

2013-2014 WINTER | News Magazine & Activity Guide



laguna hills

CITY VIEWS



When It Rains It Pours... PREVENTING POLLUTANTS IN OUR WATERWAYS

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Capital Project Updates
Managing Stormwater
Emergency Preparedness
Mobile App
Dial A Taxi



laguna hills

CITY VIEWS

2013/14 WINTER NEWS MAGAZINE & ACTIVITY GUIDE

CITY HALL HOURS:

8 am – 5 pm Monday – Friday

ENGINEERING, PLANNING AND BUILDING COUNTER HOURS:

1 pm – 5:30 pm Monday – Thursday

1 pm – 5 pm Friday

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

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

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

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



LAGUNA HILLS CITY COUNCIL:

Barbara Kogerman
Mayor

Randal Bressette

Andrew Blount
Mayor Pro Tem

Melody Carruth

Dr. Dore Gilbert

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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www.ci.laguna-hills.ca.us

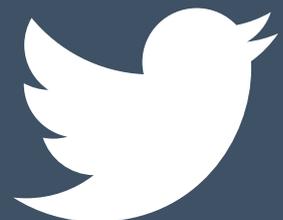
Capital Project UPDATES

Winter is here! With it comes exciting changes for the City of Laguna Hills during the upcoming holiday season. Construction on the two-year-long La Paz Road Widening at Interstate 5 and Cabot Road project was recently completed. The newly reconfigured interchange includes: two lanes in each direction along La Paz Road; an added third eastbound lane on La Paz Road to access the I-5 North; an additional southbound off-ramp lane; a second left-turn lane onto Cabot Road; and a reconfigured on-ramp access. This project also includes the construction of four retaining walls, plus a tie-back wall under the I-5, landscaping, earthwork, drainage improvements and paving. The City of Laguna Hills would like to thank the traveling public as well as local residents and businesses for their patience and understanding, which greatly contributed to the success of this major construction milestone. We anticipate these improvements will greatly enhance traffic flow along La Paz Road and improve access on and off of the I-5 Freeway.

Another project that is currently moving forward is the Ridge Route Drive Pavement Rehabilitation, from Avenida de La Carlota to Moulton Parkway. Construction on this project began in November and will be completed by January 2014. The work includes concrete repairs, access ramp construction, pavement repairs and pavement resurfacing with rubberized asphalt concrete. During construction, please use alternate routes and follow all traffic signage. We appreciate the cooperation of local residents and business owners who may experience delays due to construction work.

Want an easy way to stay informed of upcoming events and news within the City?

Follow the City on Twitter. This quick and easy way of staying in touch with the City is available to all who sign up at www.twitter.com/citylagunahills.



WHEN IT RAINS IT POURS...

PREVENTING POLLUTANTS IN OUR WATERWAYS

MANAGING STORMWATER DURING THE RAINY SEASON



The rainy season is back. Time for umbrellas, raincoats, and...the first flush? The first flush is the first significant rainfall after a long period of dry weather. This rain flushes months of accumulated pollutants such as litter, lawn clippings, pesticides, motor oil, and pet waste from impervious surfaces such as rooftops, driveways, parking lots, and roadways down storm drains. Unlike water that flows through sewers (from sinks and toilets), water that flows through storm drains is not treated before entering our creeks, rivers, bays, and ocean.

Impervious surfaces cover soil that would allow stormwater to soak into the ground. By not allowing stormwater to soak into the ground, these surfaces significantly increase the amount of water that runs off the land. Always on the move, water flows downhill, over and through the land picking up pollutants, and sending them to the nearest waterway. This is called stormwater pollution. However, by preparing for the rain, you can help reduce stormwater pollution and improve the health of our creeks, rivers, bays, and ocean.

Maintaining your landscape can help reduce pollution in our waterways. Preserve existing vegetation as much as possible. Plants are

a natural, inexpensive and highly effective means for controlling runoff. Runoff slows down and loses much of its force when it reaches vegetation, which works as a filter, straining out sediment, debris and other pollutants.

During these upcoming wet-weather months, it is important to closely monitor your lawn watering habits and adjust your watering schedule to reflect the weather conditions. During the rainy season, landscaped areas need less water. A heavy rainfall can eliminate the need for watering for up to two weeks. Therefore, increase the number of days between watering and reduce the amount of time sprinklers are operating. Also, shut off your sprinklers or use the rain-delay feature before and during rainy weather. When you avoid unnecessary watering, more rain can soak into your landscape and less runs off into the storm drain.

Leaves may have collected in the rain gutters along your roof over the summer. Remove the debris from the gutter and place it in a green waste container before it rains and clogs your gutter. Also, direct downspouts and gutters to drain onto your lawn or plant beds where water will soak into the soil.



To further reduce and prevent pollutants from entering the storm drain, place yard trimmings in a green waste container, pick up litter, maintain your vehicle and don't over-fertilize or overwater your lawn.

Do your part! Remember, the ocean begins at your front door. To learn about what you can do to prevent urban runoff pollution or to report a water pollution problem, contact the City of Laguna Hills Public Services Department at (949) 707-2657 or visit the Orange County Stormwater Program at visit www.ocwatersheds.com.

EMERGENCY PREPAREDNESS

Are You Prepared in Case of an Emergency?

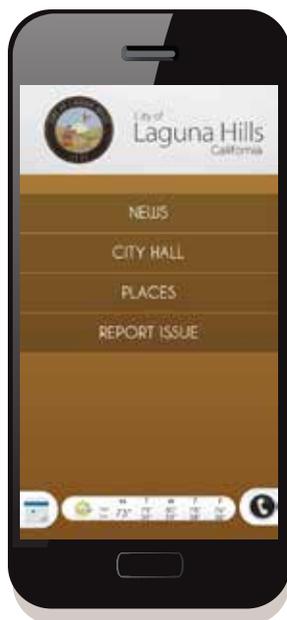
The City of Laguna Hills will host a free 8-week Community Emergency Preparedness Academy (CEPA) to provide residents preparedness training to care for themselves, their families and neighbors when emergency responders may not be able to respond. Experienced instructors from the Orange County Sheriff's Department, Orange County Fire Authority, Doctor's Ambulance, and other agencies will provide invaluable training including certification in First Aid and CPR, as well as training in Automatic External Defibrillator (AED) operation, disaster psychology, earthquake preparedness, fire safety, water safety, light search and rescue, and more.

CEPA classes will be held Thursday nights, beginning February 6, 6:30 pm-9:30 pm, with the last class and graduation held on March 27. The course is free and open to all adult residents of Laguna Hills who are able to attend the entire 8-week program. High school students attending with parents are also welcome.

Class size is limited and registration is required. To register for the course, contact Brittney Oldham, Crime Prevention Specialist, at boldham@ocsd.org or 949.707.2641.

MOBILE APP

The City of Laguna Hills has launched a mobile application! This simple to use app includes five tabs on the home screen: "News," "City Hall," "Places," "Report An Issue," and "Shop & Dine," allowing residents to stay more connected to their community with a click of a few buttons. Residents can now easily and quickly access the City's calendar, contact City departments and services, report day-to-day issues from graffiti removal to park and landscape maintenance, and find new places to eat and shop. This app is available for download in both the Apple and Android format, and may be downloaded from the respective app store by simply searching for "Laguna Hills."



DIAL A TAXI

Laguna Hills seniors can participate in the Dial-A-Taxi Senior Transportation Program, which provides "round-the-clock" door-to-door taxi service to Laguna Hills residents 60 years and older, by registering and paying a one-way co-pay of as little as \$5.

The service area for the program includes any destination within the city limits of Laguna Hills, Mission Viejo, and Laguna Woods, as well as travel to and from the following select satellite locations: Lake Forest Nursing Center, Freedom Village, Laguna Niguel/Mission Viejo Metrolink Station, Irvine Metrolink Station, Irvine Spectrum, Hoag Hospital – Irvine, Kaiser Hospital – Irvine, John Wayne Airport (\$16 co-pay), Long Beach Airport (\$27.50 co-pay), and Los Angeles International Airport (\$52.50 co-pay). All destinations require a \$5 co-pay unless detailed otherwise.

To register for the Dial-A-Taxi program, fill out an application form and return it in person to the Laguna Hills Community Center at 25555 Alicia Parkway, Laguna Hills, CA, 92653. The Community Center is open from 8 a.m. to 10 p.m., Monday through Saturday, and on Sunday from noon to 6 p.m. You can get a copy of the registration form online at www.ci.laguna-hills.ca.us under "Departments" then "Community Services."

To register, you will need to show proof of Laguna Hills residency and proof of age. Seniors already registered with the City's Dial-A-Taxi program should call toll free (877) 809-6587 to arrange a pick up. For more information, visit the City's website at www.ci.laguna-hills.ca.us or call (949) 707-2681.

COMMUNITY TELEPHONE



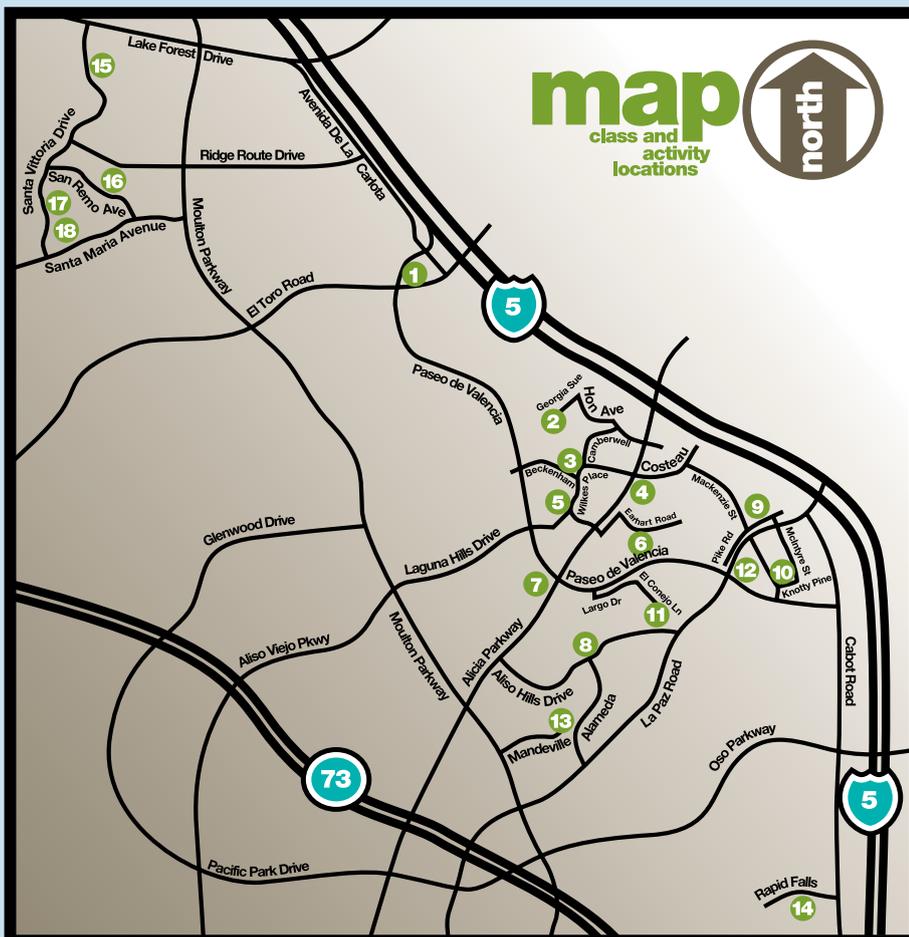
Laguna Hills City Hall	949.707.2600
Laguna Hills Graffiti Hotline	949.707.2656
OC Public Technology Branch Library	949.707.2699
Orange County Sheriff's Dept. (24 hour)	949.770.6011
Florence Sylvester Memorial Senior Center	949.380.0155
Saddleback Valley School District	949.586.1234
Laguna Hills High 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	www.momscluboflagunahills.com

SPORTS & YOUTH GROUPS

AYSO Region 1422	www.ayso1422.org
Laguna Hills Little League	www.lhll.org
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

2013/14 WINTER

COMMUNITY SERVICES

ACTIVITY GUIDE

IT'S
"SNOW"
SECRET...



WE HAVE
EXCITING
CLASSES.

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LAGUNA HILLS, CA

CITY OF LAGUNA HILLS 25555 ALICIA PARKWAY LAGUNA HILLS CA 92653

CALENDAR OF EVENTS

- Dec 17** Winter Registration Opens
- Dec 25** Community Center & Sports Complex Closed
- Jan 17** Middle School Dance
- Jan 24** Circle of Friends Karaoke Night
- Feb 7** Circle of Friends Valentine's Dance
- Feb 17** President's Day: Community Center & Sports Complex Closed
- Feb 21** Daddy Daughter Dinner Dance
- Mar 14** Circle of Friends Pizza & Movie Night
- Mar 21** Middle School Dance

NEW THIS WINTER!

After School Sports: Wiffle Ball

STAY INFORMED

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

COMMUNITY SERVICES ACTIVITY GUIDE TABLE OF CONTENTS



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2-3 Early Childhood

4 Cultural Arts

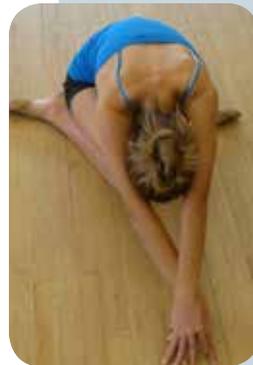
5-7 Dance



8 Personal Development

9-11 Sports & Fitness

11 Circle of Friends



12 Sports Leagues

12 Excursions

13 Emeritus

LIBRARY



 Community Resources

Did you know that the Laguna Hills Technology Library is located within the Laguna Hills Community Center? We have computers, an assortment of books for adults, teens, and children, and a DVD collection – all available for free! If you'd like something available at another branch, we can have it transferred over for just 25 cents. The library's online calendar is available at: ocpl.org/libloc/lht/calendar
Questions, please call the library at 949-707-2699



ACTIVITY SCHEDULE

EARLY CHILDHOOD

Special Events

Daddy Daughter Dinner Dance

Ooh la la! Join us for an evening in Paris! Dance and dine the night away with that special man in your life- father, grandfather, uncle- whomever it may be! Suit up messieurs and dress up mademoiselles for a magical evening of fun and dancing. Participants will receive a keepsake picture. **Register early, space is limited! Please Note: Adults must register for this event.**

DATES	TIME	DAY	CLASS
2/21	6:30-8:30 PM	F	3451

Fee: Resident Adults: \$15, Children \$10
 Non-Resident Adults: \$20, Children \$15
 Location: LHCC

Ages: All ages welcome



CULTURAL ARTS

Tunes and Tales

Let's get the wiggles out! Join Ms. Vivian in her 20th 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
Ages 1 ½ - 2 ½:			
1/7-2/4	9:30-10:10 AM	Tu	3329
2/18-3/18	9:30-10:10 AM	Tu	3331

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

Class Sessions: 5

Ages 2 ½ - 4:

1/7-2/4	10:15-11:10 AM	Tu	3330
2/18-3/18	10:15-11:10 AM	Tu	3332

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

Class Sessions: 5

Location: LHCC

Instructor: Vivian Stapleton

Music Together

Here is your chance to experience a nationwide, research-based program packed with songs, rhymes, dance and instrumental jam sessions! Outstanding teachers with early childhood and music experience will lead participants in a wonderful musical learning experience. Parent participation is required. For more information please visit www.svmusictogether.net. 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. ***NO CLASS 3/12.**

DATES	TIME	DAY	CLASS
Ages 4 & under:			
1/8-3/19	9:15-10:00 AM	W	3361
1/8-3/19	10:30-11:15 AM	W	3362

Ages 8 mon. & under:

1/8-3/19	11:15 AM-12:00 PM	W	3363
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Fee: Resident \$145, Non-Resident \$150

Location: LHCC

Instructor: Elena Salisbury

Class Sessions: 10

ACTIVITY SCHEDULE



EARLY CHILDHOOD

Do, Re, Mi Music/Piano

Do, Re, Mi piano/music class encourages development of the whole child through music. In this joyous class, children will experience the sounds and rhythms of music through instrument play, piano/keyboard fingering and playing simple tunes, singing do, re, mi music notations and songs, rhythm and melodic patterns, props, puppets and creative movement. **Parent Participation is required!** Keyboards provided by the instructor for use in class. A \$20 material fee is due to the instructor at the first class meeting.

DATES	TIME	DAY	CLASS
1/16-2/20	9:30-10:15 AM	Th	3357

Fee: Resident \$114, Non-Resident \$119
 Location: LHCC
 Instructor: Sophi Albert

Ages: 2-4
 Class Sessions: 6

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. Tempra paints, glitter paints, 3-D form, water color and more are just the beginning of this fantastic class! Learning through art can increase a child's 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
1/24-3/14	10:45-11:45 AM	F	3450

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

Ages: 3-5
 Class Sessions: 8

Parent & Tot Clay Time

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. **Parent participation is required.** A \$20 material fee is due to the instructor at the first class meeting.

DATES	TIME	DAY	CLASS
2/24-3/24	2:30-3:15 PM	M	3324

Fee: Resident \$65, Non-Resident \$70
 Location: LHCC
 Instructor: Lucia Henry

Ages: 3-5
 Class Sessions: 5

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 be a daily snack break and recess time. **Children must have turned 4 years old by September 1, 2013 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
1/6-3/28	9:00 AM-12:00 PM	M W F	3353
*NO CLASS 1/20, 2/7, 2/14, 3/3, 3/5, 3/7			

Fee: Resident \$450, Non-Resident \$455
 Location: LHCC
 Instructor: Jennifer Migliaccio

Ages: 4-5
 Class Sessions: 30

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
1/14-3/20	11:30 AM-2:00 PM	Tu Th	3412

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

Ages: 3-5
 Class Sessions: 20

My First Classroom

This class provides an excellent learning environment for your little one who is on his/her way to preschool or currently attends preschool! Artistic avenues will be introduced focusing on fine motor development, critical thinking independent learning along with group participation such as story time. Activities include: cutting, drawing, and writing along with cognitive and visual skills such as letter, shape, and color recognition. This is an excellent class for your child to enhance their "foundation skill set". A \$10 material fee is due to the instructor at the first class meeting. **Parent participation is required.**

DATES	TIME	DAY	CLASS
1/24-3/14	9:30-10:15 AM	F	3449

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

Ages: 18 months-2
 Class Sessions: 8



ACTIVITY SCHEDULE

CULTURAL ARTS

Beginning/Intermediate/Advanced Drawing & Painting

Beginners will be taught to see (as an artist) line, location and value. They will learn how to use charcoal drawing tools and produce accurate drawings of simple still lifes. Emphasis is on determining spacial relationships and accurate value depiction. A supply kit is available from the instructor for \$35. Emphasis is on technique, composition, perspective, color and design. Media choices are colored pencil, water color, guache 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 at his or her own level and the only deadlines are sufficient completion of work.

DATES	TIME	DAY	CLASS
1/6-2/10	4:00-5:30 PM	M	3359
2/24-3/31	4:00-5:30 PM	M	3360

Fee: Resident \$140, Non-Resident \$145
 Location: LHCC
 Instructor: Marillyn Brame

Ages: 6-16
 Class Sessions: 6

Young Rembrandts Cartoon Drawing

Your child is sure to be giggling all season long as they explore the fun, artistic world of Young Rembrandts cartooning! Funny expressions and hilarious animals are just a small example of the fun drawings we will create this winter. Students love our original cartoon drawings like Goofy Chefs and hilarious Cartoon Dads. Enroll your child today for fun artistic challenges they can use to create amazing pieces of cartoon artwork. Sign up today.

DATES	TIME	DAY	CLASS
1/7-2/4	3:30-4:30 PM	Tu	3333
2/18-3/18	3:30-4:30 PM	Tu	3334

Fee: Resident \$63, Non-Resident \$68
 Location: LHCC
 Instructor: Young Rembrandts

Ages: 6-12
 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, slab construction 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
2/24-3/24	3:30-4:45 PM	M	3325

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

Ages: 6-12
 Class Sessions: 5

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
LEVEL I:			
1/12-2/2	1:30-2:45 PM	Su	3349
2/9-3/2	1:30-2:45 PM	Su	3350
3/9-3/30	1:30-2:45 PM	Su	3351

Fee: Resident \$49, Non-Resident \$54

Class Sessions: 4

DATES	TIME	DAY	CLASS
LEVEL II:			
1/12-3/30	4:30-5:45 PM	Su	3352

Fee: Resident \$120, Non-Resident \$125

Class Sessions: 12

Location: LHCC

Ages: 18 and older

Instructor: George Medlock

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 for more information.

DATES	TIME	DAY	CLASS
1/16-2/13	5:00-6:00 PM	Th	3356

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

Ages: 10 and older

Location: LHCC

Class Sessions: 5

Instructor: Ron Gorman

The 39 Steps

Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python and you have The 39 Steps, a fast-paced who-dun-it for anyone who loves the magic of theatre! On The Edge Theatre's production of The 39 Steps is packed with nonstop laughs, over 100 zany characters (played by a ridiculously talented cast of 4), an on-stage plane crash, handcuffs, missing fingers and some food old-fashioned romance! If paying with cash, please have exact change. Call Daryl! at (949) 707-2692 for more information. **Please note: No refunds or transfers for this event.**

DATES	TIME	DAY	CLASS
2/28	7:00-9:00 PM	F	3367
3/1	7:00-9:00 PM	Sa	3368
3/2	2:00-4:00 PM	Su	3369
3/7	7:00-9:00 PM	F	3370
3/8	7:00-9:00 PM	Sa	3371
3/9	2:00-4:00 PM	Su	3372

Fee: Adults ages 14 & older \$15,

Ages: All Ages

Children ages 13 & under free with paying adult

Welcome

Location: LHCC

Instructor: On the Edge Theatre Productions

ACTIVITY SCHEDULE



DANCE

West Coast Movement Project



West Coast Movement Project offers a comprehensive dance program for students ages 3 to adults. WCMP provides solid dance instruction designed to challenge and inspire students to grow technically and artistically.

New students are accepted into our Winter session based on availability in **SELECT** classes. Our curriculum builds from September-June and priority registration is given to students continued from the Fall session. The following classes are open to new students, if space allows: Preschool I, Preschool II, and Classic Combo A.

All other classes require that students have taken the Fall session

MULTIPLE CLASS DISCOUNT: There is a \$7 tuition discount available for multiple WCMP dance classes taken by one family. You must register for all of the classes in one transaction to have the discount applied.

FOR MORE INFORMATION:

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

Preschool Dance I (Tap/Ballet)

***Class openings based on availability- Priority registration for continuing students.** In a caring and structured environment, our tiny dancers learn to take turns, enhance their listening skills and increase their gross motor coordination by using parachutes, maracas, tambourines, etc. to learn basic tap and ballet steps and terminology.
Dress Code: Any color leotard and tights, black tap shoes, pink leather ballet slippers.

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
3	Th	1/9-3/27	9:00-9:45 AM	12	\$126/\$131	\$119/\$124	3385
3	F	1/10-3/28	10:30-11:15 AM	12	\$126/\$131	\$119/\$124	3386

Preschool Dance II (Tap/Jazz/Ballet)

***Class openings based on availability – Priority registration for continuing students.** This class helps build the skills of our young dancers, as they begin to learn short combinations of steps and increase their tap and ballet vocabulary and are introduced to the excitement of jazz.
Dress Code: Any color leotard and tights, black tap shoes, pink leather ballet slippers.

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
4	Tu	1/7-3/25	9:00-9:45 AM	12	\$126/\$131	\$119/\$124	3387
4	F	1/10-3/28	11:15-12:00 PM	12	\$126/\$131	\$119/\$124	3388

Classic Combo A (Tap & Jazz)

***Class openings based on availability- Priority registration for continuing students.** This class focuses on stationary and locomotor tap steps and the beginning elements of jazz dance.
Dress Code: Solid black leotard, solid black chiffon skirt, pink tights, black tap shoes, pink leather ballet slippers hair secured away from face.

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
5-6	Tu	1/7-3/25	3:20-4:20 PM	12	\$156/\$161	\$149/\$154	3389
5-6	W	1/8-3/26	3:20-4:20 PM	12	\$156/\$161	\$149/\$154	3390

Classic Combo B (Tap & Jazz)

***Prerequisite Required – must be a continuing student from the Fall session.** In this class, tap steps are introduced with the aim of increasing speed, dexterity and awareness of various rhythms. Jazz dance is introduced as students learn combinations and the basics of leaps, jumps and turns. ***NO CLASS 2/17.**
Dress Code: Solid black leotard, solid black chiffon skirt OR black dance shorts, tan tights, black tap oxfords, tan pull on jazz oxfords, hair secured away from neck and face.

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
8-10	Tu	1/7-3/25	4:20-5:20 PM	12	\$156/\$161	\$149/\$154	3392

Classic Combo C (Tap & Jazz)

***Prerequisite Required – must be a continuing student from the Fall session.** This class includes both tap & jazz and is offered in an extended time format, allowing students to take two disciplines for a single class rate. At this level, we recommend our dancers take this class in conjunction with other disciplines (lyrical, ballet and/or hip hop). ***NO CLASS 2/17.**
Dress Code: Solid black dance tank, black dance shorts, tan tights, black tap oxfords, tan pull on jazz oxfords, hair secured away from neck and face.

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
7&up	M	1/13-3/31	5:00-6:15 PM	12	\$154/\$159	\$147/\$152	3394

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.

Tap & Jazz

***Prerequisite Required – must be a continuing student from the Fall session.** This class is offered in an extended time format, allowing students to take two disciplines for a single class rate. At this level, we recommend our dancers take this class in conjunction with other disciplines (lyrical, ballet and/or hip hop). ***NO CLASS 2/17**
Dress Code: Solid black dance tank, black dance shorts, tan tights, black tap oxfords, tan pull on jazz oxfords, hair secured away from neck and face.

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
Level II							
7&up	Tu	1/7-3/25	5:20-6:50 PM	12	\$180/\$185	\$173/\$178	3395
Level III							
9&up	F	1/10-3/28	4:00-5:45 PM	12	\$180/\$185	\$173/\$178	3396

Ballet

***Prerequisite Required – must be a continuing student from the Fall session.** Our ballet classes cover fundamental classical movements, steps and terminology and are designed to increase the student's strength, flexibility, grace and confidence, while embracing a fun and positive approach to learning.
Dress Code: Solid black leotard, pink tights, pink leather ballet slippers and hair secured away from neck and face.

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
7-10	Th	1/9-3/27	4:15-5:00 PM	12	\$156/\$161	\$149/\$154	3398
11&up	Th	1/9-3/27	5:00-6:00 PM	12	\$156/\$161	\$149/\$154	3399

Jazz III

***Prerequisite Required – must be a continuing student from the Fall session.** This class builds on a strong, dynamic jazz dance base. Class begins with a technical warm-up and is rounded out with combinations, progressions and refining leaps and turns.
Dress Code: Solid black dance tank, black dance shorts, tan tights, tan pull on jazz oxfords, hair secured away from neck and face.

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
11&up	W	1/8-3/26	6:45-8:00 PM	12	\$168/\$173	\$161/\$166	3400

Lyrical

***Prerequisite Required – must be a continuing student from the Fall.** Lyrical combines ballet, jazz and contemporary in an emotional and artistically expressive dance style. Class begins with a technical warm up and continues with combinations, progressions, leaps and turns. ***NO CLASS 2/17**
Dress Code: Solid black dance tank, black dance shorts, tan tights, tan pull on jazz oxfords, hair secured away from neck and face.

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
Level II							
9-12	W	1/8-3/26	5:50-6:45 PM	12	\$156/\$161	\$149/\$154	3402
Level III							
13&up	Th	1/9-3/27	6:00-7:15 PM	12	\$168/\$173	\$161/\$166	3403

Hip Hop

***Prerequisite Required – must be a continuing student from the Fall.** This high energy class is tailored to boys and girls who want to learn the latest urban dance steps. It includes a warm-up, conditioning, dance steps and combinations.
Dress Code: Comfortable street clothes/active wear and sneakers. **NO JEANS permitted.**

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
5-6	F	1/10-3/28	3:25-4:00 PM	12	\$120/\$125	\$113/\$118	3404
7-10	W	1/8-3/26	4:20-5:05 PM	12	\$150/\$155	\$143/\$148	3405
11&up	W	1/8-3/26	5:05-5:50 PM	12	\$150/\$155	\$143/\$148	3406

Performance Technique

***Prerequisite Required – must be a continuing student from the Fall.** This class covers stage presence, showmanship, synchronization and quick memorization of choreography.
Dress Code: Solid black dance tank, black dance shorts, tan tights, tan pull on jazz oxfords, hair secured away from neck and face.

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
9&up	F	1/10-3/28	5:45-6:30 PM	12	\$108/\$113	\$101/\$106	3407

Community Performance Troupe

***Prerequisite Required – must be a continuing student from the Fall.** WCMP's Community Performance Troupe is for young dancers who want to add the excitement of participating in performances in our community! This is a choreography class which teaches dances to be showcased at local events and is a great opportunity to get your young performer on stage!
Dress Code: Solid black dance tank, black dance shorts, tan tights, pull on jazz oxfords, hair secured away from neck and face.

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
6-10	Sa	1/11-3/29	10:00-10:30 AM	11	\$99/\$104	\$92/\$97	3408

Hip Hop Performance Crew

***Prerequisite Required – must be a continuing student from the Fall.** WCMP's Hip Hop Performance Crew is for dancers who want to add the excitement of performing in hip hop performances in our community! This is a choreography class which teaches dances to be showcased at local events and is a great opportunity to get your young performer on stage! ***NO CLASS 3/8.**
Dress Code: Comfortable street clothes and sneakers, **NO JEANS permitted.**

Age	Day	Dates	Time	Weeks	Fee (Res/Non-Res)	Multi (Res/Non-Res)	Class
7&up	Sa	1/11-3/29	11:00-12:00 PM	11	\$143/\$148	\$136/\$141	3410

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. Instructor has over 20 years experience in this dance form. For more information please visit www.enheduanna.com.

DATES	TIME	DAY	CLASS
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LEVEL I:

1/12-2/2	12:15-1:30 PM	Su	3344
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2/9-3/2	12:15-1:30 PM	Su	3345
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3/9-3/30	12:15-1:30 PM	Su	3346
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Fee: Resident \$49, Non-Resident \$54 Class Sessions: 4

LEVEL II:

1/12-3/30	1:30-2:45 PM	Su	3347
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Fee: Resident \$120, Non-Resident \$125 Class Sessions: 12

LEVEL III/IV:

1/12-3/30	3:00-4:15 PM	Su	3348
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Fee: Resident \$120, Non-Resident \$125 Class Sessions: 12

Location: LHCC

Instructor: Tina Enheduanna

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/guardian. Buy your tickets early, this event will sell out! Supervision is provided by City Staff. You must bring your dance ticket and student ID card to get into the dance. For more information please call (949) 707-2690.

DATES	TIME	DAY	CLASS
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1/17	7:00-9:00 PM	F	3425
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3/21	7:00-9:00 PM	F	3426
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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.



ACTIVITY SCHEDULE

PERSONAL DEVELOPMENT

The Veggie Kitchen



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! **NOTE: No refunds or transfers for one-day classes.**

DATES	TOPIC	TIME	DAY	CLASS
1/4	Veggie Kitchen 101	11:30 AM-1:00 PM	Sa	3335
2/1	Cozy Cooking	11:30 AM-1:00 PM	Sa	3336
3/1	Family Favorites	11:30 AM-1:00 PM	Sa	3337

CLASS DESCRIPTIONS

Veggie Kitchen 101: An introduction to the healthy and delicious world of vegetarian cooking. Fresh ideas and flavorful recipes to inspire you in the kitchen.

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

Family Favorites: Great ideas for tasty meals that everyone will enjoy. Delicious recipes from our kitchen to yours

Fee: Resident \$15, Non-Resident \$17

Ages: 18 and older

Location: LHCC

Instructor: Ed Cervantes

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 each of 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 this class.**

DATES	TIME	DAY	CLASS
2/6-2/13	6:30-8:30 PM	Th	3358

Fee: Resident \$59, Non-Resident \$64

Ages: 18 and older

Location: LHCC

Class Sessions: 2

Instructor: Frances Greenspan

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: 1/4, 2/1, & 3/1 from 11:00-11:30 AM.

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

Fee: FREE

Ages: 17 & under

Location: LHCC

Adult Open Gym Basketball



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

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

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

Ages: 18 and older

Location: LHCC

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. XClass meets at the Laguna Hills Community Center every other Saturday with transportation provided by city staff to all destinations. Call Daryl at (949) 707-2692 for more information.

SCHEDULE: 1/11: Whiting Ranch Wilderness Park-Red Rock Canyon Train; **1/25:** Laguna Coast Wilderness Park- Little Sycamore Trail; **2/8:** Caspers Wilderness Park-Juaneno Trail; **2/22:** Santiago Oaks Regional Park- Robbers Roost.

DATES	TIME	DAY	CLASS
1/11, 1/25, 2/8 & 2/22	8:00 AM-12:00 PM	Sa	3366

Fee: Resident \$35, Non-Resident \$40

Ages: 15 and older

Location: LHCC

Class Sessions: 4

Instructor: Community Services Staff

After School Sports



Intramural Sports will be offered for boys and girls two days a week after school at each elementary school campus. Sessions begin with skill development and progress to intramural tournaments. Session I: Wiffle Ball is open to grades 3-6; Session II: Co-ed Soccer for grades K-6. **NOTE: Class will not meet on school holidays or furlough days. On minimum days practice will be held at 1:30 PM at Lomarena and Valencia and at 1:00 PM at San Joaquin.**

DATES	TIME	DAY	SCHOOL	SPORT	CLASS
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SESSION I:

1/13-2/12	2:45-4:00 PM	MW	Lomarena	Wiffle Ball	3418
1/14-2/13	2:15-3:30 PM	TuTh	San Joaquin	Wiffle Ball	3419
1/14-2/13	2:45-4:00 PM	TuTh	Valencia	Wiffle Ball	3420

SESSION II:

3/10-4/9	2:45-4:00 PM	MW	Lomarena	Coed Soccer	3421
3/11-4/10	2:15-3:30 PM	TuTh	San Joaquin	Coed Soccer	3422
3/11-4/10	2:45-4:00 PM	TuTh	Valencia	Coed Soccer	3423

Fee: \$35

Class Sessions: 10

Grades: 3-6 (Wiffle Ball); K-6 (Co-ed Soccer)

Instructor: Community Services Staff

Hot Shot Basketball Competition



Come show off your shooting skills at our Hot Shot Competition! Race against time to score as many baskets as you can from different areas of the court to earn points boys and girls, ages 8-15, are invited to participate in this fun challenge. There will be awards for 1st, 2nd, and 3rd place division winners. All contestants will receive a participant memento. For more information, please call (949) 707-2687. Sign up today!

DIVISION	DATES	TIME	DAY	CLASS
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Girls 8-9	3/1	9:00 AM-12:00 PM	Sa	3440
Boys 8-9	3/1	9:00 AM-12:00 PM	Sa	3441
Girls 10-11	3/1	9:00 AM-12:00 PM	Sa	3442
Boys 10-11	3/1	9:00 AM-12:00 PM	Sa	3443
Girls 12-13	3/1	9:00 AM-12:00 PM	Sa	3444
Boys 12-13	3/1	9:00 AM-12:00 PM	Sa	3445
Girls 14-15	3/1	9:00 AM-12:00 PM	Sa	3446
Boys 14-15	3/1	9:00 AM-12:00 PM	Sa	3447

Fee: \$5

Location: LHCC

Instructor: Community Services Staff



ACTIVITY SCHEDULE

SPORTS & FITNESS

Aikido



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

DATES	TIME	DAY	CLASS
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Ages 6-18:

1/2-1/30	6:00-7:00 PM 9:30-10:30 AM	TuTh Sa	3338
2/1-2/27	6:00-7:00 PM 9:30-10:30 AM	TuTh Sa	3340
3/1-3/29	6:00-7:00 PM 9:30-10:30 AM	TuTh Sa	3342

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

Ages 19 and older:

1/2-1/30	7:00-9:00 PM 8:30-9:30 AM	TuTh Sa	3339
2/1-2/27	7:00-9:00 PM 8:30-9:30 AM	TuTh Sa	3341
3/1-3/29	7:00-9:00 PM 8:30-9:30 AM	TuTh Sa	3343

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

Location: LHCC

Instructor: Dale Eisenberg

FUNK Fitness



FUNK Fitness is a dance-cardio workout that keeps participants moving and melting calories away to Top 40 hits, R&B, Disco and more. Simple cardio routines are designed for all fitness levels. Class concludes with toning routines. Participants should bring water, a towel, and 1 lb. or 2 lb. dumbbell hand weights. For more information, contact Mia at mia.alicea@gmail.com or (949) 495-2119 or visit www.wcmovementproject.com.

DATES	TIME	DAY	CLASS
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1/11-3/29	9:00-9:50 AM	Sa	3411
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Fee: Resident \$82, Non-Resident \$80

Location: LHCC

Instructor: West Coast Movement Project

Ages: 18 and older

Class Sessions: 11

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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1/6-3/24	6:30-8:00 PM	M	3354
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*NO CLASS 1/20, 2/17, 3/17

Fee: Resident \$126, Non-Resident \$131

Location: LHCC

Instructor: Angie Knight

Ages: 14 and older

Class Sessions: 9

Gentle Yoga



Find the Yoga Basics class 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 blanket(s), towel(s) and a mat.

DATES	TIME	DAY	CLASS
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1/8-3/26	6:00-7:30 PM	W	3355
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Fee: Resident \$168, Non-Resident \$173

Location: LHCC

Instructor: Angie Knight

Ages: 14 and older

Class Sessions: 12

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 can of new, unopened tennis balls.

DATES	TIME	DAY	CLASS
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1/10-2/14	4:00-5:00 PM	F	3326
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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
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1/10-2/14	5:00-6:00 PM	F	3327
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Fee: Resident \$65, Non-Resident \$70

Location: Mackenzie Park Tennis Courts

Instructor: John Myers

Ages: 9-13

Class Sessions: 6

ACTIVITY SCHEDULE



SPORTS & FITNESS

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
1/10-2/14	6:00-7:00 PM	F	3328

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

Ages: 14 and older
Class Sessions: 6

Zumba



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

DATES	TIME	DAY	SESSIONS	FEE (Res/Non-Res)	CLASS
1/7-1/28	7:00-8:00 PM	Tu	4	\$32/\$37	3373
2/4-2/25	7:00-8:00 PM	Tu	4	\$32/\$37	3374
3/4-3/25	7:00-8:00 PM	Tu	4	\$32/\$37	3375
1/2-1/30	7:30-8:30 PM	Th	5	\$40/\$45	3376
2/6-2/27	7:30-8:30 PM	Th	4	\$32/\$37	3377
3/6-3/27	7:30-8:30 PM	Th	4	\$32/\$37	3378
1/2-1/30	7:00-8:00 PM	Tu	9	\$67/\$72	3379
	7:30-8:30 PM	Th			
2/4-2/27	7:00-8:00 PM	Tu	8	\$60/\$65	3380
	7:30-8:30 PM	Th			
3/4-3/27	7:00-8:00 PM	Tu	8	\$60/\$65	3381
	7:30-8:30 PM	Th			

Three month session:

1/7-3/25	7:00-8:00 PM	Tu	12	\$96/\$101	3382
1/2-3/27	7:30-8:30 PM	Th	13	\$104/\$109	3383
1/2-3/27	7:00-8:00 PM	Tu	25	\$187/\$192	3384
	7:30-8:30 PM	Th			

Location: LHCC
Instructor: Dina Martin-Rusk

Ages: 16 and older

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.

Karaoke Night

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

DATES	TIME	DAY	CLASS
1/24	7:00-9:00 PM	F	3437

Fee: \$5
Location: LHCC
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
2/7	7:00-9:00 PM	F	3438

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
3/14	6:30-9:00 PM	F	3439

Fee: \$5
Location: LHCC
Instructor: Community Services Staff

Ages: 13 and older



ACTIVITY SCHEDULE

SPORTS LEAGUES

EXCURSIONS

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
Ages: 18 and older				
Open League	1/14-3/25	6:30, 7:30, 8:30 PM	Tu	3432

Ages: 30 and older

Open League	1/16-3/27	6:30, 7:30, 8:30 PM	Th	3433
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Fee: \$325

Location: LHCC

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"	1/13-3/24	6:30, 7:40, 8:50 PM	M	3427
Men's Upper "D"	1/14-3/25	6:30, 7:40, 8:50 PM	Tu	3428
Men's "D"	1/15-3/26	6:30, 7:40, 8:50 PM	W	3429
Men's Lower "C"	1/16-3/27	6:30, 7:40, 8:50 PM	Th	3430
Co-ed	1/17-3/28	6:30, 7:40, 8:50 PM	F	3431

Fee: \$425

Location: LHCC

Ages: 18 and older

Adult Volleyball League: Womens



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

DATES	TIME	DAY	CLASS
1/13-3/24	6:10, 7:00, 8:00 PM	M	3434

Fee: \$225

Location: LHCC

Ages: 18 & older

Day at the California Science Center

The California Science Center offers fun and informative permanent exhibits such as NASA's Space Shuttle Endeavour. You'll learn about human inventions and innovations, the life processes of living things and more. The Science Center also features fantastic special exhibits that change all the time. Transportation is provided by our staff driving City vans. Bring your own lunch or purchase food at the Rose Garden Café or one of the Science Center's other eateries. Call Daryl at (949) 707-2692 for more information. **Sign up today, space is limited!**

DATES	TIME	DAY	CLASS
2/1	10:00 AM-4:00 PM	Sa	3364

Fee: Resident \$25, Non-Resident \$30

Ages: All Ages

Location: Meet at LHCC

Instructor: Community Services Staff

Excursion to the Aquarium of the Pacific

Featuring 11,000 animals in more than 50 exhibits, the Aquarium of the Pacific celebrates the planet's largest and most diverse body of water; the Pacific Ocean. Explore the waters of Southern California and Baja, the Northern Pacific and the tropical Pacific. In addition to animal exhibits, the Aquarium of the Pacific has a variety of multimedia presentations on ocean science and important environmental topics. Transportation is provided by our staff driving City vans. Bring your lunch from home or purchase food at the Aquarium's Café Scuba. Call Daryl at (949) 707-2692 for more information. **Sign up today, space is limited!**

DATES	TIME	DAY	CLASS
3/15	10:00 AM-4:00 PM	Sa	3365

Fee: Resident \$35, Non-Resident \$40

Ages: All Ages

Location: Meet at LHCC

Instructor: Community Services Staff

REGISTER EARLY

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

ACTIVITY SCHEDULE



EMERITUS

Saddleback College ART 80X: Beginning Sketching

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

DATES	TIME	DAY
1/24-5/16	1:00 PM-4:05 PM	F

Location: LHCC Ages: 50 and older

Saddleback College ART20X: Art Appreciation

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

DATES	TIME	DAY
1/23-5/22	10:00-11:50 AM	Th

Location: LHCC Ages: 50 and older

Saddleback College ART59X: Intermediate/Advanced Watercolor

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

DATES	TIME	DAY
1/22-5/21	1:00-3:50 PM	W

Location: LHCC Ages: 50 and older

Saddleback College Moment Musicale

Take a break from your typical weekday routine, bring your lunch and dine as you enjoy the stress-breaking change of pace during a half-hour concert of relaxing chamber music. Concerts will take place every third Wednesday.

DATES	TIME	DAY
1/15, 2/19, 3/19	12:30-1:00 PM	W

Location: LHCC Ages: 50 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.

DAY	CLASS	TIME
The following classes meet 1/22-5/22:		

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

Location: LHCC Ages: 50 and older

Saddleback College SPAN 231X: Intermediate Practical Spanish

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

DATES	TIME	DAY
1/28-5/20	9:00-10:50 AM	Tu

Location: LHCC Ages: 50 and older

DROP-IN TABLE TENNIS

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

City of Laguna Hills REGISTRATION FORM



Winter Registration begins December 17, 2013

Register...

On-Line

www.ci.laguna-hills.ca.us

Walk-In

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

Phone-In

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

Mail-In

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

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

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

Participant (or Parent/Legal Guardian) Information

Adult Name _____
Last First Date of Birth

Address _____
Number Street City Zip

Phone _____ Email Address _____

Resident
 Non-Resident

TITLE OF RECREATION ACTIVITY	ACTIVITY NUMBER	DATES	PARTICIPANT'S NAME (Last Name, First Name)	BIRTH DATE	FEES
					\$
					\$
					\$
					\$
					\$
					\$
TOTAL PROGRAM FEES					\$

OFFICE USE ONLY

	<input type="checkbox"/> Check	Form Received	_____
	<input type="checkbox"/> Cash	Check #	_____
	<input type="checkbox"/> Credit Card	Receipt #	_____