and video segments or photographs of me and/or my child(ren) for any purpose, including but not limited to news, advertising and promotional purposes, without compensation to me and/or my child(ren). I hereby release and hold harmless CITY from any claims relating to the use of my and/or my child(ren)'s likeness and image.

I HAVE CAREFULLY READ THIS RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE 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.

Total of activity fees	
Total non-resident fees	
Camp Circle materials	
Transaction Fee	\$2
Total Paid	

_____ Date

_____ Signature Required

Print Name _____ Method of Payment Check Money Order Cash

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

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