City of Lakewood
Recreation and Community Services
SUMMER 2023
Recreation Catalog

Classes and Park Activities Begin Monday, June 19, 2023
Register Now at Lakewoodcity.org/ecatalog
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

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**What's Inside**

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**Summer Registration Calendar**

- Registration is going on now.
- Non-Resident Registration Begins: Monday, June 5
- Most Classes Begin Week Of: Monday, June 19

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Summer is here and it’s time for Good Vibes Only!

Once again, the City of Lakewood’s Recreation and Community Services Department has an exciting schedule of classes, camps and community events planned to make this an unforgettable summer!

The popular Finally It’s Friday series of events returns (pgs. 28-29) and is filled with a variety of special events scheduled throughout the summer, including Movie Nights Under the Stars, Parents Night Out/Kids Night In, Family Scavenger Hunt, and many more that are sure to please the entire family.

Day Camp at Monte Verde Park will make its return this summer. Additionally, the Summer Camp section (pgs. 20-23) features many other opportunities for children of various ages to participate in weekly camps centered around different themes, including sports, fitness, fine arts and science.

For more information on Lakewood’s recreation programs and services visit www.lakewoodcity.org/recreation or call the Recreation and Community Services Department at 562-866-9771 ext. 2408.
Bring the entire family to enjoy the sounds of summer at the Summer Concerts in the Park. All summer long Del Valle Park will come alive with fabulous musical acts for your entertainment pleasure. There will be 8 weekly concerts including tributes to Creedence Clearwater Revival, The Beatles, 80s and more!

Dinner and refreshments will be sold at each concert, so bring your picnic blanket and have dinner with your friends and neighbors while listening to fantastic live entertainment. Summer Concerts in the Park are supported by area businesses and concert patrons. Please remember that dogs, alcohol, smoking and barbecues are not allowed.

Selena Tribute Band
September 8 • 6:30-8 p.m.
Palms Park
12305 207th St, Lakewood

Special Thanks to our Platinum and Gold Sponsors

**PLATINUM**
- Kenny's Auto Body & Towing
- Rotary Club of Lakewood
- Lakewood Pan Am Association
- Assemblymember Anthony Rendon
- Cerritos College Trustee - Marisa Perez
- Dave Smith RE/MAX
- Lakewood LIONS Club
- Water Replenishment District
- Admiral Pest Control
- Lakewood Family YMCA

**GOLD**
- VGA Lakewood Animal Hospital
- Law Offices of Sandra Diaz
Exercise/Fitness Classes

**Aqua Zumba**
Grooving to the beats of salsa, flamenco and merengue music feels more like a dance party than a workout...especially when you add water! This is exactly what makes Aqua Zumba so popular. Easy on the joints and intense on the fun. This is a summer workout that can’t be beat! Join the party today!
Instructor: Kick It Up Staff.
• No class July 3 & 5.
  24960 M 6:40pm-7:30pm 6/19-7/24 MCP $40/5 Mtgs
  24961 W 6:40pm-7:30pm 6/21-7/26 MCP $40/5 Mtgs
  25002 M 6:40pm-7:30pm 7/31-8/28 MCP $40/5 Mtgs
  25003 W 6:40pm-7:30pm 8/2-8/30 MCP $40/5 Mtgs

**Ballet Burn**
Combining the benefits of ballet with fitness, Ballet Burn focuses on building muscle and burning calories. Light weights, therabands, medicine balls and basic ballet movement at the barre are used throughout class. Perfect for individuals looking for a ‘no impact’ workout and challenging enough for fitness enthusiasts. Instructor: Kick It Up Staff
• Location: Kick It Up, 8129 E. Wardlow Rd., Long Beach.
  24944 F 8:30am-9:30am 8/4-8/25 Off Site $20/4 Mtgs
  24943 W 8:30am-9:30am 8/9-8/30 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.
  25274 M 6:00pm-7:00pm 6/26-7/10 WSC $36/3 Mtgs
  25276 Th 6:30pm-7:30pm 6/29-7/13 MVP $36/3 Mtgs
  25278 M 6:00pm-7:00pm 8/7-9/11 WSC $60/5 Mtgs
  25280 Th 6:30pm-7:30pm 8/10-9/7 MVP $60/5 Mtgs

**Bellydance Fitness**
Bellydance Fitness 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.
  24948 T 9:30am-10:30am 7/11-8/1 Off Site $20/4 Mtgs
  24949 F 9:30am-10:30am 8/4-8/25 Off Site $20/4 Mtgs
  24969 T 9:30am-10:30am 8/8-8/29 Off Site $20/4 Mtgs

**Capoeira**
Capoeira is an Afro-Brazilian art form that combines martial arts, music and dance. Capoeira is a dynamic experience that will increase stamina, balance and flexibility while achieving a total body workout. Ages 12 and up.
Instructor: Courtney Claverie - Professora Sombra.
• Please wear comfortable, loose fitting clothing (no shorts).
• Session 2 (7/31-8/30) and Session 3 (9/6-9/20) meet at Palms Park.
  25390 M,W 7:00pm-8:15pm 6/28-7/26 MAY $90/9 Mtgs
  25391 M,W 7:00pm-8:15pm 7/31-8/30 PLMS $100/10 Mtgs
  25392 M,W 7:00pm-8:15pm 9/6-9/20 PLMS $50/5 Mtgs

**Pilates**
Pilates is not just for your core. Pilates is a system that integrates movements that work your entire body. Exercises can be adapted for beginners to more advanced students. Fun and hard work, Pilates is a time-tested discipline that delivers. Please bring a mat and long belt or strap to class.
Instructor: Elizabeth Markley
  25140 W 7:15pm-8:15pm 6/21-7/12 CTR $60/4 Mtgs
  25141 W 7:15pm-8:15pm 7/19-8/2 CTR $45/3 Mtgs
  25142 W 7:15pm-8:15pm 8/9-8/30 CTR $60/4 Mtgs
  25143 W 7:15pm-8:15pm 9/9-6/20 CTR $45/3 Mtgs

**Tai Chi for Health & Wellness**
Tai Chi is an exercise method coordinating breath, movement and relaxation while improving and increasing the body’s energy. Students will learn the Yang Short Form and other health exercises. Tai Chi reduces stress, improves circulation and balance, increases strength and more. Qigong (energy work) will also be practiced. Instructor Richard Mieir-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsTaiChi.com.
  25353 Th 6:00pm-7:00pm 6/29-8/3 WSC $60/6 Mtgs
  25355 Th 6:00pm-7:00pm 8/17-9/21 WSC $60/6 Mtgs

Recreation Scholarships are available through Lakewood Project Shepherd. Call 562-925-7512 for more information.
Prenatal/Postnatal Yoga

Prenatal/Postnatal yoga is designed to help mamas find their breath, balance and strength during pregnancy and postpartum. Feel empowered and in control of your journey. Whether you’re in your first, second, third or fourth trimester, these practices will offer relief from common pregnancy/postnatal symptoms, as well as support for labor and childbirth. Honor the changes in your changing body by moving at a mindful pace, and take a moment to celebrate the joy and miracle of being in your body with a growing life inside of you. Instructor: Manuri Ranasinghe.

• Bring a yoga mat and water to class.

25478  W  5:30pm-6:30pm  6/21-7/12  CTR  $48/4 Mtgs
25461  W  5:30pm-6:30pm  7/19-8/9  CTR  $48/4 Mtgs

Water Aerobics

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

• No class July 4 & 6.

24954  T  6:40pm-7:30pm  6/20-7/25  MPL  $40/5 Mtgs
24955  Th  6:40pm-7:30pm  6/22-7/27  MPL  $40/5 Mtgs
24956  W  6:40pm-7:30pm  7/12-8/2  Off Site  $40/5 Mtgs

Yin Yoga

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

25275  M  7:00pm-8:00pm  6/26-7/10  WSC  $36/3 Mtgs
25277  Th  7:30pm-8:30pm  6/29-7/13  MVP  $36/3 Mtgs
25279  M  7:00pm-8:00pm  8/7-9/11  WSC  $60/5 Mtgs
25281  Th  7:30pm-8:30pm  8/10-9/7  MVP  $60/5 Mtgs

Zumba

Grooving to the beats of salsa, flamenco and merengue music feels more like a dance party than a workout, which is exactly what makes Zumba so popular. The Latin-inspired dance workout is one of the most popular group exercise classes in the world. Instructor: Kick It Up Staff.

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

24959  Sa  8:00am-9:00am  7/8-7/29  Off Site  $20/4 Mtgs
24955  M  6:45pm-7:45pm  7/10-7/31  Off Site  $20/4 Mtgs
24956  T  6:45pm-7:45pm  7/11-8/1  Off Site  $20/4 Mtgs
24957  W  6:45pm-7:45pm  7/12-8/2  Off Site  $20/4 Mtgs
24958  Th  6:45pm-7:45pm  7/13-8/3  Off Site  $20/4 Mtgs
24968  Sa  8:00am-9:00am  8/5-8/26  Off Site  $20/4 Mtgs
24964  M  6:45pm-7:45pm  8/7-8/28  Off Site  $20/4 Mtgs
24965  T  6:45pm-7:45pm  8/8-8/29  Off Site  $20/4 Mtgs
24966  W  6:45pm-7:45pm  8/9-8/30  Off Site  $20/4 Mtgs
24967  Th  6:45pm-7:45pm  8/10-8/31  Off Site  $20/4 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 Mieir-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsKungFu.com for more information.

25354  Th  7:00pm-9:00pm  6/29-8/3  WSC  $60/6 Mtgs
25356  Th  7:00pm-9:00pm  8/17-9/21  WSC  $60/6 Mtgs

Learn to Ice Skate (Adult)

Learn to skate at The Rinks Lakewood ICE. For ages 17+. Class fee includes skate rental, half hour of group instruction and ten minute practice time. Dress warmly. Check in early. Pre-registration required. For more information, visit www.therinks.com.

Instructor: The Rinks Staff.

• Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.

• Registration also includes two public session passes that can be redeemed during your 4-week session.

• No class June 28 & July 1.

25240  W  5:45pm-6:25pm  6/21-7/19  Off Site  $75/4 Mtgs
25248  W  6:30pm-7:10pm  6/21-7/19  Off Site  $75/4 Mtgs
25243  Sa  10:45am-11:25am  8/24-7/22  Off Site  $75/4 Mtgs
25259  Sa  11:25am-12:05pm  6/24-7/22  Off Site  $75/4 Mtgs
25260  W  5:45pm-6:25pm  7/26-8/16  Off Site  $75/4 Mtgs
25261  W  6:30pm-7:10pm  7/26-8/16  Off Site  $75/4 Mtgs
25262  Sa  10:40am-11:20am  7/29-8/19  Off Site  $75/4 Mtgs
25263  Sa  11:25am-12:05pm  7/29-8/19  Off Site  $75/4 Mtgs

Sports Instruction

For information on places to cool down go to www.lakewoodcity.org/cooling or call the Recreation and Community Services Department at (562) 866-9771, ext. 2408.

Transportation is available to those who qualify through the City’s DASH program. Call (562) 924-0149 for more information.
Adult Fitness and Sports

Tennis Classes

**Adult Cardio Tennis Class**
Looking for an upbeat workout? Grab your racket and let’s hit the courts! We have tons of fast-paced drills and games to keep you moving and improving. If you are looking to improve your tennis game and stay on your toes, then this program is perfect for you. This class features tennis and a workout all rolled into one and is designed to burn calories, make friends and improve your tennis game. For more information visit www.johnnyallentennis.com. Ages 18+. Instructor: Johnny Allen Tennis Staff.

- **Students should wear athletic clothing, lace-up tennis shoes and bring a racket and water.**
- **25173 F 8:00pm-9:00pm 6/23-7/7 MAY $49/3 Mtgs**
- **25205 F 8:00pm-9:00pm 7/14-7/28 MAY $49/3 Mtgs**
- **25206 F 8:00pm-9:00pm 8/4-8/18 MAY $49/3 Mtgs**
- **25207 F 8:00pm-9:00pm 8/25-9/8 MAY $49/3 Mtgs**
- **25208 F 8:00pm-9:00pm 9/15-9/29 MAY $49/3 Mtgs**

**Tennis Clinic - Int./Adv.**
This USPTA certified tennis class focuses on drills to help improve your game. Proper technique is recommended and match play is emphasized. Players can benefit from our strategy, footwork drills, and mental toughness. Visit our website at TemsAmazingTennis.com. Instructor: Lakewood Tennis Center.

- **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.**
- **Pre-registration required.**

- **25177 Sa 9:00am-10:00am 6/24-8/12 Off Site $90/8 Mtgs**
- **25188 Sa 9:00am-10:00am 8/19-9/23 Off Site $72/6 Mtgs**

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.
- **Rynerson Park** – The foot path is 1-mile long.
- **San Martin Park** – The sidewalk around the park’s perimeter measures .55 mile. Two laps is 1.1 miles.
- **The Nature Trail** – The trail is 3 miles long (from Candlewood to Carson round trip).
**Adult Fitness and 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 7 p.m. at various parks on outdoor courts.

**League Dates: September 25 - December 4**

**Adult Softball**
Adult softball leagues are organized and scheduled as follows:
- Men’s Single Wall Bat – Wed. & Fri. evenings
- Senior Men’s Single Wall Bat (50+) - Sun. mornings

**League Dates: September 22 – December 10**

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**Fall Season**
Registration dates: August 7 - 25
Registration available online for all adult sports leagues. Go to [www.lakewoodcity.org/eCatalog](http://www.lakewoodcity.org/eCatalog), click on Activities – Sports League. Registration packets are also available online at [www.lakewoodcity.org/sports](http://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.

**Adult Pickleball**
- **Mayfair Park**
  - Tuesdays & Thursdays 6-8 p.m.
- **Bolivar Park**
  - Wednesdays & Fridays 6-8 p.m.

Players are encouraged to bring their own paddles and balls. A limited number will be available for checkout.

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**Hoover Middle School Gym Activities**

**Active+/Adult/Teen Basketball Free Play***
Looking for something to do? Come over to the Hoover Middle School Gymnasium and participate in a variety of great programs. School events require occasional changes to scheduled activities at the Hoover Middle School Gym. Due to LYS Volleyball, the gym will be unavailable September 21 - January 5.

**Active+/Teen/Plus Wednesday Basketball Free Play***
Looking for a comfortable gymnasium to play basketball in on Wednesday evenings? Come out to the Hoover Middle School Gymnasium and get your game on! Drop in play will be organized and monitored by recreation staff.

**Wednesdays**
- 6:30 - 9 p.m. – Ongoing

**Active+/Teen Thursday Volleyball Free Play***
Free play volleyball will be held for all levels at the Hoover Middle School Gymnasium. Only one court available for use.

**Thursdays**
- 6:30 - 9 p.m. – Ongoing

**Active+**
**Monday Basketball Free Play**
- 6:30 - 8:30 p.m.

*Check for closures at [www.lakewoodcity.org/sports](http://www.lakewoodcity.org/sports)
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

Kiele Hula (Beg./Int.)
Kiele, Hawaiian for the gardenia flower, symbolizes love and romance. The dance of hula expresses love and romance, as well as a fun and low-impact form of exercise. All skill levels are welcome, from beginners to the more experienced. Instructors: Ms. Willie Villa-Real and Mrs. Stephanie Fontela.
- Students will need to purchase a costume for performances, dates and cost TBA.
- Dance implements (poi balls) may be purchased through the instructor.
- Class on August 10 meets at Palms Park.

Ballroom & Social Dance 101
Are you looking for a way to get moving and have a good time? Do you have some dance experience and are interested in improving your skill? Then this class series is for you. Improve your skill! Enhance your confidence! Improve your social dance comfort level. One dance style will be selected at the first class meeting as the focus for the entire session. Choice may be Rumba, Bolero, American Tango, Argentine Tango, Country Western, East and West Coast Swings, Waltz, Fox trot, Hustle, Night Club 2-Step, and many more. Partners NOT required. Instructor Jeremy Pierson.
- No class July 4.

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? All dance levels are welcome, but this class is designed for the beginner as well as for dancers who have not danced for a while. The instructor will cover the basics of one or two dances over the course. Dance selection will be made at first class meeting, but may include Swing, Waltz, Rumba, Fox trot, American Tango, Salsa, Merengue and many more. Partners are NOT required. Instructor: Jeremy Pierson.
- No class July 4.

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

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

Dogs of all ages welcome! We will work on basic commands, manners and listening skills. Commands taught: watch me, sit, down, leave it, loose leash walking, stay and recall. Manners such as jumping, chewing, mouthing, barking and potty training will also be worked on. All methods are positive-reinforcement based. Instructor: Alexandra Macias.

- Be prepared to show proof of current rabies vaccination and to sign a liability waiver at the first class meeting.
- Please bring a flat collar, 4-6ft. leash and treats.
- No class July 2.

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<tr>
<th>Class Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>25467</td>
<td>Th</td>
<td>6:00pm-7:00pm</td>
<td>6/22-7/27</td>
<td>SM</td>
<td>$150/6 Mtgs</td>
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<tr>
<td>25465</td>
<td>Su</td>
<td>11:00am-12:00pm</td>
<td>6/25-8/6</td>
<td>SM</td>
<td>$150/6 Mtgs</td>
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<tr>
<td>25468</td>
<td>Th</td>
<td>6:00pm-7:00pm</td>
<td>8/3-9/7</td>
<td>SM</td>
<td>$150/6 Mtgs</td>
</tr>
<tr>
<td>25466</td>
<td>Su</td>
<td>11:00am-12:00pm</td>
<td>8/13-9/17</td>
<td>SM</td>
<td>$150/6 Mtgs</td>
</tr>
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**Community CPR Class**

Through lecture and hands-on skill sessions, you will learn CPR (for adults, children and infants), first aid skills, and how to use an AED. Participants must be able to get on the floor to demonstrate correct CPR skills, as well as pass the written exam. Certification will be through the American Red Cross and is valid for two years. Instructor: City Staff.

- Please arrive on time. Late participants will not be allowed to enter.
- Participants will be given a 30-minute lunchbreak.
- Bring a lunch or enjoy lunch at a local eatery.

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<tr>
<td>25448</td>
<td>Sa</td>
<td>7:30am-2:00pm</td>
<td>8/19</td>
<td>BCC</td>
<td>$30/1 Mtg</td>
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**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, 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. Informative handouts for future use are included in class fee. Instructor: LeeAnne Krusemark

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

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<tr>
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<th>Location</th>
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<tbody>
<tr>
<td>24942</td>
<td>Sa</td>
<td>3:00pm-4:30pm</td>
<td>7/15</td>
<td>BCC</td>
<td>$31/1 Mtg</td>
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**Meet the Publisher/Agent (Virtual)**

Have you ever wanted to talk to a real agent or publisher? Are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Email one page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book, or children's book. Informative handouts for future use are included in class fee. Instructor: City Staff.

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

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<th>Location</th>
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<td>24941</td>
<td>Sa</td>
<td>1:00pm-3:00pm</td>
<td>7/15</td>
<td>BCC</td>
<td>$39/1 Mtg</td>
</tr>
</tbody>
</table>
Beginning Journeys in Watercolor Painting
Embark on this inspiring trip in watercolor painting! This class of beginning instruction covers the basics and through personal observation and practice, you’ll learn the mainstay watercolor techniques of wet-on-dry glazing and wet-on-wet washes. By the end of the class session, you’ll have created your own personal project(s).
Instructor: Clyde San Juan.
• The instructor will email a suggested supply list before the first class.

Cake Decorating - Building Buttercream Skills (Course 1)
Fresh inspiration and trendy cake decorating styles are presented in this class. Learn core buttercream decorating techniques that will give you extraordinary results. Please come prepared by bringing all items listed on the supply list. Supplies not included.
Instructor: Lakyn Wynn.
• Class supply list available at PlumForest.com/cake-courses.
• A $5 materials fee for handouts (exact cash only) due in class.
• Building Buttercream Skills is a prerequisite for this course.
• Refunds will not be issued for same day cancelations.

Bow Making
Tired of paying all that money for pre-made bows? Come learn how to make beautiful bows using the Bowdabra Bowmaker as well as other cute packaging techniques. Instructor: Lakyn Wynn
• Refunds will not be issued for same day cancelations.
• The supply list can be found at www.plumforest.com/calendar.
• Select your class date and the supply list can be found within the class description.

Cookie Decorating Class (Halloween Theme)
Learn tips and tricks so that you too can make perfectly decorated cookies at home all while learning creative cookie decorating techniques. During the class each participant will decorate six sugar cookies. No experience needed. Supplies not included. For ages 12 and up. Instructor: Lakyn Wynn.
• Refunds will not be issued for same day cancelations.
• The supply list can be found at www.plumforest.com/calendar.
• Select your class date and the supply list can be found within the class description.

Candle Making
Come see how easy it is to create your own candles for yourself or as gifts! You will see soy candles made from start to finish. You will also learn about gel and wax candle making techniques. For ages 14 and up. Instructor: Lakyn Wynn.
• A $7 materials fee (exact cash only) due in class.
• Refunds will not be issued for same day cancelations.

Crochet 101 - Washcloth
In this class we will work on a basic crochet project that will build on your skill level. Crochet a washcloth or fringe scarf while learning how to chain stitch, create a slip knot, single crochet, and weave in ends, read a pattern and abbreviations. Supplies not included. For ages 12 and up. Instructor: Lakyn Wynn.
• Refunds will not be issued for same day cancelations.
• The supply list can be found at www.plumforest.com/calendar.
• Select your class date and the supply list can be found within the class description.
**Cupcake Decorating Essentials Class**

If you are looking to up your cupcake game, this is the class for you! Learn how to make and tint icing, how to fill a decorating bag and how to pipe a variety of decorations, including the popular 1M swirl. Take home your cupcakes and share with family and friends... or treat yourself to a cupcake or two to celebrate a job well done! No experience needed. Supplies not included. For ages 12 and up. Instructor: Lakyn Wynn.

- **Refunds will not be issued for same day cancelations.**
- **The supply list can be found at www.plumforest.com/calendar.**
- **Select your class date and the supply list can be found within the class description.**

**Cutting Creatively with Cricut**

Come learn your project possibilities which you can create with your Cricut Explore Air or Maker. Learn the basic components as you learn how to make simple designs, set your materials, align cutting mats and use your tools. Ready to make personalized projects? Learn how the Cricut Design Space software and tools help you modify images and fonts. No experience needed. Supplies not included. For ages 12 and up. Instructor: Kathryn H.

- **Refunds will not be issued for same day cancelations.**
- **The supply list can be found at www.plumforest.com/calendar.**
- **Select your class date and the supply list can be found within the class description.**

**Exploring Watercolor and Acrylic Painting**

This mixed class is an introduction to both Watercolor and Acrylic Painting in a beginner format. The basics for both mediums are covered in the first half of the class. Each student will get the chance to learn first, then practice at home and in the class. Then, to further expand, choose to create their own personal projects. Instructor: Clyde San Juan.

- **The instructor will email a suggested supply list before the first class.**
- **The supply list can be found at www.plumforest.com/calendar.**
- **Select your class date and the supply list can be found within the class description.**

**Knitting for the Holidays**

Create some fun and simple projects for gift giving this upcoming holiday season. Learn the basics of knitting, including how to read patterns, and work on a pair of dishcloths or a cozy, striped cowl. No experience needed. For ages 12 and up. Instructor: Lakyn Wynn.

- **Refunds will not be issued for same day cancelations.**
- **The supply list can be found at www.plumforest.com/calendar.**
- **Select your class date and the supply list can be found within the class description.**

**Low Fire Ceramic Pottery**

Learn handbuilding techniques with low fire clay to achieve bright colors. Class is a workshop atmosphere with new techniques and demos during each class, with glaze firing each session. Instructor: Kathryn H.

- **A $20 lab fee and $10 clay fee payable to the instructor in class.**
- **No class August 4 and September 1 & 15.**
**Make a Ceramic Mushroom**
Learn to make your own ceramic mushroom from raw clay. Pieces will be fired then at the second class you will glaze your special creation. Beginners welcome! Instructor: Kathryn H.
- **A $25 materials fee is due in class.**
  25163  F  6:00pm-8:30pm  6/23-6/30  CTR  $40/2 Mtgs

**Make Gnome Jar/Bottle Toppers**
Create a festive gift by topping a Mason jar of treats or a bottle of wine with a cute gnome or Santa "hat" and tiny "face." Easy crochet stitches are used to create these cute hats and by starting now you can really be ready for Christmas! Instructor: Candace Broeker.
- **A $12 materials fee is due in class.**
- **Bring or plan to purchase size H hook.**
  25428  Sa  2:00pm-4:00pm  7/22-7/29  Off Site  $30/2 Mtgs

**Morning Sewing Circle**
Come join us for a casual, unstructured sewing circle. This class is a gathering of sewing enthusiasts. The gathering will be what you want it to be. Bring your sewing projects to start or finish and hang out for some awesome camaraderie. This is "not" an instructional class, but if you need help on a project, there will be plenty of opinions on "HOW TO"!! Please bring all the necessary materials to work on your project, including sewing machine, Irons, cutting mats and rulers provided. Instructor: Diane Wamba.
- **At times a minimal copying fee is payable to the instructor in class.**
  24932  T  10:00am-2:00pm  6/20-8/8  CTR  $29/7 Mtgs
  24933  T  10:00am-2:00pm  8/15-9/19  CTR  $29/6 Mtgs

**Paper Flowers**
Let’s make flowers! In this step-by-step class you will learn how to create paper flowers with card stock. Supplies not included. Instructor: Lakyn Wynn.
- **Refunds will not be issued for same day cancelations.**
- The supply list can be found at www.plumforest.com/calendar.
- Select your class date and the supply list can be found within the class description.
  25150  Th  6:30pm-8:00pm  8/3  WSC  $25/1 Mtg

**Plum Forest Paint Party**
Come have some fun and let your artistic side free! Painting is proven to relieve stress and calm the mind. Follow along and create something you’ll be proud to hang on the wall. Follow step by step or let your inner creativity run wild. No supplies or experience needed. For ages 12 and up. Instructor: Lakyn Wynn.
- **A $15 materials fee (exact cash only) due in class.**
- **Refunds will not be issued for same day cancelations.**
- June 22 - Patriotic Theme, July 20 - Summer Theme, Aug. 24 - Fall Theme, Sept. 21 - Halloween Theme.
  25149  Th  6:30pm-8:30pm  6/22  WSC  $20/1 Mtg
  25157  Th  6:30pm-8:30pm  7/20  WSC  $20/1 Mtg
  25158  Th  6:30pm-8:30pm  8/24  WSC  $20/1 Mtg
  25159  Th  6:30pm-8:30pm  9/21  WSC  $20/1 Mtg

**Poinsettia Motif Crochet**
This classic design begins with 6-sided flower units that are sewn together to form a festive sock that will brighten your home all holiday season. The flower units can also be used as coasters and make great gifts. Instructor: Candace Broeker.
- **Location: Stitches in Time, 16525 Bellflower Blvd, Bellflower.**
- **A $25 materials fee is due in class.**
- **Bring or plan to purchase hook size 7 (4.5 mm).**
  25449  T  6:45pm-9:00pm  6/13-7/18  CTR  $50/5Mtgs
  25446  T  6:45pm-9:00pm  8/22-9/19  CTR  $50/5Mtgs

**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 Hass.
- **A $25 lab fee and $10 glaze fee are payable to the instructor in class.**
- **No class July 4.**
  25444  T  6:45pm-9:00pm  6/14-7/19  CTR  $50/5Mtgs
  25447  W  6:45pm-9:00pm  8/23-9/20  CTR  $50/5Mtgs

**Recycled Wind Chime Garden Decor**
Learn how to design and put together a wind chime from recycled metal pieces. Each student will create a one-of-a-kind garden decoration they can take home. Pieces used will include silverware, metal pieces. Each student will create a one-of-a-kind garden decoration they can take home. Pieces used will include silverware, metal, glass, etc. Instructor: Kathryn H.
- **A $20 materials fee is due in class.**
  25164  F  6:00pm-8:30pm  7/7  CTR  $25/1 Mtg
Soap Making
Come see how easy it is to create your own bath soaps for yourself or as gifts! You will learn basic soap making techniques, including scenting, coloring embossing, herbs, wrapping and more! No supplies needed. For ages 14 and up. Instructor: Lakyn Wynn.
• A $7 materials fee (exact cash only) due in class.
• Refunds will not be issued for same day cancelations.
• Students will receive detailed directions and supply list to take home so they may make their own.
25151 Th 6:30pm-7:30pm 7/13 WSC $25/1 Mtgs

Tole Painting Workshop
Refine your intermediate/advanced skills in the traditional art of tole painting. In this class you may work on individual projects of your own or group projects selected by the class. Painting surfaces can be wooden, metal or canvas. This class is designed for competent painters who wish to advance their skills and learn from other skilled painters. Instructor: Bonnie Brown
25033 Th 10:00am-12:30pm 6/22-8/3 CTR $29/7 Mtgs
25034 Th 10:00am-12:30pm 8/10-9/21 CTR $29/7 Mtgs

Music Instruction

Drums for Fun (Adult)
Learn the basic techniques of drumming from a professional musician. Instruction includes proper grip positions, hand and wrist development, sight-reading, hand and foot coordination, rudimental training and drumset techniques. Students will have the opportunity to play on a drumset. The instructor provides sticks, practice pads and music sheets during group lessons. Visit Drumvillestudios.com. Ages 13 and up.
Instructor: Lenny ‘Gee’ Giachello
• A $7 materials fee for drum sticks and folder is due in class.
• No class July 4.
25040 T 8:30pm-9:30pm 6/20-8/8 BOL $75/7 Mtgs
25041 T 8:30pm-9:30pm 8/15-9/26 BOL $75/7 Mtgs

Lakewood parks are a great place for a summer picnic with family and friends!
Shelters are FREE for Lakewood residents to reserve on Saturdays from 9 a.m. - 6 p.m. and Sundays and Holidays from Noon - 6 p.m.
Reservations can be made up to two months in advance.
See page 46 for the list of park contact information.
The Weingart Senior Center is located at 5220 Oliva Avenue, Lakewood. Recreational activities are open to adults age 50 or older. For more information on senior programs, please call (562) 630-6141.

**Senior Programs & Class Information**

All classes, programs, and daily activities are held at the Weingart Senior Center. Many classes are free and low cost, however some classes require a nominal fee. A complete schedule of programs and classes can be obtained at the Weingart Senior Center Office.

**Artistic and Special Interest Programs:**
- Chinese Brush Painting
- Watercolor
- Arts & Crafts
- Plastic Canvas
- Needlepoint
- Knitting
- Crocheting

**Educational and Social Engagement Classes:**
- Lip/Speech Reading
- Health Education
- Wellness Seminars
- Financial
- Line Dance
- Ballroom/Social Dance
- Holiday Parties with live entertainment

**Fitness Class Schedule**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>9:00-10:00 a.m.</td>
<td>Cardio Salsa</td>
</tr>
<tr>
<td></td>
<td>10:15-11:15 a.m.</td>
<td>Stretch &amp; Meditate</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>9:00-10:00 a.m.</td>
<td>Low Impact Aerobics</td>
</tr>
<tr>
<td></td>
<td>10:30-11:30 a.m.</td>
<td>Chair Exercise</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>9:00-10:00 a.m.</td>
<td>Mat Exercise</td>
</tr>
<tr>
<td>Thursdays</td>
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<td>Low Impact Aerobics</td>
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<td></td>
<td>10:30-11:30 a.m.</td>
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</tbody>
</table>

**Older Adult Programming Hours:**

Weingart Senior Center (WSC)

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>M – F</td>
<td>9:00 a.m. – 5:30 p.m.</td>
</tr>
<tr>
<td>Sat</td>
<td>9:00 a.m. – 1:00 p.m.</td>
</tr>
<tr>
<td>Sun</td>
<td>Closed</td>
</tr>
</tbody>
</table>

**Summer Wellness Series**

Build your resiliency by balancing your life, enhancing your self-esteem, understanding grief and loss, as well as finding your happiness! Instructor: Teresa Estrada

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>25469</td>
<td>Th</td>
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<tr>
<td>25470</td>
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<td>WSC</td>
<td>$44/4 Mtgs</td>
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<tr>
<td>25471</td>
<td>Th</td>
<td>10:30am-11:30am</td>
<td>WSC</td>
<td>$44/4 Mtgs</td>
</tr>
</tbody>
</table>

**Creative Calm**

In this class students will learn how to reduce stress while using artistic expression as a source of relaxation and inspiration. Simple art projects will be incorporated into a variety of meditative practices, including guided imagery, breath awareness and acupressure. Instructor: Cari Kaminski.

- **Supplies needed:** watercolor paper, pencil, watercolors, paintbrush and writing paper/journal.

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>25551</td>
<td>Sa</td>
<td>10:00am-11:00am</td>
<td>WSC</td>
<td>$60/4 Mtgs</td>
</tr>
</tbody>
</table>

**31st Annual Senior Health Fair**

On Friday, June 16, from 10 a.m. – 12 noon, the Weingart Senior Center is hosting its 31st Annual Senior Health Fair. The fair is free and open to the public. Health related information and free screenings will be available throughout the afternoon. For more information, please call 562-630-6141.

**41st Annual Fall Craft Show**

On Saturday, September 30, from 10 a.m. - 3 p.m., the Weingart Senior Center will host its 41st Annual Fall Craft Show. A variety of handmade items will be on sale at reasonable prices. This is a great place to get a jump on your holiday shopping. **Only sellers age 50+ are invited to sign up for table space.** A valid seller’s permit is required. Refreshments will be on sale throughout the day. For table prices and further information, please contact the Weingart Senior Center after August 1 at (562) 630-6141.
Human Services

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

Congregate Lunch Program
Come enjoy a wonderful meal and spend time with friends at the Weingart Senior Center. Lunches are provided by Human Services Association for seniors 60 and older and their spouses for a suggested donation of $2.25 per meal. Persons 59 and younger are required to pay a $4.50 fee. Everyone is welcome with a reservation made 24 hours in advance.

For more information, please call:
Weingart Senior Center Nutrition Site
5220 Oliva Ave, Lakewood • (562) 630-6210

Additional Offsite Programs
Multipurpose Senior Services Program: Free Social and Health Care Management Program assisting older adults who are at risk of nursing home placement due to frailty or inability to manage without assistance. Services include case management, in-home care, meals, respite, adult day care, and more. Must be 65 or older and be MediCal eligible with no share of cost. Call 626-358-1185 x 508.

Supportive Services Program: Eligible Seniors (60+) receive free ongoing case management, assessments, client advocacy and service coordination. Eligible clients must live within city service area, call 562-806-5400 x 214.

Meals on Wheels
of Long Beach
Serving Lakewood residents

Meals on Wheels of Long Beach is now providing services for Lakewood residents including delivery of nutritious meals to individuals who are unable to shop and cook for themselves and who live alone, allowing the chronically ill, seniors, veterans and disabled to remain independent and safe in their homes for as long as possible.

Meals on Wheels of Long Beach not only provides freshly prepared meals each day, they also provide clients with friendly visitors and a connection to a multitude of needed services that lead to improved quality of life and safety.

For more information, including registration, donations and volunteer opportunities, visit www.lakewoodcity.org/mealsonwheels or call 562-439-5000.
The Burns Community Center is located at 5510 Clark Avenue, Lakewood. Active adults ages 50 and over can find a slate of various class offerings to keep both mind and body sharp! For more information on Active+ programs, please call (562) 925-7512.

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

Burns Quilters Group
Last Wednesday of the month, 9:30 a.m. - 1 p.m.
Dates: June 28, July 26, August 30.
Come join this friendship group to socialize and work on your favorite quilting project.
• Participants will need to bring their own fabric and supplies.
• Bring your own lunch as the group works through the lunch hour.

Bunco Party
Come out for a fun Friday night and play Bunco at the Burns Community Center! This social dice game involves 100% luck and no skill, anyone can play. Prizes will be awarded to players with the most buncos, the most wins and the most losses. Snack while you play with treats from our nacho and dessert bar. Instructor: City Staff
25451 F 5:30pm-8:00pm 7/7 BCC $3/1 Mtg
25452 F 5:30pm-8:00pm 9/1 BCC $3/1 Mtg

Canvas and Cupcake Party
If you are interested in a fun night out and releasing some creativity, join us for our canvas painting party! With step by step instructions you don't have to be an artist to succeed in this class. Supplies will be provided, just paint, snack on some treats, and bring home your masterpiece! Instructor: City Staff
• A $5 materials fee is payable to the instructor at the beginning of the class.
• We will be painting a Firefly Jar.
• Please register by July 10.
25453 F 6:30pm-8:30pm 7/14  BCC $10/1 Mtg

Active+ Basketball Free Play
Come out to the Hoover Middle School Gymnasium and get your game on! Drop in play will be organized and monitored by recreation staff. Players must check-in at the gymnasium.
6:30 - 8:30 p.m.
Last day of play will be Monday Sept. 11. Will resume Jan. 2024.

Burns Book Club
June 7, July 5, Aug. 2, Sept. 6
1-3 p.m.
Come have stimulating conversation with others who love to read. Please read Tattoos on the Heart by Gregory Boyle before the first class. The remaining books will be selected by the class each month.

FREE!

Fitness Class Schedule

<table>
<thead>
<tr>
<th>Mondays</th>
<th>9-10 a.m.</th>
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<th>6-8 p.m.</th>
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</thead>
<tbody>
<tr>
<td>Cardio Circuit</td>
<td>Pickleball @ Mayfair Park</td>
<td>Walking Club</td>
<td>Pickleball @ Mayfair Park</td>
<td>Stretch &amp; Tone</td>
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</table>

* No Class Tuesday, July 4 & Monday, Sept. 4

Tech Talk
FREE!
Every other Thursday, 4-5 p.m.
Dates: June 29, July 13 & 27, Aug. 10 & 24 and Sept. 7 & 21. Do you have a gadget (smartphone, ipad, etc.) that is making you crazy? Bring it in and let our technological experts show you some tricks to make life with your gadget easier.

FREE!

Burns Quilters Group
Last Wednesday of the month, 9:30 a.m. - 1 p.m.
Dates: June 28, July 26, August 30.
Come join this friendship group to socialize and work on your favorite quilting project.
• Participants will need to bring their own fabric and supplies.
• Bring your own lunch as the group works through the lunch hour.

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Texas Hold 'Em Poker Club
Mondays and Thursdays, 12:30-2:30 p.m.
Join the Active+ Poker Group! New poker players are wanted to expand the group. Just bring your poker skills; chips and poker table are provided.
• No class July 31, Aug. 3 & 7, and Sept. 4.

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.
25029 M,W 5:15pm-6:15pm 6/19-6/28 BCC $48/4 Mtgs
25030 M,W 5:15pm-6:15pm 7/3-7/26 BCC $96/8 Mtgs
25031 M,W 5:15pm-6:15pm 8/9-8/30 BCC $84/7 Mtgs
25032 M,W 5:15pm-6:15pm 9/6-9/20 BCC $60/5 Mtgs

Lap Swim 50+
For ages 50 and over. One person per lane. Lanes are short width of swimming pool.
• No class July 2.
25457 Su 11:00am-11:50am 6/18-7/23 MPL $10/5 Mtgs
25458 Su 11:00am-11:50am 7/30-8/27 MPL $10/5 Mtgs

Blossoms & Bees Cookie Decorating
This class will teach you how to decorate beautiful royal icing cookies with piping, flooding and detail work. At the end of the class you’ll be able to take home your delicious cookies and extra materials! Cookies and supplies needed for the class will be provided. Instructor: City Staff.
• A $10 materials fee is due to the instructor at the beginning of class.
25454 F 6:30pm-8:30pm 9/8 BCC $10/1 Mtg

Water Aerobics 50+
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! This class is for ages 50 and older.
Instructor: City Staff.
• No class July 2.
25455 Su 12:00pm-12:50pm 6/18-7/23 MPL $30/5 Mtgs
25456 Su 12:00pm-12:50pm 7/30-8/27 MPL $30/5 Mtgs

AARP Smart Driver Safety Course
June 20 & 21 • Aug. 22 & 23 • Sept. 12 & 13
12 - 4 p.m.
This two-part class will teach you the newest safety features in vehicles, strategies that can reduce your likelihood of having a crash, increase your confidence when driving, and much more. Please bring a pen.

Fee: $20 for AARP Members
$25 for Non-AARP Members

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

BACKPACK PROGRAM
TO DONATE
Drop off new backpacks and school supplies to:
• Burns Community Center, 5510 Clark Avenue, M-F, 7 a.m. to 6 p.m. or
• Recreation Department at City Hall, 5050 Clark Avenue, M-F, 7:30 a.m. to 5:30 p.m.
• Visit our Amazon Wish List at www.lakewoodcity.org/backpack

Please bring donations no later than Monday, July 31

TO REGISTER
• Must be a Lakewood resident
• Children, ages 3-18, (preschool through high school) qualify to receive a backpack
• Call the Burns Community Center to register at 562-925-7512
• Current utility bill or government reward letter with Lakewood address must be shown upon pickup to receive a backpack
### WELCOME TO THE CITY OF LAKewood’s ADULT TRAVEL GUIDE

Please follow registration procedures listed in the back of the catalog. Trip registration is through the Recreation and Community Services Department at Lakewood City Hall. **All trips depart from the Burns Community Center, 5510 Clark Ave. in Lakewood unless otherwise noted.** Participant parking is available in the southeast parking lot of Burns. All destinations are wheelchair accessible unless indicated otherwise. **Please notify us when registering if you use a wheelchair or other mobility aid.** It is recommended that participants visit each venue’s website for a complete list of restrictions and policies. Departure and return times may be adjusted due to certain circumstances beyond our control. Please register early as seating is on a first come, first served basis. Registration is non-transferable. No walk-ins. If you have questions concerning registration, call (562) 866-9771 ext. 2408 or for questions concerning trip details call (562) 924-0149.

### Solvang Danish Days

You won’t want to miss this fun day visiting Little Denmark and taking part in any or all of the fun-filled activities. Since 1936, Danish Days has celebrated Solvang’s heritage with authentic food, music, dancing, parades, live entertainment and family activities. You can enjoy an Ebleskiver breakfast, Viking Encampment, Rune Readers, Living History Festival, tales told by “Hans Christian Anderson,” eating contests, parades, concerts, craft demonstrations, shopping, and much more! Some activities are free, those with a cost are on your own. Transportation is to and from Solvang. Lots of walking around town is involved. Please arrive at 7:15 a.m. The bus will leave promptly at 7:30 a.m. An adult must accompany children of all ages.

**• Last day to register is Tuesday, Sept. 4, or until filled.**

### Sofi Stadium

SoFi Stadium is home to the Los Angeles Rams and Los Angeles Chargers located in Inglewood, CA. Recently opening its doors in September 2020, this stadium hosts a variety of sport and entertainment events which included the 2022 NFL Super Bowl. This behind the scenes tour will allow participants to experience what it’s like to be a L.A. fan, game viewer, broadcaster, player and more, on and off the field. Everyone can feel like a pro and more, on and off the field. Participants will get an up close look at Warner Bros. Studio Tour, the magic of Hollywood is made. Come experience what has been celebrated as one of the best studio tours in Los Angeles. The self-guided portion of the tour involves walking. Please arrive at 9 a.m. for check-in. The bus will leave promptly at 9:30 a.m. No children under 8 years old. Children ages 8 and older must be accompanied by an adult.

**• Last day to register is Friday, Aug. 18, or until filled.**

### TINA - The Tina Turner Musical

Experience Tina Turner’s triumphant story live on Broadway at the exhilarating, undeniable mega hit: **TINA – The Tina Turner Musical.** From humble beginnings in Nutbush, Tennessee, to her transformation into the global Queen of Rock ‘n’ Roll, Tina Turner didn’t just break the rules, she rewrote them. This new hit stage musical, presented in association with Tina Turner herself, reveals the untold story of a woman who dared to defy the bounds of her age, gender and race. Set to the pulse-pounding soundtrack of her most beloved hits, this electrifying sensation will send you soaring to the rafters. Touring at the Segerstrom Center of the Arts in Costa Mesa, see the musical that The Hollywood Reporter raves, “It’s irresistibly uplifting”; and The New York Times cheers, “I’ve rarely heard an audience with this mighty a roar.” Please arrive at 5:15 p.m. for check-in. The bus will leave promptly at 5:45 p.m. An adult must accompany children of all ages.

**• Last day to register is Friday, July 14, or until filled.**

### Warner Bros. Studio Tour

Get closer than ever to the entertainment as we experience one of the busiest movie studios in L.A. with a guided tour of their 110 acre studio lot. We’ll explore the iconic back lots, the museum featuring props and costumes from popular movie franchises, and one of the many soundstages where today’s hottest TV shows and movies are made. We’ll also get to experience **Stage 48: Script to Screen,** an exciting 45-minute, self-guided experience offering a truly immersive and interactive look at how the magic of Hollywood is made. Come experience what has been celebrated as one of the best studio tours in Los Angeles. The self-guided portion of the tour involves walking. Please arrive at 9 a.m. for check in. The bus will leave promptly at 9:30 a.m. No children under 8 years old. Children ages 8 and older must be accompanied by an adult.

**• Last day to register is Friday, June 23, or until filled.**

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Please be advised that due to the Covid-19 pandemic, some venues may require patrons to wear a mask AND/OR provide proof of full vaccination against COVID-19 or a negative COVID-19 PCR test taken within 72 hours of performance or visit. As the world continues to progress during the pandemic, these rules are subject to changes at-will.
Adaptive Recreation

The Adaptive Recreation Program meets at Bloomfield Park, Tuesdays from 3:30 – 5:30 p.m. Adaptive Recreation is designed to provide equal recreation and leisure opportunities for people with special needs, for participants 8 years of age through adult. Activities include arts and crafts, food preparation, mini trips and sports training. Special events and excursions are offered periodically throughout the program.

The program will offer a summer session.
A small registration fee of $20 per session is required:
Summer Session:
June 20 – Aug. 29

ARP Events Summer 2023

July 15
ARP Pool Party & Summer BBQ
4-8 p.m. • $5

Aug. 18
ARP Summer Luau
6-9 p.m. • $5

Special Olympics

Lakewood partners with Special Olympics Southern California to provide a year-round athletic program for individuals with intellectual and developmental disabilities.

During the Summer, the City of Lakewood offers Bowling, followed by Softball, Soccer, and Golf in the Fall. Program registration and medical clearance is required prior to participating.

For more information on the Adaptive Recreation or Special Olympics Programs contact Bloomfield Park at 562-865-1717.
**Summer Camps**

Camp is offered Monday - Friday
June 5 - Aug. 25, 2023

**Designed for children, 6 – 12 years of age, that can participate in group settings of 1 adult to 10 children.**

Weekly camp at Monte Verde Park offers a special event or exciting excursion and camp activities centered around a different weekly theme.

Monte Verde Park
4626 Shadeway Road
Lakewood, CA

### Extended Care

<table>
<thead>
<tr>
<th>Class #</th>
<th>9 a.m. - 4 p.m.</th>
<th>7 a.m. - 9 a.m.</th>
<th>4 p.m. - 6:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class #25305</td>
<td>$175</td>
<td>Class #25304</td>
<td>Class #25308</td>
</tr>
<tr>
<td>Class #25310</td>
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<tr>
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<tr>
<td>Class #25350</td>
<td>$175</td>
<td>Class #25349</td>
<td>Class #25351</td>
</tr>
</tbody>
</table>

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**Camp Week** | **Theme** | **Excursion Destination** | **9 a.m. - 4 p.m. Class # and Fee** | **7 a.m. - 9 a.m. Class # and Fee** | **4 p.m. - 6:30 p.m. Class # and Fee** |
--- | --- | --- | --- | --- | --- |
**June 5 - 9** | Movie Magic Week | "Movies" | Class #25305 $175 | Class #25304 $17 | Class #25308 $19 |
**June 12 - 16** | California Dreamin' Week | "Beach" | Class #25310 $175 | Class #25309 $17 | Class #25312 $19 |
**June 19 - 23** | Zoom Zoom Week | "Boomers" | Class #25314 $190 | Class #25313 $17 | Class #25316 $19 |
**June 26 - 30** | Fantasy Week | "Disneyland" | Class #25318 $220 | Class #25317 $17 | Class #25320 $19 |
**July 3 - 7** | Jump into Fun Week | "Sky Zone" | Class #25322 $165 | Class #25321 $14 | Class #25324 $16 |
**July 10 - 14** | Wild Wild West Week | "Knott's Berry Farm" | Class #25326 $190 | Class #25325 $17 | Class #25328 $19 |
**July 17 - 21** | H20 Fun Week | "Soak City" | Class #25330 $190 | Class #25329 $17 | Class #25332 $19 |
**July 24 - 28** | Tidal Wave Week | "Raging Waters" | Class #25334 $190 | Class #25333 $17 | Class #25336 $19 |
**July 31 - Aug 4** | Hollywood Week | "Universal Studios" | Class #25338 $220 | Class #25337 $17 | Class #25340 $19 |
**Aug. 7 - 11** | Rock-N-Roll Week | "Skate Express" | Class #25342 $190 | Class #25341 $17 | Class #25344 $19 |
**Aug. 14 - 18** | Surf's Up Week | "Wild Rivers" | Class #25346 $190 | Class #25345 $17 | Class #25348 $19 |
**Aug. 21 - 25** | Hang Ten Week | "Beach" | Class #25350 $175 | Class #25349 $17 | Class #25351 $19 |

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**If you are 13 or 14 years old, consider being a Junior Counselor. See page 21 for more information.**

**Weekly excursions subject to change.**

*No camp July 4.

Non-residents, please add $15 to weekly camp fee.

One $10 T-shirt, per child, for weekly excursions is required.

A $20 fee (per person) will be charged for cancellation of each weekly camp.

A $10 fee (per person) will be charged for each transfer.
Looking for a memorable volunteer experience this summer? If you are 13 or 14 years old, consider being a junior counselor for the MVP Day Camp. We need mature, responsible and ambitious individuals who are eager to gain valuable leadership skills and job experience. Junior counselors will assist the camp staff in the planning, preparation and supervision of activities including crafts, games, sports and special events. There is limited space available; therefore, prospective junior counselors and one parent or guardian must attend an orientation on Wednesday, May 31 or Friday, June 2 from 5-6 p.m. at Monte Verde Park. Each individual who signs up will be guaranteed one week as a junior counselor. The number of additional weeks for each junior counselor will be based on availability and performance. Registration is $100 per week and includes a program T-shirt and a weekly excursion. Registration for the weeks where the excursion is to Disneyland and Universal Studios is $120. Non-residents, please add $15 to weekly camp fee.

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

Mad Science - Science in Motion
Take a walk on the wild side! Kids will have fun with hands-on experiments that will increase their understanding of our Earth and Animals! They will learn how animals are camouflaged and go on the hunt for scents and tracks and discover what adversely affects our planet as we explore conservation. Take apart owl pellets to see what birds of prey can digest, build a birdhouse and experiment with inertia and gravity as you learn how they work together to help you explore nature around you! Ages 5-12. Instructor: Mad Science Staff.

• $30 materials fee due the first day of class.
25168 M-F 9:00am-12:00pm 7/10-7/14 BLM $170/5 Mtgs

Pokémon Engineering using LEGO Materials
Calling all Pokémon trainers! With the Pokémon Championship approaching, join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch ’em all! Ages 6-11. Instructor: Play-Well TEKnologies Staff.

• Please send a bottle of water and a nut-free snack with your child.
25129 M-F 1:00pm-4:00pm 7/17-7/21 LYC $180/5 Mtgs

STEM + Pokémon Engineering using LEGO Materials
Prepare for a full-day LEGO camp packed with hands-on and minds-on STEム fun! Build projects inspired by cool machines such as chugging steamboats, enchanting moon bridges, and bustling airports. Then join Ash and Pikachu as you explore the vast world of Pokémon, design your own Poké Balls, and fly with Charizard. Engineering and Pokémon adventure are the focus of this new full-day themed camp for Lego fanatics! Ages 6-11. Instructor: Play-Well TEKnologies Staff.

• Please send a bottle of water, some nut-free snacks, and lunch with your child.
25127 M-F 9:00am-4:00pm 7/17-7/21 LYC $290/5 Mtgs

STEM FUNDamentals using LEGO Materials
Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: gear cars, castles, airplanes and scissor lifts. Design and build as never before and explore your craziest ideas in a supportive environment. Ages 6-11. Instructor: Play-Well TEKnologies Staff.

• Please send a bottle of water and a nut-free snack with your child.
25128 M-F 9:00am-12:00pm 7/17-7/21 LYC $180/5 Mtgs

Sports Camps

Challenger Core Soccer Camp
Join us in this fun, technical and tactical based soccer curriculum revolving around five of the world’s leading soccer nations: Brazil, France, Spain, UK and the US. This combination of on and off-field skill development will both engage and entertain players and will encourage them to push the boundaries of their talents. Ages 5-14. Instructor: Challenger Sports Staff.

25431 M-F 9:00am-12:00pm 6/26-6/30 SM $185/5 Mtgs
25432 M-F 9:00am-12:00pm 7/17-7/21 SM $185/5 Mtgs

Youth Evolution Basketball Camp (Level 2)
Using our progressive curriculum and focusing on the whole player, this one-week basketball camp will teach your child the skills they need both on and off the court. Our coaches will focus on respect, teamwork and responsibility. We will start each day with a ‘skill of the day’ and progress to drills and games, making this an unforgettable camp experience for your young athlete. After a week of passing, shooting, and dribbling, your player will enjoy improved confidence in their basketball skills. Ages 5-7. Instructor: Youth Evolution Basketball Staff.

25212 M-F 9:00am-12:00pm 6/19-6/23 SM $175/5 Mtgs
25214 M-F 9:00am-12:00pm 7/24-7/28 SM $175/5 Mtgs

Youth Evolution Basketball Camp (Level 3)
Using our progressive curriculum and focusing on the whole player, this one-week basketball camp will teach your child the skills they need both on and off the court. Our coaches will focus on respect, teamwork and responsibility. We will start each day with a ‘skill of the day’ and progress to drills and games, making this an unforgettable camp experience for your young athlete. After a week of passing, shooting, and dribbling, your player will enjoy improved confidence in their basketball skills. Ages 8-11. Instructor: Youth Evolution Basketball Staff.

25213 M-F 9:00am-12:00pm 6/19-6/23 SM $175/5 Mtgs
25215 M-F 9:00am-12:00pm 7/24-7/28 SM $175/5 Mtgs

Youth Evolution Flag Football Camp (Level 2)
Using our progressive curriculum and focusing on the whole player, this one-week flag-football camp will teach your child the skills they need both on and off the field. Our coaches will focus on respect, teamwork and responsibility. We will start each day with a ‘skill of the day’ and progress to drills and games, making this an unforgettable camp experience for your young athlete. After a week of passing, receiving, and defending, your player will enjoy improved confidence in their flag-football skills. Ages 6-7. Instructor: Youth Evolution Flag-Football Staff.

25209 M-F 9:00am-12:00pm 7/31-8/4 SM $175/5 Mtgs

Youth Evolution Flag Football Camp (Level 3)
Using our progressive curriculum and focusing on the whole player, this one-week flag-football camp will teach your child the skills they need both on and off the field. Our coaches will focus on respect, teamwork and responsibility. We will start each day with a ‘skill of the day’ and progress to drills and games, making this an unforgettable camp experience for your young athlete. After a week of passing, receiving, and defending, your player will enjoy improved confidence in their flag-football skills. Ages 8-9. Instructor: Youth Evolution Flag-Football Staff.

25210 M-F 9:00am-12:00pm 7/31-8/4 SM $175/5 Mtgs

Youth Evolution Flag Football Camp (Level 4)
Using our progressive curriculum and focusing on the whole player, this one-week flag-football camp will teach your child the skills they need both on and off the field. Our coaches will focus on respect, teamwork and responsibility. We will start each day with a ‘skill of the day’ and progress to drills and games, making this an unforgettable camp experience for your young athlete. After a week of passing, receiving, and defending, your player will enjoy improved confidence in their flag-football skills. Ages 10-11. Instructor: Youth Evolution Flag-Football Staff.

25211 M-F 9:00am-12:00pm 7/31-8/4 SM $175/5 Mtgs
Vets, Pets & Regrets

Lakewood, like many communities, allows the use of "safe-and-sane" fireworks approved by the State Fire Marshal on the day of July 4th only. These are fireworks that do not explode or go into the air. Their sound does not travel far. And families can enjoy them responsibly as part of a fun... and safe...July 4th celebration.

However, some people make the fateful decision each year to purchase and use fireworks that are illegal in California for personal use. These include skyrockets and explosives...all of which are illegal in California and dangerous to use...especially in highly populated, residential neighborhoods like Lakewood.

If you’re thinking of using illegal fireworks, did you know:

- Some combat veterans with Post Traumatic Stress Disorder (PTSD) can be traumatized by illegal fireworks.
- A Marine veteran of two tours in Iraq said he can prepare for events like the annual fireworks display his hometown puts on at a certain time. But the sudden rat-tat-tat of firecrackers set off by neighbors throughout the night transports him back to Baghdad and sets him on edge.
- Pets can also be traumatized by loud fireworks…and more pets run away from home and are lost on July 4th than on any other day.
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- Pets can also be traumatized by loud fireworks…and more pets run away from home and are lost on July 4th than on any other day.

Summer Camps

Spanish Immersion Summer Camp
In this safe, fun, and interactive environment, children can be exposed to, hear, and practice Spanish in a no pressure environment. Children will participate in open play, science experiments, board games, cooperative games and learn different art languages. Reggio inspired and emergent curriculum. Ages 5-17.
Instructor: Xochitl Brizuela
25433 T,Th 9:00am-2:00pm 6/20-6/22       BIS        $165/2 Mtgs
25434 T,Th 9:00am-2:00pm 6/27-6/29       BIS        $165/2 Mtgs
25443 Th 9:00am-2:00pm 7/6                 BIS        $82/1 Mtg
25435 T,Th 9:00am-2:00pm 7/11-7/13       BIS        $165/2 Mtgs
25436 T,Th 9:00am-2:00pm 7/18-7/20       BIS        $165/2 Mtgs
25437 T,Th 9:00am-2:00pm 7/25-7/27       BIS        $165/2 Mtgs
25438 T,Th 9:00am-2:00pm 8/1-8/3          BIS        $165/2 Mtgs
25439 T,Th 9:00am-2:00pm 8/8-8/10         BIS        $165/2 Mtgs
25440 T,Th 9:00am-2:00pm 8/15-8/17       BIS        $165/2 Mtgs
25441 T,Th 9:00am-2:00pm 8/22-8/24       BIS        $165/2 Mtgs
25442 T,Th 9:00am-2:00pm 8/29-8/31       BIS        $165/2 Mtgs

Fitness Camps

Smart Fit Girls Camp
Join Smart Fit Girls in our week long summer camp! At Smart Fit Girls we believe it is important for girls to have a positive balance between mental and physical health. During camp, girls participate in activities aimed to improve their self-esteem and body image and are introduced to a variety of exciting physical activities with a focus on resistance training. At the end of camp all girls will receive a Smart Fit Girls swag bag that includes a t-shirt! Ages 10-13.
Instructor: Smart Fit Girls Staff.
• Please bring a snack, lunch and water.
25139 M-F 8:00am-4:30pm 7/10-7/14 LYC $150/5 Mtgs

Tennis Camps

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.
25174 M-Th 9:00am-12:00pm 6/19-6/22 Off Site $115/4 Mtgs
25178 M-Th 9:00am-12:00pm 6/26-6/29 Off Site $115/4 Mtgs
25180 M-Th 9:00am-12:00pm 7/10-7/13 Off Site $115/4 Mtgs
25181 M-Th 9:00am-12:00pm 7/17-7/20 Off Site $115/4 Mtgs
25182 M-Th 9:00am-12:00pm 7/24-7/27 Off Site $115/4 Mtgs
25183 M-Th 9:00am-12:00pm 7/31-8/3 Off Site $115/4 Mtgs
25184 M-Th 9:00am-12:00pm 8/7-8/10 Off Site $115/4 Mtgs
25185 M-Th 9:00am-12:00pm 8/14-8/17 Off Site $115/4 Mtgs

Family Camp

Bring your children, ages 3-11, and spend a night out under the stars. It’s a great outdoor experience for everyone. Participate in fun activities including games, crafts, nature walks, roasting marshmallows and singing around the campfire. Camp guides will be there to help you set up camp and help your children enjoy the fun. All meals and snacks are prepared so parents can sit back, relax and enjoy nature. Pets, BBQ grills, cooking apparatuses and alcohol are not permitted. Instructor: April Berg.
• A $15 per person materials fee for meals is payable to the instructor at camp.
25055 Sa,Su 1:00pm-12:00pm 7/15-7/16 MVP $10

Recreation Scholarships are available through Lakewood Project Shepherd.
Call 562-925-7512 for more information.
**Summer Aquatics at Mayfair & McCormick Pool**

Online Summer Swim Lesson Registration – lakewoodcity.org/ecatalog

**Class Levels**

<table>
<thead>
<tr>
<th>Parent &amp; Me</th>
<th>6 months - 3 years</th>
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<tbody>
<tr>
<td>Tiny Tots 1-3</td>
<td>3-5 years</td>
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**Levels 1- 6 = 6 -15 years**

<table>
<thead>
<tr>
<th>Tadpole 1-3</th>
<th>Level 1-3</th>
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<tr>
<td>Minnows</td>
<td>Level 4</td>
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<td>Swordfish</td>
<td>Level 5</td>
</tr>
<tr>
<td>Shark</td>
<td>Level 6</td>
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</tbody>
</table>

**Adult Lessons = 16 & older**

4 one-hour lessons for a two-week session
M/W at Mayfair & T/Th at McCormick, 6:30 - 7:30 p.m.

**Fee Schedule**

No bills larger than $20 accepted

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<thead>
<tr>
<th>Swim Lessons</th>
<th>Resident Rates</th>
<th>Non-Resident Rates</th>
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<tr>
<td>M-F</td>
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<td><strong>Saturday</strong></td>
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<tr>
<td>Adaptive</td>
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<td>$38</td>
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<tr>
<td>*Private Lessons</td>
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<td>$87</td>
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</table>

*Semi Private and Private lessons offered during post Summer ONLY. **Saturdays: 5 classes.

**Special Classes**

- **Diving • Ages 6-17**: Must have passed a Minnow class or higher.
  - *Semi Private Tiny Tots 1-3 • Ages 3-5*
  - *Semi Private Tadpole 1-3 • Level 1-3*
  - Max. 3 students per class. Limited classes offered.

- **Adaptive • Ages 3+**: Swim lessons for those with special needs, such as hearing, visual, or developmental disabilities.
  - *Private Swim Lessons • Ages 3 & older*
  - One instructor and one student
  - Monday - Thursday: 8 classes of 20 min. instruction.

**Aquatics Refund Policy**

- All refunds/withdrawals must be requested prior to the start of the second 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.

**Registration Dates**

<table>
<thead>
<tr>
<th>Summer Sessions</th>
<th>Lesson Dates</th>
<th>Resident Online Registration Dates</th>
<th>Non-Resident Registration Dates</th>
<th>Online Registration Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Summer</td>
<td>June 17 - July 22</td>
<td>June 10 at 7pm</td>
<td>June 13 at 7pm</td>
<td>June 16 at 7pm</td>
</tr>
<tr>
<td>(Mayfair Pool)</td>
<td><strong>No Class July 1</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>Saturday 1</strong></td>
<td>June 10 at 7pm</td>
<td>June 13 at 7pm</td>
<td>June 16 at 7pm</td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>June 10 at 7pm</td>
<td>June 13 at 7pm</td>
<td>June 16 at 7pm</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>July 3-14</td>
<td>June 24 at 7pm</td>
<td>June 27 at 7pm</td>
<td>June 30 at 7pm</td>
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<tr>
<td><strong>No Class July 4</strong></td>
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<tr>
<td><strong>Saturday 2</strong></td>
<td>July 8 at 7pm</td>
<td>July 11 at 7pm</td>
<td>July 14 at 7pm</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>July 22 at 7pm</td>
<td>July 25 at 7pm</td>
<td>July 28 at 7pm</td>
<td></td>
</tr>
<tr>
<td>Session 5</td>
<td>August 5 at 7pm</td>
<td>August 8 at 7pm</td>
<td>August 11 at 7pm</td>
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<tr>
<td>Post Summer</td>
<td>August 19 at 7pm</td>
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<td>August 22 at 7pm</td>
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<tr>
<td>Private Lessons</td>
<td>August 25 at 7pm</td>
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<tr>
<td>M &amp; W Aug. 28 - Sept. 25 or T &amp; Th Aug. 29 - Sept. 21</td>
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</tbody>
</table>
### Pool Schedule

<table>
<thead>
<tr>
<th>Activity</th>
<th>Mayfair Pool (562) 804-4256</th>
<th>McCormick Pool (562) 421-3343</th>
<th>Fee Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Recreation Swim</td>
<td>Memorial Weekend Only: May 27 - 29</td>
<td>Daily: June 17 - August 27</td>
<td>Lakewood Resident Fee: Ages 17 &amp; Under: $1.00</td>
</tr>
<tr>
<td>Session 1: 1:1-2:30 p.m.</td>
<td>Daily: June 17 - August 27</td>
<td></td>
<td>Ages 18 &amp; Older: $1.50</td>
</tr>
<tr>
<td>Session 2: 2:45-4:15 p.m.</td>
<td>Weekends Only: Sept. 2 - Sept. 24</td>
<td>Labor Day Weekend: Sept. 2-4</td>
<td>Non-Resident Fee: Ages 17 &amp; Under: $2.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ages 18 &amp; Older: $3.00</td>
</tr>
<tr>
<td>Adult Lap Swim</td>
<td>June 17 - August 26:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>For ages 16 and over.</td>
<td>Monday/Wednesday: 6:30 - 7:30 p.m.</td>
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<tr>
<td></td>
<td>Saturdays: 12 - 12:50 p.m.</td>
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<tr>
<td></td>
<td>Sept 2 - Sept 23:</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Saturdays: 12 - 12:50 p.m.</td>
<td></td>
<td></td>
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<tr>
<td>Lap Swim 50+</td>
<td>June 18 - July 23:</td>
<td></td>
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<tr>
<td>For ages 50 and over.</td>
<td>*No Class July 2</td>
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<tr>
<td></td>
<td>Sunday: 11 - 11:50 a.m.</td>
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<tr>
<td></td>
<td>July 30 - August 27</td>
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<td></td>
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<tr>
<td></td>
<td>Sunday: 11 - 11:50 a.m.</td>
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</tbody>
</table>

*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.

### Pool Rules

- Unaccompanied swimmers are required to be at least 48 inches tall or have a valid Minnow (Level 4) Red Cross swimming card. Youngsters not meeting this requirement MUST be accompanied in the water by an adult (18 years or older) on a one-to-one basis and remain within arm’s reach at all times.
- Swim diapers must be worn by all children four years and younger and are available for purchase at the pool.
- Entry fee must be paid in order to gain access to the pool deck.
- At Mayfair Pool, all entry and exit of the facility must be done through the Swim Pavilion.
- 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. All others must stay in the bleachers or grass area.
- Swimmers with long hair must tie their hair in a ponytail.
- A swim test is required for use of diving board. Detailed requirements are posted at each pool location.
- 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 recreational swimming, lap swim, swim lessons and rentals.

See pages 4 and 5 for Adult Water Aerobics and Aqua Zumba class information.
Aquatics Amenities

Lockers Available
Coin-operated security lockers are available at Mayfair Pool for storage for $.25 per entry. Use one of the pool lockers or bring your own lock to secure the locker.

Pool Parties
Host your next celebration at one of our two pools! The pool will be closed exclusively for your event. Call (562) 866-9771 ext. 2408 for pricing and information.
**Wading Pools**

Open June 17 to August 27, 11 a.m. - 4 p.m.  
**Ages 3-7**
- **Mayfair Park**: Daily  
- **San Martin Park**: Mon/Wed/Fri/Sat/Sun  
- **Del Valle Park**: Mon/Wed/Fri/Sat/Sun  
- **Boyar Park**: Tue/Th/Sat/Sun  
- **Bloomfield Park**: Tue/Th/Sat/Sun  

*Pools will also be in operation for the Labor Day holiday weekend, September 2-4.*

**Wading Pool Wednesdays**
Cool off into the sunset! The wading pools at Del Valle, Mayfair, Palms and San Martin parks will be open from 5 p.m.-7:30 p.m. June 21 - August 23.

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**Junior Lifeguard Program**

The Lakewood Junior Lifeguard Program provides youth the opportunity to improve swimming skills, receive a basic understanding of water rescues and become certified in CPR and First Aid. The program is geared towards ages 12-16. The goals of the Junior Lifeguard program include enhancing interpersonal skills through training in public contact and teamwork, developing a sense of responsibility, and a strong work ethic. The program provides continuing education in water safety, hazards in aquatic environments, and basic water rescue. Junior Lifeguard candidates should be able to perform the front crawl, breaststroke and backstroke. Daily classes consist of workouts and classroom study. Participants may earn the privilege to assist swim instructors during swim lessons and assist staff at special events. Registration is limited, early registration is encouraged.

In an effort to provide participants with a wide variety of training, this course will take place at Mayfair and McCormick Pools and will include both in-water and classroom learning.

Eligible candidates successfully completing the Junior Lifeguard Program will be invited to participate in an official American Red Cross Lifeguard Certification course offered by City of Lakewood Aquatics Staff. *Must be 15 years of age to certify.*

**Monday – Friday • 8:30 - 10 a.m. • Class #25409**
$80 per student (plus $15 for non-residents)  
Fee waivers available for low-income families through the Project Shepherd Program.  
Fee includes: T-Shirt, Beach Field Trip, and Water Park Excursion

Red Cross CPR/First Aid/AED Certification (Optional) – Friday, June 30, 8 a.m.- 2 p.m.  
$36 per student – Fees are payable by cash or check on the date of certification.

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>June 19-23</td>
<td>Mayfair Pool</td>
</tr>
<tr>
<td>2</td>
<td>June 26-30</td>
<td>Mayfair Pool</td>
</tr>
<tr>
<td>3</td>
<td>July 3-7 (no class July 4)</td>
<td>Mayfair Pool</td>
</tr>
<tr>
<td>4</td>
<td>July 10-14 (Beach Excursion: July 13)</td>
<td>Mayfair Pool</td>
</tr>
<tr>
<td>5</td>
<td>July 17-21</td>
<td>McCormick Pool</td>
</tr>
<tr>
<td>6</td>
<td>July 24-28 (Water Park Excursion: July 27)</td>
<td>McCormick Pool</td>
</tr>
<tr>
<td>7</td>
<td>July 31-August 4</td>
<td>McCormick Pool</td>
</tr>
<tr>
<td>8</td>
<td>August 7-11</td>
<td>McCormick Pool</td>
</tr>
</tbody>
</table>

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

FINALLY IT’S FRIDAY

JUNE 9
Community Car Show
Palms Park | 12305 207th Street
6-9 p.m.
A variety of cars will be displayed along with a food truck, vendors and a kid’s zone. All cars are welcomed and no entry fee is required. This is a free event to the public. To register a vehicle, visit: www.lakewoodcity.org/carshowregistration

JUNE 16
FUN-TASTIC Family Night
featuring
Jedi: Intergalactic Adventures
The Centre | 5000 Clark Ave.
Activity #24620 6:30-8 p.m.
Take your child on an intergalactic adventure as we learn the ways of the force with our very own Jedi performers! They’ll teach the young padawans how to unleash their inner Jedi powers and defeat the evil of the universe through training and games.
- Seating will be on a first come basis. Doors open at 6 p.m.
- Last day to register is June 8th or until filled.
- $15 per person / $12 children ages to 1-3 / children under 1 free

JUNE 30
Movie Night Under the Stars
Featuring Disney’s Strange World RATED PG
Monte Verde Park | 4626 N. Shadeway Rd.
Event area opens at 7 p.m. Movie begins at 8:15 p.m. Bring your lawn chairs and blankets. Pre-show trivia before the show!

JULY 7
Save A Life
Mayfair Pool | 5720 Clark Ave.
7-8:30 p.m.
FREE event for all ages including free swim lessons, life jacket fitting, CPR demonstrations, activity stations and more!
- Free Water Watcher Cards and whistles.
- Visit catalog page 26 for more details
**JULY 14**

**Movie Night Under the Stars**  
Featuring **Minions: The Rise of Gru** RATED PG  
Palms Park | 12305 207th Street

Event area opens at 7 p.m. Movie begins at 8:15 p.m. Bring your lawn chairs and blankets. Pre-show trivia before the show!

**JULY 21**

**Movie Night under the Stars**  
Featuring **Puss in Boots: The Last Wish** RATED PG  
Biscailuz Park | 2601 Dollar Street

Event area opens at 7 p.m. Movie begins at 8:15 p.m. Bring your lawn chairs and blankets. Pre-show trivia before the show!

**JULY 28**

**Family Scavenger Hunt**  
Lakewood Center Mall  
Activity #25449  6-8:30 p.m.

Bring the whole family to compete in an evening of fun at the Lakewood Center Mall! Your team will be immersed in a race against other teams as you answer Lakewood trivia, locate secret destinations within the mall and compete in fun, family activities. Whether you are in it to win it or just playing for a few hours of family fun, this scavenger hunt is sure to be an unforgettable experience for your whole squad.  
- Teams can consist of 2-6 players  
- Each player must register individually  
- Must have access to a mobile phone with Wi-Fi or cellular data  
- Additional instructions will be sent prior to activity date

**August 4**

**Parents Night Out, Kids Night In**  
Lakewood Youth Center  
Activity #25450  6-10 p.m.  $5 per child

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). Pre-registration is required.

**August 11**

**Community BBQ**  
Palms Park  
6-9 p.m.

Enjoy free food (while supplies last), fun games, contests, and other attractions. Vendors and giveaways on site. Fun for the whole family!

**August 18**

**Movie Night under the Stars**  
Featuring **The Super Mario Bros. Movie** RATED PG  
San Martin Park | 5231 Ocana Ave.

Event area opens at 7 p.m. Movie begins at 8:15 p.m. Bring your lawn chairs and blankets. Pre-show trivia before the show!


Teen Adventure Series
Registration Required. Teens will explore local activities or enjoy a 2–3 mile hike with experienced recreation staff. Bring a sack lunch, water and wear close-toed shoes. Meet at the address listed below each activity.

Saturday, July 1, 9 a.m. – 12 p.m. • Kayak and Beach Day - $12
Participant meet at Kayak Rental Hut, 5411 E. Ocean Blvd. Long Beach 90803
Activity # 25396

Saturday, Aug. 5, 9 a.m. – 12 p.m. • Paddle Boarding and Beach Day - $25
Participants will meet at Paddleboard Rental Hut, 5411 East Ocean Blvd.
Long Beach, CA 90803
Activity # 25397

Teen DIY
10 a.m. - 12 p.m. - $10
Create and customize your own DIY projects. Bring your own items to customize and we'll provide the supplies. Some items can be purchased on site for a nominal fee.

Saturday, July 15 • DIY Decals and Tie Dye
Activity # 25398

Saturday, July 29 • DIY Iron-on Shirts and Custom Shoes
Activity # 25399

Saturday, Aug. 12 • DIY Back-to-School Gear: Backpacks, Pencil Bags & Water Bottles
Activity # 25400

Teen Scene
Teen Resource Center (TRC) at Bloomfield Park
Monday - Friday • 3-7 p.m. • 562-865-1717

**Super Saturdays at the TRC**

- **JUNE 10**
  - **Super Smash Bros. Tournament**
  - FREE!
  - 5-8 p.m.
  - Battle against your friends and staff to become champion!

- **AUG. 12**
  - **Ping Pong Doubles Tournament**
  - FREE!
  - 5-8 p.m.
  - Partner up and take on your friends in this winner takes all competition!

**EXTREME DODGEBALL TOURNAMENT**

- Middle and High School Divisions
- **SATURDAY, JULY 8**
- At Bloomfield Park
- 2-6 p.m.

**FREE!**

- **SEPT. 16**
  - TRC Showcase
  - 5-8 p.m.
  - School is back in session! Come check out our programs and enjoy a free pizza dinner!
The Junior Rec Leader Program provides teens ages 13 - 15 the opportunity to gain work experience volunteering at parks and with special events throughout the City. The five-week program provides training in customer service, park maintenance, program marketing and special events. Participants will assist with daily programs, tasks and events at various parks. Registration is required and space is limited.

$25 - Activity# 25401

Program dates:
June 26 – July 28 • No program July 4

Registration fee includes:
Shirt, Name Tag, End of Year Party

Participants will be expected to commit to weekly meetings and daily assignments:

Weekly Meetings:
Mondays from 11 a.m. – 2 p.m.
Lakewood Youth Center

Daily Assignments:
Tuesday – Friday from 11 a.m. – 2 p.m. or 2 p.m. – 5 p.m.

Park assignment locations may vary. Vacation dates can be honored with advanced notice. Must assist with minimum of one special event; opportunities for more if desired.

All teen volunteers must complete a Live Scan fingerprint and background screening process prior to volunteering in this program. A parent/guardian signed release is required to complete Live Scan process.
Lakewood Parks are Safe, Clean and Fun!

The Recreation and Community Services Department is dedicated to keeping Lakewood parks safe, clean and fun for kids to enjoy after school. Providing healthy spaces for youth to gather and engage in self-directed activities is a top priority. These spaces provide opportunity for you to be creative, stay active and socialize with friends.

Recreation staff monitor parks and amenities, establishing a presence that promotes safety. Staff are available to provide play equipment and supplies upon request. This includes playground equipment, board games and arts and crafts supplies. Check out equipment with a Recreation Leader and please be sure to return it when you’re done enjoying the park. Park supervision hours adjust to school schedules to provide additional supervision on early dismissal days and on holidays. Check in with your local park staff to see what other fun opportunities and programs are offered.

Summer Park Hours
Monday, June 19 - Friday, Aug. 27

Monday - Friday - 11 a.m. - 8 p.m.
Saturdays - 9 a.m. - 6 p.m.
Sundays - 11 a.m. - 6 p.m.
Holidays - 9 a.m. - 8 p.m.

Art Fun for Kids
Students will learn how to create beautiful art work using a variety of materials such as colored pencils, oil and chalk pastels, watercolor and tempera paint. Materials are included in registration fee. Ages 6-12. Instructor: Ronda Voorhees.
• Location: Cypress Community Center, 5700 Orange Ave, Cypress.
• 4 p.m. class ages 6-7.
• 4:30 p.m. class ages 8-12.
25284 W 4:00pm-4:30pm 6/14-7/5 Off Site $50/4 Mtgs
25285 W 4:30pm-5:00pm 6/14-7/5 Off Site $50/4 Mtgs
25298 W 4:00pm-4:30pm 7/12-8/2 Off Site $50/4 Mtgs
25300 W 4:30pm-5:00pm 7/12-8/2 Off Site $50/4 Mtgs
25299 W 4:00pm-4:30pm 8/9-8/30 Off Site $50/4 Mtgs
25301 W 4:30pm-5:00pm 8/9-8/30 Off Site $50/4 Mtgs

Creative Clay
Create great pots on the wheel and by hand. Children ages 5-12 will have a great time discovering their talents in this fun and messy class. These items make excellent gifts.
Instructor: April Berg
• A $20 materials fee is payable to the instructor in class.
• No class July 10.
25056 M 3:00pm-4:00pm 6/19-7/24 CTR $35/5 Mtgs
25057 M 4:15pm-5:15pm 6/19-7/24 CTR $35/5 Mtgs

Math Development (Grades 2-6)
Students’ skill gaps are identified through comprehensive testing. Trained teachers structure and implement a program to reinforce identified skills in primary facts (addition, subtraction, multiplication, division), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills and increased confidence. For children ages 6.5-12. Instructor: Readwrite Educational Solutions Staff.
• $20 materials fee payable to the instructor at the first class meeting.
• No class July 4.
25364 M,T,W 5:15pm-6:00pm 6/19-6/28 BOY $67/6 Mtgs
25375 M,T,W 5:15pm-6:00pm 7/3-7/12 BOY $59/5 Mtgs
25376 M,T,W 5:15pm-6:00pm 7/17-7/31 BOY $79/7 Mtgs
25389 M,W 5:15pm-6:00pm 9/11-9/27 MVP $67/6 Mtgs

CSU Summer Algebra Institute Pre-Algebra Class
This program is designed to help 6th thru 7th grade (in Fall 2023) Pre-Algebra students learn skills and techniques to improve their knowledge of math and quantitative reasoning. Students will participate in hands-on learning with group applied math projects and STEM activities, training in number sensing, fractions, integers, solving equations, function, basic and intermediate graphic and math models. Math concepts will be practiced with EdReady, an online application that helps with math readiness. Each day students will receive 80 minutes of classroom projects and instruction and 80 minutes of STEM and EdReady learning. Instructor: John Wilson III
• No class July 4.
25462 M-Th 4:00pm-5:20pm 6/27-7/26 MAY $45/17 Mtgs
CSU Summer Algebra Institute
Algebra Class
This program is designed to help 8th thru 9th graders (in Fall 2023). Algebra students learn skills and techniques to improve their knowledge of math and quantitative reasoning. Students will participate in hands-on learning with group applied math projects and STEM activities, training in number sensing, fractions, integers, solving equations, function, basic and intermediate graphic and math models. Math concepts will be practiced with EdReady, an online application that helps with math readiness. Each day students will receive 80 minutes of classroom projects and instruction and 80 minutes of STEM and EdReady learning. Instructor: John Wilson III.
• No class July 4.
  25436  M-Th  5:30pm-6:50pm  6/27-7/26  MAY  $45/17 Mtgs

CSU Summer Algebra Institute
Algebra 2 Class
This program is designed to help 10th thru 11th graders (in Fall 2023). Algebra 2 students learn skills and techniques to improve their knowledge of math including, solving linear and quadratic equations, graphing linear and quadratic functions, word problems, exponents and learning. Instructor: John Wilson III.
• No class July 4.
  25464  M-Th  7:00pm-8:20pm  6/27-7/26  MAY  $45/17 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.
  24934  July  $50
  24936  August  $50
  24937  September  $50

Virtual Driver’s Education
This is virtual Driver’s Education with a live instructor. Students will enjoy a series of Driver’s Education lectures including understanding the responsibilities of having a driver’s license, learning the rules of the road and accident avoidance procedures. Independent assignments will also be completed during the week. Course also includes practice questions, defensive driving movies and written test prep. Upon successful completion, students will receive a certificate of completion. Instructor: Erika Vieyra.
• Students must have internet access and must provide an e-mail address to take the course.
• Registrants will be contacted with login information.
  24935  M-F  9:00am-12:00pm  6/19-6/23  $205/5 Mtgs
  24938  M-F  9:00am-12:00pm  7/10-7/14  $205/5 Mtgs
  24939  M-F  9:00am-12:00pm  7/31-8/4  $205/5 Mtgs
  24940  Sa  9:00am-12:00pm  9/16-10/7  $205/4 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

Reading Development (Grades K-1)
Individualized to your student’s needs. Improves comprehension, vocabulary, spelling and fluency. Specially trained teachers test, structure and implement your child’s program. For children ages 4.5-7. Instructor: Readwrite Educational Solutions Staff.
• A $20 materials fee payable to the instructor at the first class meeting.
• No class July 4.
  25362  M,T,W  3:35pm-4:20pm  6/19-6/28  BOY  $67/6 Mtgs
  25371  M,T,W  3:35pm-4:20pm  7/3-7/12  BOY  $59/5 Mtgs
  25372  M,T,W  3:35pm-4:20pm  7/17-7/31  BOY  $79/7 Mtgs
  25388  M,W  3:35pm-4:20pm  9/11-9/27  MVP  $67/6 Mtgs

Reading Development (Grades 2-6)
Individualized to your student’s needs. Improves comprehension, vocabulary, spelling and fluency. Specially trained teachers test, structure and implement your child’s program. For children ages 6.5-11. Instructor: Readwrite Educational Solutions Staff.
• A $20 materials fee payable to the instructor at the first class meeting.
• No class July 4.
  25363  M,T,W  4:25pm-5:10pm  6/19-6/28  BOY  $67/6 Mtgs
  25373  M,T,W  4:25pm-5:10pm  7/3-7/12  BOY  $59/5 Mtgs
  25374  M,T,W  4:25pm-5:10pm  7/17-7/31  BOY  $79/7 Mtgs
  25387  M,W  4:25pm-5:10pm  9/11-9/27  MVP  $67/6 Mtgs

Readwrite en Español (Grades 1-2)
Vamos a hablar Español! Help your child expand their opportunities by learning or practicing Spanish. Learn fundamentals of the Spanish alphabet, number names and counting, vocabulary, reading, writing, math and beginning conversation. This is a full Spanish immersion program. Parent participation required. For children ages 6.5-7.5. Instructor: Readwrite Educational Solutions Staff.
• Location: Cherry Park, 1901 East 45th St., Long Beach.
• A $20 materials fee payable to the instructor at the first class meeting.
• Pre-registration required.
  25359  W,Th,F  3:30pm-4:15pm  6/28-7/13  Off Site  $89/8 Mtgs
  25377  W,Th,F  3:30pm-4:15pm  7/19-8/3  Off Site  $89/8 Mtgs
  25378  W,Th,F  3:30pm-4:15pm  8/9-8/24  Off Site  $89/8 Mtgs
  25379  T,Th  3:35pm-4:20pm  9/12-10/5  Off Site  $89/8 Mtgs

Speed Reading & Vocabulary Building
Improve comprehension skills while learning the meaning and spelling of words. This comprehensive course will help students pinpoint and correct reading road blocks and increase vocabulary for reading and spelling. For children ages 11-16. Instructor: Readwrite Educational Solutions Staff.
• $40 materials fee payable to the instructor at the first class meeting.
  25365  F  9:00am-11:00am  7/7-7/28  BOY  $105/4 Mtgs

Study Skills & Test Taking Techniques
This course will evaluate students study and testing habits while teaching them effective note taking skills, study techniques and smart approaches to test taking. For children ages 11-16. Instructor: Readwrite Educational Solutions Staff.
• $25 materials fee payable to the instructor at the first class meeting.
  25366  F  11:15am-12:45pm  7/7-7/28  BOY  $90/4 Mtgs
**Recreation Scholarships** are available through Lakewood Project Shepherd. Call 562-925-7512 for more information.

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**Finer Arts Instruction**

**Beginning Acting**

Does your child enjoy acting? This class is designed to introduce children to performing in a no pressure atmosphere. There are no auditions, however, children learn to audition, prepare and memorize lines. Class ends with a short performance. Parents will be asked to assist with students’ costumes which will be simple. Ages 7-16. Instructor: Ronda Voorhees.

- **Location:** Cypress Community Center, 5700 Orange Ave, Cypress.
- **25288 W 2:45pm-3:30pm 6/14-8/2 Off Site $75/8 Mtgs**

**Drums for Fun (Youth)**

Youth ages 6-12 can learn the basic techniques of drumming from a professional musician. Instruction includes proper grip positions, hand and wrist development, sight reading, hand and foot coordination, rudimental training and drumset techniques. Students will have the opportunity to play on a drumset. The instructor provides sticks, practice pads and music sheets during group lessons.


- A $7 materials fee for drum sticks and folder is due in class.
- No class July 4.

**Group Piano Lessons**

Students will have fun learning the basics of playing the piano.

Class size is small and focuses on learning to read music notes and rhythms which lead to playing simple songs. Each student will have their own keyboard to practice on during lesson time. Ages 7-16.

Instructor: Ronda Voorhees.

- **Location:** Cypress Community Center, 5700 Orange Ave, Cypress.
- **Students must bring their own headphones to class and purchase a piano book in advance.**
- **The instructor will email piano book information. Keyboards are sanitized prior to each class.**

**Musical Theatre (Beginning)**

Your child will get their chance to shine while learning the basics of singing, acting and dancing! Students will enjoy learning such things as basic vocal technique, improvisation, Broadway musical songs, how to perform for an audience, as well as character development. Add in some fun acting games and choreography to boot and your child will be singing and dancing all day long! Ages 6-10.

Instructor: Kick It Up Staff.

*Please note: parents are to remain outside of the classroom during instruction time.*

**Musical Theatre (Intermediate)**

Your child will get their chance to shine while learning the basics of singing, acting and dancing! Students will enjoy learning such things as basic vocal technique, improvisation, Broadway musical songs, how to perform for an audience, as well as character development. Add in some fun acting games and choreography to boot and your child will be singing and dancing all day long! Ages 9-12.

Instructor: Kick It Up Staff.

*Please note: parents are to remain outside of the classroom during instruction time.*
Ballet/Tap Combo (Level 2)
Have fun exploring both types of dance - ballet and tap. Appropriate shoes required. Ages 5-8.
Instructor: Kick It Up Staff.
- Location: Kick It Up, 8129 E. Wardlow Rd., Long Beach
- Please note: parents are to remain outside of the classroom during instruction time.
- Multiple course/sibling discount available. Contact Recreation & Community Services for more information.

Performing Ilima Hula
This intermediate Polynesian dance group will be performing at various community events. Students will learn dances from Hawaii, New Zealand, Tahiti, and more. An audition is required to assess readiness for this class. Ages 12-17.
Instructors: Ms. Willie Villa-Real and Mrs. Stephanie Fontela.
- Students will need to purchase a costume for performances, dates and cost TBA.
- Dance implements (poi balls) may be purchased through the instructor.
- Class on August 10 meets at Palms Park.

Performing Melia Hula
This intermediate 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 13-17.
Instructors: Ms. Willie Villa-Real and Mrs. Stephanie Fontela.
- Students will need to purchase a costume for performances, dates and cost TBA.
- Dance implements (poi balls) may be purchased through the instructor.
- Class on August 10 meets at Palms Park.

Performing Okika Hula
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.
Instructors: Ms. Willie Villa-Real and Mrs. Stephanie Fontela.
- Students will need to purchase a costume for performances, dates and cost TBA.
- Dance implements (poi balls) may be purchased through the instructor.
- Class on August 10 meets at Palms Park.

Cutie Pies & Dancing Divas
Your dancer will learn tap, ballet, jazz and creative movement while having a good time. Ages 5-9. Instructor: Isabel Moses-Caldera.

Performing Ilima Hula (Level 2)
This advanced Polynesian dance group will perform at various community events. Students will learn dances from Hawaii, New Zealand, Tahiti, and more. A simple audition is required to assess readiness for this class. Ages 8-12.
Instructors: Mrs. Willie Villa-Real and Mrs. Stephanie Fontela.
- Students will need to purchase a costume for performances, dates and cost TBA.
- Dance implements (poi balls) may be purchased through the instructor.
- Class on August 10 meets at Palms Park.

Young Champions Hip Hop Dance (Ages 5-7)
This is a fun high-energy class where students learn the fundamentals of dance and hip hop. Emphasis will be placed on coordination, rhythm, timing and confidence. All students are preparing for and invited to attend a competition at the end of the session. Ages 5-7.
Instructor: Young Champions Staff.

Young Champions Hip Hop Dance (Ages 8-15)
This is a fun high-energy class where students learn the fundamentals of dance and hip hop. Emphasis will be placed on coordination, rhythm, timing and confidence. All students are preparing for and invited to attend a competition at the end of the session. Ages 8-15.
Instructor: Young Champions Staff.
## Kids Yoga

**New!**

Kids yoga includes poses to increase strength, flexibility, and coordination. Classes are intended to be fun and may include age-appropriate games, animal sounds and creative names for poses. Kids get a chance to have “play time” using yoga postures. The techniques used in kids classes can greatly help children increase concentration, reduce impulsiveness, relax and grow compassion. Children trained in these techniques are better able to manage emotional upsets and cope with stressful events. Ages 4.5-9.

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<thead>
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<th>Dates</th>
<th>Venue</th>
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## Boys Novice

This beginning level class will introduce boys to basic gymnastics skills and fundamentals in all six Men’s Olympic events. Our coaches will focus on developing strength, flexibility and coordination in a positive environment, filled with energy. Gymnastics skills are useful in all sports and build confidence, agility, balance, strength and boost self esteem! Ages 7-12. Instructor: Tumble-N-Kids, Inc.

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<tr>
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</table>

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

## Gymnastics Classes

### Cheernastics

All levels welcome! Need to learn tumbling skills? Need to learn cheer skills? This is the class for you. A great combination of cheer and gymnastics in a lively, fun, positive atmosphere. Experienced coaches safely teach stunts, jumps, cheers, arm motions and gymnastic skills. Primary tumbling skills include cartwheels, roundoffs, back handsprings, walkovers and routines! Ages 6-12.

Instructor: Tumble-N-Kids, Inc.

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

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### 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 shaping, conditioning and flexibility to increase body awareness, build strength and coordination, and boost self-esteem! Ages 5-14.

Instructor: Tumble-N-Kids, Inc.

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

• No class July 3 and September 2.

| Ages 5-8: | M-F 3:45pm-5:00pm | Mondays & Thursdays at 3:45 p.m. | PLMS | $102/6 Mtgs |
| Ages 9-14: | M-F 3:45pm-5:00pm | Mondays & Thursdays at 3:45 p.m. | PLMS | $102/6 Mtgs |

### Gymnastics Academy 3


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

• No class July 4.

| Ages 5-8: | M-F 3:45pm-5:00pm | Mondays & Thursdays at 3:45 p.m. | PLMS | $102/6 Mtgs |
| Ages 9-14: | M-F 3:45pm-5:00pm | Mondays & Thursdays at 3:45 p.m. | PLMS | $102/6 Mtgs |

### Jammin’ Gymnastics

Girls and boys learn age-appropriate gymnastic skills including floor-tumbling, cartwheels, rolls, jumps, handstands and more, all levels welcome! Students ages 6-12 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 1 and September 2.

| Ages 5-8: | M-F 3:45pm-5:00pm | Mondays & Thursdays at 3:45 p.m. | PLMS | $102/6 Mtgs |
| Ages 9-14: | M-F 3:45pm-5:00pm | Mondays & Thursdays at 3:45 p.m. | PLMS | $102/6 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 fun ninja games and build strength with age appropriate physical conditioning, gymnastics skills and confidence. Your child will love seeing what they are capable of achieving! Instructor: Tumble-N-Kids, Inc.

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

| Ages 5-8: | M-F 4:15pm-5:00pm | Mondays & Thursdays at 3:45 p.m. | PLMS | $78/6 Mtgs |
| Ages 9-14: | M-F 4:15pm-5:00pm | Mondays & Thursdays at 3:45 p.m. | PLMS | $78/6 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, handspring drills, splits and more! Emphasis on conditioning to build strength and flexibility. Ages 7-15.

Instructor: Tumble-N-Kids, Inc.

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

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## Top of the Page

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.
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, play games, have challenges and get STRONGER all while listening to great music and making friends and building confidence. Ages 8-12.
Instructor: Tumble-N-Kids, Inc.
• A $3 materials fee is payable to the instructor at the first class.
25233 F 5:30pm-6:15pm 6/23-8/4 PLMS $90/7 Mtgs
25420 F 5:30pm-6:15pm 8/18-9/22 PLMS $78/6 Mtgs

3-Sport Multi Sport (Youth)
During this course, participants will learn the fundamentals of three fantastic sports: soccer, baseball/softball and track. Participants will learn how to kick and control a soccer ball, how to hit, catch, throw and run the bases, running, jumping and building strength and endurance in track and field. The goal and focus is to maintain an energetic and highly active program that will teach, encourage and advance your young players regardless of their skill level. Ages 7-10.
Instructor: Beginners Edge Sports Staff.
• Class will meet near the playground.
• Please bring an age-appropriate soccer ball for the first week of class. A hitting tee and plastic bat will be needed later in the session.
• No class September 2.
25047 Sa 12:20pm-1:05pm 7/1-8/5 RYN $89/6 Mtgs
25053 Sa 12:20pm-1:05pm 8/12-9/16 RYN $74/5 Mtgs

Beginning Karate
This class is designed for youth who are interested in learning self defense. Additionally students will learn hand eye coordination and improve their motor functions. Ages 5-15.
Instructor: Sensei Bryce Watanabe.
• Class on June 22 meets at Burns Community Center.
• An $18 materials fee for belts and karate booklet.
• No class July 4 & 6.
• Discount available if registering for both Tuesday and Thursday class sessions. Contact the Recreation and Community Services Department for details.
25095 T 4:30pm-5:15pm 6/20-7/18 CTR $36/4 Mtgs
25096 Th 4:30pm-5:15pm 6/22-7/20 CTR $36/4 Mtgs
25097 T 4:30pm-5:15pm 7/25-8/15 CTR $36/4 Mtgs
25099 Th 4:30pm-5:15pm 7/27-8/17 CTR $36/4 Mtgs
25100 T 4:30pm-5:15pm 8/24-9/21 CTR $42/5 Mtgs
25102 T 4:30pm-5:15pm 8/29-9/19 CTR $36/4 Mtgs

Intermediate Karate
This class is for kids who have taken the Beginner Karate class. Students will continue to learn more kata and a small amount of kumite. There will be a larger focus on discipline and concentration. Ages 5 and older.
Instructor: Sensei Bryce Watanabe.
• Discount available if registering for both Tuesday and Thursday class sessions. Contact the Recreation and Community Services Department for details.
• Class on June 22 meets at Burns Community Center.
• No class July 4 & 6.
25102 T 5:15pm-6:00pm 6/20-7/18 CTR $36/4 Mtgs
25101 Th 5:15pm-6:00pm 6/22-7/20 CTR $36/4 Mtgs
25105 Th 5:15pm-6:00pm 7/25-8/15 CTR $36/4 Mtgs
25103 T 5:15pm-6:00pm 7/27-8/17 CTR $36/4 Mtgs
25104 Th 5:15pm-6:00pm 8/24-9/21 CTR $42/5 Mtgs
25106 T 5:15pm-6:00pm 8/29-9/19 CTR $36/4 Mtgs

Advanced Youth/Adult Karate
This class is for those who have previously taken the Intermediate Karate class, or new adults who are interested in learning self defense. Ages 13 to adult. Instructor: Sensei Bryce Watanabe.
• No class July 4 & 6.
• Class on June 22 meets at Burns Community Center.
• Discount available if registering for both Tuesday and Thursday class sessions. Contact the Recreation and Community Services Department for details.
25110 T 6:00pm-7:00pm 6/20-7/18 CTR $36/4 Mtgs
25107 Th 6:00pm-7:00pm 6/22-7/20 CTR $36/4 Mtgs
25111 T 6:00pm-7:00pm 7/25-8/15 CTR $36/4 Mtgs
25108 Th 6:00pm-7:00pm 7/27-8/17 CTR $36/4 Mtgs
25109 Th 6:00pm-7:00pm 8/24-9/21 CTR $42/5 Mtgs
25112 T 6:00pm-7:00pm 8/29-9/19 CTR $36/4 Mtgs

Sports Instruction
Introduction to Wrestling
Want to be the next champion? Take this class and learn the basic techniques used in high school and collegiate wrestling competitions nationwide. Students will learn proper form and technique from the head wrestling coach of Mayfair High School. Ages 4-18.
Instructor: Ibee Atalla.
• Location: Mayfair High School Gym, 6000 Woodruff Ave., Lakewood.
25393 M,Th 5:30pm-6:30pm 7/3-7/31 Off Site $30
25394 M,Th 5:30pm-6:30pm 8/3-8/31 Off Site $30
25395 M,Th 5:30pm-6:30pm 9/7-9/28 Off Site $30

BEST Youth Soccer Skills and Drills
During this weekly soccer class, kids will learn the skills of soccer by participating in activities such as: dribbling, kicking, throwing, goalie skills and more! The goal and focus is to maintain an energetic and highly active program that will teach, encourage and advance your child’s name on it and a water bottle.
• Class will meet near the playground.
• No class on September 2.
25048 Sa 1:10pm-1:55pm 7/1-8/5 RYN $89/6 Mtgs
25054 Sa 1:10pm-1:55pm 8/12-9/16 RYN $74/5 Mtgs

Kidz Love Soccer: Soccer 1
Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting. Ages 5-6.
Instructor: Kidz Love Soccer.
• Class meets near the playground.
• No class July 3.
25036 M 4:20pm-5:05pm 6/19-8/7 RYN $154/7 Mtgs
Kidz Love Soccer: Soccer 2
A great introduction to competitive soccer, Skillz and Scrimmages teaches advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goal-tending. Kids will scrimmage and learn to play together as a team. From defense and mid-field to forward and goalie, kids get exposure to playing every position and have a blast doing it. Appropriate for players of varying skill levels, and best of all, each participant receives a Kidz Love Soccer jersey! Shin guards are required. Ages 7-10. Instructor: Kidz Love Soccer.
- Class meets near the playground.
- No class July 3.

Learn to Ice Skate (Youth)
Learn to skate at The Rinks Lakewood ICE. For ages 7-16. Class fee includes skate rental, half hour of group instruction and ten minutes practice time. Dress warmly. Check in early. Pre-registration required. For more information, visit www.therinks.com.
Instructor: The Rinks Staff.
- Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.
- Registration also includes two public session passes that can be redeemed during your 4-week session.
- No class June 28 & July 1.

Youth Evolution Basketball (Level 2)
This course is designed for children ages 5-7 years and focuses on dribbling, passing, shot technique and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. The sport of basketball will be explored with a variety of activities and games.
Instructor: Youth Evolution Basketball Staff.

Youth Evolution Basketball (Level 3)
This course is designed for children ages 8-11 years and is aimed to improve large motor skills, spatial awareness and teamwork. The instructor will focus on agility, as drills become more advanced and teach children how to perform under pressure of the clock and opponents. Drills are focused on complex activities that include fast breaks, coordinated offensive plays and multiple defensive structures. Children will learn explosive plays, improve their footwork, and develop their range and accuracy of shooting.
Instructor: Youth Evolution Basketball Staff.

Young Champions Karate (Blue Belts & Above)
This program combines safety awareness with self-defense instruction. Emphasis is placed on the learning of physical and verbal skills for self defense. Students progress in rank and earn their belts! We welcome students from any style. Ages 4-18.
Instructor: Young Champions Staff.
- $35 fee for uniforms.
- No class August 18.
- August 4-September 15 classes meet at Bloomfield Park.

Young Champions Karate (New Students)
This program combines safety awareness with self-defense instruction. Emphasis is placed on the learning of physical and verbal skills for self defense. Students progress in rank and earn their belts! We welcome students from any style. Ages 4-15.
Instructor: Young Champions Staff.
- $35 fee for uniforms.
- No class August 18.
- August 4-September 15 classes meet at Bloomfield Park.

Young Champions Karate (Purple & Green Belts)
This program combines safety awareness with self-defense instruction. Emphasis is placed on the learning of physical and verbal skills for self defense. Students progress in rank and earn their belts! We welcome students from any style. Ages 4-18.
Instructor: Young Champions Staff.
- $35 fee for uniforms.
- No class August 18.
- August 4-September 15 classes meet at Bloomfield Park.

Young Champions Karate (Yellow & Orange Belts)
This program combines safety awareness with self-defense instruction. Emphasis is placed on the learning of physical and verbal skills for self defense. Students progress in rank and earn their belts! We welcome students from any style. Ages 4-18.
Instructor: Young Champions Staff.
- $35 fee for uniforms.
- No class August 18.
- August 4-September 15 classes meet at Bloomfield Park.

Young Champions Soccer (Ages 4-8)
Students learn the essential skills and strategy to play soccer. Master your skills to become a top player! Learn dribbling, passing, trapping, shooting, defending and scoring. Ages 4-8.
Instructor: Young Champions Staff.
- Bring your own soccer ball to class.

Young Champions Soccer (Ages 9-13)
Students learn the essential skills and strategy to play soccer. Master your skills to become a top player! Learn dribbling, passing, trapping, shooting, defending and scoring. Ages 9-13.
Instructor: Young Champions Staff.
- Bring your own soccer ball to class.
Little Aces Tennis Class
Learning tennis should be fun and exciting! All classes feature the magic of learning athletic confidence through tennis. All four major strokes will be taught; the forehand, backhand, serve and volley. Students will be given a solid tennis foundation, through tons of innovative and effective drills and games. For more information visit www.johnnyallentennis.com. Ages 6-8. Instructor: Johnny Allen Tennis Staff

• Students should wear athletic clothing, lace-up tennis shoes and bring a racket and water.

25170  F  5:00pm-6:00pm  6/23-7/7  MAY  $49/3 Mtgs
25193  F  5:00pm-6:00pm  7/14-7/28  MAY  $49/3 Mtgs
25194  F  5:00pm-6:00pm  8/4-8/18  MAY  $49/3 Mtgs
25195  F  5:00pm-6:00pm  8/25-9/8  MAY  $49/3 Mtgs
25196  F  5:00pm-6:00pm  9/15-9/29  MAY  $49/3 Mtgs

Junior Aces Tennis Class
All junior tennis players looking for improvement are welcome to play and find their groove. All four major strokes will be taught; the forehand, backhand, serve and volley. Players will improve technique, spin, placement, balance and movement through specially designed drills and games. We will be focusing on proper technique on all major shots during singles and doubles play, preparing players for high school tennis, tournaments and an overall higher level of the game. For more information visit www.johnnyallentennis.com. Ages 9-12. Instructor: Johnny Allen Tennis Staff

Youth Evolution Flag Football (Level 2)
This course is designed for children ages 6-7 years to learn and develop football fundamentals with an emphasis on fun and fair play. Classes are structured around age appropriate instruction that focuses on skill progression, movement and overall player development. Participants will learn the core FUNdamentals of flag football through a variety of drills and activities in a controlled, positive environment, while emphasizing good sportsmanship, the importance of dedication and more importantly fun. This program is highly recommended for kids who want a safer alternative to contact leagues. Instructor: Youth Evolution Flag Football Staff.

25123  F  4:00pm-4:45pm  6/30-7/28  SM  $110/5 Mtgs
25123  F  4:00pm-4:45pm  8/11-9/8  SM  $110/5 Mtgs

Youth Evolution Flag Football (Level 3)
This course is designed for children ages 8-9 years to learn and develop football fundamentals with an emphasis on fun and fair play. Classes are structured around age appropriate instruction that focuses on skill progression, movement and overall player development. Participants will learn the core FUNdamentals of flag football through a variety of drills and activities in a controlled, positive environment, while emphasizing good sportsmanship, the importance of dedication and more importantly fun. This program is highly recommended for kids who want a safer alternative to contact leagues. Instructor: Youth Evolution Flag Football Staff.

25122  F  4:45pm-5:30pm  6/30-7/28  SM  $110/5 Mtgs
25125  F  4:45pm-5:30pm  8/11-9/8  SM  $110/5 Mtgs

Youth Evolution Flag Football (Level 4)
This course is designed for children ages 10-11 years to learn and develop football fundamentals with an emphasis on fun and fair play. Classes are structured around age appropriate instruction that focuses on skill progression, movement and overall player development. Participants will learn the core FUNdamentals of flag football through a variety of drills and activities in a controlled, positive environment, while emphasizing good sportsmanship, the importance of dedication and more importantly fun. This program is highly recommended for kids who want a safer alternative to contact leagues.

25124  F  4:00pm-4:45pm  6/30-7/28  SM  $110/5 Mtgs
25126  F  4:00pm-4:45pm  8/11-9/8  SM  $110/5 Mtgs
High School Aces Tennis Class
This class is perfect for players new to the sport or more experienced players getting ready to compete in tournaments, high school or league tennis. Players will learn to compete and win through advanced strategy in singles and doubles. This class will build the confidence in each player’s tennis game through match play situations, while engaging in a wide variety of effective games and drills. For more information visit www.johnnyallentennis.com. Ages 13-17.
Instructor: Johnny Allen Tennis Staff.
• Students should wear athletic clothing, lace-up tennis shoes and bring a racket and water.

Tennis Clinic - All Levels (Youth)
All levels of players will benefit from this class. Beginners will learn fundamentals. Intermediate and advanced players will learn pattern and match play. High school players welcome! Private lessons are available. For ages 8-17. Visit our website TemsAmazingTennis.com.
Instructor: Lakewood Tennis Center Staff.
• Location: Lakewood Tennis Center, 4212 Clubhouse Dr., Lakewood.
• Bring tennis racket and two unopened cans of heavy duty balls.
• Proper tennis shoes required - no basketball or running shoes.
• Pre-registration required.

Tem’s Amazing Tennis (Beg. Youth)
No experience is necessary in this USTPA 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.
• Pre-registration required.

NEW Play Structures Coming to Lakewood Parks
The following playgrounds are to be replaced and will feature rubberized play surfacing for accessibility.

Biscailuz Park
Tot-Lot Playground
(2-5 year olds)

Bloomfield Park
School Age Playground
(6-12 year olds)

Boyar Park
Combination Playground
Tot-Lot / School Age

Funding is being provided by

Measure L
to Maintain & Improve Our City

LA County Measure A
LOS ANGELES COUNTY REGIONAL PARK AND OPEN SPACE DISTRICT
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.

VOLLEYTENNIS/ VOLLEYBALL

Volleytennis is a fast-moving game played like volleyball with a modified format for ages 8-9. Volleyball is offered for 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 and at Lakewood parks.

Flag Football and Volleytennis/Volleyball Registration and League Information

- Online LYS registration will take place Aug. 5 - 19. 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 Sept. 5. League play will start Sept. 23 and conclude Nov. 11. City Championships will conclude by Nov. 18.

Volunteer Coaches Needed

Adult volunteers are needed to coach flag football, volleytennis and volleyball. Teams begin practices Sept. 5, regular season dates are Sept. 25 - Nov. 11. 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.
Preschool Programs

Dance Classes

Baby Doll Dance (Age 2)
Does your little one like to dance around when they hear music? Have them learn the basic tap, ballet and creative movements in a fun way that preschoolers can understand.
Instructor: Isabel Moses-Caldera.
• Ballet & Tap shoes recommended. Please purchase slip resistant peels to stick on the bottom of tap shoes.
• Multiple course/sibling discount available. Contact Recreation & Community Services for more information.

25130 M 5:00pm-5:45pm 6/19-7/11 BLM $32/4 Mtgs
25133 M 5:00pm-5:45pm 7/17-8/7 BLM $32/4 Mtgs
25134 M 5:00pm-5:45pm 8/21-9/18 BLM $32/4 Mtgs

Baby Doll Dance (Ages 3-4)
Does your little one like to dance around when they hear music? Have them learn the basic tap, ballet and creative movements in a fun way that preschoolers can understand.
Instructor: Isabel Moses-Caldera.
• Ballet & Tap shoes recommended. Please purchase slip resistant peels to stick on the bottom of tap shoes.
• Multiple course/sibling discount available. Contact Recreation & Community Services for more information.

25131 M 5:45pm-6:30pm 6/19-7/10 BLM $32/4 Mtgs
25135 M 5:45pm-6:30pm 7/17-8/7 BLM $32/4 Mtgs
25136 M 5:45pm-6:30pm 8/21-9/18 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: Ms. Willie Villa-Real and Mrs. Stephanie Fontela.
• Students will need to purchase a costume for performances, dates and cost TBA.
• Dance implements (poi balls) may be purchased through the instructor.
• No class July 4.

25074 T 5:15pm-6:00pm 6/20-7/11 PLMS $27/3 Mtgs
25081 T 5:15pm-6:00pm 7/18-8/8 PLMS $35/4 Mtgs
25082 T 5:15pm-6:00pm 8/15-9/5 PLMS $35/4 Mtgs

Ballet & Tap for Tots
For little tykes who like to dance. This is a fun introduction to ballet & tap, which includes beginning movements, arm and foot positions. For ages 2-3. Instructor: High Fidelity Entertainment.

25282 Sa 9:00am-9:45am 7/8-8/26 BLM $60/8 Mtgs

Ballet/Tap Combo
Help your child develop self-confidence and poise through the art of dance! Postures, grace, rhythm, arm and foot positions and basic stretches are taught through exercises specifically designed for this age group. The class will cover pre-tap and pre-ballet techniques. For ages 4-6. Instructor: High Fidelity Entertainment.

25283 Sa 9:45am-10:30am 7/8-8/26 BLM $60/8 Mtgs

Ballet/Tap Combo at Kick it Up! (Level 1)
Have fun exploring both types of dance - ballet and tap. Appropriate shoes required. Ages 3-5. Instructor: Kick It Up Staff.
• Location: Kick It Up, 8129 E. Wardlow Rd., Long Beach.
• Please note: parents are to remain outside of the classroom during instruction time.
24983 Sa 10:30am-11:15am 7/8-7/29 Off Site $36/4 Mtgs
24984 Sa 10:30am-11:15am 8/5-8/26 Off Site $36/4 Mtgs
24976 M 3:45pm-4:30pm 8/7-8/28 Off Site $36/4 Mtgs
24980 T 4:00pm-4:45pm 8/8-8/29 Off Site $36/4 Mtgs
24982 Th 4:45pm-5:30pm 8/10-8/31 Off Site $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!
Instructors: Ms. Willie Villa-Real and Mrs. Stephanie Fontela.
• Students will need to purchase a costume for performances, dates and cost TBA.
• Dance implements (poi balls) may be purchased through the instructor.
• No class July 4.

25075 T 6:00pm-6:45pm 6/20-7/11 PLMS $27/3 Mtgs
25083 T 6:00pm-6:45pm 7/18-8/8 PLMS $35/4 Mtgs
25084 T 6:00pm-6:45pm 8/15-9/5 PLMS $35/4 Mtgs

Gymnastics Classes

Boys Novice (Preschool)
This beginning level class will introduce boys to basic gymnastics skills and fundamentals in all six Men’s Olympic events. Our coaches will focus on developing strength, flexibility and coordination in a positive environment, filled with energy. Gymnastics skills are useful in all sports and build confidence, agility, balance, strength 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 July 4.
25222 T 3:30pm-4:30pm 6/20-8/1 PLMS $102/6 Mtgs
25418 T 3:30pm-4:30pm 8/15-9/19 PLMS $102/6 Mtgs

Gymnastic Giants
Students focus on developing gymnastic/tumbling skills, coordination, strength, balance, agility and following direction. Safely led by an experienced instructor, skills include: beginning cartwheels, forward and backward rolls, balance beams plus obstacle courses, movement/exercise games and music! Progressive skill instruction and positive reinforcement encourage confidence, pride, and good attitude while helping your child ages 3-5 become a giant success! Parent participation may be required. Instructor: Tumble-N-Kids, Inc.
• A $3 materials fee is payable to the instructor at the first class.
• No class July 1 & 4 and September 2.
25221 T 11:15am-12:15pm 6/20-8/1 PLMS $102/6 Mtgs
25237 Sa 11:15am-12:15pm 6/24-8/5 PLMS $102/6 Mtgs
25407 T 11:15am-12:15pm 8/15-9/19 PLMS $102/6 Mtgs
25408 Sa 11:15am-12:15pm 8/19-9/23 PLMS $85/5 Mtgs
**Preschool Programs**

**Gymnastics Academy 1**

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

Instructor: Tumble-N-Kids, Inc.  
* A $3 materials fee is payable to the instructor at the first class.  

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<th>Class Code</th>
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**Junior Olympians**

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

Instructor: Tumble-N-Kids, Inc.  
* A $3 materials fee is payable to the instructor at the first class.  

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**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 4-6 will participate in awesome Ninja Warrior style obstacle courses, play fun games and improve strength by doing age appropriate strength exercises. We'll use the uneven bars, trampoline, balance beams and vault to further develop our tumble ninja skills and agility. 

Instructor: Tumble-N-Kids, Inc.  
* A $3 materials fee is payable to the instructor at the first class.  

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**Teeny Tumblers**

Enjoy special time together in activities fun for both parent and little cruiser. Teeny Tumblers will safely build important motor skills, balance and coordination as they explore tunnels, roll and crawl down the 'big cheese', slides, balls and lots of creative age appropriate tumbling fun. Plus, music makes everything more fun! Parent participation required. For boys and girls ages 12-24 months. 

Instructor: Tumble-N-Kids, Inc.  
* A $3 materials fee is payable to the instructor at the first class.  

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**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, obstacle courses, dance to songs, tumble, roll, jump, balance, walk like animals and finish with parachute activities! For ages 1-3 years. This is a great class for siblings! Parent participation required. Instructor: Tumble-N-Kids, Inc.  
* A $3 materials fee is payable to the instructor at the first class.  

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<th>Class Code</th>
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<th>Mtgs</th>
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<td>25228</td>
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**Tumble Stars**

Girls and boys ages 24-36 months are introduced to safe, age-appropriate tumbling skills: ‘Position of the Day’ rolls, balance beams, beginning cartwheels - ‘monkey jumps!’ Led by an experienced instructor using music, games, props, and creative play, kids develop body control, focus, strength, coordination and balance. Progressive skill instruction helps children happily zoom to confidence, pride and skill success! Parent participation is required. 

Instructor: Tumble-N-Kids, Inc.  
* A $3 materials fee is payable to the instructor at the first class.  

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Days</th>
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**Recreation Scholarships**

Are you interested in registering your child for any of the programs listed above, but are unsure if they are affordable? Recreation Scholarships are available through Lakewood Project Shepherd.  
Call 562-925-7512 for more information.
BEST Preschool Soccer Skills and Drills
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.
• Class will meet near the playground.
• Please bring an age-appropriate soccer ball with your child’s name on it and a water bottle.
• 9:50 a.m. ages 16 months-2 yrs. / 11:30 a.m. ages 3-6.
• No class September 2.

Kidz Love Soccer: Parent & Me Soccer
The fun happens on the field, 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. Ages 2-3.5. Parent participation is required.
Instructor: Kidz Love Soccer Staff.
• No class July 4.
• No class July 3.
• Class will meet near the playground.

Kidz Love Soccer: Tot Soccer
Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game while building self-esteem. Children learn to follow instructions in a nurturing, age appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting. Ages 3.5-5 years.
Instructor: Kidz Love Soccer Staff.
• No class July 3.
• Class will meet near the playground.

Learn to Ice Skate (Tot)
Learn to skate at The Rinks Lakewood ICE. For ages 3-6. Class fee includes skate rental, half hour of group instruction and ten minutes practice time. Dress warmly. Check in early. Pre-registration required. For more information, visit www.therinks.com. Instructor: The Rinks Staff.
• Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.
• Registration also includes two public session passes that can be redeemed during your 4-week session.
• No class June 28 & July 1.

Parent & Me Baby Ballers
Introduce your child ages 2-3.5 to the best sport on the planet! With parent participation and encouragement, the baby baller will learn the fundamental steps necessary to understand the sport of basketball. Instructor guidance helps facilitate developing movement skills using engaging games and activities with appropriately sized basketball hoops, providing an unforgettable experience.
Instructor: Youth Evolution Basketball Staff.

Tiny Aces Tennis Class
This class is your future tennis star’s introduction to the exciting world of tennis, sports and overall athleticism. This class features fun games that are perfectly designed to advance your child’s hand-eye coordination, balance and love for tennis. Friendly instructors will provide a fun, creative and positive environment for every child involved. For more information visit www.johnnyallentennis.com. Ages 3-5.
Instructor: Johnny Allen Tennis Staff.
• Students should wear athletic clothing, lace-up tennis shoes and bring a racket and water.

Educational Classes

Parent & Me Pre-K Readiness
Kids and parents will have fun in this class blending audio, visual and kinesthetics to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math and outdoor games and play specifically designed for children 2 to 3 years and 10 months old. Parent participation required. Instructor: Readwrite Educational Solutions Staff.
• A $20 materials fee is payable to the instructor in class.
• Pre-registration required.
• No class July 4.
• September classes meet at Monte Verde Park.

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. Ages 3.5-5.
Instructor: Readwrite Educational Solutions Staff.
• $20 materials fee is payable to the instructor in class.
• Pre-registration required.
• No class July 4.
• September classes meet at Monte Verde Park.
**Registration Information**

**Summer Registration Calendar**

Registration is going on now.

Non-Resident Registration Begins:
Monday, June 5

Most Classes Begin Week Of:
Monday, June 19

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**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

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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.

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**Easy Ways to Register**

**Online**

Register online! go!

You’re first in line to register for your favorite classes with eCatalog: lakewoodcity.org/eCatalog

Credit cards only

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**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!

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**Phone-in**

(562) 866-9771, ext. 2408

Credit cards only

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**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.

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**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.

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**Transaction Fee**

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

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**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.

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**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.

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Call (562) 866-9771, ext. 2408 for more information

www.lakewoodcity.org/recreation
LIFE Form
(Lakewood Individual & Family Enrollment) Form

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.

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<th>Last Name</th>
<th>First Name</th>
<th>Activity Name</th>
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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 action or suit 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.

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.

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

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