

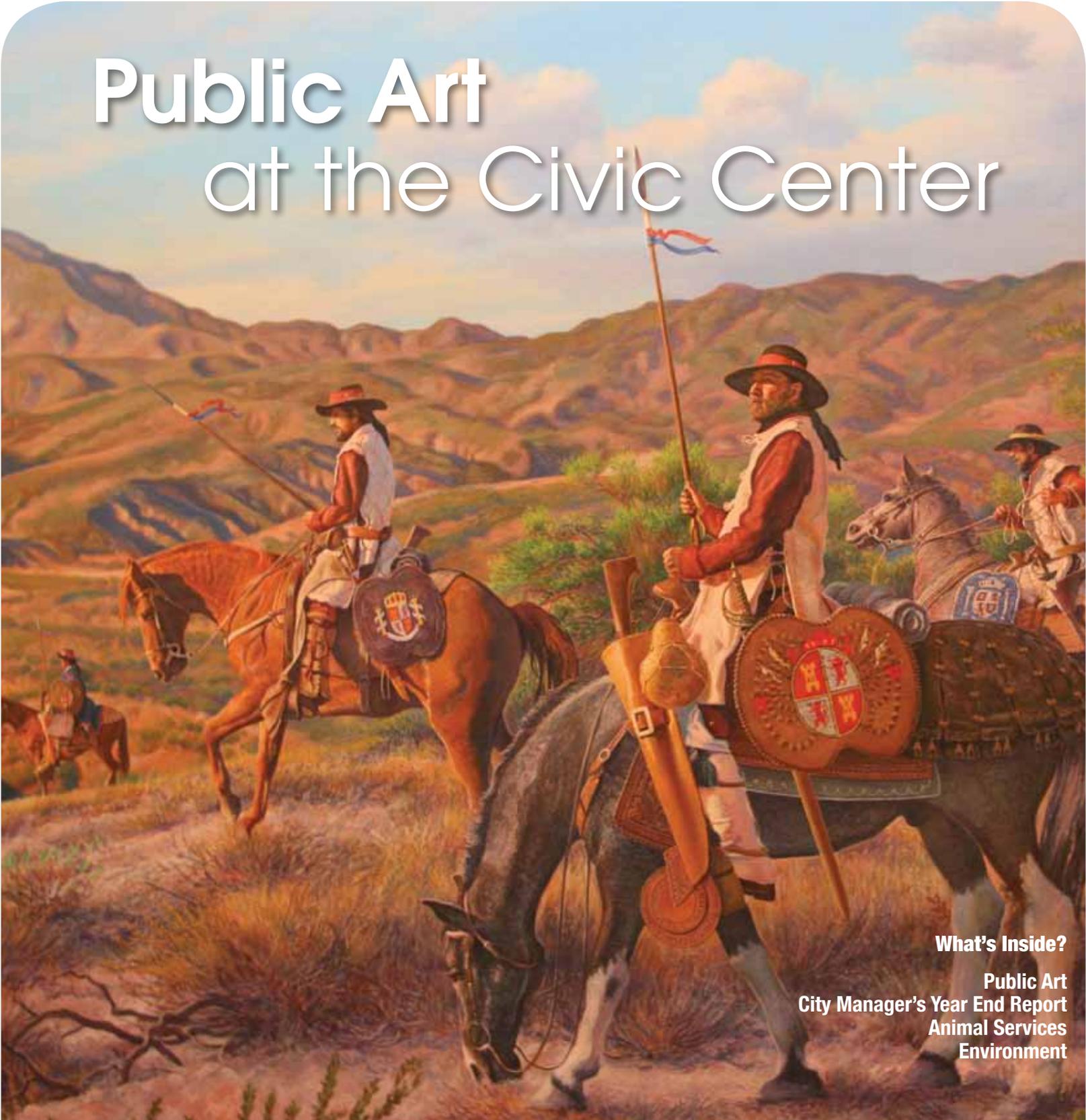
2010 SPRING | News Magazine & Activity Guide



laguna hills

CITY VIEWS

Public Art at the Civic Center



What's Inside?

Public Art
City Manager's Year End Report
Animal Services
Environment



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

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.



LAGUNA HILLS CITY COUNCIL:

Randal Bressette
 Mayor

R. Craig Scott
 Mayor Pro Tem

Melody Carruth

Joel Lautenschleger

L. Allan Songstad, Jr.

A Message
 from the **CITY**

The history of Laguna Hills is alive and well through the public art displays at the Civic Center. The City looks forward to making more history and bucking the trends of many California cities during this tough economic period.

While being a harsh year, 2009 was a chance for the City to put its conservative fiscal policies to good use and maintain high service levels for residents. You can read more about the City's financials in the City Manager's year end report on pages four and five.

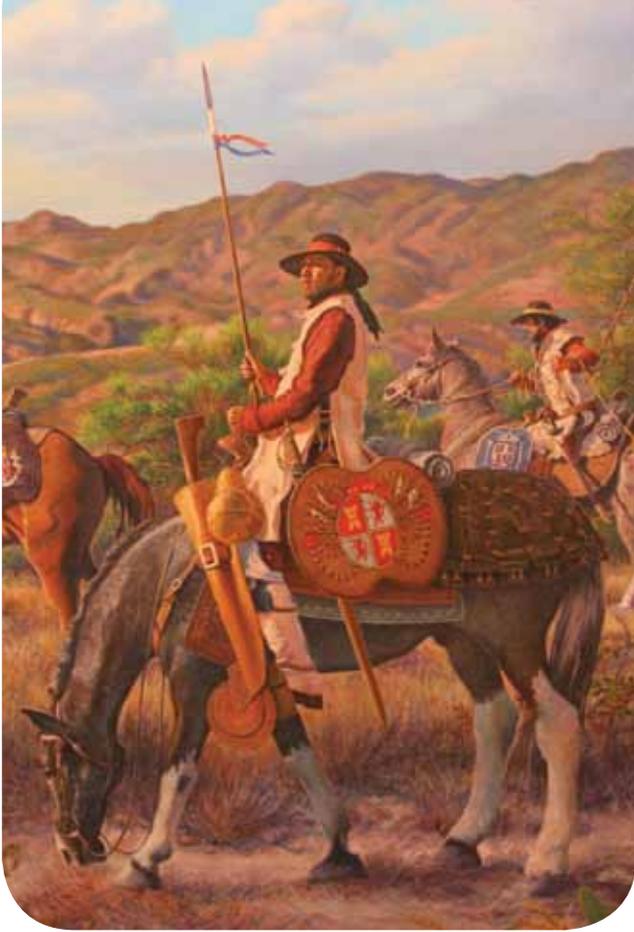
The City is also working hard to keep your pets safe and healthy through a partnership with OC Animal Care to give amnesty to pet owners who have not yet registered their pets. You can read more about this program and other pet news on pages six and seven.

On the environmental front, the Laguna Hills Mall has been recognized for efforts to reduce landfill waste and recycle reusable goods. This article and more on the environment can be found on pages eight and nine.

laguna hills
CITY VIEWS

City Views is published quarterly 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
 Administrative Services Department
 24035 El Toro Road
 Laguna Hills, Ca 92653
 Telephone: (949) 707-2620
www.ci.laguna-hills.ca.us



ON THE COVER

A scene from the *Discovering Orange County* mural, one of the many historic events that has taken place in the Saddleback Valley. The City of Laguna Hills has made a commitment to honor this history through public art. To read more about the people and settlers that helped to make Laguna Hills and Orange County what they are today go to pages two and three.

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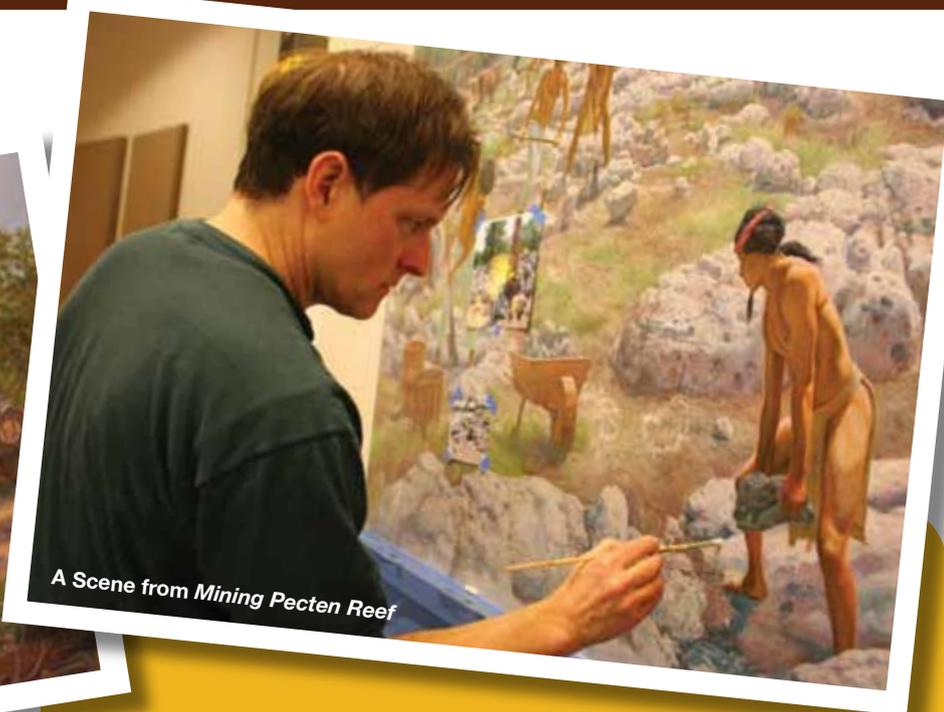
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A Scene from *Discovering Orange County*



A Scene from *Mining Pecten Reef*

SNAPSHOTS IN TIME:

LAGUNA HILLS Pictorial History

Laguna Hills has a rich cultural history as a home to Native Americans, early settlers and historic meetings that shaped the future of California.

In 2006 the City Council selected an early California history theme for the Civic Center Public Art Program. As part of this program the City commissioned three murals for the Council Chambers. Robert Evans, the artist for these murals, was selected through a competitive process in 2007. Evans, who lives and works in Boston, has spent the last two years researching and creating these breathtaking pieces of public art.

These murals focus on three historic events in the Saddleback Valley: the discovery of Orange County, the mining of pecten reef for Mission San Juan Capistrano, and a meeting between Don Juan Àvila, U.S. Army General Stephen W. Kearny and U.S. Navy Commodore Robert F. Stockton.

Discovering Orange County

This mural depicts Sergeant José Francisco de Ortega and a small group of scouts, who marked trails, located water, and identified possible campsites for the Gaspar de Portola expedition in 1769. Portola was a military and Spanish aristocrat and was appointed to command an expedition traveling northward into the unmapped territory of Alta, California. In the mural, the scouting party marches onward – heading towards Trabuco Canyon through the rich grasslands, alder, oak and willow trees of Orange County.

Mining Pecten Reef

Soon after Father Junípero Serra dedicated Mission San Juan Capistrano in 1776, Franciscan missionaries began converting local Acjachemen tribe to Christianity and bringing them to the mission to learn the European way of life. Lime was constantly needed to make the plaster and mortar used to enlarge existing buildings and to construct

new ones at the mission. One source of this mineral was the fossil limestone reefs of ancient sea beds. In the mural, converts cut blocks of limestone from deposits like that found in Pecten Reef in Laguna Hills and take them to the mission.

War Brings Change

During the Mexican-American War, six hundred American soldiers under the command of Army General Stephen W. Kearny and U.S. Navy Commodore Robert F. Stockton traveled north from San Diego to the Los Angeles area between December 29, 1846 and January 8, 1847. In the mural they make camp at Don Juan Àvila's Rancho Niguel. Àvila's hacienda was located on the south bank of Los Alisos Creek, just west of El Camino Reál and within the borders of what later became Laguna Hills.

These murals are public treasures and will be available to view at City Council meetings and other events held within the Council Chambers and during normal business hours.



A Scene from *War Brings Change*

Public Art Funding

The program has been paid for with Public Art Funds, not taxpayer money. All new development in the City's urban village area with a total construction cost of \$250,000 or more is required to provide public art or contribute to a Public Art Fund as part of their development. At times, the General Fund may loan money to the Public Art Fund.

ARTIST BIO: Robert Evans, muralist



Robert Evans is an artist from Sherborn, Massachusetts. He earned his degree in visual studies and English at Dartmouth College, where he worked closely with several artists-in-residence, including realist painters Tom Blackwell and

Ivan Albright. Evans credits both his academic background in tight, trompe-l'oeil realism and the techniques he learned from his first official job as a set painter for theater, opera, film, and videos. This experience taught him to solve pictorial problems on a large scale and helped him evolve into a muralist.

Evans has created more than fifty murals depicting everything from Eocene and Pleistocene habitats to the life of George Washington for aquariums, museums, restaurants, schools, visitor centers, and zoos. Evans designed and painted ten murals for the "America on the Move" exhibit at the Smithsonian Museum of American History in Washington, D.C. Examples of his work are on display at the Woodland Park Zoological Gardens, in Seattle, Washington; the Mount Vernon Visitor Center in Mount Vernon, Virginia; the Harvard Museum of Natural History in Cambridge, Massachusetts; and elsewhere throughout the country.

CITY MANAGER'S **YEAR END REPORT**



2009 In Review, The City Manager's Report

The City Manager's Year End Report is a look back at the City's overall standing in 2009. As expected the report for 2009 shows a decline in revenue due to the recession but the City has been able to maintain its strength and prosperity due to a history of conservative financial policies.

The recession began across the U.S. in late 2007 but struck its heaviest blows in 2009 adversely affecting many businesses as well as government agencies. While Laguna Hills was not unscathed by the recession, it fared considerably better than other California cities. This is due in part to a long history of conservative fiscal management, which served the City well in this past year. The City's financial policies were lauded by Standard and Poor's which in 2009 gave the City of Laguna Hills an implied rating of AAA over the previous rating of AA.

Make no mistake, the recession negatively impacted the City's property and sales tax revenues. Property tax declined from \$5.75 billion in 2007-08 to \$5.6 billion in 2009-10. Sales tax revenue decreased by 11.97 percent from \$6.4 million in 2007-08 to \$5.6 million 2008-09. From the 2007-08 biennial budget to the 2008-09 biennial budget, the City's total revenue that goes to the general fund declined by \$1,558,764. Despite the loss of revenue from a number of sources, Laguna Hills was one of the few government agencies in the State to still have an operating budget surplus. Laguna Hills ended the 2008-09 fiscal year with a fund balance of \$11.4 million.

The City Manager has outlined some of the areas where successful management has been crucial in obtaining the success and financial security that Laguna Hills enjoys.

CITY MANAGER'S YEAR END REPORT

FOUNDATIONS OF SUCCESS

Organizational Efficiency – Laguna Hills maintains a small and efficient staff of 27 full time employees and a personnel budget of 25 percent of the total operating budget. The City has retained a small staff in order to keep costs down.

Reasonable and Sustainable Compensation

Program – Laguna Hills is the only City in Orange County and one of 13 in the State that still offers the original PERS pension program of 2% at age 60. The pension tsunami that is certain to hit other cities will not affect Laguna Hills.

Commitment to Public Safety – Public safety has always been the number one priority in Laguna Hills. City Management has always held the position that if the community does not feel safe, other City services are immaterial.

Aggressive and Consistent Capital Investment

– Laguna Hills has spent over \$113,000,000 on capital projects since 1992, in today's dollar figures it would be closer to \$200,000,000. The City values community assets such as the Community Center and Sports Park which enhance the lives of residents.

Strategic Annexations – The City annexed North Laguna Hills in 1996 and the Westside area in 2000. These annexations brought in around 7,500 residents and helped to expand and diversify the City's tax base.

Civic Center Enterprise Operation – The City rented space for City Hall for 12 years before purchasing the current Civic Center on El Toro Road. The City occupies 22,000 sq ft. and rents out 33,000 sq ft. of the Civic Center and last year achieved a net

operating income of \$178,000. The combined rental savings and earnings on the facility accounts for \$800,000 or almost 5 percent of a yearly operating budget.

Independence from the State – In 2004, the City aggressively supported Proposition 1A. This initiative kept City revenues and reserve funds under local control. Given the state's fiscal crisis it would most certainly have taken substantial amounts from the City's reserve.

OTHER AREAS OF SUCCESS IN 2009

General Plan:

On July 14, 2009, the City adopted the first major update of its General Plan since its inception in June 1994. The plan extensively involved the public in over 17 meetings and set out plans to provide an opportunity for community improvements over the next 10 years. The City will focus on the commercial areas of the Alicia Gateway and Moulton-La Paz and the residential area of Via Lomas.

CAPITAL PROJECTS COMPLETED IN 2009

The City spent over 7 million dollars in 2009 on Capital Improvement Projects. Focusing primarily on infrastructure here are a couple notable projects.

- **City Wayfinding Sign Program**, which included all post-mounted signs and the median island monument signs.
- **Oso Parkway North and South landscaping improvements**, which included a new pedestrian and equestrian path.

Police Services:

The City of Laguna Hills continues to be a very safe community with a decrease in violent crimes for the last two years. The City has also seen a slight reduction in the number of burglaries.

For a complete copy of this report please go to www.ci.laguna-hills.ca.us/news_and_announcements/?NewsID=196

ANIMAL SERVICES



Upcoming Laguna Hills Pet Clinic

The City of Laguna Hills will be holding its 2010 pet clinic on Saturday, April 24th, 9am-1pm, at the Community Center. The clinic will have representatives from OC Animal Care and the Southern California Veterinary Vaccine Clinic to administer low cost vaccinations, pet licensing, micro chipping, and pet adoptions.

Low Cost Spay and Neuter Clinics in Laguna Hills

Affordable Spay and Neuter

24861 Alicia Pkwy Ste. D (Dick's Sporting Goods Plaza)
Laguna Hills, CA 92653
(949) 768-1314

For more information or to find other low cost clinics, contact the OC Animal Care at (714) 935-6848 or go to www.ocpetinfo.com.

Dog Amnesty: Licensing and Amnesty, Keeping Pets Safe!

Each year between six and eight million dogs and cats enter animal shelters across the U.S. Many are unlicensed and are often the offspring of unlicensed dogs and cats. If these animals were licensed, they could have been reunited with their families instead of being placed into shelters. Laguna Hills has the lowest incidence of animals that end up in shelters compared to neighboring cities, however, only 43 percent of the dogs in Laguna Hills are licensed.



ANIMAL SERVICES



Keep'em on a Leash and Keep it Clean!

Most local parks are a place for fun with families and four-legged friends, as long as they're on a leash. Unless otherwise noted all dogs must be on a leash no longer than six feet and should be accompanied by competent adult.

Pet owners should also make sure to pick up after their dog. Leaving pet waste in a public park or on a sidewalk is not only a health concern, but is also an environmental concern. If not disposed of properly pet waste can be washed into stormdrains and eventually flow to the ocean.

The County of Orange and the City of Laguna Hills will be offering a 45-day amnesty licensing period starting on April 1st and ending on May 15th. During this period, the County and City will waive past-due licensing fees and fines if you register your dog.

On May 17th the City in partnership with OC Animal Care will be starting a one-year dog license canvassing campaign where fees and fines will resume for not having a licensed dog.

Spay and Neuter Excuses, Myths & Facts

"But my pet is a pure bred" – So is at least one out of every four animals brought to animal shelters around the country.

"I want my dog to be protective" – Spaying and Neutering does not affect a dog's natural instinct to protect its home and family. A dog's personality is formed more by genetics and its environment than by its sex hormones.

"I don't want my male dog or cat to feel less male" – Pets don't have any concept of sexual identity or ego. Neutering a male dog or cat will not change its basic personality. It doesn't suffer any kind of emotional reaction or identity crisis when neutered.

ENVIRONMENT



That's a WRAP! Laguna Hills Mall Wins Environmental Protection Award

In 2009, the City of Laguna Hills teamed up with the Simon Property Group to help reduce the amount of waste being sent to landfills by creating a recycling program for the Laguna Hills Mall. Through this effort the Laguna Hills Mall received the Waste Reduction Awards Program (WRAP) from the California Integrated Waste Management Board for its exemplary efforts to reduce the amount of waste sent to landfills.

"This is the culmination of a year-long initiative at Laguna Hills Mall to introduce more environmentally friendly business practices," explains Melissa Palencia, Area Mall Manager, Simon Property Group.

Every year, the "WRAP of the Year" award honors a wide variety of businesses for their green accomplishments.

You may have noticed there are now recycling containers next to every trash can inside the mall, that's a total of 32 recycling bins. These bins accept aluminum cans, glass, and plastic bottles which are then recycled through CR&R Waste Service's recycling program.

This isn't the first time the City and Simon Property Group have helped to protect our environment. In 2009, the mall was the first commercial business in South Orange County to launch a food scrap recycling program. This means instead of being sent to landfills, the food scraps are composted and help to create high-quality, nutrient rich soil for farmers. And in 2008, the mall diverted 220 tons of cardboard, paper, plastic glass and aluminum—helping to decrease air pollution and greenhouse gases. This is equivalent to planting 372 trees or taking 159 Hummers off the road each year!



ENVIRONMENT

Spring Into Water Conservation!

Spring is almost here and that means the end to our rainy season. Despite our above-average rainfall in January, our state is still in a serious drought and every little bit of water conservation helps. By following the water restrictions and guidelines set out by the Moulton Niguel and El Toro Water Districts, we can work together to further reduce our water usage.

Note that Laguna Hills residents are permitted to only water one day a week. You may choose any of the following days to water: Tuesdays, Fridays, Saturdays, OR Sundays.

- When cleaning your driveway or sidewalk, use a broom instead of a hose. This can save 150 gallons or more each time. You'll also prevent urban runoff, which can wash pollutants into our storm drains untreated to the ocean.
- **Don't overwater your front lawn.** Your lawn will reach its saturation level in just a few minutes. To prevent overwatering, put an empty tuna can on your lawn prior to turning on your sprinklers. When the can is filled with water, you can turn your sprinklers off.
- Don't forget to turn off the water while you're brushing your teeth—something as simple as this saves 2 gallons per minute.
- Water only before 8 a.m. and after 5 p.m. which will reduce evaporation and interference from wind. This minor alteration can help save between 20-25 gallons per day.

Every small change makes a huge difference in saving our most valuable resource—water.

City Benefits from Federal Stimulus Plan

As part of the American Recovery and Reinvestment Act, the California Energy Commission recently granted the City of Laguna Hills \$174,071 to fund energy conservation projects throughout the City. The funds will be used to replace inefficient electrical devices and components with:

- Low wattage light fixtures
- High efficiency air conditioners and pumps at the Civic Center
- Converting all traffic signal lights from 135 watt light bulbs to 11 watt LEDs at all traffic lights

This work is expected to reduce the overall amount of electricity needed to run these systems, the project is expected to be completed this summer.



2010 SPRING

COMMUNITY SERVICES

ACTIVITY GUIDE



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CITY OF LAGUNA HILLS 25555 ALICIA PARKWAY LAGUNA HILLS CA 92653

City of Laguna Hills REGISTRATION FORM

Spring Registration begins Tuesday, February 23, 2010

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**

Information

- A \$35 fee is charged on all returned checks.
- Families enrolling more than one child in the same class taught by Community Services Staff will receive a 25% discount for additional children enrolled. Not applicable to special events, camps, after-school sports or contract classes.
- Financial assistance is available for Laguna Hills resident qualifying families. Contact 949.707.2680 for further information.
- If you need special accommodations for any of our activities, please notify staff 72 hours prior to the event at 949.707.2680.

Full refunds are issued for any class cancelled by the City. Refund requests made prior to the start of an activity will be granted without explanation but will be 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.

Adult Name _____
Last First Date of Birth

Address _____
Number Street City Zip

Home Phone _____ Work Phone _____

Cell Phone _____ Email Address _____

TITLE OF CLASS	CLASS NUMBER	DATES	PARTICIPANT'S LAST NAME	PARTICIPANT'S FIRST NAME	BIRTH DATE	FEES (RESIDENT)	FEES (NON-RES)
						\$	\$
						\$	\$
						\$	\$
						\$	\$
						\$	\$

FEES ARE SUBJECT TO CHANGE. INCOMPLETE FORMS WILL NOT BE PROCESSED AND PARTICIPATION IN A CLASS/EVENT REQUIRES A SIGNED AND COMPLETED REGISTRATION FORM PRIOR TO THE START OF THE CLASS/EVENT. ALL MINOR PARTICIPANTS MUST BE REGISTERED BY PARENT OR LEGAL GUARDIAN.

total program fees \$ _____

Release and Waiver of Liability and Indemnity Agreement

In consideration of the opportunity to participate in these activities, I hereby release, waive, and hold harmless the City of Laguna Hills ("City") and its Council members, officers, employees, agents, instructors, activity organizers and sponsors (collectively "City Representatives") from any and all suits, claims, damages, losses, injuries (including property damage, bodily injury, or death), and any other compensable loss of any time (collectively "Claims") to myself and "My Agents" (which includes my minor children, members of my organization, agents, and employees) arising out of participation in these activities, whether or not the negligence of the City or City Representatives contribute to or cause the Claims. This release does not apply to the extent the Claims are caused by the gross negligence or willful or wanton misconduct of the City or City Representatives. I further agree to defend and indemnify the City and City Representatives from any and all Claims directly or indirectly arising out of the acts or omissions of me or My Agents. I consent for video and photographs to be taken of me and My Agents for use in future City publications and understand that I and My Agents will not receive any compensation for such use.

I CERTIFY THAT I HAVE READ AND UNDERSTAND THIS, AND AGREE ON BEHALF OF MYSELF, MY SPOUSE AND MY CHILDREN.

Signature of Participant or Parent/Guardian of participant if under 18 years of age

Date

CALENDAR OF EVENTS

- Apr 2** Late Night Flashlight Egg Hunt
- Apr 3** Mr. Bunny & Friends
- Apr 17** Volunteer Connection Day
- May 7** Mother's Day Tea
- May 14** Children's Spring Concert
- May 31** Memorial Day Half Marathon & 5K
- Jun 1-4** Build A Fort Registration (LH Residents Only)
- Jun 8** Summer Registration Opens

NEW NEW CLASSES THIS SPRING!

- Decadent Decades
- Tumbling
- Cookie Monster Club

SAVE THE DATE

SUMMER CAMPS

Registration for Summer Day Camp, Summer Teen Camp, Surf Crew and all sports camps will begin on **Tuesday, June 8, 2010**.

BUILD A FORT

Due to the popularity of the Build A Fort & Junior Build A Fort Camps, registration for **Laguna Hills residents** will be collected in person **Tuesday, June 1, 2010** through **Friday, June 4, 2010** between the hours of 8:00 AM and 5:00 PM at the Laguna Hills Community Center. Please bring proof of residency (i.e. utility bill) and a copy of child(ren)'s birth certificate(s) with you. Each person will be allowed to enroll their own child(ren) only. Space is limited and is on a first come, first served basis. Registration for non-residents will begin on **Tuesday, June 8, 2010**.



2 Spring Teen Camp

2 Special Events

3-5 Early Childhood



6 Cultural Arts

7-8 Dance

9 Personal Development



10-13 Sports & Fitness

13 Circle of Friends

14 Sports Leagues

14 Emeritus





ACTIVITY SCHEDULE

SPRING TEEN CAMP

Spring Teen Camp

Spring Teen Camp is an excursion based program created for boys and girls who are 11-14 years old. Campers will meet each day at the Laguna Hills Community Center for a week of fun-filled trips and much more! Camp is held during the week of April 5th-9th. Please remember space is limited to 13 participants. For more information please call (949) 707-2690.

DATES	TIME	DAY	MAIN EXCURSION	CLASS
4/5-4/9	8:30 AM – 5:30 PM	M-F	Knott's Berry Farm	1472

Fee: Resident \$175, Non-Resident \$180
Location: Meet at LHCC

Ages: 11-14

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. 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
4/17	9:00 AM-12:00 PM	Sa

Location: Meet at LHCC

Ages: All ages

Mother's Day Tea

A special luncheon is in the works for wonderful moms everywhere. Please join us as we celebrate motherhood with you and your little ones in this fun filled Mother's Day Tea. The event includes a special lunch, entertainment, a memorable gift from your little one and plenty of hugs! Pre-registration is required. Space is limited, so register early. Parent participation is required.

DATES	TIME	DAY	CLASS
5/7	12:00-1:30 PM	F	1352

Fee: Resident \$10, Non-Resident \$15

Location: LHCC

Children's Spring Concert

Bring your family and friends and come out to celebrate children and the spring season! Enjoy the wonderful sounds of award-winning children's band, "The Happy Crowd!" Pack your lawn chairs and join us for live entertainment, crafts, and lots of springtime fun! Concessions will be available for purchase.

DATES	TIME	DAY
5/14	5:30-6:30 PM	F

Fee: FREE

Location: Stockport Park

SPECIAL EVENTS

Memorial Day Half Marathon, 5K, & Kids Run



On your mark, get set, go! Preparation has already begun for the 12th annual Laguna Hills Memorial Half Marathon and 5K. 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), or Kid's Run (1/2 mile). Early bird registration rates are available through March 6th and standard online registration for the races will be open through May 17th at www.lagunahillshalfmarathon.com. 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!

DATE	DAY
5/31	M

FOOD DRIVE



The City of Laguna Hills and South County Outreach will be partnering in a Food Drive over the Memorial Day Weekend. Race participants and spectators are encouraged to bring canned goods and non-perishable food items which will benefit South County Outreach. Collection stations will be available at the race start line and the community expo on Monday, May 31st and at the Laguna Hills Mall during registration and pre-race packet pick up on Sunday, May 30th from noon – 4:00 pm. South County Outreach is a non-profit organization dedicated to helping low-income families, seniors and individuals in crisis. Services include food distribution (up to one week a month of groceries), rental and utility assistance, computer training, clothing vouchers and financial coaching. SCO's goal is not only to provide emergency services but to provide the tools to help people help themselves. Visit www.sco-oc.org to learn more about South County Outreach.

ACTIVITY SCHEDULE



EARLY CHILDHOOD

CULTURAL ARTS

Messy Muddy Hands and Toes

Messy, muddy, sticky and gooey... you'll create art with fingers, feet, pudding, play dough, pud and suds! Wow! Let your imagination run wild with inventive projects each week. Parent participation is required.

DATES	TIME	DAY	CLASS
4/5-4/26	10:00-11:00 AM	M	1320

Fee: Resident \$40, Non-Resident \$45
 Class Sessions: 4
 Instructor: Community Services Staff

Ages: 2 1/2 - 5
 Location: LHCC

Tunes and Tales

Sing-a-longs and fingerplays are followed by music and movement activities in this fun-filled class for you and your child. Using bean bags, rhythm sticks, instruments, and a parachute, the kids will have a great time while developing their listening and social skills. Join Ms. Vivian in her 17th year of teaching this fun-filled class. Parent participation is required. Siblings: 25% discount.

DATES	TIME	DAY	CLASS
3/30-5/4	9:30-10:10 AM	Tu	1342

NO CLASS 4/6

5/18-6/15	9:30-10:10 AM	Tu	1343
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Fee: Resident \$48, Non-Resident \$58
 Ages: 1 1/2 - 2 1/2

DATES	TIME	DAY	CLASS
3/30-5/4	10:15-11:10 AM	Tu	1344

NO CLASS 4/6

5/18-6/15	10:15-11:10 AM	Tu	1345
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Fee: Resident \$53, Non-Resident \$63
 Ages: 2 1/2 - 4

Class Sessions: 5
 Instructor: Vivian Stapleton
 Location: LHCC

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.svmusicstogether.net. Siblings: \$135.00. Babies under 8 months free with registered sibling. \$40 material fee must be paid to instructor on first day of class (includes 2 CDs, illustrated songbook and parent guide).

DATES	TIME	DAY	CLASS
4/7-6/9	9:15-10:00 AM	W	1454
4/7-6/9	10:15-11:00 AM	W	1455
4/7-6/9	11:15 AM-12:00 PM	W	1456
4/8-6/10	9:30-10:15 AM	Th	1457
4/8-6/10	10:30-11:15 AM	Th	1458

Fee: Resident \$145, Non-Resident \$155
 Class Sessions: 10
 Instructor: Music Together Staff

Ages: 0-4
 Location: LHCC

PERSONAL DEVELOPMENT

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 also be a daily snack and recess time. **Children must have turned 4 years old by January 1, 2010 to register.** Parents will only need to sign-up to volunteer in the classroom for three lessons.

DATES	TIME	DAY	CLASS
4/12-6/16	9:00 AM-12:00 PM	M W	1453

NO CLASS 5/31

Fee: Resident \$285, Non-Resident \$295
 Class Sessions: 19
 Instructor: Jennifer Migliaccio

Ages: 4-5
 Location: LHCC

Tot & Preschool Lango Spanish

Structured fun and play form the foundation for our dynamic, full-immersion Lango Spanish class. Children ages 18 mos - 5 yrs (parent participation required for under age 3) will learn simple Spanish phrases through music, arts & crafts, playful repetition, and a lot of movement. Students will become familiar with more complex aspects of the language by engaging in "adventures" that require them to solve simple problems - in Spanish of course! These adventures, starring the Lango Kids, our multi-cultural cast of characters, take students to other lands and cultures to ensure that their language instruction is combined with cultural exposure. One time per family \$35 material fee paid to instructor on the first day of class. Make-ups available. Please call Shelley with Lango Laguna LLC at (949) 371-3656 or visit www.langokids.com for more information.

DATES	TIME	DAY	CLASS
4/12-6/21	10:00-10:45 AM	M	1365

NO CLASS 5/31

Fee: Resident \$150, Non-Resident \$160
 Class Sessions: 10
 Instructor: Lango Laguna LLC

Ages: 1 1/2-5
 Location: LHCC



ACTIVITY SCHEDULE

EARLY CHILDHOOD

Pirates and Dragons

This class is designed for active little ones who are interested in the world of pirates and dragons. You will have the opportunity to make pirate hats, dragon snacks, read stories and more. Parent participation is required.

DATES	TIME	DAY	CLASS
4/7-4/28	10:00-11:00 AM	W	1322

Fee: Resident \$40, Non-Resident \$45
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3-5
Location: LHCC

Decadent Decades

NEW

Join us as we travel back in time to the eras of the 1900's. This fun and unique experience will include, crafts, music, and activities for you and your child to enjoy. Parent participation is required.

DATES	TIME	DAY	CLASS
5/5-5/26	10:00-11:00 AM	W	1331

Fee: Resident \$40, Non-Resident \$45
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3-5
Location: LHCC

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 special program is designed for lively little people, 3-5 years of age, and packed full of activities that initiate creativity, stimulate the imagination, and encourage making new friends. Please bring a sack lunch with you. Participants must be potty trained.

DATES	TIME	DAY	CLASS
4/6-6/10	11:30 AM-2:00 PM	Tu Th	1321

Fee: Resident \$175, Non-Resident \$180
Class Sessions: 20
Instructor: Community Services Staff

Ages: 3-5
Location: LHCC

Playful Painting

Come and explore the many ways to express yourself through painting. Using everything from fingers and toes to spaghetti noodles; you will discover a whole new way to create! Please wear play clothes - you WILL get messy! Parent participation is required.

DATES	TIME	DAY	CLASS
5/8-5/29	10:30-11:30 AM	Sa	1336

Fee: Resident \$40, Non-Resident \$45
Class Sessions: 4
Instructor: Community Services Staff

Ages: 2 - 4 1/2
Location: LHCC

Grow Me A Garden

Design your own flower pot, plant beautiful flowers, make distinctive garden signs, and more in this fun, relaxed atmosphere. Come and watch beautiful things grow along with your children. Parent participation is required.

DATES	TIME	DAY	CLASS
4/9-4/30	10:00-11:00 AM	F	1323

Fee: Resident \$40, Non-Resident \$45
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3-5
Location: LHCC

Fun with Shapes, Colors and Numbers

Come and join the fun as we make crafts, explore puzzles, and play games all related to shapes, colors and numbers. Parent participation is required.

DATES	TIME	DAY	CLASS
6/2-6/23	10:00-11:00 AM	W	1338

Fee: Resident \$40, Non-Resident \$45
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3-5
Location: LHCC

Bug Buddies

Come explore the life of a bug! Through fascinating art and crafts projects, puzzles, and nature activities, you will experience the adventure of being a curious bug. Be ready for the world of silly and slimy creatures. Parent participation is required.

DATES	TIME	DAY	CLASS
6/4-6/25	10:00-11:00 AM	F	1339

Fee: Resident \$40, Non-Resident \$45
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3-5
Location: LHCC

Dino Days

Come explore the wonders of these amazing pre-historic creatures that dazzle and intrigue everyone. You and your parent will learn about dinosaurs that roamed the earth millions of years ago through interactive story time, crafts, and hands-on projects. Parent participation is required.

DATES	TIME	DAY	CLASS
5/3-5/24	10:00-11:00 AM	M	1330

Fee: Resident \$40, Non-Resident \$45
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3-5
Location: LHCC

ACTIVITY SCHEDULE



EARLY CHILDHOOD

Parents Night WITHOUT the Kids!

Parents, wouldn't it be nice to have an evening out without the kids? The City of Laguna Hills Community Services Staff have planned an evening for your children to include dinner, games, crafts and movies. This night of fun is offered to children ages 3 and up. Children must be potty trained.

DATES	TIME	DAY	CLASS
4/16	6:00-9:30 PM	F	1328
6/11	6:00-9:30 PM	F	1340

Fee: Resident \$20, Non-Resident \$25
Instructor: Community Services Staff

Ages: 3-10
Location: LHCC

SPORTS & FITNESS

Soccer Starters



Come participate in this beginning soccer skill development course. Instructors emphasize participation, sportsmanship, teamwork, and most of all...fun! Each class involves warm-up, skill development, and a short game. Children must be 4 years old to participate.

DATES	TIME	DAY	CLASS
4/10-5/1	9:00-9:45 AM	Sa	1324

Fee: Resident \$35, Non-Resident \$40
Class Sessions: 4
Instructor: Community Services Staff

Ages: 4-6
Location: LHCC



VOLUNTEER AT THE MEMORIAL DAY HALF MARATHON & 5K!

Come out and help celebrate Memorial Day by volunteering to help at registration, on the course or at the post event festivities!

You'll have the time of your

life while getting community service hours, in addition to an event t-shirt, lunch and goody bag. Over 400 volunteers are needed in order to put on this great race event! Please call (949) 975-8506 or email questions@lagunahillshalfmarathon.com for more information.

Pee Wee Basketball



Calling all future NBA Stars! In this class you will be introduced to the basic fundamentals of basketball with fun exercises and wacky warm-up activities. We can't wait for you to come and join our team!

DATES	TIME	DAY	CLASS
4/10-5/1	10:15-10:45 AM	Sa	1325

Fee: Resident \$30, Non-Resident \$35
Class Sessions: 4
Instructor: Community Services Staff

Ages: 3 1/2 - 5
Location: LHCC

All Sorts of Sports



This class combines fun, fitness and the basics. Children will be introduced to T-ball, soccer, basketball and more. **RESTROOMS ARE NOT AVAILABLE AT THIS LOCATION.**

DATES	TIME	DAY	CLASS
5/8-6/5	9:00-9:45 AM	Sa	1335

Fee: Resident \$45, Non-Resident \$50
Class Sessions: 5
Instructor: Community Services Staff

Ages: 3-6
Location: Costeau Park

Tumbling



Come join the fun in our new tumbling classes! Students will increase their gross motor skills, body awareness and agility. For more information, contact Mia Alicea at (949) 495-2119.

DATES	TIME	DAY	CLASS
Tumble Tots (Parent Participation Required) Ages: 2-3			
4/15 - 6/17	10:00 - 10:40 AM	Th	1394
Tumbling/Acro Ages: 4			
4/15 - 6/17	10:45 - 11:25 AM	Th	1395

Fee: Resident \$125, Non-Resident \$135
Class Sessions: 10
Instructor: Coast Dance Center

Location: LHCC



ACTIVITY SCHEDULE

CULTURAL ARTS

Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for those with no playing experience in the beginning level and some experience in the intermediate level. You will learn various strum styles, single note melodies, and three classic rock songs. Must supply your own guitar. Class can be repeated. Please visit www.rongorman.com for more information.

DATES	TIME	DAY	CLASS
Beginning			
3/17-4/14	6:00-7:00 PM	W	1312
Intermediate			
3/17-4/14	7:00-8:00 PM	W	1313

Fee: Resident \$90, Non-Resident \$100
 Class Sessions: 5
 Instructor: Ron Gorman

Ages: 10 and older
 Location: LHCC

Children's Drawing and Painting

Beginners work with charcoal and progress at their own speed to more advanced work encompassing other media of choice such as acrylic, pastel, oil, gouache, water color, pencil or ink. Instruction is individualized. Intermediate students receive instruction in technique, composition, perspective and color. Beginner's supply kit is available for \$35. Intermediate students supply their own materials. A list is available from the instructor. Please have materials ready for the first class.

DATES	TIME	DAY	CLASS
4/5-5/10	4:00-5:30 PM	M	1419
5/17-6/28	4:00-5:30 PM	M	1420

NO CLASS 5/31

Fee: Resident \$120, Non-Resident \$130
 Class Sessions: 6
 Instructor: Marillyn Brame

Ages: 6-14
 Location: LHCC

Beginning Drawing

Instruction is in charcoal drawing and rendering emphasizing perspective, form and technique. Instruction is individualized and you will progress at your own speed. A student supply kit is available for \$35 on the first day of class.

DATES	TIME	DAY	CLASS
4/1-5/6	3:30-4:30 PM	Th	1421
5/13-6/17	3:30-4:30 PM	Th	1422

Fee: Resident \$108, Non-Resident \$118
 Class Sessions: 6
 Instructor: Marillyn Brame

Ages: 6-10
 Location: LHCC

Intermediate & Advanced Drawing and Painting

Class includes individualized instruction with progression at your own speed. Emphasis is on technique, composition, perspective, color, and design. Students work from still lifes and from photographs or printed matter. Media choices include colored pencil, watercolor, gouache, acrylic, oil, pastel and ink. Students supply their own materials. A list can be obtained from the instructor.

DATES	TIME	DAY	CLASS
4/1-5/6	4:30-6:00 PM	Th	1423
5/13-6/17	4:30-6:00 PM	Th	1424

Fee: Resident \$120, Non-Resident \$130
 Class Sessions: 6
 Instructor: Marillyn Brame

Ages: 6-16
 Location: LHCC

Young Rembrandts Cartoon Drawing

Learning to draw can be lots of fun! Especially if we're creating silly characters, funny expressions, and drawing sequences that tell jokes! This delightful program combines Young Rembrandts' innovative step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations. Come join us - giggles guaranteed! All new lessons, each session!

DATES	TIME	DAY	CLASS
4/6-5/4	3:30-4:30 PM	Tu	1348
5/18-6/15	3:30-4:30 PM	Tu	1349

Fee: Resident \$63, Non-Resident \$73
 Class Sessions: 5
 Instructor: Young Rembrandts

Ages: 6-12
 Location: LHCC

Mediterranean Hand Drumming

Learn the music of the Mediterranean! An introduction to the goblet drum, its rich tradition, social aspects, and celebrations. Using traditional technique and rhythm patterns, we will explore the musical spirit of hand drumming. Bring your own tuned tabla, derbekki or dumbek. Instructor will provide drums, and students are welcome to bring their own.

DATES	TIME	DAY	CLASS
4/11-5/2	4:30-5:45 PM	Su	1362
5/9-5/30	4:30-5:45 PM	Su	1363
6/6-6/27	4:30-5:45 PM	Su	1364

Fee: Resident \$48, Non-Resident \$58
 Class Sessions: 4
 Instructor: George Medlock

Ages: 18 and older
 Location: LHCC

ACTIVITY SCHEDULE



DANCE

Coast Dance Center Classes



Coast Dance Center offers a comprehensive dance program through the City of Laguna Hills. Classes are offered for ages 2 to adult. Visit www.coastdancecenter.com to view videos of our classes. For more information please call Mia Alicea, Artistic Director at (949) 495-2119.

DATES	TIME	DAY	CLASS
Tumble Tots (Parent Participation Required) Ages: 2-3			
4/15-6/17	10:00-10:40 AM	Th	1394
Tumbling/Acro Ages: 4			
4/15-6/17	10:45-11:25 AM	Th	1395
Preschool Dance I Ages: 3			
4/13-6/15	9:45-10:30 AM	Tu	1396
4/16-6/18	9:45-10:30 AM	F	1398
4/16-6/18	2:15-3:00 PM	F	1399
Preschool Dance II - Tap, Ballet & Pre-Jazz Combo Ages: 4			
4/13-6/15	10:30-11:15 AM	Tu	1400
4/13-6/15	3:15-4:00 PM	Tu	1401
4/14-6/16	3:00-3:45 PM	W	1403
4/16-6/18	10:30-11:15 AM	F	1404
Intro to Dance I - Tap & Jazz Combo Ages: 5			
4/17-6/19	9:00-10:00 AM	Sa	1405
Intro to Dance I/II - Tap & Jazz Combo Ages: 5-6			
4/15-6/17	3:15-4:15 PM	Th	1406
Intro to Dance II - Tap & Jazz Combo Ages: 8-12			
4/17-6/19	11:00 AM-12:00 PM	Sa	1407
Intro to Dance II (Instructor Approval Required) Ages: 6-7			
4/16-6/18	3:15-4:15 PM	F	1408
Primary Ballet Ages: 5-7			
4/17-6/19	12:00-1:00 PM	Sa	1409
Ballet I Ages: 8-12			
4/16-6/18	4:15-5:15 PM	F	1410
Jazz & Tap I/II (Instructor Approval Required) Ages: 8-12			
4/15-6/17	4:15-5:30 PM	Th	1411
Jazz II/III (Instructor Approval Required) Ages: 10 and older			
4/16-6/18	5:15-6:15 PM	F	1412
Lyrical II/III (Instructor Approval Required) Ages: 10 and older			
4/13-6/15	4:00-5:15 PM	Tu	1413
Li'l' Hip Hop Ages: 6-8			
4/14-6/16	4:00-4:45 PM	W	1414
4/17-6/19	10:00-10:45 AM	Sa	1415
Hip Hop Ages: 9-12			
4/14-6/16	4:45-5:45 PM	W	1416
Hip Hop Ages: 13 and older			
4/14-6/16	7:45-8:45 PM	W	1417

Fee: Resident \$125, Non-Resident \$135
 Class Sessions: 10
 Instructor: Coast Dance Center

Location: LHCC

Swing Dance



Learn America's most popular social dance which can be done to rock, jazz, blues, big band, top forty, and even some country music. Learn underarm turns, behind-the-back hand changes, tucks, spins, wraps and other fun patterns from a seasoned professional.

Starting with basic patterns in the Beginner session, we will graduate to more challenging variations and rhythms in Intermediate I & II. **All participants are requested to sign up with a partner;** partners are rotated to ensure a quality experience. For more detailed information, please contact the instructor at (949) 690-1753.

LEVEL	DATES	TIME	DAY	CLASS
Beginning	4/6-4/27	7:00-8:00 PM	Tu	1384
Intermediate I	5/4-5/25	7:00-8:00 PM	Tu	1385
Intermediate II	6/1-6/22	7:00-8:00 PM	Tu	1386

Fee: Resident \$40, Non-Resident \$50
 Class Sessions: 4
 Instructor: Patricia Baron

Ages: 18 and older
 Location: LHCC

Salsa Dancing



This course will introduce you to the basics of club Salsa dancing, taking you through more advanced patterns and styling in the second and third sessions. Throughout each session, you will not only learn steps and rhythms, but correct techniques in partnering that will allow you to lead and follow for truly effective dancing with your partner. Instructor is a formally trained Latin dancer and teaching professional who will bring lots of styling to your classes. **Singles and couples are welcome; however, please try to sign up with a partner so that we can have a balanced gender ratio for the class.** Partners will be rotated throughout. For additional information, call the instructor at (949) 690-1753.

LEVEL	DATES	TIME	DAY	CLASS
Beginning	4/6-4/27	8:00-9:00 PM	Tu	1387
Intermediate I	5/4-5/25	8:00-9:00 PM	Tu	1388
Intermediate II	6/1-6/22	8:00-9:00 PM	Tu	1389

Fee: Resident \$40, Non-Resident \$50
 Class Sessions: 4
 Instructor: Patricia Baron

Ages: 18 and older
 Location: LHCC



ACTIVITY SCHEDULE

DANCE

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.

DATES	TIME	DAY	CLASS
LEVEL I			
4/11-5/2	12:15-1:30 PM	Su	1375
5/9-5/30	12:15-1:30 PM	Su	1376
6/6-6/27	12:15-1:30 PM	Su	1377
LEVEL II			
4/11-5/2	1:30-2:45 PM	Su	1378
5/9-5/30	1:30-2:45 PM	Su	1379
6/6-6/27	1:30-2:45 PM	Su	1380
LEVEL III & IV			
4/11-5/2	3:00-4:15 PM	Su	1381
5/9-5/30	3:00-4:15 PM	Su	1382
6/6-6/27	3:00-4:15 PM	Su	1383

Fee: Resident \$48, Non-Resident \$58
 Class Sessions: 4
 Instructor: Tina Elkins

Ages: 10 and older
 Location: LHCC

Clog Dance



Come and revive an early American folk dance from the Appalachian Mountains. Clogging is the forerunner of tap-dancing and combines many traditional American dances. No partner required-great for the whole family! Times: Beginners 6:45-7:30 PM, EZ+ 7:30-8:15 PM, Intermediate 8:15-9:00 PM, and Int/Adv 9:00-9:45 PM. Beginners start date is April 1, 2010. For more information contact David Nimmo at (949) 939-1773.

DATES	TIME	DAY	CLASS
4/1-6/24	6:45-9:45 PM	Th	1425

Fee: Resident \$60, Non-Resident \$70

The following sessions meet monthly:

4/1-4/29	6:45-9:45 PM	Th	1479
5/6-5/27	6:45-9:45 PM	Th	1480
6/3-6/24	6:45-9:45 PM	Th	1481

Fee: Resident \$20, Non-Resident \$30

Instructor: David Nimmo

Ages: 6 and older
 Location: LHCC

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 and can be purchased at the Community Center; CASH ONLY. Tickets must be purchased by parent or legal guardian.** Buy your tickets early as this event will sell out. Tickets for 6/4 Dance go on sale beginning 5/10. Supervision will be provided by City Staff. For more information please call Todd Smyser (949) 707-2690. You must bring student I.D. card to get into the dance. Hope to see you there!

DATES	TIME	DAY	CLASS
3/12	7:00-9:00 PM	F	1240
6/4	7:00-9:00 PM	F	1318

Fee: \$5

Location: LHCC

Ages: 12-14

MEET THE INSTRUCTOR



Ron Gorman has been teaching guitar for nearly ten years. He first played trombone in his junior high school band but fell in love with guitar during high school. Following high school he expanded his pursuit of the guitar, studying music theory, songwriting and recording

techniques. He began teaching professionally in the early 2000s. Ron teaches both beginner and intermediate guitar through the City of Laguna Hills; he is known for his simple, fun and engaging approach. In his free time, Ron enjoys performing in pick up bands throughout Southern California, writing music and spending time with his 14 year old daughter. For more information on Ron's guitar classes, please see page 6 or call the Community Center at (949) 707-2680.

ACTIVITY SCHEDULE



PERSONAL DEVELOPMENT

Happily Ever After

Have you always wanted to become a princess, but didn't know how to go about it? This class covers all the princess how-tos and what-nots. You will get to take part in eloquent tea parties and dance at a ball! Be sure to come in your favorite princess dress and wear your best smile!

DATES	TIME	DAY	CLASS
5/5-5/26	4:00-5:00 PM	W	1332

Fee: Resident \$40, Non-Resident \$45
Class Sessions: 4
Instructor: Community Services Staff

Ages: 6-10
Location: LHCC

Cookie Monster Club

NEW

Cookie fanatics will love this fun filled cookie creating class that combines kitchen safety, learning the basics of cooking, and fabulous healthy cookie recipes. Participants will enjoy cooking for family and friends during this new session of the Cookie Monster Club!

DATES	TIME	DAY	CLASS
6/1-6/22	4:00-5:30 PM	Tu	1341

Fee: Resident \$45, Non-Resident \$50
Class Sessions: 4
Instructor: Community Services Staff

Ages: 6-10
Location: LHCC

American Red Cross Adult, Child & Infant CPR

This course is designed to teach lay person participants how to recognize and respond to breathing/cardiac emergencies for an adult, child and infant. This certification meets state requirements for teachers. Upon successful completion, participants will receive an American Red Cross Adult, Child & Infant CPR certificate valid for one year. Please bring a \$10 material fee and self-addressed stamped envelope to class for your CPR certification cards.

DATES	TIME	DAY	CLASS
5/4	5:00-9:00 PM	Tu	1366
6/8	5:00-9:00 PM	Tu	1367

Fee: Resident \$45, Non-Resident \$55
Location: LHCC
Instructor: Streamline Health Services

Ages: 13 and older

How to Sell on eBay!

Everyone has stuff stashed in closets, drawers, and garages. Others are paying for unnecessary storage areas! Why not make some money while helping others clear out their storage spaces at the same time? This class will teach you how to sell successfully on eBay. We will discuss organization, categorization, and how to write posts for your items. Students will receive an informational handout on the first day of class and should bring supplies to take notes.

DATES	TIME	DAY	CLASS
5/3-5/10	6:30-8:30 PM	M	1347

Fee: Resident \$59, Non-Resident \$69
Class Sessions: 2
Instructor: Frances Greenspan

Ages: 18 and older
Location: LHCC

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.



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.



ACTIVITY SCHEDULE

SPORTS & FITNESS

Children & Teen Open Gym Basketball



Children's open gym basketball is free of charge. Children under 9 years of age must be accompanied by a parent or guardian. Parent or guardian must complete a registration form at front counter prior to children accessing the gym.

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

Fee: FREE
Location: LHCC
Ages: 17 and under

Adult Open Gym Basketball



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

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

Fee: Resident \$30, Non-Resident \$40
Location: LHCC
Ages: 18 and older

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 31. All participants will receive a t-shirt, prizes, and entrance to the 5K run as they achieve training goals.

DATES	TIME	DAY	CLASS
4/5-5/26	4:00-5:00 PM	M W	1326
4/6-5/27	4:00-5:00 PM	Tu Th	1327

Fee: Resident \$15, Non-Resident \$20
Class Sessions: 16
Instructor: Community Services Staff
Ages: 8-13
Location: LHCC

After School Sports



Intramural sports will be offered for boys and girls two days a week after school at Lomarena, Valencia and San Joaquin Elementary Schools. Sessions begin with skill development and progress to intramural tournaments. Sessions I and II are open to K-6 graders.

Session I - Coed Soccer, Session II - Track & Field will begin with skill development and progress to the All City Youth Track Meet which will be held on Saturday, June 12 from 8am-12pm. Note: On minimum days practice will be held at 1:30 at Lomarena and Valencia and 1:00 at San Joaquin. Financial assistance is available; please call (949) 707-2687 for additional information.
NO PRACTICE 4/5-4/9 & 5/31.

DATES	TIME	DAY	SCHOOL	SPORT	CLASS
SESSION I					
3/15-4/21	2:45-4:00 PM	M W	Lomarena	Coed Soccer	1259
3/16-4/22	2:15-3:30 PM	Tu Th	Valencia	Coed Soccer	1260
3/16-4/22	2:15-3:30 PM	Tu Th	San Joaquin	Coed Soccer	1261
SESSION II					
5/10-6/9	2:45-4:00 PM	M W	Lomarena	Track & Field	1439
5/11-6/10	2:45-4:00 PM	Tu Th	Valencia	Track & Field	1440
5/11-6/10	2:15-3:30 PM	Tu Th	San Joaquin	Track & Field	1441

Fee: \$35
Number of Weeks: 5
Instructor: Community Services Staff
Ages: 5-13

Tiny Cheerleaders High School Musical Cheer & Pom



Come learn arm motions, jumps, cheers, and pom dances to our favorite High School Musical songs! Formatted by former NFL cheerleader and award winning cheer coach, Kim Esmond, this class is perfect for the first time cheerleader and taught with enthusiasm and encouragement by experienced staff. Cheerleaders learn self confidence, teamwork and have fun while learning the basics of this exciting sport. A \$10 material fee is charged for 2 cheer crafts. Participants may invite family and friends on the last day for their performance. For more information on OC Dance Productions and optional performance please visit OCDanceProductions.com.

DATES	TIME	DAY	CLASS
4/12-6/7	5:30-6:15 PM	M	1351
NO CLASS 5/31			

Fee: Resident \$89, Non-Resident \$99
Class Sessions: 8
Instructor: OC Dance Productions
Ages: 4-7
Location: LHCC

ACTIVITY SCHEDULE



SPORTS & FITNESS

Karate



In this class, develop physical fitness, self discipline, respect, and self confidence. A uniform (Gi) is recommended, but not required, and will be available for purchase.

DATES	TIME	DAY	CLASS
BEGINNER			
3/22-5/24	5:30-6:10 PM	M	1353
3/25-5/27	5:30-6:10 PM	Th	1354
INTERMEDIATE			
3/22-5/24	6:15-6:55 PM	M	1355
3/25-5/27	6:15-6:55 PM	Th	1356
ADVANCED			
3/22-5/24	7:00-7:40 PM	M	1357
3/25-5/27	7:00-7:40 PM	Th	1358

Fee: Resident \$110, Non-Resident \$120
Class Sessions: 10

The following sessions meet twice a week:

BEGINNER			
3/22-5/27	5:30-6:10 PM	M Th	1359
INTERMEDIATE			
3/22-5/27	6:15-6:55 PM	M Th	1360
ADVANCED			
3/22-5/27	7:00-7:40 PM	M Th	1361

Fee: Resident \$145, Non-Resident \$155
Class Sessions: 20

Location: LHCC
Instructor: Rick Garza

Ages: 5-18

Cardio Kick `N Jab



This class is a mixture of cardio, flexibility, core, and strength building moves. Train with Nicole in this kickboxing class that will transform your entire body. Burn 500 calories per class! Slim down, tone muscle, and be healthy. This class will get your heart pumping while having fun for a total body transformation. Appropriate for all fitness levels. Please bring water, a towel, and fitness mat.

DATES	TIME	DAY	CLASS	#SESSIONS	FEE
4/5-5/10	8:15-9:00 PM	M	1390	6	\$72/\$82
4/10-5/8	8:10-8:50 AM	Sa	1391	5	\$60/\$70
5/17-6/28	8:15-9:00 PM	M	1392	6	\$72/\$82
5/15-6/26	8:10-8:50 AM	Sa	1393	6	\$72/\$82

NO CLASS 5/29

Location: LHCC
Instructor: Nicole Mathews

Ages: 16 and older

Children's Beginning Tennis



Come out and enjoy the sport of a lifetime! This class will provide an introduction to forehand, backhand, serve, scoring, and tennis etiquette. Concentration on hand-eye coordination drills, balance, and reaction times. Please bring your own racquet and one can of unopened hard court tennis balls to first class.

DATES	TIME	DAY	CLASS
4/9-5/14	4:00-5:00 PM	F	1371

Fee: Resident \$65, Non-Resident \$75
Class Sessions: 6
Instructor: John Myers

Ages: 6-8
Location:
Mackenzie Park

Children's Advanced Beginning Tennis



Come out and enjoy the sport of a lifetime! We'll continue skills from the beginning class and add to your skill level. Please bring your own racquet and one can of unopened hard court tennis balls to the first class.

DATES	TIME	DAY	CLASS
4/9-5/14	5:00-6:00 PM	F	1372

Fee: Resident \$65, Non-Resident \$75
Class Sessions: 6
Instructor: John Myers

Ages: 9-12
Location:
Mackenzie Park

Advanced Beginner Adult Tennis



For those players who know the basics of the game but wish to improve their skills. Instruction to improve strategy, develop a reliable serve, improve specialty strokes, and better understand the psychology of tennis. Please bring one new unopened can of tennis balls to the first class.

DATES	TIME	DAY	CLASS
4/5-5/10	6:30-7:30 PM	M	1373
4/5-5/10	7:30-8:30 PM	M	1374

Fee: Resident \$65, Non-Resident \$75
Class Sessions: 6
Instructor: John Myers

Ages: 18 and older
Location:
Mackenzie Park

ACTIVITY SCHEDULE

SPORTS & FITNESS



Gentle Yoga



Find the Yoga Basics and Yoga Flow classes too intense? Take the Gentle Yoga class for one hour and a half of calming, restorative stretches that will help heal and release stress with emphasis on breathing and relaxation. We use a lot of props in this class; please bring blanket(s)/towel(s) and a mat.

DATES	TIME	DAY	CLASS
4/14-6/23	6:00-7:30 PM	W	1368

Fee: Resident \$128, Non-Resident \$138
Class Sessions: 11
Instructor: Angie Knight

Ages: 14 and older
Location: LHCC

Yoga Basics



For beginners and ongoing students. Covering yoga breathing and relaxation techniques, and introducing different poses and movements for flexibility, strength, and peace of mind. The class begins with the basics and progresses to more challenging movements and poses. Bring blanket(s)/towel(s) and a mat.

DATES	TIME	DAY	CLASS
4/12-6/28	6:30-8:00 PM	M	1369
NO CLASS 5/31			

Fee: Resident \$128, Non-Resident \$138
Class Sessions: 11
Instructor: Angie Knight

Ages: 14 and older
Location: LHCC

Yoga Flow



For those familiar with yoga and wanting to advance and improve their practice. Beginners are welcome but must be prepared for a workout. Wear comfortable clothing. Bring blanket(s)/towel(s) and a mat.

DATES	TIME	DAY	CLASS
4/14-6/23	9:00-10:30 AM	W	1370

Fee: Resident \$128, Non-Resident \$138
Class Sessions: 11
Instructor: Angie Knight

Ages: 14 and older
Location: LHCC

Hiking Club



Enjoy the local wilderness areas of Orange County while getting some exercise! This intermediate level class is a series of four hikes that are moderately paced. Hikes are approximately 4-6 miles and encounter a variety of terrain, including steep hills and occasional water crossings. Participants should bring plenty of water and wear hiking boots. Class meets at the Laguna Hills Community Center with transportation by City Staff to all destinations. Please call (949) 707-2692 for more information. 4/10 – Aliso & Wood Canyons Wilderness Park – Wood Canyon Trail; 4/24 – Crystal Cove State Park – No Dogs Trail; 5/8 – O’Neill Regional Park – Arroyo Trabuco Trail; 5/22 – Laguna Coast Wilderness Park – Little Sycamore Trail.

DATES	TIME	DAY	CLASS
4/10-5/22	8:00 AM-12:00 PM	Sa	1459

Fee: Resident \$50, Non-Resident \$55
Instructor: Community Services Staff

Ages: 15 and older
Class Sessions: 4

Beginning Hiking



Have fun learning basic hiking techniques and discover the native plants, animals and history while enjoying the local wilderness parks. This beginner level class is a series of four hikes that are held at a slow, comfortable pace with some small hills with approximate distances of 3 miles. Participants should bring plenty of water and hiking boots or good walking shoes. Class meets at the Laguna Hills Community Center on selected Saturdays with transportation by City Staff to all destinations. 5/1 – Aliso/Wood Canyons Wilderness Park – Aliso Canyon Trail; 5/15 – Upper Newport Bay Reserve – Back Bay Trail; 6/5 – O’Neill Regional Park – Arroyo Trabuco Trail; 6/19 – Whiting Ranch Wilderness Park – Borrego Trail.

DATES	TIME	DAY	CLASS
5/1-6/19	8:00 AM-12:00 PM	Sa	1460

Fee: Resident \$50, Non-Resident \$55
Class Sessions: 4
Instructor: Community Services Staff

Ages: 15 and older

ACTIVITY SCHEDULE



SPORTS & FITNESS

Day Trip & Hike at Joshua Tree National Park



Travel to one of Southern California's special places in the high desert. Explore this mostly flat, 7 mile hike that follows a sandy wash to the center of the Wonderland of Rocks' towering canyons. Children ages 12 and older may enroll with an registered parent or legal guardian.

Participants should bring plenty of water, snacks and a lunch to eat on the trail. Hiking boots, hat and sunscreen are recommended as the route offers little shade. Class meets at the Laguna Hills Community Center with transportation provided by City Staff. Please call (949) 707-2692 for more information.

DATES	TIME	DAY	CLASS
4/3	7:00 AM-6:00 PM	Sa	1462

Fee: Resident \$20, Non-Resident \$25
 Instructor: Community Services Staff
 Ages: 12 and older

Silent Hike on Bell Canyon Trail



Explore the scenic wilderness of Caspers Park and learn basic meditative & silent hiking techniques. This beginner level class is held at a slow, comfortable pace and mostly level terrain with an approximate distance of 3 miles. Class meets at the Laguna Hills Community Center with transportation provided by City Staff. Please call (949) 707-2692 for more information.

Community Center with transportation provided by City Staff. Please call (949) 707-2692 for more information.

DATES	TIME	DAY	CLASS
6/12	8:00 AM-12:00 PM	Sa	1461

Fee: Resident \$15, Non-Resident \$20
 Instructor: Community Services Staff
 Ages: 15 and older

CIRCLE OF FRIENDS

The Circle of Friends Program is for individuals with disabilities who are 13 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 or to find out more about the program, please contact Kate at (949) 707-2683.

Pizza & 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 to Kate at (949) 707-2683.

DATES	TIME	DAY	CLASS
4/9	7:00-9:00 PM	F	1450

Fee: \$5
 Location: LHCC
 Ages: 13 and older

Bowling Night



Bring a friend and come out for an exciting evening of bowling at Forest Lanes in Lake Forest! Please RSVP to Kate at least one week in advance at (949) 707-2683.

DATES	TIME	DAY	CLASS
5/21	7:00-9:00 PM	F	1463

Fee: \$10
 Location: Forest Lanes, 22771 Centre Drive, Lake Forest
 Ages: 13 and older

Spring Dance



Come dance the night away at the Circle of Friends Spring Dance! Bring a friend and join us for a special evening at the Laguna Hills Community Center. We hope you can come! Please RSVP to Kate at (949) 707-2683.

DATES	TIME	DAY	CLASS
6/18	7:00-9:00 PM	F	1314

Fee: \$5
 Location: LHCC
 Ages: 13 and older



ACTIVITY SCHEDULE

SPORTS LEAGUES

EMERITUS

Adult Basketball League



Registration for Adult Basketball for returning teams begins 4/5. Open registration begins 4/12. Registration is on site at the Laguna Hills Community Center. For more information call (949) 707-2690. \$30 per game official's fee.

LEAGUE	DATES	TIME	DAY	CLASS
Mens Competitive	5/11-7/13	6:10, 7:00, 8:00 PM	Tu	1428

Fee: \$325 Location: LHCC Ages: 18 and older

Adult Softball League



Registration for Adult Softball for returning teams begins 4/5. Open registration begins 4/12. Registration is on site at the Laguna Hills Community Center. For more information call (949) 707-2690. \$15 per game umpire fee.

LEAGUE	DATES	TIME	DAY	CLASS
Competition Co-ed	5/14-7/30	6:15, 7:30, 8:45 PM	F	1429
Mens Recreation	5/10-7/26	6:15, 7:30, 8:45 PM	M	1430
Mens Lower D	5/12-7/28	6:15, 7:30, 8:45 PM	W	1431
Mens Upper D	5/11-7/20	6:15, 7:30, 8:45 PM	Tu	1432
Mens Upper C	5/13-7/29	6:15, 7:30, 8:45 PM	Th	1433

Fee: \$425 Location: LHCC Ages: 18 and older

Adult Volleyball League



Registration for Adult Volleyball for returning teams begins 4/5. Open registration begins 4/12. Registration is on site at the Laguna Hills Community Center. For more information call (949) 707-2690. \$12 per game umpire fee.

LEAGUE	DATES	TIME	DAY	CLASS
Womens	5/10-7/26	6:10, 7:00, 8:00, 9:00 PM	M	1434
Recreation Coed	5/12-7/28	6:10, 7:00, 8:00, 9:00 PM	W	1435

Fee: \$225 Location: LHCC Ages: 18 and older

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.

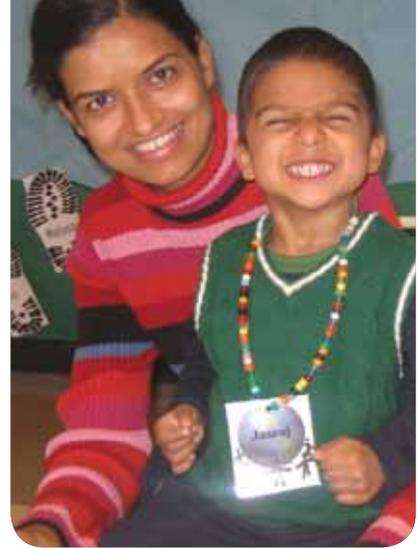
CLASS	TIME	DAY
Physical Fitness Yoga	9:00 - 9:50 AM	M W
Physical Fitness	10:10 - 11:00 AM	M W
Pilates Conditioning	11:10 AM - 12:00 PM	M W
Stretch Exercise	8:30 - 9:20 AM	T TH
Pilates Conditioning	9:30 - 10:20 AM	T TH
Body Rhythmics	10:30 - 11:20 AM	T TH
Beginning Tai Chi	9:00 - 9:50 AM	F
Advanced Tai Chi	10:10 AM - 12:00 PM	F
Pilates Conditioning	10:10 AM - 12:00 PM	F

Dates: 1/11-5/20 Location: LHCC Ages: 50 and older

COMMUNITY TELEPHONE



Laguna Hills City Hall	949.707.2600
Laguna Hills Graffiti Hotline	949.707.2656
OC Public Technology Branch Library	949.707.2699
Orange County Sheriff's Dept. (24 hour)	949.770.6011
Florence Sylvester Memorial Senior Center	949.380.0155
Saddleback Valley School District	949.586.1234
Laguna Hills High School	949.770.5447
Department of Motor Vehicles	800.777.0133
South Orange County Chamber	949.635.5800
Orange County Animal Care Services	714.935.7419
MOMS Club of Laguna Hills	949.224.3065

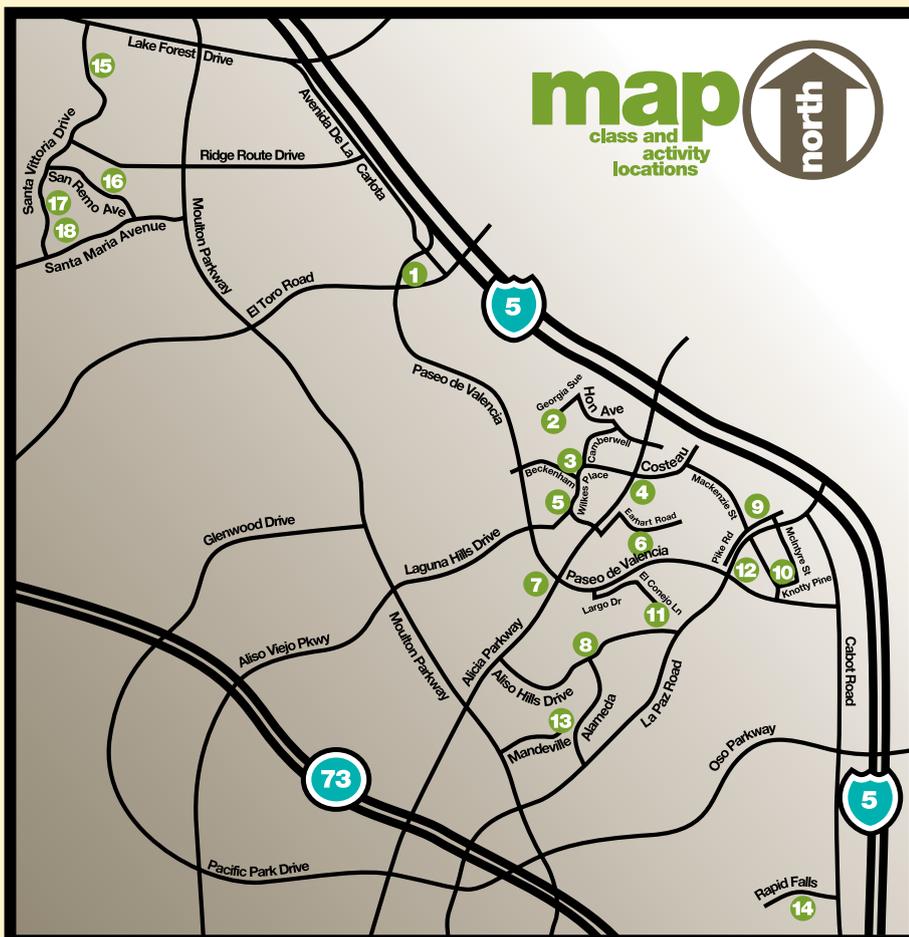


SPORTS & YOUTH GROUPS

AYSO Region 1422	www.ayso1422.org
Laguna Hills Little League	949.206.5414
Laguna Hills National Junior Basketball	www.lhnjb.net
California Street Hockey Association	714.738.8329



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