

2016 SPRING | News Magazine & Activity Guide



laguna hills CITY VIEWS



Special Olympics
WORLD GAMES
LOS ANGELES 2015



2015 YEAR END REVIEW

What's Inside?
Dial-A-Taxi
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Laguna Hills Police Services
Prepare For El Niño

DIAL-A-TAXI



Seniors already registered with the City's Dial-A-Taxi program should call toll free (877) 809-6587 to arrange pick up.

Laguna Hills seniors can participate in the Dial-A-Taxi Senior Transportation Program, which

provides door-to-door taxi service to Laguna Hills residents 60 years and older, by registering and paying a co-pay of as little as \$5. To register for the Dial-A-Taxi program, fill out an application form and return it in person to the Laguna Hills Community Center at 25555 Alicia Parkway, Laguna Hills, CA 92653. The Community Center is open from 8 a.m. to 10 p.m., Monday through Saturday, and on Sunday from noon to 6 p.m. You can get a copy of the registration form online at www.lagunahillscsca.gov under "Departments" then "Community Services" then "Dial A Taxi."

To register, you will need to show proof of Laguna Hills residency and proof of age.

For more information, visit the City's website at www.lagunahillscsca.gov or call (949) 707-2681.



2015 YEAR END REVIEW

At the last City Council meeting of the year, City Manager Bruce Channing presented this year's City Manager's Year End Report to the City Council. This report details the City's many programs, achievements, and accomplishments over the past calendar year, such as the development and adoption of a financially solid biennial budget, significant cost savings stemming from departmental reorganization, a new and enhanced City website, and continued economic development efforts citywide.



laguna hills CITY VIEWS

2016 SPRING NEWS MAGAZINE & ACTIVITY GUIDE

CITY HALL HOURS:
8 am – 5 pm Monday – Friday

**ENGINEERING, PLANNING AND
BUILDING COUNTER HOURS:**
1 pm – 5:30 pm Monday – Thursday
1 pm – 5 pm Friday

LAGUNA HILLS CITY COUNCIL:

Barbara Kogerman
Mayor

Andrew Blount

Don Sedgwick
Mayor Pro Tem

Melody Carruth

Dore Gilbert, M.D.

Regular City Council Meetings are held on the second and fourth Tuesday of each month.

Traffic Commission Meetings are held on the third Wednesday of January, March, May, July, September and November.

Parks and Recreation Commission Meetings are held on the first Wednesday of February, April, June, August, October and December.

All meetings begin at 7 pm in the City Council Chambers. Closed session at 6 pm (when scheduled).

City Views is an award winning quarterly magazine published by the City of Laguna Hills and is distributed as a public service to City residents and businesses. We welcome your suggestions and feedback and value your involvement in the community. Please send or call in any comments or questions to:

Editor, City Views
City of Laguna Hills
General Government
24035 El Toro Road
Laguna Hills, CA 92653
Telephone: (949) 707-2620
www.lagunahillscsca.gov



Here are a few of the highlights from this year's report:

2015-2017 Biennial Budget

Since its incorporation, the City has been committed to biennial budgeting and long-range financial planning. These efforts help the City remain in a fiscally stable and financially responsible position. After a lengthy budget process, the City Council adopted the 2015-2017 Biennial Budget. Here are a few highlights from the budget:

- Budgeted revenues and expenditures total \$49.17 million.
- Operating revenues for Fiscal Year 2015/16 are anticipated to increase by 4.18% from the previous year-end estimate. For the following year (Fiscal Year 2016/17), operating revenues are projected to increase by 1.56%.
- Approval of 13 capital projects totaling \$7,646,874. Of this amount, \$1,597,000, or 20.9%, is required from the General Fund. The balance of the funding will come from Special Funds and capital reserve funds.

New City Website

In an effort to improve efficiency, effectiveness, and transparency, as well as provide easier access to resources and services, the City of Laguna Hills recently launched its newly redesigned website!

www.lagunahillsca.gov was designed to provide the community with a resource for all things related to the City and to promote an environment that brings you closer to your neighbors, while keeping you informed of happenings throughout your community and City government.



Laguna Hills Mall – Five Lagunas

Plans for a major redevelopment of the Laguna Hills Mall are currently being reviewed by City staff. The \$500 million mixed-use redevelopment project will result in a complete renovation to the mall and is expected to contribute to the quality of life for residents of Laguna Hills and the region.

Special Olympics Host Town



The City of Laguna Hills and the City of Lake Forest joined together to become a Host Town for the 2015

Special Olympics. As a Host Town, the City of Laguna Hills was honored to host athletes from the Cayman Islands (56 delegates) and Vietnam (12 delegates) prior to the start of the opening ceremonies in Los Angeles. Activities for the athletes included a breakfast at the Laguna Hills Community Center, training time at Laguna Hills High School and Community Center gym, an outing at the Orange County Fair, and shopping at the Irvine Spectrum.

Police Services Contract Savings

The City successfully negotiated a fair-share cost allocation of patrol sergeants among the Cities of Laguna Hills, Aliso Viejo, and Laguna Woods, as well as implemented a unified regional model for the midnight shift for the same three cities. This resulted in savings of approximately \$463,000 in the City's contract for law enforcement services. Coupled with the reduction of the number of motorcycle deputies from three to two, the total cost for law enforcement services for Fiscal Year 2015/16 is \$6.9 million, representing a decrease of 2.94%.

Capital Improvements

In partnership with Moulton Niguel Water District (MNWD), the City of Laguna Hills converted the Laguna Hills High School athletic fields to synthetic turf with \$416,500 in funding from MNWD and the Municipal Water District of Orange County. The project resulted in expanded use of the fields, additional play time, and reduced operational costs, all with no impact to the City's General Fund.

CONNECT WITH LAGUNA HILLS POLICE SERVICES



Did you know Laguna Hills is one of thirteen cities in Orange County that contracts with the Orange County Sheriff's Department for its police services? Since the city's incorporation in 1991, the City and Sheriff have thrived in a great partnership. As one of the safest cities in the country, Laguna Hills takes pride in the working partnership between the residents, its Council, and the Orange County Sheriff's Department. It is essential that we are proactive in our efforts to reduce crime while strengthening the relationship between law enforcement and the community. Here are a few programs and resources you can utilize to stay connected with your local law enforcement, city and neighbors.

Crime Prevention



Visit www.ocsd.org and select the "How Do I" tab to locate the drop down menu for "Stay Safe." Under this section you will find numerous tips on how to better protect yourself and your family.

Neighborhood Watch



Laguna Hills Police Services encourages residents to participate in the Neighborhood Watch program designed to help prevent and reduce crime through education and increased communication with law enforcement. This program involves neighbors getting to know each other and acting as extra "eyes & ears" for law enforcement. Residents can learn effective crime prevention tips and are trained to recognize and report suspicious activities in their neighborhood. To learn more about this program or how to start a Neighborhood Watch group, contact Crime Prevention Specialist Brittney Oldham at (949) 707-2641 or boldham@ocsd.org.

Nextdoor.com



Nextdoor is a private social network designed just for you and your neighbors. Verified residents can join their private neighborhood website to share information, including neighborhood public safety issues, community events and activities, local services, and even lost pets. Laguna Hills Police Services is able to post information, such as safety tips and crime alerts, however, we are not able to access residents' websites, contact information, or content to maintain neighborhood privacy. Those interested in joining

their neighborhood's Nextdoor website can visit www.nextdoor.com and enter their address or download the mobile app for iPhones and Android.

Sheriff's Blotter



A variety of valuable information is also available on the Orange County Sheriff's Department website at www.ocsd.org. The Sheriff's Blotter enables residents to know what activity is occurring in their communities. Both 7 day and 30 day options are available to view under the "Online Services" section. Please keep in mind that the calls represent what was told to the deputy in the field by the radio dispatcher. The true nature of an incident often differs from what is initially reported.

Twitter



The Orange County Sheriff's Department uses Twitter as a method to deliver information directly to smart phones and email accounts. Information regarding posted press releases as well as updates on major incidents is now sent via Twitter to our many followers. To follow us and receive Twitter postings, sign up at www.twitter.com and follow us @OCSD.

In addition, Laguna Hills Police Services and the Orange County Sheriff's Department are on Facebook. You can also stay connected with city news by subscribing to "Notify Me" on the City of Laguna Hills website (<http://www.lagunahillsca.gov/>).

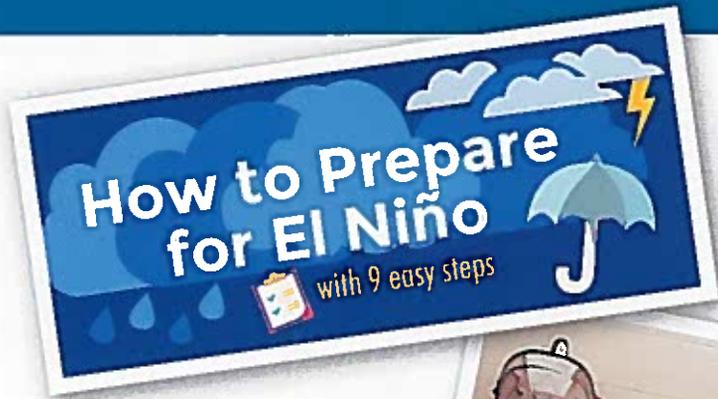
For more information on these programs and resources, please contact the Laguna Hills Police Services office at (949) 707-2640.

In An Emergency

In the event of an emergency or to report a crime in progress, call 911.

Report Suspicious Activity

To report suspicious activity or to file a report, contact non-emergency dispatch at (949) 770-6011.



PREPARE FOR EL NIÑO

What is El Niño?

El Niño is a cyclical weather event that creates a rise in surface temperatures in the Pacific Ocean at the equator. As a result of such temperature change in the Pacific Ocean, global weather patterns can become extreme. Since we are in an El Niño year, weather forecasters are predicting heavy rains in the Orange County area during the winter and spring months. Consequently, it's vital for the community to be prepared for El Niño weather conditions.



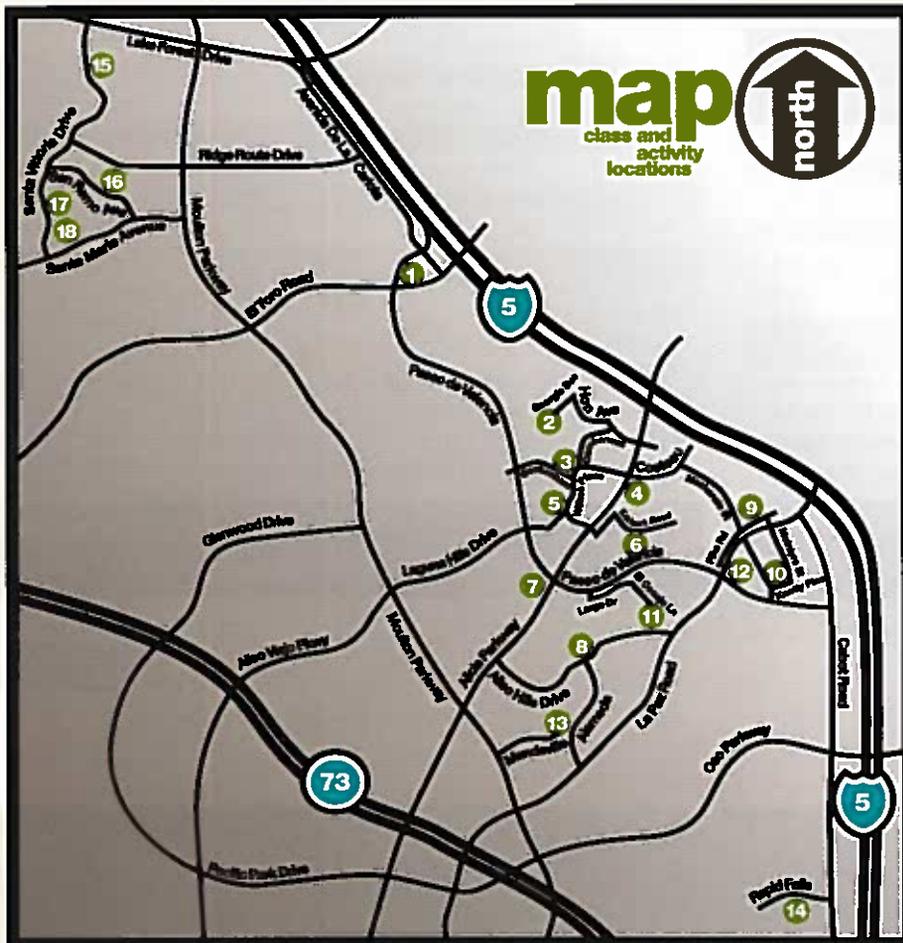
How Can You Prepare?

To prepare for El Niño, the Orange County Fire Authority (OCFA) recommends that you "Make a Kit, Make a Plan, and Stay Informed". Having a portable disaster kit, an evacuation and preparedness plan, and signing up for regional emergency alerts (www.alertoc.com) will help you be prepared to face an emergency situation arising from extreme weather.

Also, OCFA is making empty sandbags available at most of its fire stations. OCFA Fire Station 22, located at 24001 Paseo de Valencia in Laguna Hills, is providing sandbags and sand to the public.

To access more emergency preparedness information and resources, as well as additional information on how to prepare for El Niño, visit the City's website at www.lagunahillsca.gov/elinoprep.

CLASS ACTIVITY LOCATIONS



- 1 City Hall
- 2 Clarington Park
- 3 Beckenham Park
- 4 Costeau Park
- 5 Stockport Park
- 6 Lomarena Elementary
- 7 LHCC & Sports Complex
- 8 Mendocino Park
- 9 Mackenzie Park
- 10 Knotty Pine Park
- 11 El Conejo Park
- 12 Valencia Elementary
- 13 Mandeville Park
- 14 Cabot Park
- 15 Veeh Ranch Park
- 16 San Remo Park
- 17 Santa Vittoria Park
- 18 San Joaquin Elementary

2016 SPRING

COMMUNITY SERVICES

ACTIVITY GUIDE



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City of Laguna Hills REGISTRATION INFORMATION

Spring Registration begins Tuesday, February 9, 2016

Register...

On-Line

www.ci.laguna-hills.ca.us

Walk-In

Laguna Hills Community Center
at **25555 Alicia Parkway**

Phone-In

Call **(949) 707-2680**, for credit card users only

Mail-In

Make check payable to City of Laguna Hills,
and mail it to:

**City of Laguna Hills
Community Services
25555 Alicia Parkway
Laguna Hills, CA 92653**

- A \$35 fee is charged on all returned checks.
- Visa, American Express, and MasterCard accepted.
- If you need special accommodations for any of our activities, please notify staff 72 hours prior to the event at 949.707.2680.
- Fees are subject to change.
- Incomplete forms will not be processed which includes receipt of proper payment.
- Prior to any participation in City of Laguna Hills' recreation activity a signed and completed Registration Form and release and waiver is required.
- All minor participants must be registered by parent or legal guardian. (No exceptions).
- Full refunds are issued for any class cancelled by the City. Refund requests made prior to the start of any activity will be granted subject to a \$5 service charge per request.
- Refund requests must be made prior to the second class meeting. No refund will be granted after that time. Special events, one day programs and camps do not receive refunds unless the participant's spot is filled. Refund processing takes 3-4 weeks from the date of the request. The City will mail all refund checks.

LAGUNA HILLS TECHNOLOGY LIBRARY



OC Community Resources

Did you know that the Laguna Hills Technology Library is located within the Laguna Hills Community Center? We have computers, an assortment of books for adults, teens, and children, and a DVD collection – all available for free! If you'd like something available at another branch, we can have it transferred over for just 25 cents. The library's online calendar is available at: ocpl.org/libloc/lht/calendar

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

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

The City of Laguna Hills supports the health and wellness of the community through the provision of programs and facilities that promote fitness and well-being.



COMMUNITY SERVICES ACTIVITY GUIDE

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12	Excursions
13	Emeritus



NEW THIS SPRING!

- NEW Basics of Skateboarding
- Meditation
- Tennis Classes
- Lunch Time Theater

SAVE THE DATE

BUILD A FORT REGISTRATION - Due to the popularity of the Build A Fort and Junior Build A Fort Camps, registration for **Laguna Hills residents** will be collected **in person Tuesday, May 3, 2016 - Friday, May 6, 2016** between the hours of 8:00 AM and 5:00 PM at the Laguna Hills Community Center. Please bring a recent utility bill as proof of residency and a copy of your child(ren)'s birth certificate(s) with you. Children may be enrolled by their parent or guardian only. Space is limited and is on a first come, first served basis. Registration for **non-residents** will begin on **Tuesday, May 10, 2016**.

STAY INFORMED

If you'd like to receive email notifications with City Information or on upcoming classes, programs and events please visit our website, www.ci.laguna-hills.ca.us.

CALENDAR OF EVENTS

Feb 9	Spring Registration Begins
Mar 4	Circle of friends: Bingo Night
Mar 11	Middle School Dance
Apr 8	Circle of Friends: Pizza & Movie Night
Apr 16	Volunteer Connection Day
May 3	Build A Fort Registration (Laguna Hills Residents Only)
May 10	Summer Registration Begins
May 13	Circle of Friends: Karaoke Night
May 30	Memorial Day Half Marathon, 5K & 10K
Jun 11	Mini Excursion: Orange Empire Railway Museum



ACTIVITY SCHEDULE

EARLY CHILDHOOD

Special Events

Volunteer Connection Day

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

DATES	TIME	DAY	CLASS
4/16	9:00 AM-12:00 PM	Sa	4571

Fee: Free
 Location: LHCC
 Instructor: Community Services Staff
 Ages: All Ages

Memorial Day Half Marathon 2016



On your mark, get set, go! Preparation has already begun for the 18th annual Laguna Hills Memorial Day Half Marathon 5K, and 10K, Honoring the United States Marine Corps Dark Horse Battalion. The race crosses through the cities of Laguna Hills, Aliso Viejo, Laguna Woods, and Laguna Niguel. Runners of all skill levels are welcome to participate in the event of their choice, the Half Marathon (13.1 miles), 5K Run/Walk (3.1 miles), 10K Run/Walk (6.2 miles), or Kid's Run (1/2 mile). For standard online registration please visit www.lagunahillshalfmarathon.com. The City of Laguna Hills intends to donate \$3 per participant to the 3/5 Marine Support Committee. In addition to the running events, the City of Laguna Hills will once again hold a one-day community expo featuring live music and more than 50 vendors and exhibitors from 7:30 to 11:30 AM. The City of Laguna Hills needs more than 400 volunteers to make this great event take place. Volunteers will receive a free t-shirt, a meal, and community service hours. Those interested in volunteering should call (949) 975-8506. Visit www.lagunahillshalfmarathon.com for race times, fees, course descriptions, information regarding sponsorships, entertainment, parking, directions and much more!

DATES	DAY
5/30	M

CULTURAL ARTS

Music Together

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

DATES	TIME	DAY	CLASS
FREE Trial (must sign waiver to participate):			
3/30	9:15-10:00 AM	W	4489
10 week sessions:			
4/6-6/8	9:15-10:00 AM	W	4490
4/6-6/8	10:15-11:00 AM	W	4491

Fee: Resident \$150, Non-Resident \$155
 Location: LHCC
 Instructor: Elena Salisbury
 Ages: 4 & under

Tunes and Tales

Let's get the wiggles out! Join Ms. Vivian in this popular Music and Movement class. Sing-a-longs and fingerplay songs start off this fun filled class followed by music activities using beanbags, rhythm sticks, instruments and a parachute. We will even have time to read a short story each week (2 1/2 - 4 year class only). The children have a great time while developing their listening and social skills. **Parent/adult supervision required. Sibling discount: \$10 for siblings registered in the same class. *NO CLASS 4/26 & 6/7.**

DATES	TIME	DAY	CLASS
Ages: 1 1/2 - 2 1/2 :			
4/5-5/3	9:30-10:10 AM	Tu	4473
5/24-6/21	9:30-10:10 AM	Tu	4476
Fee: Resident \$35, Non-Resident \$40			Class Sessions: 4
Ages 2 1/2 - 4:			
4/5-5/3	10:15-11:10 AM	Tu	4475
5/24-6/21	10:15-11:10 AM	Tu	4474
Fee: Resident \$40, Non-Resident \$45			Class Sessions: 4

Location: LHCC
 Instructor: Vivian Stapleton



EARLY CHILDHOOD

PERSONAL DEVELOPMENT

Playtime!

Fun time, game time, craft time, **PLAYTIME!** Join us for days of fun-filled activities from music, arts and crafts, sports, and games. This program is designed for lively little people and packed full of activities that initiate creativity, stimulate the imagination and encourage making new friends. Please send a sack lunch with your child each day. Participants must be potty trained. Families enrolling more than 1 child in this class will receive a 25% discount for additional children enrolled.

DATES	TIME	DAY	CLASS
4/12-6/16	11:30 AM-2:00 PM	TuTh	4577

Fee: Resident \$175, Non-Resident \$180

Location: LHCC

Instructor: Community Services Staff

Ages: 3-5

Class Sessions: 20

Kindergarten, Here I Come!

Taught by a fully credentialed teacher, this exciting kindergarten readiness program will offer pre-schoolers crucial social and academic skills to prepare them for school. This parent participation program is designed for 4-5 year olds and will be thematically planned with lessons including language arts, math, social studies, science, and art. Please bring a snack each day as there will be a daily snack and recess time. Children must have turned **4 years old by October 1, 2015** to register. Parents will only need to sign up to volunteer in the classroom for four lessons. A \$10 material fee is due to the instructor at the first class meeting. ***NO CLASS 5/30.** Class curriculum will progress throughout the school year and closely corresponds with the Saddleback School District Calendar.

DATES	TIME	DAY	CLASS
4/4-6/10	9:00 AM-12:00 PM	M W F	4628

Fee: Resident \$480, Non-Resident \$485

Location: LHCC

Instructor: Jennifer Migliaccio

Ages: 4-5

Class Sessions: 31

CHILDREN'S BIRTHDAY PARTY PROGRAM

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

CULTURAL ARTS

Lunch Time Theater

Escape the office dramas this lunchtime and lose yourself in another at our Lunch Time Theater. On the Edge Theatre Productions is proud to showcase a variety of diverse talent and productions at the Laguna Hills Community Center's theatre. These one-act shows run about 45 minutes and are perfect for the person looking for some bite-sized lunch hour cultural entertainment. Attendees are welcome to bring their own lunch to enjoy during the show. For show details, please go to www.otetheatre.com or call (949) 707-2692.

DATES	TIME	DAY	CLASS
4/7	12:00-12:45 PM	Th	4525
5/5	12:00-12:45 PM	Th	4526
6/2	12:00-12:45 PM	Th	4527

Fee: Free

Location: LHCC

Instructor: On The Edge Theatre Production

Ages: All Ages

Beginning/Intermediate/Advanced Drawing & Painting

Beginners will be taught to see (as an artist) line, location and value. They will learn how to use charcoal drawing tools and produce accurate drawings of simple still lifes. Emphasis is on determining spacial relationships and accurate value depiction. A supply kit is available from the instructor for \$35. Emphasis is on technique, composition, perspective, color and design. Media choices are colored pencil, watercolor, gouache and acrylic with the addition of ink, pastel and oil for advanced students only. All intermediate and advanced students must provide their own materials. All instruction is individual, therefore each student will be working at his or her own level and the only deadlines are sufficient completion for work. ***NO CLASS 3/28.**

DATES	TIME	DAY	CLASS
2/29-4/11	4:00-5:30 PM	M	4477
4/18-5/23	4:00-5:30 PM	M	4478

Fee: Resident \$140, Non-Resident \$145

Location: LHCC

Instructor: Marilyn Brame

Ages: 6-16

Class Sessions: 6

Group Voice

Our classically trained music instructors create a warm, supportive environment for our youth group vocal classes and help kids find their voice through music. In addition to the mechanics of singing, breathing, posture, and tone production, we also teach stage presence and style so that the singers can show off their confidence and take ownership of the craft. Whether your child is already involved with music lessons or just loves to sing, our group voice classes are a great option to help them get started in the right way. ***NO CLASS 4/8.**

DATES	TIME	DAY	CLASS
3/25-6/10	3:15-4:15 PM	F	4569

Fee: Resident \$185, Non-Resident \$190

Location: LHCC

Instructor: West Coast Movement Project

Ages: 7-10

Class Sessions:



ACTIVITY SCHEDULE



CULTURAL ARTS

DANCE

Dance Badge Workshop for Brownies

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

DATES	TIME	DAY	CLASS
4/8	4:00-5:30 PM	W	4570

Fee: Free
 Location: LHCC
 Instructor: West Coast Movement Project
 Ages: 7-10
 Class Sessions: 1

Beginning Ukulele

Learn to play classic songs on the ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature, and how to play different strum styles. No previous musical experience required. Please bring your own ukulele to class. For more information please visit www.rongorman.com.

DATES	TIME	DAY	CLASS
5/2-5/23	4:00-5:00 PM	M	4523

Fee: Resident \$95, Non-Resident \$100
 Location: LHCC
 Instructor: Ron Gorman
 Ages: 10 & older
 Class Sessions: 4

Beginning Guitar

Designed for those with little or no experience playing the guitar, this class will teach you how to play several songs, chords and single note melodies. Class may be repeated, with new songs each session. Participants must bring their own acoustic or electric guitar with small amp. For more information please visit www.rongorman.com.

DATES	TIME	DAY	CLASS
5/2-5/23	5:00-6:00 PM	M	4524

Fee: Resident \$95, Non-Resident \$100
 Location: LHCC
 Instructor: Ron Gorman
 Ages: 10 & older
 Class Sessions: 4

Clay Adventures

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring, slab construction and more. We will decorate the pieces with under glazes (special paint for wet clay). Different projects each week. All pieces will be fired and glazed. Aprons will be provided for use in class. A \$20 material fee is due to the instructor at the first class meeting.

DATES	TIME	DAY	CLASS
5/11-6/8	3:30-4:45 PM	W	4472

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

West Coast Movement Project



With the exception of our classes for 2-4 year olds, Spring dance classes are only available to ongoing current students from the Fall and Winter terms. WCMP will open enrollment to new students in the Summer term.

West Coast Movement Project is proudly celebrating our 10th year! WCMP provides an enriching dance and music program for students ages 2 and up. WCMP is committed to providing excellent dance and music instruction, as well as having a positive impact on our community. Our goal is not just to raise great performers, but to raise great people.

The following classes are open to new students, if space allows: Tiny Tutus, Bright Beginnings Preschool Dance, and Budding Ballerinas Preschool Dance. All other classes require that students are continuing from the Winter.

We would love to answer any questions you may have about your child's placement, dress code or our program.

For more information:

Mia Alicea/Artistic Director
 Email: mia.alicea@gmail.com (quickest method of contact)
 Phone: (949) 495-2119
 Website: wcmovementproject.com
 FB business page: facebook.com/WestCoastMovementProject

MULTIPLE CLASS DISCOUNT - There is a \$20 class discount available for multiple WCMP dance classes taken by one family. **The first class does not receive a discount.** The discount is applied only to the additional classes. You must register for all of the classes in one transaction to have the discount applied.

NO CLASSES: April 2, 4, 5, 6, 7, 8, 9; May 30

Tutus & Twirls/ Mommy & Me Dance

Experience the magic and wonder of watching your little one twirling, dancing and exploring in this very special baby ballet class. Parents/caregivers join in as "dancing partners" to provide support and guidance for their tiny dancer throughout the class. Combining the use of magical props and games your child will learn and explore in an environment created just for toddlers. ENROLLMENT IS OPEN TO NEW STUDENTS AS WELL AS ONGOING STUDENTS.

Dress code for our tiny twirlers: Any color leotard and tights, their favorite tutu and pink leather ballet slippers.

Dress code for parent/caregiver: Comfortable clothing to move in.

AGE	DAY	DATES	TIME	FEE (Res/Non-Res)	CLASS
2	F	3/25-6/10	9:00-9:40 AM	\$150/\$155	4542



DANCE

BrightBeginnings/Smart Start Preschool Combo Dance

Our uniquely enhanced tap, ballet, jazz combo integrates the joy of dance and movement with academic readiness, building confidence and self esteem in our young pre-schoolers. Dancers learn basic steps in tap, ballet and pre-jazz, plus proper dance terminology, all while exploring and integrating number and letter recognition, shapes and colors. Curriculum has been created to support early learning and help enhance your child's feelings of success. Parents become part of our unique **Prechool Parent Partnership Program** and are provided with helpful tools to reinforce learning at home. Our Bright Beginnings class is an excellent companion class to our Budding Ballerinas Preschool Ballet. **PRIORITY REGISTRATION TO STUDENTS CONTINUING FROM THE FALL/WINTER SESSION. NEW STUDENTS ACCEPTED IF SPACE ALLOWS.**

Dress code: Any color leotard and tights, black tap shoes, pink leather ballet slippers.

AGE	DAY	DATES	TIME	FEE (Res/Non-Res)	CLASS
3	F	3/25-6/10	10:00-10:45 AM	\$185/\$190	4544
4	Tu	3/22-6/7	9:00-9:45 AM	\$185/\$190	4545

Budding Ballerinas/Preschool Ballet

Combining a perfect blend of technical steps, gentle corrections and play, Budding Ballerinas introduces your young dancer to the magic of classical ballet. Classes include introduction to ballet positions, stretching and basic terminology. Our Budding Ballerinas will explore moving in routines, as they learn to work together as a group. We integrate various props such as wands, ribbons, wings and stuffed animals to add enhancement to the learning experience. Parents become part of our unique **Preschool Parent Partnership Program** and are provided with helpful tools to reinforce learning at home. Our Budding Ballerinas class is an excellent companion class to our Bright Beginnings Combo Class. **PRIORITY REGISTRATION TO STUDENTS CONTINUING FROM THE FALL/WINTER SESSION. NEW STUDENTS ACCEPTED IF SPACE ALLOWS.**

AGE	DAY	DATES	TIME	FEE (Res/Non-Res)	CLASS
3-4	Th	3/24-6/9	10:00-10:45 AM	\$185/\$190	4547
3-4	F	3/25-6/10	3:30-4:15 PM	\$185/\$190	4548

Classic Combo (Tap & Jazz)

Get an introduction to tap and jazz in this split-design combo class. Dancers will start with 30 minutes of tap working on understanding basic rhythms and vocabulary. The second half of the lesson introduces dancers to jazz where they'll learn to move with basic steps that are of this classic style. We include plenty of personal attention and emphasize proper technique early on to ensure the success of every child. For six year olds, we recommend Combo I if this is their first year of dance.

Combo I

Dress code: Solid black leotard, black dance shorts, tan tights, black patent leather tap shoes, pull on jazz oxfords, hair secured away from neck and face.

Age	Day	Dates	Time	Fee (Res/Non-Res)	Class
5-6	W	3/23-6/8	3:30-4:30 PM	\$185/\$190	4549

Combo II

Dress code: Solid black leotard, black dance shorts, tan tights, black oxford lace up tap shoes, pull on jazz oxfords, hair secured away from neck and face.

AGE	DAY	DATES	TIME	FEE (Res/Non-Res)	CLASS
6-7	Th	3/24-6/9	3:30-4:30 PM	\$185/\$190	4550

PREREQUISITE REQUIRED: Must be a continuing student from the Fall session.

Ballet

Ballet teaches grace, elegance, technique, and poise as the foundation of all dance forms. Starting as early as five years old with our pre-ballet class, dancers will learn the ballet basics and walk away with transferrable skills for other dance styles. Most notably, they'll see improvements in posture and flexibility through the practice of ballet. Dancer will also learn the language of dance with an emphasis on understanding and using proper terminology in class.

Dress Code: Solid black leotard, pink tights, pink leather ballet slippers and hair in a bun.

LEVEL	AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
Pre Ballet	5	M	3/21-6/13	3:15-4:00 PM	\$185/\$190	4551
Primary	6	F	3/25-6/10	4:15-5:00 PM	\$185/\$190	4552
I	7-9	M	3/21-6/13	4:00-4:45 PM	\$185/\$190	4553
II	7-10	Th	3/24-6/9	5:15-6:15 PM	\$185/\$190	4554
II/III	8 & up	W	3/23-6/8	5:30-6:30 PM	\$185/\$190	4555
III	12 & up	W	3/23-6/8	6:30-7:45 PM	\$185/\$190	4556
III	12 & up	F	3/25-6/10	5:00-6:00 PM	\$185/\$190	4557

Jazz

This dance style is rooted in American musical theatre and is known for its iconic fast pace and dynamic energy. Students learn to express themselves with energetic turns and step combinations, while developing and showcasing their individual style.

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

LEVEL	AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
I	7-10	M	3/21-6/13	5:45-6:30 PM	\$185/\$190	4558
II	8 & up	Tu	3/22-6/7	4:00-5:00 PM	\$185/\$190	4559
III/IV	8 & up	W	3/23-6/8	4:30-5:30 PM	\$185/\$190	4560
V	8 & up	Tu	3/22-6/7	5:45-6:45 PM	\$185/\$190	4561

PREREQUISITE REQUIRED: Must be a continuing student from the fall session.

Contemporary

Fusing classic modern dance and jazz styles, students will learn how to express themselves beyond the confines of classical dance technique, creating abstract shapes with their bodies and telling dynamic, energetic stories through dance.

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

AGE	DAY	DATES	TIME	FEE (Res/Non-Res)	CLASS
11 & up	Th	3/24-6/9	6:15-7:15 PM	\$185/\$190	4568



ACTIVITY SCHEDULE

DANCE

Tap

Through a combination of Broadway and Rhythm Tap styles, we emphasize improving and developing rhythmic skills, the importance of clarity through timing and the articulation of sound. With proper technique, dancers have the opportunity to create music with their tap shoes in addition to the visual beauty of dance.

Dress code: Solid black dance tank, black dance shorts, tan tights, black tap oxfords, hair secured away from neck and face.

LEVEL	AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
I	7-10	M	3/21-6/13	4:45-5:45 PM	\$185/\$190	4562
II	8 & up	Tu	3/22-6/7	3:15-4:00 PM	\$185/\$190	4563
III/IV	11 & up	Tu	3/22-6/7	5:00-5:45 PM	\$185/\$190	4564

PREREQUISITE REQUIRED: Must be a continuing student from the Fall session.

Youth Hip Hop

Our Youth Hip Hop Team will learn the latest dance moves with an emphasis on dynamics and energy. **PREREQUISITE:** Youth Hip Hop students must also take a technical class in conjunction with this class to be eligible for team. Youth Hip Hop Team is not offered as a stand alone option. Youth Hip Hop members are expected to take class from September through June to remain eligible as a team member.

Dress code: Comfortable street clothes, active wear and sneakers. NO JEANS.

LEVEL	AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
I	8-9	Sa	3/28-6/11	10:00-10:45 AM	\$185/\$190	4566

Lyrical

Our lyrical dance uses the traditional rules of classical ballet combined with jazz to tell a story and transfer emotion and energy to the audience. Dancers work to achieve a beautiful fluidity while bringing passion to their movement.

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

LEVEL	AGE	DAY	DATE	TIME	FEE (Res/Non-Res)	CLASS
II	7-10	Th	3/24-6/9	4:30-5:15 PM	\$185/\$190	4566
III/IV	11 & up	F	3/25-6/10	6:00-7:00 PM	\$185/\$190	4567

PREREQUISITE REQUIRED: Must be a continuing student from the Fall session.

Middle School Dance

 Come and join us for this exciting Middle School Dance! If you are a student at La Paz, Los Alisos or Serrano Middle Schools, you are welcome to register. Tickets will be sold on a first come, first served basis. Tickets may be purchased at the Community Center; **if paying with cash you must have exact change.** Tickets must be purchased by a parent/guardian. Buy your tickets early, this event will sell out! Supervision is provided by City Staff. You must bring your dance ticket and student ID card to get into the dance. For more information, please call (949) 707-2690.

DATES	TIME	DAY	CLASS
3/11	7:00-9:00 PM	F	4573

Fee: \$5

Location: LHCC

Ages: 12-14

Beginning Ballroom Dance



Ballroom dance basics for the absolute beginner, or the social dancer who wants to polish up their fundamental techniques, which will enhance their ballroom dance experience. Dances include the Waltz, Foxtrot, Cha Cha, Rumba, & Swing. For more information on Ballroom

Dance please visit www.usadance-oc.org.

DATES	TIME	DAY	SESSIONS	FEE	CLASS
3/7-3/28	11:00-1:00 PM	M	4	\$40/\$45	4536
3/5-3/26	6:00-7:00 PM	Sa	4	\$40/\$45	4537
4/4-4/25	11:00-1:00 PM	M	4	\$40/\$45	4538
4/2-4/30	6:00-7:00 PM	Sa	5	\$50/\$55	4539
5/2-5/23	11:00-1:00 PM	M	4	\$40/\$45	4540
5/7-5/28	6:00-7:00 PM	Sa	4	\$40/\$45	4541

Location: LHCC

Instructor: USA Dance

Ages: 10 & older

Belly Dancing



From beginning muscle isolations and hip shimmies to advanced technique and choreography, these courses cover it all! You will enjoy this great overall workout in a fun, supportive atmosphere. Wear comfortable clothes and dance shoes, or go barefoot. Instructor has over 20 years experience in this dance form. For more information please visit www.enheduanna.com.

DATES	TIME	DAY	CLASS
LEVEL I:			
3/6-3/27	12:15-1:30 PM	Su	4623
4/3-4/24	12:15-1:30 PM	Su	4624
Fee: Resident \$52, Non-Resident \$57		Class Sessions: 4	
LEVEL II:			
5/1-5/29	12:15-1:30 PM	Su	4625
Fee: Resident \$64, Non-Resident \$69		Class Sessions: 5	
Level III/IV:			
3/6-5/29	3:15-4:30 PM	Su	4627
Fee: Resident \$154, Non-Resident \$159		Class Sessions: 13	

Location: LHCC

Instructor: Tina Elkins

Ages: 10 & older

REGISTER EARLY

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



SPORTS & FITNESS

Adult Open Gym Basketball



Participants must purchase an annual gym pass and complete a registration form at the front counter prior to accessing the gymnasium.

DATES	TIME	DAY
Ongoing	2:00-6:00 PM 6:30-9:30 PM	Su Fri

Fee: Resident \$30, Non-Resident \$40
Location: LHCC

Ages: 18 & older

Children & Teen Open Gym Basketball

Open gym basketball is free of charge to those ages 17 and under. A parent or guardian must complete a registration form at the front counter prior to children accessing the gymnasium. Children under 9 years of age must be accompanied by a parent or guardian.

DATES	TIME	DAY
Ongoing	12:00-2:00 PM 2:00-4:00 PM	Su M-F

Fee: FREE
Location: LHCC

Ages: 17 & under

After School Sports



Intramural Sports will be offered for boys and girls two days a week after school at each elementary school campus. Sessions begin with skill development and progress to intramural tournaments. **Session I:** Coed Soccer; **Session II:** Track & Field. All City Track Meet will be held Saturday June 11 from 8am-12pm. **NOTE:** Class will not meet on school holidays and furlough days. On minimum days practice will be held at 1:30 PM at Lomarena and Valencia and at 1:00 PM at San Joaquin.

DATES	TIME	DAY	SCHOOL	SPORT	CLASS
SESSION I:					
3/14-4/20	2:45-4:00 PM	MW	Lomarena	Coed Soccer	4433
3/15-4/21	2:15-3:30 PM	TuTh	San Joaquin	Coed Soccer	4434
3/15-4/21	2:45-4:00 PM	TuTh	Valencia	Coed Soccer	4435

DATES	TIME	DAY	SCHOOL	SPORT	CLASS
SESSION II:					
5/9-6/8	2:45-4:00 PM	MW	Lomarena	Track & Field	4611
5/10-6/9	2:15-3:30 PM	TuTh	San Joaquin	Track & Field	4612
5/10-6/9	2:45-4:00 PM	TuTh	Valencia	Track & Field	4613

Fee: \$35
Instructor: Community Services Staff

Ages: 5-13
Class Sessions: 10

Children's Running Program



Calling all future marathon runners! The City of Laguna Hills Community Services Staff is here to help you train for a fun 5K run this Memorial Day. As part of the City's Get Fit Campaign, this program has been designed for children of all fitness levels to work towards the goal of competing in the City of Laguna Hills Memorial Day 5K and Half Marathon. Come out and join Community Services Staff twice a week for eight weeks to train, prepare and participate in the 5K run this Memorial Day. This program will teach you proper stretching exercises, build endurance and conclude with the 5K run on Monday, May 30th. All participants will receive a t-shirt and entrance into the 5K run. Families enrolling more than 1 child in this class will receive a 25% discount for additional children enrolled.

DATES	TIME	DAY	CLASS
4/4-5/25	4:00-5:00 PM	MW	4614
4/5-5/26	4:00-5:00 PM	TuTh	4615

Fee: Resident \$25, Non-Resident \$30
Location: LHCC
Instructor: Community Services Staff

Ages: 8-13
Class Sessions: 16

Hiking Club



The Hiking Club is a series of hikes that explore various wilderness areas in the Orange County area. The hikes are held at intermediate level hiking pace and encounter a variety of terrain, including hills with distances of 3-6 miles. Participants should wear sturdy walking shoes or hiking boots, be prepared for plenty of sunshine and bring water to drink. Class meets at the Laguna Hills Community Center with transportation provided by City staff to all destinations. Call (949) 707-2680 for more information. **SCHEDULE:** **4/2:** Laguna Coast Wilderness Park-Bommer Ridge Trail; **4/9:** Crystal Cove State Park-Moro Ridge Trail; **4/30:** San Onofre State Beach- Beach & Bluff Loop; **5/7:** Aliso and Wood Canyons Wilderness Park- West Ridge Trail.

DATES	TIME	DAY	CLASS
4/2, 4/9, 4/30, 5/7	8:00 AM-12:00 PM	Sa	4529

Fee: Resident \$35, Non-Resident \$40
Location: LHCC
Instructor: Community Services Staff

Ages: 15 & older
Class Sessions: 4

WE'RE ON FACEBOOK!

Check us out! www.facebook.com/lagunahillsc

SPORTS & FITNESS

Day Hike at Lake Big Bear



Seek the peak! Join Community Services Staff on a hiking adventure on the San Bernardino National Forest's Cougar Crest Trail that leads up to the Bertha Peak. This is a moderate 6.5 mile trail and has an elevation gain of just over 1600 feet. This hike has many opportunities to view many varieties of birds and flowers, woodlands, expansive views, and interesting geological formations. Participants should wear sturdy walking shoes or hiking boots, be prepared for plenty of sunshine and bring snacks, lunch & water to drink. Participants meet at the Laguna Hills Community Center where City staff will provide transportation to the trailhead. Call (949) 707-2680 for more information.

DATES	TIME	DAY	CLASS
5/14	8:00 AM-6:00 PM	Sa	4530

Fee: Resident \$10, Non-Resident \$15
 Location: LHCC Lobby
 Instructor: Community Services Staff

Ages: 18 & older

Future Stars Tennis



For kids just starting to play. Class focuses on the basics like ground strokes, some serving and lots of hand eye coordination work. This class uses lighter and lower compression balls to optimize and accelerate your child's learning and make tennis more fun and enjoyable. For more information please visit www.WRTennis.com.

DATES	TIME	DAY	CLASS
2/29-3/21	3:00-3:45 PM	M	4461
3/28-4/18	3:00-3:45 PM	M	4578
4/25-5/16	3:00-3:45 PM	M	4579
5/23-6/13	3:00-3:45 PM	M	4580

Fee: Resident \$56, Non-Resident \$61
 Location: Mackenzie Park Tennis Courts
 Instructor: Wyatt Russell

Ages: 4-5
 Class Sessions: 4

Rising Stars Tennis



Also for new kids to tennis. This class focuses on teaching the fundamentals of groundstrokes, serves, volleys and footwork skills. This class uses lighter and lower compression balls to optimize and accelerate your child's learning and make tennis fun and enjoyable. For more information please visit www.WRTennis.com.

DATES	TIME	DAY	CLASS
2/29-3/21	3:45-4:45 PM	M	4462
3/28-4/18	3:45-4:45 PM	M	4581
4/25-5/16	3:45-4:45 PM	M	4582
5/23-6/13	3:45-4:45 PM	M	4583

Fee: Resident \$72, Non-Resident \$77
 Location: Mackenzie Park Tennis Courts
 Instructor: Wyatt Russell

Ages: 6-7
 Class Sessions: 4

Tennis Stars



For kids who have moved up from Rising Stars Tennis or who are newer to tennis. This class works on ensuring kids are ready for match play by reinforcing proper stroke production, footwork and basic strategy concepts. This class uses lighter and lower compression balls to optimize and accelerate your child's learning, and make tennis more fun and enjoyable. For more information please visit www.WRTennis.com.

DATES	TIME	DAY	CLASS
3/1-3/22	3:00-4:00 PM	Tu	4463
3/29-4/19	3:00-4:00 PM	Tu	4584
4/26-5/17	3:00-4:00 PM	Tu	4585
5/24-6/14	3:00-4:00 PM	Tu	4586

Fee: Resident \$72, Non-Resident \$77
 Location: Mackenzie Park Tennis Courts
 Instructor: Wyatt Russell

Ages: 8-10
 Class Sessions: 4

All Star Tennis



For kids with more than 1 year of experience. This class reinforces the skills learned in previous classes. Players will use green balls on a full court to help them prepare for play with a full compression ball. For more information please visit www.WRTennis.com.

DATES	TIME	DAY	CLASS
3/3-3/24	3:00-4:00 PM	Th	4464
3/31-4/21	3:00-4:00 PM	Th	4587
4/28-5/19	3:00-4:00 PM	Th	4588
5/26-6/16	3:00-4:00 PM	Th	4589

Fee: Resident \$72, Non-Resident \$77
 Location: Mackenzie Park Tennis Courts
 Instructor: Wyatt Russell

Ages: 8-11
 Class Sessions: 4

Tier 1 Tennis



Perfect for kids that are ready for full court play with a full compression ball. For more information please visit www.WRTennis.com.

DATES	TIME	DAY	CLASS
3/3-3/24	4:00-5:30 PM	Th	4465
3/31-4/21	4:00-5:30 PM	Th	4590
4/28-5/19	4:00-5:30 PM	Th	4591
5/26-6/16	4:00-5:30 PM	Th	4592

Fee: Resident \$108, Non-Resident \$113
 Location: Mackenzie Park Tennis Courts
 Location: Mackenzie Park Tennis Courts
 Instructor: Wyatt Russell

Ages: 11-17
 Class Sessions: 4



SPORTS & FITNESS

Adult Tennis- Learn to Rally NEW!



If you have never played before, now is the time. In this class you will learn the basics of tennis and better yet you will be rallying in just the first class. For more information please visit WRTennis.com.

DATES	TIME	DAY	CLASS
2/29-3/21	7:00-8:00 PM	M	4466
3/2-3/23	10:00-11:00 AM	W	4467
3/28-4/18	7:00-8:00 PM	M	4593
3/30-4/20	10:00-11:00 AM	W	4596
4/25-5/18	7:00-8:00 PM	M	4594
4/27-5/18	10:00-11:00 AM	W	4597
5/23-6/13	7:00-8:00 PM	M	4595
5/25-6/15	10:00-11:00 AM	W	4598

Fee: Resident \$72, Non-Resident \$77
 Location: Mackenzie Park Tennis Courts
 Instructor: Wyatt Russell

Ages: 18 & older
 Class Sessions: 4

Adult Tennis- Intermediate NEW!

Perfect for more experienced players with a 3.0-3.5 rating. We'll work on refining strokes as I introduce modern concepts, with proven techniques. Together we'll discuss and implement doubles and singles strategies for smarter play and decision making during points. For more information please visit WRTennis.com.

DATES	TIME	DAY	CLASS
3/2-3/23	9:00-10:00 AM	W	4470
3/2-3/23	5:30-6:30 PM	W	4471
3/30-4/20	9:00-10:00 AM	W	4605
3/30-4/20	5:30-6:30 PM	W	4608
4/27-5/18	9:00-10:00 AM	W	4606
4/27-5/18	5:30-6:30 PM	W	4609
5/25-6/15	9:00-10:00 AM	W	4607
5/25-6/15	5:30-6:30 PM	W	4610

Fee: Resident \$72, Non-Resident \$77
 Location: Mackenzie Park Tennis Courts
 Instructor: Wyatt Russell

Ages: 18 & older
 Class Sessions: 4

Adult Tennis- Advanced Beginner NEW!



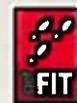
This class is perfect if you haven't played in a few years or you are just getting the hang of things. I'll help you further your fundamental skills so your consistency and shot making percentages increase to higher levels. For more information please visit WRTennis.com.

DATES	TIME	DAY	CLASS
2/29-3/21	10:00-11:00 AM	M	4468
3/2-3/23	6:30-7:30 PM	W	4469
3/28-4/18	10:00-11:00 AM	M	4599
3/30-4/20	6:30-7:30 PM	W	4602
4/25-5/18	10:00-11:00 AM	M	4600
4/27-5/18	6:30-7:30 PM	W	4603
5/23-6/13	10:00-11:00 AM	M	4601
5/25-6/15	6:30-7:30 PM	W	4604

Fee: Resident \$72, Non-Resident \$77
 Location: Mackenzie Park Tennis Courts
 Instructor: Wyatt Russell

Ages: 18 & older
 Class Sessions: 4

Meditation, everyone should meditate- WHY? NEW!



There are many different ways to Meditate. The goal is to remove what is unnecessary "the clutter" mental, physical, and emotional. Some benefits of Meditation are, quieting your mind, reducing stress, and operating more efficiently with less effort. I will be guiding you through Concentrative Meditation, the practice of restrict awareness whether internal or external forces.

DATES	TIME	DAY	CLASS
Free Trial:			
3/2	6:00-6:45 PM	W	4533
One day class:			
3/9	6:00-6:45 PM	W	4534
3/30-3/30	6:00-6:45 PM	W	4535

Fee: Resident \$5, Non-Resident \$7
 Location: LHCC
 Instructor: Karl Ardo

Ages: 18 & older

COMMUNITY CENTER FOSSIL TOUR

Join City staff for this free 40 minute guided tour of the Community Center lobby which is a showcase for regional fossil discoveries and is an educational treasure. The tour introduces community members to the ancient life that occupied Laguna Hills during the last 17 million years of

the Earth's history. Participants meet at the Laguna Hills Community Center. Call (949) 707-2692 for more information. DATES: 3/7, 4/2, 5/7, & 6/4 from 11:00-11:40 AM.



ACTIVITY SCHEDULE

SPORTS & FITNESS

Aikido



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

DATES	TIME	DAY	CLASS
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Ages 6-18 (Beginning):			
3/1-3/31	5:00-6:00 PM	TuTh	4493
	9:30-10:30 AM	Sa	
4/2-4/30	5:00-6:00 PM	TuTh	4496
	9:30-10:30 AM	Sa	
5/3-5/31	5:00-6:00 PM	TuTh	4499
	9:30-10:30 AM	Sa	

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

Ages 6-18 (Intermediate):

3/1-3/31	6:00-7:00 PM	TuTh	4494
	9:30-10:30 AM	Sa	
4/2-4/30	6:00-7:00 PM	TuTh	4497
	9:30-10:30 AM	Sa	
5/3-5/31	6:00-7:00 PM	TuTh	4500
	9:30-10:30 AM	Sa	

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

Ages 19 & older (All Levels):

3/1-3/31	7:00-9:00 PM	TuTh	4495
	8:30-9:30 AM	Sa	
4/2-4/30	7:00-9:00 PM	TuTh	4498
	8:30-9:30 AM	Sa	
5/3-5/31	7:00-9:00 PM	TuTh	4501
	8:30-9:30 AM	Sa	

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

Location: LHCC
Instructor: Dale Eisenberg

MLB PITCH, HIT RUN COMPETITION

Coming this April to the Laguna Hills Community Center & Sports Complex. This competition is open to boys and girls ages 7-14. Check the City's website or facebook page for more information.

Zumba



Zumba is an aerobic exercise class that fuses Latin rhythms (Disco, Reggaeton-Cumbia, Conga Hip-Hop, Merengue Hip-Hop, Reggaeton-Belly Dance, Techno and Salsa) with a highly effective cardio training system that is fun and easy to do. Burn 500-800 calories an hour! Participants should wear comfortable attire and bring water and a towel. Be prepared to have a great time and expect to sweat. Ditch the workout...join the PARTY! To learn more about Zumba or the instructor, please visit www.southcozumba.com.

DATES	TIME	DAY	SESSIONS	FEE (Res/Non-Res)	CLASS
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One day per week:					
3/1-3/29	7:00-8:00 PM	Tu	5	\$45/\$50	4502
3/3-3/31	7:30-8:30 PM	Th	5	\$45/\$50	4503
4/5-4/26	7:00-8:00 PM	Tu	4	\$36/\$41	4504
4/7-4/28	7:30-8:30 PM	Th	4	\$36/\$41	4505
5/3-5/31	7:00-8:00 PM	Tu	5	\$45/\$50	4506
5/5-5/26	7:30-8:30 PM	Th	4	\$36/\$41	4507

Two days per week:

3/1-3/31	7:00-8:00 PM	Tu	10	\$85/\$90	4508
	7:30-8:30 PM	Th			
4/5-4/28	7:00-8:00 PM	Tu	8	\$68/\$73	4509
	7:30-8:30 PM	Th			
5/3-5/31	7:00-8:00 PM	Tu	9	\$77/\$82	4510
	7:30-8:30 PM	Th			

Three month option:

3/1-5/31	7:00-8:00 PM	Tu	14	\$126/\$131	4511
3/3-5/26	7:30-8:30 PM	Th	13	\$117/\$122	4512
3/1-5/31	7:00-8:00 PM	Tu	27	\$230/\$235	4513
	7:30-8:30 PM	Th			

Location: LHCC
Instructor: Dina Martin-Rusk

Ages: 16 & older

Booty Blast n Core



This class focuses on two very important things: reshaping your hips, thighs and abdomen/torso AND strengthening your body's foundation, which leads to greater strength and stability in your body overall. Various exercises are performed using basic equipment. If you have physical limitations, there are ways to modify the exercises to work for you.

DATES	TIME	DAY	CLASS
3/7-3/28	7:00-8:00 PM	M	4520
4/4-4/25	7:00-8:00 PM	M	4521
5/2-5/23	7:00-8:00 PM	M	4522

Fee: Resident \$36, Non-Resident \$41
Location: LHCC
Instructor: Dina Martin-Rusk

Ages: 18 & older
Class Sessions: 4



SPORTS & FITNESS

Basics of Skateboarding



A hands-on camp designed to bring children together within the community. Children develop and enhance their skateboarding skills while creating friendships. A \$10 material fee is due to the instructor at the first class meeting. ***NO CLASS 4/9.**

NEW

DATES	TIME	DAY	CLASS
3/5-3/26	9:30-11:30 AM	Sa	4514
4/2-4/30	9:30-11:30 AM	Sa	4515
5/7-5/28	9:30-11:30 AM	Sa	4516

Fee: Resident \$150, Non-Resident \$155
Location: LHCC
Instructor: Matt Sheridan

Ages: 3-12
Class Sessions: 4

Qigong for All



Each class starts with a set of Gentle Opening Moves to allow the body structure to open in all directions. Next, we move through the 20 Qigong movements. These movements focus on Energy(Qi) passing through specific pathways (or meridians). The class ends with a closing Qigong form (Swimming Dragon) that integrates the mind-body-spirit to a more grounded state of well being. This form of Qigong can be safely practiced by the beginner, those with limited movement and the most advanced student.

DATES	TIME	DAY	CLASS
3/2	7:00-8:00 PM	W	4531

10 Week session:

3/9-5/11	7:00-8:00 PM	W	4532
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Fee: Resident \$100, Non-Resident \$105
Location: LHCC
Instructor: Karl Ardo

Ages: 18 & older
Class Sessions: 10

Gentle Yoga



Gentle Yoga's calming restorative stretches will help heal and release stress, and physical tension, with an emphasis on deep yoga breathing and relaxation. Pre-registration required. For more information visit <http://yogaknights.com>.

DATES	TIME	DAY	CLASS
3/16-5/11	6:00-7:30 PM	W	4492

Fee: Resident \$126, Non-Resident \$131
Location: LHCC
Instructor: Angie Knight

Ages: 14 & older
Class Sessions: 9

SPORTS LEAGUES

Slow Pitch Adult Softball League



Registration for Adult Softball is on site at Laguna Hills Community Center. For more information call (949) 707-2690. \$15 per game umpire fee.

LEAGUE	DATES	TIME	DAY	CLASS
Men's "D"	5/2-7/18	6:30, 7:45, 8:50 PM	M	4616
Coed	5/3-7/19	6:30, 7:40, 8:50 PM	Tu	4617
Men's "D"	5/4-7/20	6:30, 7:45, 8:50 PM	W	4618
Men's "C"	5/5-7/21	6:30, 7:40, 8:50 PM	Th	4619
Coed	5/6-7/22	6:30, 7:40, 8:50 PM	F	4620

Fee: \$500
Location: LHCC
Instructor: Community Services Staff

Ages: 18 & older

Adult Volleyball League



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

LEAGUE	DATES	TIME	DAY	CLASS
Women's 4 on 4	5/2-7/18	6:10, 7:00, 8:00 PM	M	4621

Fee: \$225
Location: LHCC
Instructor: Community Services Staff

Ages: 18 & older

Adult Basketball League



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

LEAGUE	DATES	TIME	DAY	CLASS
Men's	5/3-7/14	6:30-7:30 PM	Tu	4622

Fee: \$325
Location: LHCC
Instructor: Community Services Staff

Ages: 18 & older

DROP-IN TABLE TENNIS

Bring your own racquet and ball and join us for a drop-in game of Table Tennis each Tuesday and Thursday from 12:00-2:00 PM and Saturday from 1:00-5:00 PM. Tables are available on a first come first serve basis. Participants must complete a registration form at the front counter prior to participating.



ACTIVITY SCHEDULE



CIRCLE OF FRIENDS

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

BINGO Night

Invite a friend and join us for an exciting evening of BINGO at the Laguna Hills Community Center! Please RSVP in advance at (949) 707-2683.

DATES	TIME	DAY	CLASS
3/4	7:00-9:00 PM	F	4574

Fee: \$5
Location: LHCC
Instructor: Community Services Staff
Ages: 13 & older

Pizza and Movie Night

Invite a friend and join us for a fun night of pizza and a movie at the Laguna Hills Community Center! Please RSVP in advance to (949) 707-2683.

DATES	TIME	DAY	CLASS
4/8	6:30-9:00 PM	F	4575

Fee: \$5
Location: LHCC
Instructor: Community Services Staff
Ages: 13 & older

Karaoke Night

Invite a friend and join us for an exciting evening of karaoke at the Laguna Hills Community Center! Bring your favorite CD to sing-a-long with or use one of ours! Please RSVP in advance at (949) 707-2683.

DATES	TIME	DAY	CLASS
5/13	7:00-9:00 PM	F	4576

Fee: \$5
Location: LHCC
Instructor: Community Services Staff
Ages: 13 & older

EXCURSIONS

Excursion to the Carlsbad Flower Fields

For over sixty years, Mother Nature has transformed the rolling hills of North San Diego County into one of the most spectacular and coordinated displays of natural color and beauty anywhere in the world. The nearly fifty acres of Giant Tecolote Ranunculus flowers that make up The Flower Fields at Carlsbad Ranch in Carlsbad, California, are in bloom for approximately six to eight weeks each year- from early March through early May- literally bringing the famous fields back to life. This annual burst of color, which has become part of the area's local heritage, also is one of nature's official ways of announcing the arrival of spring here in Southern California. After touring the Flower Fields on your own, you'll have an opportunity to purchase lunch and do some shopping at the nearby Carlsbad Premium Outlet stores. Sign up today, space is limited!

DATES	TIME	DAY	CLASS
3/19	8:00 AM-3:00 PM	Sa	4411

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

Mini Excursion Orange Empire Railway Museum

Explore the West's largest collection of railway locomotives, passenger and freight cars, street cars, interurban electric cars, buildings and other artifacts dating from the 1870s. Ride streetcars, inter-urban cars and trains on the museum railway. Transportation is provided by City staff driving 15 passenger vans. Wear comfortable walking shoes and bring your own lunch to enjoy during this excursion. Sign up today, space is limited!

DATES	TIME	DAY	CLASS
6/11	8:00 AM-4:00 PM	Sa	4528

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

CIVIC CENTER PUBLIC ARTS TOUR

Travel through time and relive Laguna Hill's early history through stories and art displays at the Laguna Hills Civic Center. This free 40 minute tour gives a brief look into the City's rich history and the men and women that shaped it's destiny. Participants meet at the Laguna Hills Civic Center. Call (949) 707-2692 for more information. DATES: 3/7, 4/2, 5/7 & 6/4 from 10:00-10:40 AM.



EMERITUS

Saddleback College Senior Emeritus Program

These classes are sponsored by Saddleback College Emeritus Program and held in the gymnasium at the Laguna Hills Community Center; the gymnasium is not air conditioned. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus.

DAY CLASS TIME
The following classes meet 1/19 to 5/23:

DAY	CLASS	TIME
MW	Yoga	9:00-9:50 AM
MW	Aerobic Exercise	10:00-10:50 AM
MW	Pilates Conditioning	11:00-11:50 AM
TTH	Sequential Stretching	8:30-9:20 AM
TTH	Pilates Conditioning	9:30-10:50 AM
T	Yoga	11:00 AM-12:50 PM
Fri	Tai Chi	8:30-10:20 AM
Fri	Pilates Conditioning	10:10-11:55 AM

Location: LHCC

Ages: 50 & older

Saddleback College ART 41X: Art Media Studies

Students engage in introductory activities in mixed media drawing, painting, printmaking and related 2-D art forms. Materials fee of \$10.00 payable at registration. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus.

DATES	TIME	DAY
1/25-5/23	1:00-3:50 PM	Mon

Location: LHCC

Ages: 50 & older

Saddleback College SPAN 231X: Intermediate Practical Spanish

Further the fundamentals of communicative competence in practical Spanish for the older adult. Focuses on listening, comprehension and speaking. Reading and writing skills will be expanded. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus.

DATES	TIME	DAY
1/19-5/17	9:00-10:50 AM	Tu

Location: LHCC

Ages: 50 & older

Saddleback College ART 59X: Intermediate/Advanced Watercolor

Rec Prep: ART 58X. Utilizing and incorporating color mixing in a broader palette for washes, glazing, and spontaneous interpretation of the subject matter. An increasing emphasis will be placed on individual exploration with the medium. Materials fee of \$5 payable at registration. Additional art supplies may be required. To register or for more information please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus.

DATES	TIME	DAY
1/20-5/18	1:00-3:50 PM	W

Location: LHCC

Ages: 50 & older

Saddleback College ART 20X: Art Appreciation

Focuses on the fundamentals and aesthetics of the visual arts, as well as the major developments that shaped the evolution of Western art. Additional art supplies may be required. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus.

DATES	TIME	DAY
1/21-5/19	10:00-11:50 AM	Th

Ages: 50 & older

Location: LHCC

Saddleback College ART 80X: Beginning Sketching

Basic drawing techniques will be presented as students are encouraged in individual artistic expression. Still life, student model, and location work will be done in simple classic media of pencil, charcoal and pastel. Materials fee of \$5 is payable at registration. Additional art supplies may be required. To register or for more information, please call the Emeritus Institute at (949) 582-4835 or visit www.saddleback.edu/emmeritus.

DATES	TIME	DAY
1/22-5/20	1:00-3:50 PM	F

Location: LHCC

Ages: 50 & older