



laguna hills

# CITY VIEWS

## A Fresh Start for MOULTON LA PAZ CENTER



### What's Inside?

- Moulton La Paz Update
- Technology Library
- Darkhorse Volunteers
- Holidays
- Alert OC
- Get Fit
- Trails



### 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:

**Melody Carruth**  
Mayor

**Joel Lautenschleger**  
Mayor Pro Tem

**Randal Bressette**

**Barbara Kogerman**

**L. Allan Songstad, Jr.**

## A Message from the CITY

### Happy Holidays!

No matter how one observes the holidays, a sense of excitement settles in as those special days approach. It's a time of family and celebration.

The City offers a variety of ways to help ensure the season is special, and those events are outlined on page 6 of this edition. As always, the events focus on family, in keeping with the City's goal of being family-friendly.

The volunteers who make up Team Darkhorse are stepping up their activities for the families of those serving our country in the 3/5 battalion. Read about the upcoming toy drive for the children of the men and women in the 3/5 marine battalion on page 5.

The holidays might be a perfect time to take a hike – or a bike ride – on one of the City's trails. Read about the trail system and the City's Get Fit program on pages 8 and 9. If you'd rather just curl up with a book – or an eBook – check out the story on the Laguna Hills Technology Branch Library on page 4.

Laguna Hills' economic revival isn't taking the holidays off, though. The owners of the Moulton-La Paz Center recently announced Southern California's first The Fresh Market boutique grocer will anchor the revitalization of that center, while Oakbrook Village received City Council approval to become the City's first Urban Village of homes and shops. Read about those projects on pages 2 and 3.

There's plenty to celebrate in Laguna Hills this season. Happy and safe holidays to all!

### laguna hills CITY VIEWS

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:

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## ON THE COVER

The business revival continues in Laguna Hills, as two major projects take steps forward. Owners of the Oakbrook Village center, south of the Laguna Hills Mall, received City Council approval to create an urban village of homes and shops. Owners of the Moulton La Paz Center also announced the renovated center will house Southern California's first The Fresh Market.

# A FRESH START FOR MOULTON LA PAZ CENTER



## Revamped Moulton La Paz will House Area's First *The Fresh Market*

The Moulton La Paz Shopping Center, which will be redeveloped and rebranded, will soon house Southern California's first "The Fresh Market," a boutique grocery store patterned after open-air European markets.

The City Council approved the renovation of the shopping center this past April. Construction is anticipated to commence in January 2013 with completion estimated for the spring of 2014.

"We will be doing a major remodel of this center to give it a completely new contemporary look and transform it into an attractive destination with an array of quality shopping and dining options," said Fred Sands, Chairman of Vintage Real Estate, the Los Angeles-based firm that currently owns the center. "The design includes new façades, storefronts, refreshed landscaping and attractive outdoor gathering spots."

As part of the deal, the City sold 3 acres adjacent to the shopping center to Vintage Real Estate. The City will use the proceeds of the sale—\$2.96 million—to renovate the remaining open space east of the center and improve the adjacent equestrian trail, while Vintage Real Estate will use the new acreage to expand the center with three new buildings.

One of the new structures, a 20,400-square-foot building fronting La Paz Road, will become home to The Fresh Market.

The Fresh Market in Laguna Hills will be the chain's first store in Southern California, and just the second in the State. The Fresh Market promises an inviting atmosphere reminiscent of old-world European markets, President and CEO Craig Carlock said. "Our customers enjoy shopping in an environment that appeals to all the senses. The smell of freshly brewed coffee and bread right out of the oven, the sound of classical music, soft lighting with antique décor in an intimate setting, and the ability to select and taste fresh, high-quality products all work together to create surroundings where customers are encouraged to experience the food." The Fresh Market stores—125 stores in 24 states—offer an old-style butcher shop and fish market, produce and floral stands and a delicatessen.

The Fresh Market will anchor the project, which will also house stylish boutiques and casual dining restaurants. With the expansion, the center will total approximately 88,000 square feet.

"Now is an opportune time to invest in expanding and repositioning the center. Grocery-anchored



retail centers are performing well making it possible to secure new tenants at strong rents," noted Kenneth Hocker, Executive Vice President, Development of Vintage Real Estate.

## Oakbrook Village Center to be Redeveloped

A walking village of stores and homes connected by paseos, public plazas and green spaces will replace the current 30-year-old Oakbrook Village Center under a plan approved by the City Council at the November 13 City Council meeting.

The Laguna Hills Investment Company, the owner of the property on Avenida de la Carlota just south of Laguna Hills Mall, seeks to turn the aging shopping center into the City's first urban village by demolishing 148,530 square feet of the existing 200,000 square-foot center and replacing it with 489 homes in multistory residential buildings and up to 82,574 of new retail space.

The project would be broken into two phases, with Phase One anticipated to open within 24 to 30 months.

Phase One of the Oakbrook Village project includes the demolition of 82,730 square feet of nonresidential uses and the development of up to 289 dwelling units and 23,974 square feet of new retail space. The new retail square footage would include 9,000 square feet of ground-level retail integrated into the proposed residential building. The remaining square footage would be dedicated to two stand-alone retail buildings. All of the residential units will be located in a single building that would include a mix of one- and two-bedroom units with square footages of approximately 700

to 1,100 square feet. These residences will have access to a recreation/fitness center, a clubroom, community pool, spa and cabanas, and landscaped courtyards. A village green open space area will also be provided along the northwestern portion of the Phase One residential building.

The design and layout of the proposed residential and retail buildings have not been determined at this time for Phase Two, but will be designed and developed to complement and be compatible with the Phase One renovations.

This project directly implements the City's Urban Village Specific Plan with a village green, several wide pedestrian walkways, parking lot paseos, a pedestrian trail, a walking path to the Laguna Hills Mall and landscaping all envisioned when the City adopted the Urban Village Specific Plan in 2002. The Plan covers 240 acres bounded by Paseo de Valencia, Los Alisos Boulevard and the I-5. The intent of the Urban Village Specific Plan is to shape the future of the district as a vibrant regional and community destination that contributes to the quality of life for residents of Laguna Hills and the surrounding area, as well as maintain and enhance the long-term economic vitality of the City and district.



# TECHNOLOGY **BRANCH**



## **eBook Users Can Still Use OC Library**

Using an eBook doesn't mean leaving access to free library books behind, especially in Laguna Hills, which is home to one of the Orange County Public Library's two Technology Branches.

Thousands of titles are available on Kindle, Nook and other popular eBook formats, said Donna Watkins, the Orange County Public Library (OCPL) Information Systems Training Coordinator. And just like eBook users can purchase a book from wherever they are, they can also check out an eBook without stepping foot in a branch.

OCPL even offers eAudiobooks that can be downloaded onto iPods and other audio devices, a modern version of books on tape.

It all begins at the OCPL website, [www.ocpl.org](http://www.ocpl.org), where eBook users with an OCPL library card can click on the "eAudiobooks and eBooks" button at the bottom of the page. From there, step-by-step directions are available to load an eBook or eAudiobook onto their device.

Users are also welcome to bring their devices into the Laguna Hills Technology Branch on Alicia Parkway for help getting started, Watkins said. "We get people of all ages who use eBooks," she said. "Some people need a little help getting started, but once they get it, they're off and running."

Checking out an eBook is just like checking out an actual book, complete with a due date. When an eBook is due to be returned to the library, it automatically becomes inaccessible on the electronic reader. There is one advantage of an eBook over traditional books – because the return is automatic, there's no way to rack up an overdue fine. Because of publisher restrictions, however, the number of copies for some eBooks can be limited, so there may still be a waiting list for some titles.

The library of electronic offerings is also available to computer users who download the proper software, also available through the OCPL site.

But Watkins said library users shouldn't fear that e-offerings signal the end of the paper book.

"Ebooks are just another tool the library offers," said Watkins, who admits to reading traditional books and eBooks. "Some people take to it quickly and easily, others more resistant. Some like the feel of a book in their hands, while others like format of readers...Anything that gets people reading and excited about reading -- I'm 100 percent for that. It's still reading and it still counts."

Watkins said she sees people of all ages using eBooks, although "the young people don't ask for help. They just seem to know how to do it."

The Laguna Hills Technology Branch, which opened in July 2002, is located at 25555 Alicia Parkway. The Technology Branch also offers patrons high speed Internet access via 18 workstations. Each computer has the full complement of Microsoft Office products including Word, Excel, Power Point, Access and Publisher. The library is also a wireless hotspot for laptop users and there are study tables available for public use. The branch is open 10 a.m. to 9 p.m. Monday through Thursday, and 10 a.m. to 5 p.m. on Friday and Saturday. The branch is closed on Sunday.

For more information, call the branch at (949) 707-2699 or visit [www.ocpl.org](http://www.ocpl.org).



## TEAM DARKHORSE **UPDATE**

### Well Done, Team Darkhorse!

Dear Team Darkhorse,

Just a quick note to say "Thank You!"

All of your generous donations for our 3/5 baby shower were "over the top!"

Your time, thoughtfulness, and support of these new mommies is sincerely appreciated by everyone on the 3/5 command team! This Battalion has the most giving community support Programs on Camp Pendleton! In my 17 years with the Corps, I have never seen anything like it! You all continually surprise us! Your kind spirit and continued support of the Battalion has/will impact hundreds of Marine Corps families forever!

Chris and I feel truly blessed to have Team Darkhorse in the family!

Thank you,

Jennifer Griffin, 3/5 Command Team Advisor

### As Marines Serve Country, Laguna Hills Volunteers Serve Marines' Families

As the United States Marines who make up the City's adopted 3/5 Dark Horse Battalion boarded a Navy ship this past September for their next assignment, Laguna Hills volunteers from Team Dark Horse were there, too.

Among the supplies the Marines carried on board were a stack of donated books for the ship's library as well as myriad of personal hygiene supplies, courtesy of Team Dark Horse and other generous residents.

The Marines recently spent time in Timor-Leste, an impoverished nation about 300 miles from Australia. While there, the battalion's team surgeon and 22 corpsmen treated more than 2,000 patients, some with serious illness and chronic conditions rarely seen in developed countries. They handed out thousands of bottles of vitamins, fever reducers and parasite-killing medications. The Marines also distributed candy and soccer balls to the children,

which the children all received with big smiles, handshakes and curiosity. It was not long until children were lining up with the Marines at the end of each day to watch helicopters land. Marines, who lost 25 of their brothers and saw 200 wounded in their last deployment, were able to help and intermingle with peaceful villages and children.

And while the Marines carry out their mission overseas – whether humanitarian or military in nature– Laguna Hills Team Dark Horse will carry out its mission of watching over and helping the families of the deployed members of the 3/5 Battalion.

In October, Laguna Hills Team Dark Horse assisted in sponsoring a baby shower held at the base and attended by 62 of the battalion's expectant mothers. From the centerpiece "cake" created out of diapers and baby goodies to the 28 handmade quilts donated by a 78-year-old Santa Ana resident who read about the event in the newspaper, Team Dark Horse volunteers and residents alike used their talents to ensure a successful event. Each expectant mother received a \$50 gift card and diapers courtesy of area residents and businesses.

For the holidays, Team Dark Horse members will organize a craft day at Camp Pendleton for the children of the 3/5 Battalion Marines, where the children will be making gifts to send to their fathers while they are at sea.

Members of Team Dark Horse are also gearing up to play "Santa Claus." Seven Christmas gift collection boxes, each hand-painted in Christmas camouflage, have been placed around the City to collect unwrapped gift donations for children of all ages. **Gift donations will be accepted through December 5**, after which volunteers will deliver the toys to the December 8 Holiday Party at Camp Pendleton. Collection boxes are currently located in the lobby at City Hall, the Laguna Hills Community Center, Total Wine & More, Laguna Hills Mall, Nellie Gail home owners association clubhouse, Nellie Gail Equestrian Center and Players Sports Grill.

To learn more about Team Dark Horse activities, please visit their website at [www.teamdarkhorse.org](http://www.teamdarkhorse.org) or Facebook page, Laguna Hills Team Darkhorse.

# HOLIDAYS



## Celebrating the Holidays

Breakfast with Santa, a father-daughter dance and egg hunts are on tap for the upcoming holidays, through events organized by the City's Community Services department.

The fun begins December 8, when Santa will arrive at the Community Center for an exciting morning that includes scrumptious pancakes, photos with Ole' St. Nick and holiday crafts. The cost of the 90-minute event is \$10 for residents and \$15 for non-residents. Children must be accompanied by a paying adult.

The Breakfast with Santa also features special entertainment from John Abrams, an animal magician who has performed various shows throughout the nation. His show, "Animal Magic," educates, inspires and entertains "children of all ages" with comedy, magic and live exotic pets. His regular clients include Ronald McDonald House, Mattel, Honda, Toyota, Boy Scouts of America, Los Angeles Unified School District, Los Angeles & Orange County Library Systems, Office Depot and others.

The special events continue in February, with the Daddy Daughter Dinner Dance, also at the Community Center. This year's theme is Fiesta, so attendees are encouraged to dress in their best fiesta wear for a special evening for dads to share with their special Valentines. Those who attend will also receive a keepsake photograph. The cost of the event, which runs from 6:30 p.m. to 8:30 p.m., is \$15 for resident adults and \$10 for resident children or \$20 for non-resident adults and \$15 for non-resident children.

## Easter brings two special events to the Community Center.

On March 29, children 7 to 14 are invited to grab their flashlights and a prize bag for an egg hunt, with a twist: it's at night. The Laguna Hills Community Center and Sports Complex will become a hidden adventure filled with tons of eggs, all with candy and prizes. This eggciting night hunt will conclude as we raffle off some special prizes. There are hunts for 7-10 year olds and 11-14 year olds. The cost is \$5 for residents and \$10 for non-residents.

In a more traditional celebration, Mr. Bunny and Friends will host a morning of springtime crafts and an egg hunt. The event also includes a photograph with Mr. Bunny! The event is for children 6 and under. Residents are \$6, while non-residents are \$11.

Space is limited for all of the events, so sign up early. To register or for more information, call (949) 707-2680 or visit [www.ci.laguna-hills.ca.us](http://www.ci.laguna-hills.ca.us)





## City Urges Residents to Be Ready, Be Alert

We've all seen tests of the Emergency Broadcast System on our television and heard them on the radio. But what would happen if authorities wanted to warn us of a potential emergency while we were away from our TVs and radios?

AlertOC is the 21st-century answer. Those who sign up for the free service can be notified of an emergency by traditional telephone, cellular phone, email or even text.

The result of a countywide partnership, regional public mass notification system is designed to keep those who live or work in Orange County informed of important information during emergency events.

Public mass notification systems have become a critical component of emergency preparation and response. Mass notification systems have been credited with saving lives during the 2007 Southern California wildfires by quickly notifying residents of evacuation instructions.

AlertOC asks residents to sign up at <http://bos.ocgov.com/alertoc/alertoc.asp>. Public safety officials use the system to quickly send out messages when there is a perceived, upcoming or imminent situation that may require community action.

With the AlertOC partnership between the County and City, residents and businesses only need to provide their contact information once to receive emergency messages from either the County or City in which they live and/or work, regardless of the nature and scale of the incident.



### How the system works:

- AlertOC has significant capacity to send large volumes of messages through phone, e-mail and text communication channels.
- When there is an emergency event requiring community action, authorized officials record a voice, e-mail or text message that is then delivered quickly to individuals affected by the event.
  - Example:** a wildfire event triggers an evacuation notice.
- Officials will use the system to keep affected communities informed of event information as necessary.
  - Example:** evacuation call-off notice.
- The system uses the 911 emergency databases to contact Orange County households.
- Since there are many instances when the public may not be at home to receive an emergency message, public safety officials say it is critical that all residents and businesses provide additional contact channels by registering cell phone numbers, e-mail addresses and text numbers through the AlertOC self-subscription portal available on the AlertOC homepage at <http://bos.ocgov.com/alertoc/alertoc.asp>.

# GETFIT



In 2005, the City of Laguna Hills introduced the Get Fit Campaign – an initiative designed to target the rising obesity rates in our community and throughout the country. Over the years, the Get Fit Campaign has evolved to include staff training, improvements in the nutritional choices offered in programs, and implementation of new nutrition and exercise based classes. The City continues to be dedicated to the health and wellness of its residents.

Our Nation is currently facing an obesity epidemic. According to the Surgeon General:

- Nearly two out of every three Americans are overweight or obese.
- One out of every eight deaths in America is caused by an illness directly related to weight and obesity.

In addition, the Surgeon General has identified three key factors which must be addressed in order to reduce obesity in the United States:

- Increased physical activity
- Healthier eating habits
- Improved health literacy

The Surgeon General of the United States currently recommends 30 minutes per day, 6 days per week of exercise for adults and 60 minutes per day for adolescents.

The City of Laguna Hills has developed Club 30 in an effort to address the need for increased physical activity and provide our residents 30 minute exercise opportunities.

Club 30 provides the community with quick, convenient exercise options that can fit into even the busiest of schedules. Invite a friend, neighbor, or family member to join you and get your 30 minutes of exercise in each day with self guided walks for all levels and ages. Several enjoyable walking routes are available online on the Get Fit page of the City of Laguna Hills' website at [www.ci.laguna-hills.ca.us](http://www.ci.laguna-hills.ca.us). The website also has local trail maps, and links to regional trails for you to plan out your next adventure.

As you browse the current Community Services Activity Guide, be sure to note those programs designated with one of the "Get Fit" logos. These programs are provided to support your nutritional and exercise goals. They include healthy cooking classes such as Veggie Kitchen, Open Gym Basketball, Karate, Zumba, After School Sports, Hiking Club, and much more. The City of Laguna Hills has also partnered with the Saddleback College Emeritus to offer Aerobic Exercise, Pilates Conditioning, Tai Chi and other classes to meet the needs of seniors.

Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity. Children need 60 minutes of play with moderate to vigorous activity every day to grow up to a healthy weight.

If this sounds like a lot, consider that 8 to 18 year old adolescents spend an average of 7.5 hours a day using entertainment media including TV, computers,



# TRAILS

video games, cell phones and movies in a typical day. Consequently, only one-third of high school students get the recommended levels of physical activity.

Looking for Health and Nutrition information? The City's Get Fit Campaign has posted links on the City's webpage to local and regional resources that can help you make healthy food choices when you choose your next meal. These resources are also useful in helping prioritize food choices by reminding us to make half of our plate fruits and vegetables and also show us the other important food groups for a well-balanced meal: whole grains, lean proteins, and low fat dairy.

Whatever your fitness goals may be, the City of Laguna Hills is dedicated to helping you meet those goals and invites you to **"Get Fit!"**

## Get Fit on Laguna Hills Trails

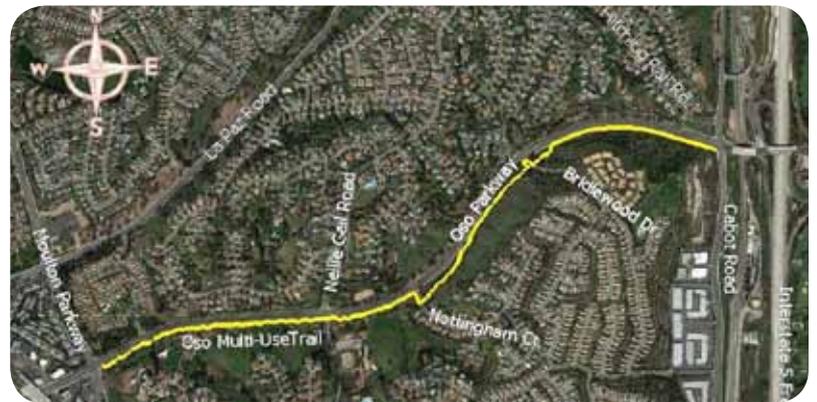
Laguna Hills' system of trails offers residents another opportunity to get fit and enjoy the outdoors, whether on foot, bicycle or even horseback.

The City has eight off-road, multi-purpose trails, some of which connect with Orange County's trail system and allow users to travel as far as Whiting Regional Park in Lake Forest.

The City trails, totaling about nine miles, are concrete or dirt, and offer a variety of scenery and even some local history. The Avila Trail, which runs between Paseo De Valencia and the Aliso Creek

Access Trail, passes by the only adobe building that Juan Avila built on property now known as Laguna Hills. The Aliso Creek Trail is a federally designated national recreation trail and extends from Aliso and Wood Canyons Wilderness Park to Whiting Ranch Wilderness Park.

Details about all of the City's trails, along with links for downloadable maps and County trails, are available on the City's website at [www.ci.laguna-hills.ca.us/depts/commsvcs/getfit/laguna\\_hills\\_trails.asp](http://www.ci.laguna-hills.ca.us/depts/commsvcs/getfit/laguna_hills_trails.asp).



Oso Multi-Use Trail



City of Laguna Hills Trails



El Conejo Walk

2012/13 WINTER

COMMUNITY SERVICES

# ACTIVITY GUIDE



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# CALENDAR OF EVENTS

- Dec 11** Winter Registration Opens
- Dec 14** Circle of Friends Holiday Dinner Dance
- Jan 11** Circle of Friends Bowling Night
- Jan 18** Middle School Dance
- Feb 1** Circle of Friends Valentine's Dance
- Feb 8** Daddy Daughter Dinner Dance
- Feb 18** President's Day: Community Center & Sports Complex Closed
- Mar 8** Circle of Friends Pizza & Movie Night
- Mar 9** Excursion: J. Paul Getty Center
- Mar 29** Middle School Dance
- Mar 29** Late Night Flashlight Egg Hunt
- Mar 30** Mr. Bunny & Friends
- Apr 13** Excursion: Reagan Library

**NEW** NEW THIS WINTER!

Day at the Getty Center  
Reagan Library Excursion  
Yoga Flow

## 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 registration form at the front of the brochure.

## STAY INFORMED

If you'd like to receive email notifications with City information or about upcoming classes, programs and events, please visit our website at [www.ci.laguna-hills.ca.us](http://www.ci.laguna-hills.ca.us).



2 Special Events/  
Excursions



3-4 Early Childhood

5-6 Cultural Arts

6-7 Dance

8 Personal Development



9-12 Sports & Fitness

13 Circle of Friends

14 Sports Leagues

14 Emeritus





# ACTIVITY SCHEDULE

## SPECIAL EVENTS

## EXCURSIONS

### Daddy Daughter Dinner Dance

Attention young ladies! Dance and dine the night away with that special man in your life-father, grandfather, uncle-whoever it may be! Grab your maracas and suit up in your fiesta best for a magical evening of fun and entertainment. Participants will receive a keepsake picture. **Register early, space is limited!** **PLEASE NOTE: Adults must register for this event.**

DATES	TIME	DAY	CLASS
2/8	6:30-8:30 PM	F	2874

Fee: Resident Adults \$15, Children \$10  
 Non-Resident Adults \$20, Children \$15  
 Location: LHCC  
 Instructor: Community Services Staff  
 Ages: All ages welcome

### Late Night Flashlight Egg Hunt

Bring your flashlight and prize bag for an eventful evening of annual egg hunting. The Laguna Hills Community Center and Sports Complex will become a hidden adventure filled with tons of eggs, all with candy and prizes. This eggciting night hunt will conclude as we raffle off some special prizes. There are two separate hunts, for 7-10 year olds and 11-14 year olds. **Space is limited so register early!**

DATES	TIME	DAY	CLASS
3/29	8:00-9:00 PM	F	2875

Fee: Resident Children \$5, Non-Resident Children \$10  
 Location: LHCC  
 Instructor: Community Services Staff  
 Ages: 7-14

### Mr. Bunny and Friends

It is a morning of fun and adventure! Join Mr. Bunny and his friends for springtime crafts, an egg hunt, and a picture with Mr. Bunny. Children will have a ball with all the spring time eggcitement! **Space is limited, so register early!**

DATES	TIME	DAY	CLASS
3/30	10:00-11:00 AM	Sa	2876

Fee: Resident Children \$6, Non-Resident Children \$11  
 Location: LHCC  
 Instructor: Community Services Staff  
 Ages: 1-6

### Breakfast With Santa

Ho, Ho, Ho! Santa will be arriving at the Laguna Hills Community Center for a morning full of holiday fun! Join us for a special celebration complete with a scrumptious pancake breakfast, photos with Santa and holiday crafts. Sign up as soon as possible as space is limited. Children must be accompanied by paying adult.

DATES	TIME	DAY	CLASS
12/8	9:00-10:30 AM	Sa	2762

Fee: Resident \$6, Non-Resident \$15  
 Location: LHCC  
 Instructor: Community Services Staff  
 Ages: All Ages

### Day at the Getty Center

Let us do the driving for you to the Getty Center in Los Angeles! The Getty Center offers unique experiences for people of all ages. Discover the art, architecture and gardens, while taking in spectacular views. Bring a sack lunch from home or purchase food at the Getty Center. **Sign up today, space is limited!**

DATES	TIME	DAY	CLASS
3/9	9:30 AM-5:30 PM	Sa	2903

Fee: Resident \$20, Non-Resident \$25  
 Location: LHCC  
 Instructor: Community Services Staff  
 Ages: All Ages

### Day at the Reagan Library

Join us for a special trip to the Reagan Library for its exciting new temporary exhibit, Treasures of the Walt Disney Archives. Our day at the Library also includes a self-guided tour of the permanent exhibits, including Air Force One and the Berlin Wall. Bring a sack lunch or purchase food at the Library. **Sign up today, space is limited!**

DATES	TIME	DAY	CLASS
4/13	9:30 AM-5:30 PM	Sa	2936

Fee: Resident \$45, Non-Resident \$50  
 Location: LHCC  
 Instructor: Community Services Staff  
 Ages: All Ages



## EARLY CHILDHOOD

### CULTURAL ARTS

#### Tunes and Tales

Let's get the wiggles out! Join Ms. Vivian in her 19th year teaching this popular Music and Movement class. Sing-a-longs and fingerplay songs start off this fun-filled class followed by music activities using bean bags, rhythm sticks, instruments and a parachute. We will even have a chance 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 participation is required. Come join the fun!

DATES	TIME	DAY	CLASS
<b>Ages 1 ½-2 ½ :</b>			
1/8-2/5	9:30-10:10 AM	Tu	2833
2/19-3/19	9:30-10:10 AM	Tu	2834

Fee: Resident \$40, Non-Resident \$45

DATES	TIME	DAY	CLASS
<b>Ages 2 ½-4:</b>			
1/8-2/5	10:15-11:10 AM	Tu	2835
2/19-3/19	10:15-11:10 AM	Tu	2836

Fee: Resident \$45, Non-Resident \$50

Location: LHCC

Instructor: Vivian Stapleton

Class Sessions: 5

#### Do, Re, Mi Musical Me (Music/Piano)

This music/piano class encourages development of the whole child through music. Children will experience the sounds and rhythms of music through piano playing, learning piano fingering and playing simple tunes, singing do, re, mi notation/songs, rhythm & melodic patterns, props and creative movement. Parent participation is required! Keyboards will be provided by the instructor for use in class. **A \$20 material fee is due to the instructor at the first class meeting.** For more information please visit [www.southcalmusic.com](http://www.southcalmusic.com).

DATES	TIME	DAY	CLASS
1/10-2/14	9:30-10:10 AM	Th	2797

Fee: Resident \$114, Non-Resident \$119

Location: LHCC

Instructor: Sophi Albert

Ages: 2-4½

Class Sessions: 6

#### 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. Parents participation is required. For more information, please visit [www.svmusictogether.net](http://www.svmusictogether.net) Siblings: Resident \$135, Non-Resident \$140. Babies under 8 months may attend class for free with a registered sibling. **A \$40 material fee is due to the instructor at the first class meeting (includes two CDs, illustrated song book and parent guide.)**

DATES	TIME	DAY	CLASS
1/16-3/20	9:15-10:00 AM	W	2934
1/16-3/20	10:30-11:15 AM	W	2935

Fee: Resident \$145, Non-Resident \$150

Location: LHCC

Instructor: Elena Salisbury

Ages: 15 months-2yrs

Class Sessions: 10

#### Peewee Picasso!

Attention all 15 month-2 year olds. This class is just for you! Come participate at our Play dough Station, Collage Station, Drawing Station, and the Painting Wall! Art lessons will encourage Life Essential Skills: Curiosity, Discovery, Critical Thinking and Self-Expression. Tempera paints, glitter paints, 3-D form, water color and more are just the beginning of this fantastic class! Learning through art a child can increase his or her self-esteem and build self-confidence. Lessons and projects rotate each session. **A \$10 material fee is due to the instructor at the first class meeting.**

DATES	TIME	DAY	CLASS
1/18-3/8	9:30-10:20 AM	F	2889

Fee: Resident \$90, Non-Resident \$95

Location: LHCC

Instructor: Art To Grow On, Inc.

Ages: 1-2

Class Sessions: 8

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 Winter 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

## EARLY CHILDHOOD

### Play Dough Picasso!

Monet! Van Gogh! Picasso! Learn the techniques of the Masters along with visiting our Art Stations: Play dough, Collage, Drawing and our Painting Wall! Art lessons will encourage Life Essential Skills: Curiosity, Discovery, Critical Thinking and Self-Expression. Tempera paints, glitter paints, 3-D form, water color and more are just the beginning of this fantastic class! Learning through art a child can increase his or her self-esteem and build self-confidence. Lessons and projects rotate each session. **A \$10 material fee is due to the instructor at the first class meeting.**

DATES	TIME	DAY	CLASS
1/18-3/8	10:45-11:45 AM	F	2890

Fee: Resident \$90, Non-Resident \$95  
Location: LHCC  
Instructor: Art To Grow On, Inc.

Ages: 3-5  
Class Sessions: 8

### Parent & Tot Clay Time

Roll, pinch and pound! Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay, as we hand build playful projects step-by-step. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. **A \$20 material fee is due to the instructor at the first class meeting.** Parent participation is required.

DATES	TIME	DAY	CLASS
2/25-3/25	2:30-3:15 PM	M	2795

Fee: Resident \$69, Non-Resident \$74  
Location: LHCC  
Instructor: Lucia Henry

Ages: 3-5

## REGISTER EARLY

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

### 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- and 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 December 1, 2012 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.**

DATES	TIME	DAY	CLASS
1/7-3/27	9:00 AM-12:00 PM	M W F	2885
<b>*NO CLASS 1/21, 2/15 &amp; 2/18</b>			

Fee: Resident \$425, Non-Resident \$430  
Location: LHCC  
Instructor: Jennifer Migliaccio

Ages: 4-5  
Class Sessions: 32

#### 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 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.**

DATES	TIME	DAY	CLASS
1/15-3/21	11:30 AM-2:00 PM	Tu Th	2888

Fee: Resident \$175, Non-Resident \$180  
Location: LHCC  
Instructor: Community Services Staff

Ages: 3-5  
Class Sessions: 20

### SPORTS AND FITNESS

#### All Sorts of Sports



This popular class combines fun, fitness and the basics. Children will be introduced to T-ball, soccer, basketball and more! We look forward to seeing you on the field! **Parent participation is required.**

DATES	TIME	DAY	CLASS
<b>Ages: 3-4</b>			
1/19-2/9	9:30-10:15 AM	Sa	2901

**Ages: 5-6**

1/19-2/9	10:30-11:15 AM	Sa	2902
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Fee: Resident \$35, Non-Resident \$40  
Location: LHCC  
Instructor: Community Services Staff

Class Sessions: 4

# ACTIVITY SCHEDULE



## CULTURAL ARTS

### 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, but students are welcome to bring their own.

DATES	TIME	DAY	CLASS
<b>LEVEL I:</b>			
1/6-1/27	1:30-2:45 PM	Su	2824
2/3-2/24	1:30-2:45 PM	Su	2825
3/3-3/24	1:30-2:45 PM	Su	2826
Fee: Resident \$49, Non-Resident \$54		Class Sessions: 4	

<b>LEVEL II:</b>			
1/6-3/24	4:30-5:45 PM	Su	2827
Fee: Resident \$120, Non-Resident \$125		Class Sessions: 12	

Location: LHCC  
Instructor: George Medlock  
Ages: 18 and older

### 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 lives. Emphasis is on determining spatial relationships and accurate value depiction. A supply kit is available from the instructor for \$35. Intermediate and advanced students work from still lives and photographs. Emphasis is on technique, composition, perspective, color and design. Media choices are colored pencil, water color, gouache and acrylic with the addition of ink, pastel and oil for advanced students only. All intermediate and advanced students provide their own materials. All instruction is individual; therefore each student will be working on his or her own level and the only deadlines are sufficient completion of art work.

DATES	TIME	DAY	CLASS
1/7-2/11	4:00-5:30 PM	M	2798
1/10-2/14	4:00-5:30 PM	Th	2799
2/25-4/8	4:00-5:30 PM	M	2800
2/21-3/28	4:00-5:30 PM	Th	2801

Fee: Resident \$140, Non-Resident \$145  
Location: LHCC  
Instructor: Marillyn Brame  
Ages: 6-16  
Class Sessions: 6

### Young Rembrandts Cartoon Drawing

Encourage your child's enthusiasm for art and help develop his or her drawing skills with a Young Rembrandts cartooning class. In this fun class, your child will learn about exaggeration, how to draw facial expressions and how to create cartoon characters by personifying a variety of everyday and unusual items. Giggles guaranteed—enroll today! Visit us online at [www.youngrembrandts.com](http://www.youngrembrandts.com).

DATES	TIME	DAY	CLASS
1/8-2/5	3:30-4:30 PM	Tu	2831
2/19-3/19	3:30-4:30 PM	Tu	2832

Fee: Resident \$63, Non-Resident \$68  
Location: LHCC  
Instructor: Young Rembrandts  
Ages: 6-12  
Class Sessions: 5

### 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. Please visit [www.rongorman.com](http://www.rongorman.com) for more information.

DATES	TIME	DAY	CLASS
1/9-2/6	5:00-6:00 PM	W	2811
2/12-3/12	6:30-7:30 PM	Tu	2812

Fee: Resident \$90, Non-Resident \$95  
Location: LHCC  
Instructor: Ron Gorman  
Ages: 10 and older  
Class Sessions: 5

# ACTIVITY SCHEDULE



## CULTURAL ARTS

## DANCE

### More Beginning Guitar

In this continuation of beginning guitar, students are introduced to barre chords, alternate tunings, lead guitar, and music theory. Weekly song projects are by students' request. Class is repeatable. Participants must bring their own acoustic or electric guitar with small amp. Please visit [www.rongorman.com](http://www.rongorman.com) for more information.

DATES	TIME	DAY	CLASS
2/12-3/12	7:30-8:30 PM	Tu	2813

Fee: Resident \$90, Non-Resident \$95  
 Location: LHCC  
 Instructor: Ron Gorman

Ages: 10 and older  
 Class Sessions: 5

### Ceramics Creations

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 and slab, and decorate them with under glazes. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. **A \$20 material fee is due to the instructor at the first class meeting.**

DATES	TIME	DAY	CLASS
2/25-3/25	3:30-4:45 PM	M	2802

Fee: Resident \$75, Non-Resident \$80  
 Location: LHCC  
 Instructor: Lucia Henry

Ages: 6-12  
 Class Sessions: 5

### West Coast Movement Project



West Coast Movement Project invites you to join us this winter for a wide array of dance classes for children 3 and older. Our mission is to provide high-caliber instruction at modest price points. Our curriculum builds through June and culminates in a yearly recital in late Spring.

WCMP has implemented a VIP Rewards program. Please contact us regarding VIP Rewards for new students who enroll with friends. For mandatory dress code requirements, please visit [wcmovementproject.com](http://wcmovementproject.com). **NOTE:** Families who are enrolling their child/children in multiple classes may enjoy our new split-pay option. To qualify, you must be enrolling in more than one Winter class. For more details, please contact Mia at (949) 495-2119 or [wcmovementproject@gmail.com](mailto:wcmovementproject@gmail.com). **\*NO CLASS 1/21 & 2/18**

DATES	TIME	DAY	Sessions	FEE (Res/Non-Res)	CLASS
<b>Preschool Dance I-Tap &amp; Ballet</b>					
<b>Age 3</b>					
1/10-3/28	9:00-9:45 AM	Th	12	\$110/\$115	2850
1/11-3/29	10:30-11:15 AM	F	12	\$110/\$115	2851
<b>Preschool Dance II-Tap &amp; Ballet</b>					
<b>Age 4</b>					
1/8-3/26	9:00-9:45 AM	Tu	12	\$110/\$115	2852
1/11-3/29	11:15 AM-12:00 PM	F	12	\$110/\$115	2853
<b>Classic Combo A-Tap, Ballet &amp; Jazz</b>					
<b>Age 5</b>					
1/7-3/25	3:55-4:55 PM	M	12	\$120/\$125	2854
1/10-3/28	4:00-5:00 PM	Th	12	\$145/\$150	2855
<b>Classic Combo B-Tap, Jazz &amp; Ballet</b>					
<b>Ages 6-8</b>					
1/8-3/26	3:55-4:55 PM	Tu	12	\$145/\$150	2856
<b>Classic Combo C/D (Instructor Approval Required)</b>					
<b>Ages 7-11</b>					
1/7-3/25	4:55-6:15 PM	M	10	\$135/\$140	2858
<b>Hip Hop</b>					
<b>Ages 7-11</b>					
1/9-3/27	4:05-4:50 PM	W	12	\$140/\$145	2860
<b>Lyrical II (Instructor Approval Required)</b>					
<b>Ages 7-11</b>					
1/9-3/27	4:50-5:45 PM	W	12	\$120/\$125	2862
<b>Performance Technique (Instructor Approval Required)</b>					
<b>Ages 7-11</b>					
1/11-3/29	5:45-6:30 PM	F	12	\$85/\$90	2864
<b>Tap/Jazz II (Instructor Approval Required)</b>					
<b>Ages 7-11</b>					
1/11-3/29	3:55-5:45 PM	F	12	\$180/\$185	2859
<b>Lyrical II/III (Instructor Approval Required)</b>					
<b>Ages 12 &amp; older</b>					
1/8-3/26	5:35-6:45 PM	Tu	12	\$160/\$165	2863
<b>Jazz II/III (Instructor Approval Required)</b>					
<b>Ages 12 &amp; older</b>					
1/10-3/28	6:00-7:15 PM	Th	12	\$160/\$165	2861

Location: LHCC  
 Instructor: West Coast Movement Project

Class Sessions: 12

# 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
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<b>LEVEL I:</b>			
1/6-1/27	12:15-1:30 PM	Su	2806
2/3-2/24	12:15-1:30 PM	Su	2807
3/3-3/24	12:15-1:30 PM	Su	2808
Fee: Resident \$49, Non-Resident \$54		Class Sessions: 4	

#### LEVEL II (12 week session):

1/6-3/24	1:30-2:45 PM	Su	2809
Fee: Resident \$120, Non-Resident \$125		Class Sessions: 12	

#### LEVEL III/IV (12 week session):

1/6-3/24	3:00-4:15 PM	Su	2810
Fee: Resident \$120, Non-Resident \$125		Class Sessions: 12	

Location: LHCC  
Instructor: Tina Elkins

Ages: 10 and older

### 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 or legal guardian. Buy your tickets early, this event will sell out! Supervision provided by City Staff. You must bring your dance ticket and student ID card to get into the dance. For more information please call Todd at (949) 707-2690. Hope to see you there!

DATES	TIME	DAY	CLASS
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1/18	7:00-9:00 PM	F	2880
3/29	7:00-9:00 PM	F	2881

Fee: \$5

Location: LHCC

Instructor: Community Services Staff

Ages: 12-14

## LOOKING FOR A VENUE FOR A PRIVATE FUNCTION OR BUSINESS MEETING?



The Laguna Hills Community Center is the focal point of the City's recreational, leisure, and cultural interests and an ideal place to host an event whether it is a wedding reception, business meeting, seminar, birthday party or other celebration. The 43,000 square foot building includes a large banquet facility, full-functioning catering kitchen, large classroom, art room, physical activity room and gymnasium as well as several picnic shelters in the adjacent Sports Complex. These facilities are available for rent through the Community Services Department. For additional information regarding these facilities, please call (949) 707-2680. The Community Center and Sports Complex reservation fee schedule is available on the City's website at [www.ci.laguna-hills.ca.us](http://www.ci.laguna-hills.ca.us).



# ACTIVITY SCHEDULE

## PERSONAL DEVELOPMENT

### The Veggie Kitchen



All new recipes for 2013! The Veggie Kitchen brings you easy and economical recipes that introduce the delicious world of vegetarian cooking! Learn how to make healthy and nutritious meals that are appealing to vegetarians and non-vegetarians alike. Classes are fun and informative! Bring your appetite as all recipes will be sampled. **PLEASE NOTE: No refunds or transfers for one day classes.**

DATES	TOPIC	TIME	DAY	CLASS
1/5	Veggie Kitchen 101	11:30 AM-1:00 PM	Sa	2803
2/2	Cozy Cooking	11:30 AM-1:00 PM	Sa	2804
3/2	Pasta, Pasta, Pasta	11:30 AM-1:00 PM	Sa	2805

#### CLASS DESCRIPTIONS

**Veggie Kitchen 101:** An introduction to the healthy world of vegetarian cooking. Fresh ideas and flavorful recipes for your family table.

**Cozy Cooking:** Cozy cooking to chase away the chill of winter. Hearty and satisfying meals to warm up your winter days.

**Pasta, Pasta, Pasta:** The Veggie Kitchen's taste of Italy from gluten free to traditional. Come savor the "pastabilities" with us. Mangia Bene!

Fee: Resident \$15, Non-Resident \$17  
Location: LHCC  
Instructor: Ed Cervantes

Ages: 18 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. **PLEASE NOTE: No refunds or transfers for two-day classes.**

DATES	TIME	DAY	CLASS
1/31-2/7	6:30-8:30 PM	Th	2814

Fee: Resident \$59, Non-Resident \$64  
Location: LHCC  
Instructor: Frances Greenspan

Ages: 18 and older  
Class Sessions: 2

## TEENS MAKE A DIFFERENCE

Teens Make A Difference is a volunteer program offered by the City of Laguna Hills to help those in need throughout Orange County. Volunteers will participate in a variety of projects with the Orange County Food Bank, beach clean-ups with the Surfrider Foundation, along with various environmental projects. The volunteer program runs during the school year only. All volunteers are required to complete a Volunteer Program Application. For additional program information, please visit [www.ci.laguna-hills.ca.us](http://www.ci.laguna-hills.ca.us), or contact Todd Smyser at (949) 707-2690 or [tsmyser@ci.laguna-hills.ca.us](mailto:tsmyser@ci.laguna-hills.ca.us).



# ACTIVITY SCHEDULE



## SPORTS & FITNESS

### 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	2:00-4:00 PM	M-F
	12:00-2:00 PM	Su

Fee: FREE  
 under  
 Location: LHCC  
 Ages: 17 and

### 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	6:30-9:30 PM	F
	2:00-6:00 PM	Su

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

### 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 an intermediate level hiking pace and encounter a variety of terrain, including some steep 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 on selected Saturdays with transportation provided by Community Services Staff to all destinations. Call Daryl at (949) 707-2692 for more information. **SCHEDULE 1/5:** Laguna Coast Wilderness Park-Bommer Ridge Trail; **1/19:** O'Neil Regional Park-Live Oak Trail; **2/2:** Whiting Ranch Wilderness Park-Vista Lookout; **2/28:** Aliso & Wood Canyons Wilderness Park-West Ridge Trail.

DATES	TIME	DAY	CLASS
1/5-3/16	8:00 AM-12:00 PM	Sa	2886

Fee: Resident \$35, Non-Resident \$40  
 Location: LHCC  
 Instructor: Community Services Staff  
 Ages: 15 and older

### After School Sports



Intramural sports will be offered for boys and girls two days a week after school at each elementary school campus in Laguna Hills. Sessions begin with skill development and progress to intramural tournaments. Session I: Coed Ultimate Frisbee for grades 3-6; Session II: Coed Soccer for grades K-6. **NOTE: 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
<b>SESSION I:</b>					
1/28-2/27	2:45-4:00 PM	M W	Lomarena	Coed Ultimate Frisbee	2868
1/29-2/28	2:15-3:30 PM	Tu Th	San Joaquin	Coed Ultimate Frisbee	2870
1/29-2/28	2:45-4:00 PM	Tu Th	Valencia	Coed Ultimate Frisbee	2869
<b>SESSION II:</b>					
3/18-4/24	2:45-4:00 PM	M W	Lomarena	Coed Soccer	2871
3/19-4/25	2:15-3:30 PM	Tu Th	San Joaquin	Coed Soccer	2873
3/19-4/25	2:45-4:00 PM	Tu Th	Valencia	Coed Soccer	2872

Fee: \$35  
 Number of Weeks: 5  
 Instructor: Community Services Staff  
 Grades: 3-6 (Ultimate Frisbee); K-6 (Coed Soccer)



# ACTIVITY SCHEDULE

## SPORTS & FITNESS

### FUNK Fitness



FUNK Fitness is a dance-cardio workout that keeps participants moving and melting calories away to Old School Funk, Hip Hop, R&B, Disco and more. Simple cardio and toning routines are designed for all fitness levels. Participants should bring water, a towel and 1 lb. or 2 lb. dumbbell hand weights. For more information, contact Mia at [wcmovementproject@gmail.com](mailto:wcmovementproject@gmail.com) or (949) 495-2119 or visit [www.wcmovementproject.com](http://www.wcmovementproject.com).

DATES	TIME	DAY	CLASS
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#### FREE TRIAL:

1/5	9:00-9:55 AM	Sa	2849
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#### Monthly:

1/12-2/16	9:00-9:55 AM	Sa	2846
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2/23-3/30	9:00-9:55 AM	Sa	2847
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Fee: Resident \$42, Non-Resident \$47      Class Sessions: 6

#### Discounted 3 month option:

1/12-3/30	9:00-9:55 AM	Sa	2848
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Fee: Resident \$72, Non-Resident \$77      Class Sessions: 12

Location: LHCC

Instructor: West Coast Movement Project

### Zumba Gold Toning (Express)



The Zumba Gold-Toning program combines the enticing international rhythms of the Zumba Gold program with the strength training techniques of the Zumba Toning program, creating an easy-to-follow, health-boosting dance-fitness program for the active older adult.

Through modified dynamic lightweight resistance training, participants can help prevent age-related bone loss, increase muscle strength and definition, improve mobility and heart health. Participants should bring water, a towel and 1 lb. or 2 lb. dumbbell hand weights. This is a 35 minute "express" class. For more information, contact Mia at [wcmovementproject@gmail.com](mailto:wcmovementproject@gmail.com) or (949) 495-2119 or visit [www.wcmovementproject.com](http://www.wcmovementproject.com).

DATES	TIME	DAY	CLASS
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1/8-2/12	5:00-5:35 PM	Tu	2837
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2/19-3/26	5:00-5:35 PM	Tu	2838
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Fee: Resident \$36, Non-Resident \$41      Class Sessions: 6

#### Discounted 3 month option:

1/8-3/26	5:00-5:35 PM	Tu	2839
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Fee: Resident \$60, Non-Resident \$65      Class Sessions: 12

Location: LHCC

Instructor: West Coast Movement Project

Ages: 50 and older

### Yoga Basics



This class covers yoga breathing and relaxation techniques, introducing different poses and movements for flexibility, strength, and peace of mind. We will begin with the basics and progress to more challenging movements and poses. Both beginning and ongoing students are welcome. Participants should wear comfortable clothing, please bring towel(s) and a mat.

DATES	TIME	DAY	CLASS
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1/7-3/25	6:30-8:00 PM	M	2823
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**\*NO CLASS 2/18**

Fee: Resident \$143, Non-Resident \$148

Location: LHCC

Instructor: Angie Knight

Ages: 14 and older

Class Sessions: 11

## REGISTER EARLY

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

# ACTIVITY SCHEDULE



## SPORTS & FITNESS

### Yoga Flow

NEW



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

DATES	TIME	DAY	CLASS
1/9-3/20	10:00 AM-11:30 AM	W	2884

Fee: Resident \$143, Non-Resident \$148  
Location: LHCC  
Instructor: Angie Knight

Ages: 14 and older  
Class Sessions: 11

### Gentle Yoga



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

DATES	TIME	DAY	CLASS
1/9-3/20	6:00-7:30 PM	W	2822

Fee: Resident \$143, Non-Resident \$148  
Location: LHCC  
Instructor: Angie Knight

Ages: 14 and older  
Class Sessions: 11

### 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, 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](http://www.southcozumba.com).

DATES	TIME	DAY	CLASS
1/8-1/29	7:00-8:00 PM	Tu	2815
2/5-2/26	7:00-8:00 PM	Tu	2816
3/5-3/26	7:00-8:00 PM	Tu	2817
1/9-1/30	8:30-9:30 AM	W	2818
2/6-2/27	8:30-9:30 AM	W	2819
3/6-3/27	8:30-9:30 AM	W	2820

Fee: Resident \$32, Non-Resident \$37

Class Sessions: 4

#### Three month option:

1/8-3/26	7:00-8:00 PM	Tu	2821
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Fee: Resident \$96, Non-Resident \$101

Class Sessions: 12

Location: LHCC  
Instructor: Dina Martin-Rusk

Ages: 16 and older

## CIVIC CENTER PUBLIC ARTS TOUR

Travel through time and relive Laguna Hills' early history through stories and art displays at the Laguna Hills Civic Center. This free 30-minute tour gives a brief look into the City's rich history and the men and women that shaped its destiny. Participants meet at the Laguna Hills Civic Center. Call (949) 707-2692 for more information. DATES: 1/5, 2/2, 3/2 & 4/6 from 10:00 AM to 10:30 AM.





# ACTIVITY SCHEDULE

## SPORTS & FITNESS

### Children's Beginning Tennis



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

DATES	TIME	DAY	CLASS
1/11-2/15	4:00-5:00 PM	F	2828

Fee: Resident \$65, Non-Resident \$70  
 Location: Mackenzie Park Tennis Courts  
 Instructor: John Myers

Ages: 6-8  
 Class Sessions: 6

### 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, focusing on forehand, backhand, serving, and tennis etiquette. Please bring your own racquet and one can of new, unopened tennis balls.

DATES	TIME	DAY	CLASS
1/11-2/15	5:00-6:00 PM	F	2829

Fee: Resident \$65, Non-Resident \$70  
 Location: Mackenzie Park Tennis Courts  
 Instructor: John Myers

Ages: 9-13  
 Class Sessions: 6

### Teen & Adult Intermediate 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 your own racquet and one unopened can of new tennis balls.

DATES	TIME	DAY	CLASS
1/11-2/15	6:00 PM-7:00 PM	F	2830

Fee: Resident \$65, Non-Resident \$70  
 Location: Mackenzie Park Tennis Courts  
 Instructor: John Myers

Ages: 14 and older  
 Class Sessions: 6

## COMMUNITY CENTER FOSSIL TOUR



Join City staff for this free 30-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: 1/5, 2/2, 3/2 & 4/6 from 11:00 AM to 11:30 AM.

# 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.

### Holiday Dinner Dance



'Tis the season to celebrate! Get dressed up and come dance the night away at the Circle of Friends Holiday Dinner Dance! Join us for this special evening at the Laguna Hills Community Center. Please RSVP in advance at (949) 707-2683.

DATES	TIME	DAY	CLASS
12/14	6:30-9:00 PM	F	2781

Fee: \$10  
Location: LHCC  
Instructor: Community Services Staff  
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 at least one week in advance at (949) 707-2683.

DATES	TIME	DAY	CLASS
1/11	7:00-9:00 PM	F	2877

Fee: \$10  
Location: Forest Lanes, 22771 Centre Dr., Lake Forest 92630  
Instructor: Community Services Staff  
Ages: 13 and older

### Valentine's Dance



Invite a friend and join us for a special evening at the Circle of Friends Valentine's Dance! Please RSVP to (949) 707-2683. We hope to see you there!

DATES	TIME	DAY	CLASS
2/1	7:00-9:00 PM	F	2878

Fee: \$5  
Location: LHCC  
Instructor: Community Services Staff  
Ages: 13 and 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
3/8	6:30-9:00 PM	F	2879

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

## REGISTER EARLY

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



# ACTIVITY SCHEDULE

## SPORTS LEAGUES

## EMERITUS

### 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
Open League	1/15-3/26	6:30, 7:30, 8:30 PM	Tu	2897 Ages: 18 and older
Open League	1/17-3/28	6:30, 7:30, 8:30 PM	Th	2898 Ages: 30 and older

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

### 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"	1/14-3/25	6:30, 7:40, 8:50 PM	M	2892
Men's Upper "D"	1/15-3/26	6:30, 7:40, 8:50 PM	Tu	2893
Men's Lower "D"	1/16-3/27	6:30, 7:40, 8:50 PM	W	2894
Men's Upper "C"	1/17-3/28	6:30, 7:40, 8:50 PM	Th	2895
Competition Co-ed	1/18-3/29	6:30, 7:40, 8:50 PM	F	2896

Fee: \$425 Location: LHCC Ages: 18 and older  
Instructor: Community Services Staff

### 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	1/14-3/25	6:10, 7:00, 8:00 PM	M	2899
Recreational Co-ed	1/16-3/20	6:10, 7:00, 8:00 PM	W	2900

Fee: \$225 Location: LHCC Ages: 18 and older  
Instructor: Community Services Staff

### 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](http://www.saddleback.edu/emmeritus).

DAY	CLASS	TIME
<b>The following classes meet 1/22-5/23:</b>		
M/W	Yoga	9:00-9:50AM
M/W	Aerobic Exercise	10:00-10:50 AM
M/W	Pilates Conditioning	11:00-11:50 AM
T/Th	Sequential Stretching	8:30-9:20 AM
T/Th	Pilates Conditioning	9:30-10:20 AM
T/Th	Yoga	10:30-11:20 AM
Fri	Tai Chi	9:00-11:50 AM
Fri	Pilates Conditioning	10:10-11:55 AM

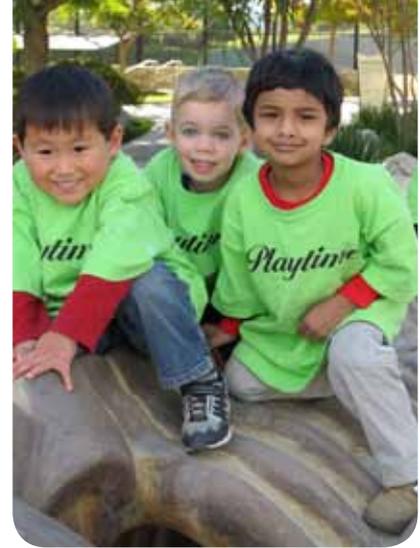
Location: LHCC

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

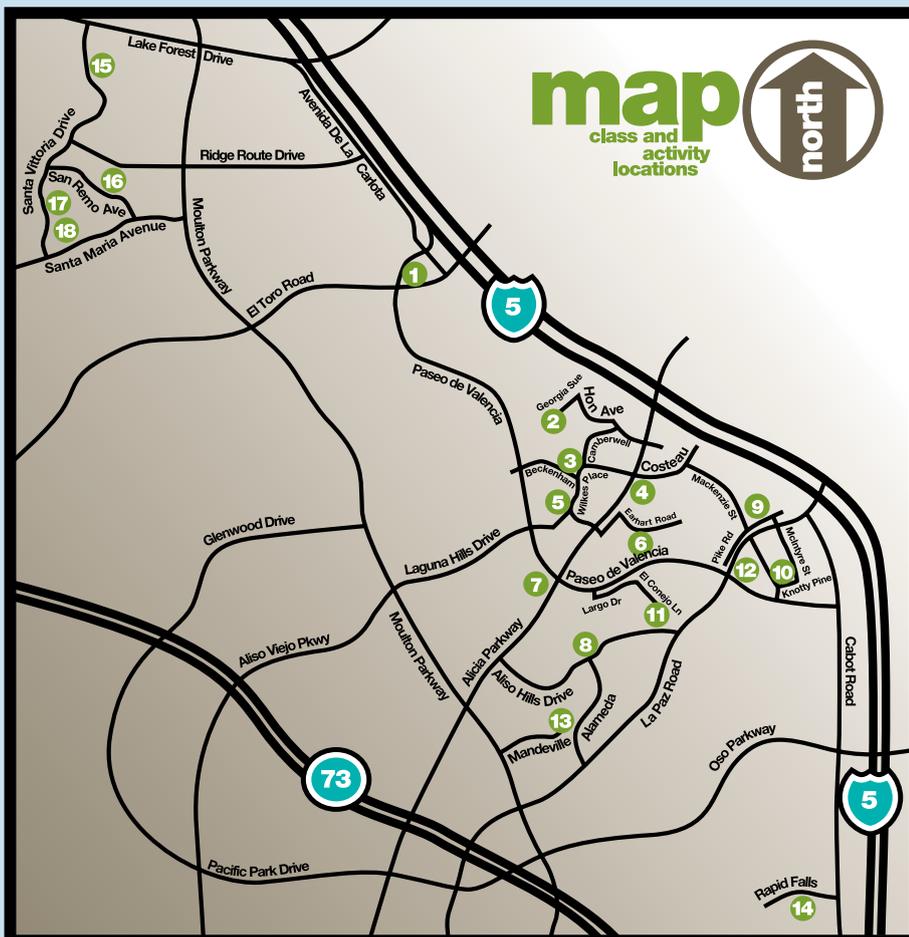


## SPORTS & YOUTH GROUPS

AYSO Region 1422	<a href="http://www.ayso1422.org">www.ayso1422.org</a>
Laguna Hills Little League	949.206.5414
Laguna Hills National Junior Basketball	<a href="http://www.lhnjb.net">www.lhnjb.net</a>
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

# City of Laguna Hills REGISTRATION FORM

**Winter Registration begins Tuesday, December 11, 2012**

## On-Line

[www.ci.laguna-hills.ca.us](http://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.
- 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