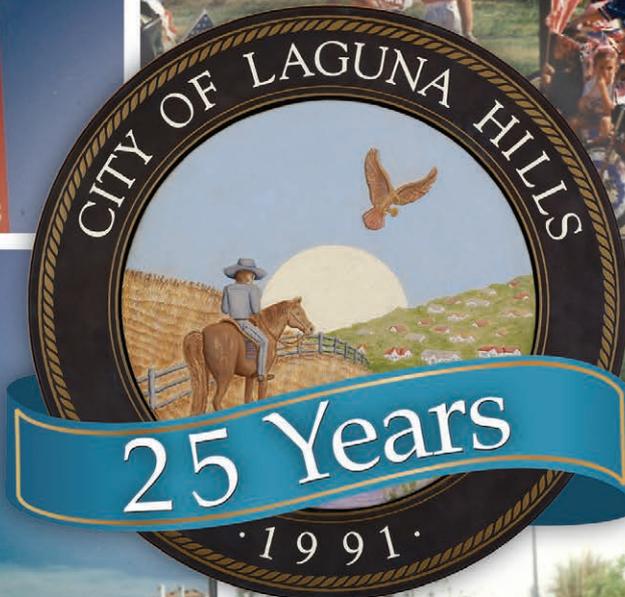




# laguna hills CITY VIEWS



**What's Inside?**  
Five Lagunas Progress Update  
25th Anniversary of Cityhood  
Team Dark Horse Update  
Dial-A-Taxi

# FIVE LAGUNAS PROGRESS UPDATE

Merlone Geier Partners, the owner of the former Laguna Hills Mall, held a project groundbreaking event on August 5th commemorating the beginning of the Five Lagunas project. As a sign of the many changes to come, the highlight of the groundbreaking event was the demolition and tearing down of the old Laguna Hills Mall sign. As of the beginning of November, the former Sears building and its surrounding parking areas that were built in the early 1970s, have been completely demolished to make way for the luxury theater building, the project's main plaza area (Sycamore Park), and the new retail shops and restaurant spaces that will surround the Sycamore Park area. To make room for the



construction activity, the weekly Farmers Market has been moved west to the parking area south of Nordstrom Rack.

Even with the demolition of Sears, all of the older retail shops between JC Penney and Sears must still be torn down to make way for all of the new buildings contemplated in the Five Lagunas development. To accomplish this, Ruby's Diner will have a new home near Macy's. These improvements are nearly complete and the new location is expected to be open toward the end of November. The new Ruby's Diner offers a glimpse into how Five Lagunas will look when it's all completed. We can hardly wait for summer 2018 when the project is complete! To learn more about the project, see the project's video, or to access project documents, visit [www.lagunahillsca.gov/fivelagunas](http://www.lagunahillsca.gov/fivelagunas) or [www.fivelagunas.com](http://www.fivelagunas.com).



## laguna hills CITY VIEWS

2016/17 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

### LAGUNA HILLS CITY COUNCIL:

**Barbara Kogerman**  
Mayor

**Andrew Blount**

**Don Sedgwick**  
Mayor Pro Tem

**Melody Carruth**

**Dore Gilbert, M.D.**

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

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

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

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

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

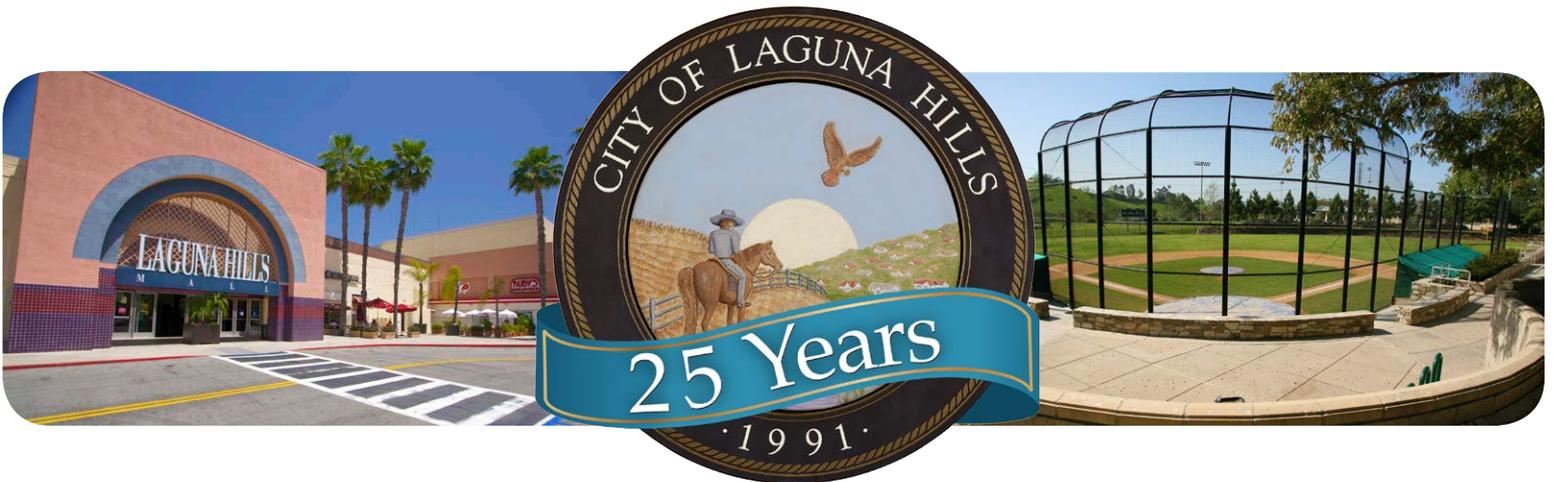
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Laguna Hills, CA 92653  
Telephone: (949) 707-2620  
[www.lagunahillsca.gov](http://www.lagunahillsca.gov)

# 25<sup>th</sup> YEAR ANNIVERSARY OF CITYHOOD



December 20, 2016 marks the 25th year since Laguna Hills incorporated and officially became a City. Throughout the past twenty-five years, the City and the community have embarked on a unique journey filled with various accolades and accomplishments. As a City, we will be celebrating this momentous anniversary all year long! The City will be hosting a variety of events highlighting and celebrating the City's 25th year throughout 2017,

including the Scavenger Hunt in April and the 4th of July Celebration. Additionally, the City is proud to announce the unveiling of its 25th Year Anniversary logo. The new logo will be used throughout the anniversary year to commemorate the City's distinct milestone. Be sure to keep an eye out for other activities and events related to the City's 25th Year Anniversary.





# TEAM DARK HORSE UPDATE

Throughout the year, Team Darkhorse, the support committee for Laguna Hills' adopted 3rd Battalion, 5th (3/5) Marines, carries out a number of projects and activities in support of the 3/5 Marines and their families. Team Darkhorse will, once again, be collecting and delivering toys to the families of the Marines in spirit of the upcoming Holiday season. Eight gift collection boxes have been placed around the City to collect unwrapped gift donations for children of all ages. Gift donations will be accepted between November 21 through December 15. Toy collection boxes are located at the Laguna Hills Community Center, Laguna Hills Mall, Farmers and Merchant Bank, Big Bad Wolfe Ironworks, Heidelberg Pastry Shop, Laguna Hills City Hall, Florence Sylvester Memorial Senior Center, and Nellie Gail Ranch and Tennis Club.

## Showcase for Valor Concert

Also, mark your calendars!! Team Darkhorse Presents: Showcase for Valor taking place on **Friday, May 26, 2017.**

Bring your friends and family to this free concert to honor our City's adopted Marines, taking place at the Laguna Hills Community Center.

Concert will be free to attendees. For information on how you or your business can become an event sponsor please contact [35robbins@gmail.com](mailto:35robbins@gmail.com). Visit us at our Facebook page Laguna Hills Team Darkhorse or our website [TeamDarkhorse.org](http://TeamDarkhorse.org)

## Interested in volunteering?

Year round, Team Darkhorse welcomes all levels of talents, skills, connections, donations and/or enthusiasm to assist us in our mission to provide community support and interaction for the Marines and their families. We ALWAYS welcome new members!

To learn more about Team Darkhorse activities, please visit [www.teamdarkhorse.org](http://www.teamdarkhorse.org) or Facebook page: Laguna Hills Team Darkhorse. For more information on how to get involved, contact Team Darkhorse Committee Chair Karen Robbins at [35robbins@gmail.com](mailto:35robbins@gmail.com).

## Holiday Toy and Gift Drive

**November 21<sup>st</sup> - December 15<sup>th</sup>**

Gifts of Support help bring the Spirit of the Season to the families, wives and children of

### 3rd Battalion, 5th Marines

Team Darkhorse is collecting new, unwrapped toys, diapers, or gift cards for the children and teens. Gifts or gift cards for the young wives are also welcome. For items you'd prefer not to leave in the box, please contact [35robbins@gmail.com](mailto:35robbins@gmail.com) for a pick up.

**Team Darkhorse Collection Sites:**

- > Florence Sylvester Senior Center
- > Big Bad Wolfe Ironworks
- > Laguna Hills Mall
- > Farmers Merchant Bank of Laguna Hills
- > Nellie Gail HOA
- > Laguna Hills City Hall
- > Laguna Hills Community Center
- > Heidelberg Pastry Shop

**Friday, December 15<sup>th</sup>**  
**Last Day to Donate Holiday Gifts**

# DIAL-A-TAXI

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

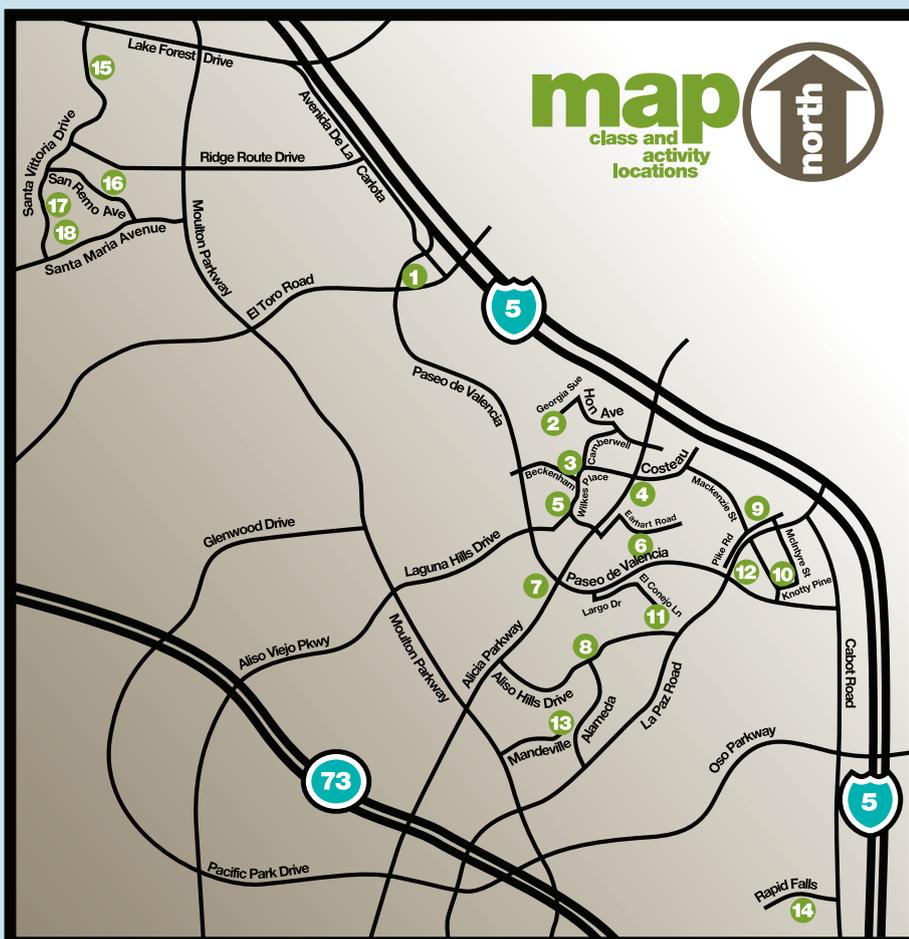
Laguna Hills seniors can participate in the Dial-A-Taxi Senior Transportation Program, which provides door-to-door taxi service to Laguna Hills residents 60 years and older, by registering and paying a co-pay of as little as \$5. To register for the Dial-A-Taxi program, fill out an application form and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

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

For more information, visit the City's website at [www.lagunahillsca.gov](http://www.lagunahillsca.gov) or call (949) 707-2681.



## CLASS ACTIVITY LOCATIONS



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

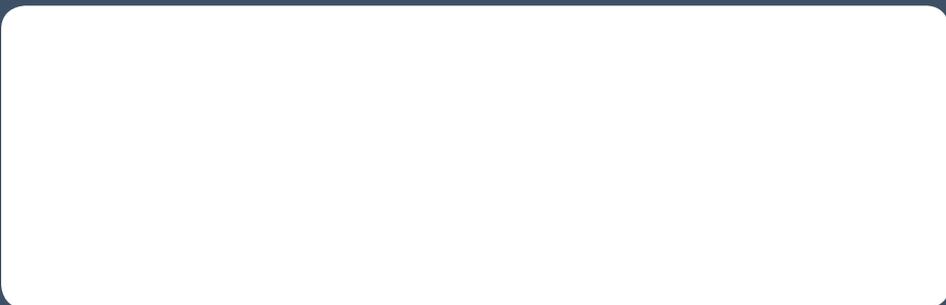
2016/17 WINTER

COMMUNITY SERVICES

# ACTIVITY GUIDE



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# COMMUNITY SERVICES ACTIVITY GUIDE

## TABLE OF CONTENTS

2	Special Events
3	Early Childhood
4	Cultural Arts
5-7	Dance
8	Personal Development
8-11	Sports & Fitness
12	Sports Leagues
12	Circle of Friends
13	Emeritus



## CALENDAR OF EVENTS

<b>Nov 15</b>	Winter Registration Begins
<b>Nov 18</b>	Circle of Friends: Game Night
<b>Nov 24 &amp; 25</b>	Community Center & Sports Complex Closed
<b>Dec 10</b>	Breakfast with Santa
<b>Dec 16</b>	Circle of Friends: Holiday Dinner Dance
<b>Dec 25</b>	Laguna Hills Community Center & Sports Complex Closed
<b>Jan 1</b>	Laguna Hills Community Center & Sports Complex Closed
<b>Jan 13</b>	Circle of Friends: Bowling Night
<b>Feb 3</b>	Circle of Friends: Valentine's Dance
<b>Feb 10</b>	Daddy Daughter Dinner Dance
<b>Feb 14</b>	Spring Registration Begins
<b>Feb 20</b>	Laguna Hills Community Center & Sports Complex Closed

## NEW THIS WINTER!

- NEW** Meg's Community Kitchen
- Ageless Ballet

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



# ACTIVITY SCHEDULE

## Special Events

### Breakfast With Santa

Ho, Ho, Ho! Santa will be arriving at the Laguna Hills Community Center for a morning gull of holiday fun! Join us for a special celebration complete with a scrumptious pancake breakfast, photos with Santa and holiday crafts! Children must be accompanied by a paying adult.

**\*\*\*Registration closes December 7th\*\*\***

DATES	TIME	DAY	CLASS
12/10	9:00-10:30 AM	Sa	5026

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

Ages: All Ages

Location: LHCC

Instructor: Community Services Staff

### Daddy Daughter Dinner Dance

Dance and dine the night away with that special man in your life- father, grandfather, uncle- whomever it may be! Dress up for a magical evening of fun and dancing. Participants will receive a keepsake picture. Register early, space is limited! **Please note: No refunds or transfers for special events.**

DATES	TIME	DAY	CLASS
2/10	6:30-8:30 PM	F	5176

Fee: Resident Adults: \$15, Children \$10

Ages: All ages

Non-Resident Adults: \$25, Children \$15

Location: LHCC

Instructor: Community Services Staff



## CIVIC CENTER PUBLIC ARTS TOUR



Travel through time and relive Laguna Hill's early history through stories and art displays at the Laguna Hills Civic Center. This free 40 minute tour gives a brief look into the City's rich history

and the men and women that shaped its destiny. Participants meet at the Laguna Hills Civic Center. Call (949) 707-2692 for more information. DATES: 11/5, 1/7, 2/4, 3/4 & 4/1 from 10:00-10:40 AM.

# ACTIVITY SCHEDULE



## EARLY CHILDHOOD

### CULTURAL ARTS

#### Christmas Tunes and Tales

Join us as we sing and play our way through Christmas carols and holiday music. We'll use jungle bells, instruments, a parachute and more as we sing about Rudolph and Santa. We'll also have time to read a holiday story. Let's get ready for "the most wonderful time of the year" together! Each registered child will receive a small gift. **Parent participation required.**

DATES	TIME	DAY	CLASS
12/13	9:30-10:25 AM	Tu	5130
12/13	10:30-11:25 AM	Tu	5131

Fee: Resident \$15, Non-Resident \$17  
Location: LHCC  
Instructor: Vivian Stapleton

Ages: 2-5

#### Tunes and Tales

Let's get the wiggles out! Join Ms. Vivian in this popular Music and Movement class. Sing-a-longs and fingerplay songs start off this fun filled class followed by music activities using beanbags, rhythm sticks, instruments and a parachute. We will even have time to read a short story each week (2 1/2 - 4 year class only.) The children have a great time while developing their listening and social skills. **Parent/adult supervision required. Sibling discount: \$10 for siblings registered in the same class.**

DATES	TIME	DAY	CLASS
<b>AGES 1 1/2 - 2 1/2:</b>			
1/10-2/7	9:30-10:10 AM	Tu	5132
2/21-3/21	9:30-10:10 AM	Tu	5134

Fee: Resident \$40, Non-Resident \$45      Class Sessions: 5

**Ages 2 1/2 - 4:**

1/10-2/7	10:15-11:10 AM	Tu	5133
2/21-3/21	10:15-11:10 AM	Tu	5135

Fee: Resident \$45, Non-Resident \$50      Class Sessions: 5

Location: LHCC  
Instructor: Vivian Stapleton

#### Holidays with Music Together

Jingle those bells and deck the halls for a special Holiday Music Together class! Sing and dance to your favorite holiday songs with bells, shakers, scarves, finger plays, and a holiday instrument jam session. Join us for juice, cookies, and holiday cheer! **Parent participation is required.**

DATES	TIME	DAY	CLASS
12/7-12/14	9:15-10:00 AM	W	5082
12/7-12/14	10:15-11:00 AM	W	5083

Fee: Resident \$30, Non-Resident \$35  
Location: LHCC  
Instructor: Elena Salisbury

Ages: 4 & under  
Class Sessions: 2

### 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](http://www.svmusictogether.net). Babies under 8 months may attend class for free with a registered sibling. **A \$40 material fee, payable to Music Moves, is due to the instructor at the first class meeting.**

DATES	TIME	DAY	CLASS
<b>Free Trial:</b>			
1/11	9:15-10:00 AM	W	5188
<b>10 week session:</b>			
1/18-3/22	9:15-10:00 AM	W	5189
1/18-3/22	10:15-11:00 AM	W	5190

Fee: Resident \$155, Non-Resident \$160  
Location: LHCC  
Instructor: Elena Salisbury

Ages: 4 & under  
Class Sessions: 10

### PERSONAL DEVELOPMENT

#### Playtime!

Fun time, game time, craft time, PLAYTIME! Join us for days of fun-filled activities from music, arts and crafts, sports, and games. This program is designed for lively little people and packed full of activities that initiate creativity, stimulate the imagination and encourage making new friends. Please send a sack lunch with your child each day. Participants must be potty trained. Families enrolling more than 1 child in this class will receive a 25% discount for additional children enrolled. **\*NO CLASS 1/26.**

DATES	TIME	DAY	CLASS
1/10-3/16	11:30 AM-2:00 PM	TuTh	5175

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

Ages: 3-5  
Class Sessions: 19

## CHILDREN'S BIRTHDAY PARTY PROGRAM

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



# ACTIVITY SCHEDULE

## CULTURAL ARTS

### Beginning Guitar

Playing the guitar is an enjoyable and relaxing way to enrich your life with music. Experience interaction with other beginning guitarists in a supportive small group environment. The aim of this class is to transform the novice into a self-reliant musician. Learn to play chords, fun melodies, strum styles and many popular songs. Instructor Ron Gorman has enjoyed teaching this class for the City of Laguna Hills for the past twelve years. Have a blast and bring your own guitar to class.

DATES	TIME	DAY	CLASS
1/14-2/11	2:00-3:00 PM	Sa	5106
2/14-3/14	6:00-7:00 PM	Tu	5108

Fee: Resident \$99, Non-Resident \$104  
 Location: LHCC  
 Instructor: Ron Gorman

Ages: 10 & older  
 Class Sessions: 5

### Beginning Ukulele

Just one strum of the ukulele brings on a smile. Enjoy learning how to play the world's easiest string instrument in a supportive small group setting. This class will provide all the fundamentals to be able to play songs on your own. Learn simple chords, easy melodies, strum styles, finger picking and a wide assortment of great songs. Instructor Ron Gorman has been teaching music classes for the City of Laguna Hills for twelve years. Bring your own ukulele to class and let's have fun!

DATES	TIME	DAY	CLASS
1/14-2/11	3:00-4:00 PM	Sa	5107
2/14-3/14	7:00-8:00 PM	Tu	5109

Fee: Resident \$95, Non-Resident \$100  
 Location: LHCC  
 Instructor: Ron Gorman

Ages: 10 & older  
 Class Sessions: 5

### 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
2/14-3/14	8:00-9:00 PM	Tu	5110

Fee: Resident \$95, Non-Resident \$100  
 Location: LHCC  
 Instructor: Ron Gorman

Ages: 10 & older  
 Class Sessions: 5

### Earbud Theatre Live: The Escape!

The sound doctors of the Earbud Theater Lair have cooked up more audio theatre to delight and disturb your fragile human minds; but even as they're proudly presenting strange tales of mysterious bite wounds and a signal from beyond our solar system, one of their mad creations may be on the verge of escaping the lab...

EARBUD THEATER LIVE is a radio play performance of two unique stories in one evening.

#### Cushing Van Heffernan: Bite Investigator

Famously brilliant and infamously rude, Professor Von Hoffernan is the expert you call for health problems that seem a little supernatural.

#### Escape! (The End of Humanity Song)

After years apart, brawling siblings Garland and Perla Labat are reunited when their eccentric father disappears, leaving behind a mysterious trail of clues and evidence that he may have discovered something that threatens the whole human race.

So dim the lights and turn up the volume. Let Earbud tell you a story. And if you find yourself wondering, or worrying, or just staring at our strange world from newly un-scaled eyes, just remember- it's all in your head...

Earbud Theater Live is produced by On the Edge Theatre Productions.

[Earbudtheater.com](http://Earbudtheater.com)  
[Otetheatre.com](http://Otetheatre.com)

Seat reservations may be made by contacting OTE at (949) 689-3922 or by email to [ajculver@otetheatre.com](mailto:ajculver@otetheatre.com)

Tickets are available for purchase online at [www.ci.laguna-hills.ca.us](http://www.ci.laguna-hills.ca.us) (class registration), or purchasing them (cash only) at the door on show days. Personal checks and credit cards will not be accepted for ticket purchases at the door. **\*PLEASE NOTE: No refunds or transfers for this event.**

DATES	TIME	DAY	CLASS
2/24	7:00-9:00 PM	F	5181
2/25	7:00-9:00 PM	Sa	5182
3/3	7:00-9:00 PM	F	5183
3/4	2:00-4:00 PM	Sa	5184
3/4	7:00-9:00 PM	Sa	5185

Fee: \$15 per person, Children ages 12 & under free  
 Location: LHCC

Ages: All Ages

Instructor: On The Edge Theatre Production

## DROP-IN PICKLEBALL

Pickleball is a fun racquet sport that incorporates elements of badminton and tennis for two to four players, who use small wooden paddles to hit a perforated plastic ball over the net. It's an easy-to-learn game that is played on a court like a tennis court but half the size. Pickleball is fun for players of all ages and levels of activity, and can start slow for beginners or pick up the pace for advanced players. These low impact workouts promote adult and kids health. This drop in sport is being offered on a trial basis at the Laguna Hills Community Center's Roller Hockey Rink. Participants must register at the Community Center's front desk prior to any play. Days and hours are subject to change. SCHEDULE: Monday/Thursday 5:00-9:00 PM & Tuesday/Wednesday 9:00AM-1:00PM

# ACTIVITY SCHEDULE



## DANCE

### West Coast Movement Project



West Coast Movement Project has proudly provided dance education through the City of Laguna Hills since 2006. We offer a diverse, enriching program for students ages 2 and up. We believe that an education in the arts raises self esteem and empowers children to succeed. Our goal is not just to raise great performers, but to raise great people.

The following classes are open to new students **if space allows**. Contact us directly to find out if there is room in the class: **Tiny Tutus, Preschool Combo Dance I & II, Budding Ballerinas, Combo I and Primary Ballet**. All other classes are closed to new enrolment until next summer.

#### WCMP June Recital

NEW STUDENTS IN SELECT CLASSES MAY BE ABLE TO PARTICIPATE IN THE RECITAL BASED ON COSTUME AND CLASS AVAILABILITY. Recital participation is optional and is a non-City sponsored event. More information will be distributed the first week of class.

#### Our Levels and Age Groupings

Classes that do not have an age distinction are for dancers with a minimum age of 7. All classes above Level I or Tier A require instructor approval.

#### Tuition and Class Selection

To register for classes:

- Select your child's classes
- Register and pay the City of Laguna Hills for the total amount of classes chosen for the current quarter. Separate registrations are required for each family member. Additional family members enjoy discounted rates.
- To complete the process of signing up for classes, email us at [mia.alicea@gmail.com](mailto:mia.alicea@gmail.com) with the classes you have registered for and we will hold space in those classes for your child. Registering via the City only tells us the quantity of classes chosen. Placement must be handled by WCMP.

Have a dancer who wants to start earlier than January 30th? Contact us to find out how.

### Quarter 2

November 1st-January 28th  
No Classes: 11/21-11/26,  
12/19-1/1, 1/18

#### First Family Member

CLASSES PER WEEK:	FEE:	CLASS CODE:
One	\$150	#4966
Two	\$285	#4967
Three	\$375	#4968
Four	\$445	#4969
Five	\$510	#4970
Six	\$575	#4971
Seven	\$630	#4972
Eight	\$670	#4973
Nine	\$705	#4974
Ten	\$735	#4975
Unlimited	\$800	#4976

#### Each Additional Family Member

CLASSES PER WEEK:	FEE:	CLASS CODE:
One	\$128	#4977
Two	\$242	#4978
Three	\$319	#4979
Four	\$378	#4980
Five	\$434	#4981
Six	\$489	#4982
Seven	\$535	#4983

### Quarter 3

January 30th-April 15th  
No Classes: 2/17-2/20,  
4/3-4/9

#### First Family Member

CLASSES PER WEEK:	FEE:	CLASS CODE:
One	\$150	#5136
Two	\$285	#5137
Three	\$375	#5138
Four	\$445	#5139
Five	\$510	#5140
Six	\$575	#5141
Seven	\$630	#5142

#### Each Additional Family Member

CLASSES PER WEEK:	FEE:	CLASS CODE:
One	\$128	#5143
Two	\$242	#5144
Three	\$319	#5145
Four	\$378	#5146
Five	\$434	#5147
Six	\$489	#5148

\*\$5 Non-Resident Fee applied to each registration

We are happy to answer any questions regarding your child's placement, dress code or our program.

**Email:** [mia.alicea@gmail.com](mailto:mia.alicea@gmail.com) (quickest method of contact)

**Phone:** (949) 495-2119

**Website:** [wcmovementproject.com](http://wcmovementproject.com)

**FB business page:** [facebook.com/WestCoastMovementProject](https://facebook.com/WestCoastMovementProject)

**Instagram:** [instagram.com/westcoastmovementproject](https://instagram.com/westcoastmovementproject)

### Tutus & Twirls/ Mommy & Me Dance

**\*New students should contact us directly to check availability.**

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

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

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

AGE	DAY	TIME
2	Th	9:00-9:40 AM

### Preschool Combo Dance

**\*New students should contact us directly to check availability**

Our tap, ballet, jazz combo integrates the joy of dance and movement while building confidence and self esteem in our young pre-schoolers. Dancers learn basic steps in tap, ballet and pre-jazz, plus proper dance terminology. Curriculum has been created to support early learning and help enhance your child's feelings of success.

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

AGE	DAY	TIME
3	F	9:30-10:15 AM
4	Tu	9:00-9:45 AM
4	F	10:15-11:00 AM



# ACTIVITY SCHEDULE

## DANCE

### Budding Ballerinas/Preschool Ballet

**\*New students should contact us directly to check availability**

Combining a perfect blend of technical steps, gentle corrections and play, Budding Ballerinas introduces your young dancer to the magic of classical ballet. Classes include introduction to ballet positions, stretching and basic terminology. Our Budding Ballerinas will explore moving in routines, as they learn to work together as group. We integrate various props such as wands, ribbons, wings and stuffed animals to add enhancement to the learning experience.

**Dress Code:** Pink leotard, pink tutu, pink tights and pink ballet slippers.

AGE	DAY	TIME
3-4	F	4:30-5:15 PM

### Tap & Jazz Combo

**\*New students should contact us directly to check availability**

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

#### Combo I:

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

AGE	DAY	TIME
5-6	M	3:15-4:15 PM

#### Combo II:

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

AGE	DAY	TIME
6-7	Th	3:30-4:30 PM

### Ballet

**\*New students are able to join Primary Ballet if space permits. Classes are available to returning students only at this time. Class reopens in the summer to new students.**

Ballet teaches grace, elegance, technique and poise as the foundation of all dance forms. Starting as early as five years old with our Primary Ballet class, dancers will learn the ballet basics and walk away with transferrable skills for other dance styles. WCMP utilizes International Dance Acclaim's ballet curriculum. Students from selected classes have the opportunity to take Tier leveled exams or assessments by adjudicator in the Spring.

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

LEVEL	AGE	DAY	TIME
Primary Ballet	5-6	W	3:30-4:15 PM
Tier A	7-8	Th	4:30-5:15 PM
Tier B		F	3:30-4:30 PM
Tier C/D		Th	5:15-6:15 PM
Tier D/F/G/Pointe		Th	6:15-7:15 PM
Tier D/F/G		F	5:30-6:30 PM

### Jazz

**\*Classes are available to returning students only at this time.**

**Class reopens in the summer to new students.**

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

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

LEVEL	DAY	TIME
I	M	5:00-5:45 PM
II++	Tu	5:00-6:00 PM
III++	W	4:15-5:15 PM
IV	W	6:00-7:00 PM

### Tap

**\*Classes are available to returning students only at this time. Class reopens in the summer to new students.**

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

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

LEVEL	DAY	TIME
I	M	4:15-5:00 PM
II++	Tu	3:30-4:15 PM
III++	W	5:15-6:00 PM

### Musical Theatre Dance

**\*Classes are available to returning students only at this time.**

**Class reopens in the summer to new students.**

Learn dances from a variety of popular musicals! Participants will work to create mini-production numbers.

**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	TIME
8 & older	Tu	4:15-5:00 PM

### Lyrical & Contemporary

**\*Classes are available to returning students only at this time.**

**Class reopens in the summer to new students.**

Class will cover both styles. Our Lyrical dance uses the traditional rules of classical ballet combined with jazz to tell a story and transfer emotion and energy to the audience. While working on Contemporary, students will learn how to express themselves beyond the confines of classical dance technique, creating abstract shapes with their bodies and telling dynamic, energetic stories through dance.

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

LEVEL	DAY	TIME
I+	M	5:45-6:45 PM
III+	F	6:30-7:30 PM

# ACTIVITY SCHEDULE



## DANCE

### Hip Hop

**\*Classes are available to returning students only at this time. Class reopens in the summer to new students.**

Dancers will learn to move and groove to contemporary hip hop styles gaining confidence and rhythmic awareness. Music is age appropriate.

**Dress Code:** Joggers or sweatpants, tee shirt and sneakers.

AGE	DAY	TIME
6-8	S	10:00-10:45 AM

### M\*Power Dance Team

**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	TIME
By Invitation	Tu	6:00-6:50 PM

### Ageless Ballet

NEW

**What is Ageless Ballet?** Ageless Ballet is a dance program designed with the mature adult in mind. It was developed with the belief that we never outgrow our love for movement and the joy that dance brings to the mind, body, and soul. Our purpose is to provide a sanctuary for mature adults to enjoy ballet classes free of judgement or physical expectation. We cultivate an environment where you can feel graceful and ageless by providing a class that takes into consideration the need for a gentle, modified approach.

**Who is it for?** Maybe you yearned to take ballet as a child, but you did not have the opportunity. Or perhaps you used to dance and miss the way class made you feel. Maybe you are looking for a way to connect with others with similar interests in an artistic setting. Maybe you want to enjoy the restorative and rehabilitative benefits of a modified ballet class. Ageless Ballet is for you. We welcome all who wish to enjoy all of the benefits that ballet provides.

Our first three classes are complimentary and opened to all that would like to join us, although space is limited.

#### Complimentary Classes:

DATES	TIME	DAY
1/13, 1/20, 1/27	11:15-12:15PM	Fri

Punch cards can be purchased for classes dated February 3rd forward. Class is held on Fridays from 11:15 AM to 12:15 PM.

OPTIONS	FEE	CLASS
Five Class Punch Card	Resident \$60, Non-Resident \$65	#5171
Ten Class Punch Card	Resident \$100, Non-Resident \$105	#5172

Location: LHCC  
Instructor: West Coast Movement Project  
Ages: 50 & older

### Beginning Ballroom Dance



Ballroom dance basics for the absolute beginner, or the social dancer who wants to polish up their fundamental techniques, which will enhance their ballroom dance experience. Dances include the Waltz, Foxtrot, Cha Cha, Rumba, & Swing. For more information, please visit [www.usadance-oc.org](http://www.usadance-oc.org). **\*NO CLASS 2/20.**

DATES	TIME	DAY	SESSIONS	FEE (Res/Non-Res)	CLASS
12/5-12/26	11:00 AM-12:00 PM	M	4	\$40/\$45	5091
12/3-12/17	6:00 PM-7:00 PM	Sa	3	\$30/\$35	5092
1/2-1/30	11:00 AM-12:00 PM	M	5	\$50/\$55	5093
1/7-1/28	6:00-7:00 PM	Sa	4	\$40/\$45	5094
2/6-2/27	11:00 AM-12:00 PM	M	3	\$30/\$35	5095
2/4-2/25	6:00-7:00 PM	Sa	4	\$40/\$45	5096

Location: LHCC  
Instructor: USA Dance

Ages: 10 & older

### Belly Dancing I



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](http://www.enheduanna.com)

DATES	TIME	DAY	SESSIONS	FEE (Res/Non-Res)	CLASS
<b>LEVEL I:</b>					
12/4-12/18	12:15-1:30 PM	Su	3	\$39/\$44	5084
1/8-1/29	12:15-1:30 PM	Su	4	\$52/\$57	5085
2/5-2/26	12:15-1:30 PM	Su	4	\$52/\$57	5086
<b>LEVEL II:</b>					
12/4-12/18	1:45-3:00 PM	Su	3	\$39/\$44	5087
1/8-2/26	1:45-3:00 PM	Su	8	\$96/\$101	5088
<b>LEVEL III/IV:</b>					
12/4-12/18	3:15-4:30 PM	Su	3	\$39/\$44	5089
1/8-2/26	3:15-4:30 PM	Su	8	\$96/\$101	5090

Location: LHCC  
Instructor: Tina Elkins

Ages: 10 & older

## REGISTER EARLY

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



# ACTIVITY SCHEDULE



## PERSONAL DEVELOPMENT

### Meg's Community Kitchen Workshops NEW



Do you dread hosting your holiday dinner? Would you rather make reservations than the family meal? Are you tired of the same ol', same ol' go to recipes? If any of these apply, join me throughout the year for some super simple, practical ideas on kitchen survival skills that will bring you greater enjoyment in the kitchen and become a happier hostess or host.

Each 90 minute workshop will include demos, recipes, tips, tricks, and ideas to boost your kitchen confidence and/pr allow you to share your experiences with others. There will be plenty of opportunity for asking questions, making and receiving recommendations, offering suggestions and in general, sharing and learning in community. Some workshops will be more "hands-on" than others, and will always include samples of the day's creations. Some fast, some fabulous, some five-ingredients-or-less, some freezer friendly, some do-ahead, some comfort food, some caterer-quality...definitely something for everybody, every time.

This first series, "Take One" Workshops, will focus on several different recipes centered around one key ingredient, or multiple items made with one particular kitchen tool, gadget or piece of equipment. Each workshop will be seasonally appropriate and geared towards all types of cooks and hostesses from the very skilled to the complete novice. AND, that's why they are called workshops, not classes...we all have something to learn and something to share! There's nothing to bring, plenty to take away and i look forward to being your hostess in the community kitchen.

#### Not Your Mama's Cranberry Sauce": Cranberries

Cranberry Salsa w/fresh Jalepenos, Baked Brie Holiday Wreath, Company Baked Chicken

DATES	TIME	DAY	CLASS
11/28	6:30-8:00 PM	M	5149
11/30	9:30-11:00 AM	W	5150

#### "The Right Stuff" Herb Stuffing Mix

Chicken Parmesan, Seafood Casserole in Antique Baking Shells, Baked Stuffed Tomatoes

DATES	TIME	DAY	CLASS
1/30	6:30-8:00 PM	M	5173
1/28	12:00-1:30 PM	Sa	5174

Fee: Resident \$30, Non-Resident \$32

Ages: 18 & older

Location: LHCC

Instructor: Meg Gorham

## WE'RE ON FACEBOOK!

Check us out! [www.facebook.com/lagunahillsc](http://www.facebook.com/lagunahillsc)

## SPORTS & FITNESS

### Adult Table Tennis Annual Pass



Participants must purchase an annual Table Tennis pass and complete a registration form at the front desk prior to any play. Players must provide their own paddle and balls. Player rules are available at the front desk. Call (949) 707-2680 for more information.

DATES	TIME	DAY
Ongoing	12:00 PM-2:00 PM	TuTh
	1:00-5:00 PM	Sat

Fee: Resident \$30, Non-Resident \$35 (1 year pass)

Ages: 18 & older

A 1 Day Guest Pass may be purchased for \$2

Location: LHCC

Instructor: CommunityServices 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. Sessions I and II are open to 3rd, 4th, 5th and 6th graders. Session I: Coed Basketball; Session II: Coed Capture the Flag. **NOTE: Class will not meet on school holidays and furlough days. On minimum days practice will be held at 1:30 PM at Lomarena and Valencia and at 1:00 PM at San Joaquin.**

DATES	TIME	DAY	SCHOOL	Sport	CLASS
<b>SESSION I:</b>					
11/7-12/14	2:45-4:00 PM	MW	Lomarena	Coed Basketball	5019
11/8-12/15	2:15-3:30 PM	TuTh	San Joaquin	Coed Basketball	5020
11/8-12/15	2:45-4:00 PM	TuTh	Valencia	Coed Basketball	5021
<b>SESSION II:</b>					
1/23-2/22	2:45-4:00 PM	MW	Lomarena	Coed Capture the Flag	5191
1/24-2/23	2:15-3:30 PM	TuTh	San Joaquin	Coed Capture the Flag	5192
1/24-2/23	2:45-4:00 PM	TuTh	Valencia	Coed Capture the Flag	5193

Fee: \$35

Grades: 3-6

Instructor: Community Services Staff

Class Sessions: 10

### Hiking Club



The Hiking Club is a series of hikes that explore various wilderness areas in the Orange County area. The hikes are held at intermediate level hiking pace and encounter a variety of terrain, including hills with distances of 3-6 miles. Participants should wear sturdy walking shoes or hiking boots, be prepared for plenty of sunshine and bring water to drink. Community Services staff provide transportation from the Laguna Hills Community Center to each of the trail heads. Call (949) 707-2680 for more information. **Sign up soon, space is limited!** SCHEDULE: **1/14:** Whiting Ranch Wilderness Park- Red Rock Canyon Trail; **1/28:** Laguna Coast Wilderness Park- Little Sycamore Trail; **2/11:** Caspers Wilderness Park- Juaneno Trail; **3/4:** Santiago Oaks:- Robbers Roost Loop.

DATES	TIME	DAY	CLASS
1/14, 1/28, 2/11 & 3/4	8:00 AM-12:00 PM	Sa	5180

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

Ages: 18 & older

Location: LHCC

Class Sessions: 4

Instructor: Community Services Staff

# ACTIVITY SCHEDULE



## SPORTS & FITNESS

### Future Stars Tennis



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

DATES	TIME	DAY	CLASS
12/5-12/12	3:00-3:45 PM	M	5031
Fee: Resident \$28, Non-Resident \$ 33			
1/2-1/23	3:00-3:45 PM	M	5151
1/30-2/20	3:00-3:45 PM	M	5152
Fee: Resident \$56, Non-Resident \$61			
			Class Sessions: 4

Location: Mackenzie Park Tennis Courts  
Instructor: Wyatt Russell

Ages: 4-5

### Rising Stars Tennis



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

DATES	TIME	DAY	CLASS
12/5-12/12	3:45-4:45 PM	M	5035
Fee: Resident \$ 36, Non-Resident \$41			
			Class Sessions: 2
1/2-1/23	3:45-4:45 PM	M	5153
1/30-2/20	3:45-4:45 PM	M	5154
Fee: Resident \$72, Non-Resident \$77			
			Class Sessions: 4

Location: Mackenzie Park Tennis Courts  
Instructor: Wyatt Russell

Ages: 6-7

### Tennis Stars



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

DATES	TIME	DAY	CLASS
12/6-12/13	3:00-4:00 PM	Tu	5039
Fee: Resident \$ 36, Non-Resident \$41			
			Class Sessions: 2
1/3-1/24	3:00-4:00 PM	Tu	5155
1/31-2/21	3:00-4:00 PM	Tu	5156
Fee: Resident \$72, Non-Resident \$77			
			Class Sessions: 4

Location: Mackenzie Park Tennis Courts  
Instructor: Wyatt Russell

Ages: 8-10

### All Star Tennis



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

DATES	TIME	DAY	CLASS
12/8-12/15	3:00-4:00 PM	Th	5043
Fee: Resident \$ 36, Non-Resident \$41			
			Class Sessions: 2
1/5-1/26	3:00-4:00 PM	Th	5157
2/2-2/23	3:00-4:00 PM	Th	5158
Fee: Resident \$72, Non-Resident \$77			
			Class Sessions: 4

Location: Mackenzie Park Tennis Courts  
Instructor: Wyatt Russell

Ages: 8-11

### Tier 1 Tennis



Perfect for kids that are ready for full court play with a full compression ball. For more information please visit [WRTennis.com](http://WRTennis.com).

DATES	TIME	DAY	CLASS
12/8-12/15	4:00-5:30 PM	Th	5047
Fee: Resident \$54, Non-Resident \$59			
			Class Sessions: 2
1/5-1/26	4:00-5:30 PM	Th	5159
2/2-2/23	4:00-5:30 PM	Th	5160
Fee: Resident \$108, Non-Resident \$113			
			Class Sessions: 4

Location: Mackenzie Park Tennis Courts  
Instructor: Wyatt Russell

Ages: 11-17

### Adult Tennis- Learn to Rally (Beginner Tennis)



If you have never played before, now it the time. In this class you will learn the basics of tennis and better yet you will be rallying in just the first class. For more information please visit [WRTennis.com](http://WRTennis.com).

DATES	TIME	DAY	CLASS
12/5-12/12	7:00-8:00 PM	M	5051
12/6-12/13	9:30-10:30 AM	Tu	5055
Fee: Resident \$36, Non-Resident \$41			
			Class Sessions: 2
1/2-1/23	7:00-8:00 PM	M	5161
1/3-1/24	9:30-10:30 AM	Tu	5163
1/30-2/20	7:00-8:00 PM	M	5162
1/31-2/21	9:30-10:30 AM	Tu	5164
Fee: Resident \$72, Non-Resident \$77			
			Class Sessions: 4

Location: Mackenzie Park Tennis Courts  
Instructor: Wyatt Russell

Ages: 18 & older



# ACTIVITY SCHEDULE

## SPORTS & FITNESS

### Adult Tennis- Advanced Beginner



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

DATES	TIME	DAY	CLASS
12/5-12/12	6:00-7:00 PM	M	5059
12/6-12/13	10:30-11:30 AM	Tu	5063
Fee: Resident \$36, Non-Resident \$41		Class Sessions: 2	
1/2-1/23	6:00-7:00 PM	M	5165
1/3-1/24	10:30-11:30 AM	Tu	5167
1/30-2/20	6:00-7:00 PM	M	5166
1/31-2/21	10:30-11:30 AM	Tu	5168
Fee: Resident \$72, Non-Resident \$77		Class Sessions: 4	

Location: Mackenzie Park Tennis Courts  
Instructor: Wyatt Russell

Ages: 18 & older

### Adult Tennis- Intermediate



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

DATES	TIME	DAY	CLASS
12/6-12/13	8:30-9:30 AM	Tu	5067
Fee: Resident \$36, Non-Resident \$41		Class Sessions: 2	
1/3-1/24	8:30-9:30 AM	Tu	5169
1/31-2/21	8:30-9:30 AM	Tu	5170
Fee: Resident \$72, Non-Resident \$77		Class Sessions: 4	

Location: Mackenzie Park Tennis Courts  
Instructor: Wyatt Russell

Ages: 18 & older

### Qigong for All



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

DATES	TIME	DAY	CLASS
1/4-2/22	7:00-8:00 PM	W	5111

Fee: Resident \$80, Non-Resident \$85  
Location: LHCC  
Instructor: Karl Ardo

Ages: 18 & Older  
Class Sessions: 8

### 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. **\*NO CLASS 1/21 & 1/26**

DATES	TIME	DAY	CLASS
<b>Ages 6-18 (Beginning):</b>			
12/1-12/29	5:00-6:00 PM	TuTh	5097
	9:30-10:30 AM	Sat	
1/3-1/31	5:00-6:00 PM	TuTh	5100
	9:30-10:30 AM	Sat	
2/2-2/28	5:00-6:00 PM	TuTh	5103
	9:30-10:30 AM	Sat	
Fee: Resident \$75, Non-Resident \$80			

#### Ages 6-18 (Intermediate):

12/1-12/29	6:00-7:00 PM	TuTh	5098
	9:30-10:30 AM	Sat	
1/3-1/31	6:00-7:00 PM	TuTh	5101
	9:30-10:30 AM	Sat	
2/2-2/28	6:00-7:00 PM	TuTh	5104
	9:30-10:30 AM	Sat	
Fee: Resident \$75, Non-Resident \$80			

#### Ages 19 & older (All Levels):

12/1-12/29	7:00-9:00 PM	TuTh	5099
	8:30-9:30 AM	Sat	
1/3-1/31	7:00-9:00 PM	TuTh	5102
	8:30-9:30 AM	Sat	
2/2-2/28	7:00-9:00 PM	TuTh	5105
	8:30-9:30 AM	Sat	
Fee: Resident \$115, Non-Resident \$120			

Location: LHCC  
Instructor: Dale Eisenberg

### Meditation, everyone should meditate- WHY?



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

DATES	TIME	DAY	CLASS
1/4-2/1	6:00-6:45 PM	W	5112

Fee: Resident \$50, Non-Resident \$55  
Location: LHCC  
Instructor: Karl Ardo

Ages: 18 & older  
Class Sessions: 5

# ACTIVITY SCHEDULE



## SPORTS & FITNESS

### Basics of Skateboarding



A hands-on camp designed to bring children together within the community. Children develop and enhance their skateboarding skills while creating friendships. A \$10 material fee is due to the instructor at the first class meeting.

**DATES TIME DAY CLASS**

**Beginning (Ages 3-12):**

12/3-12/17 9:00-11:00 AM Sa 5076  
 Fee: Resident \$112, Non-Resident \$117 Class Sessions: 3

1/7-1/28 9:00-11:00 AM Sa 5078  
 2/4-2/25 9:00-11:00 AM Sa 5080  
 Fee: Resident \$150, Non-Resident \$155 Class Sessions: 4

**Intermediate (Ages 5-12):**

12/3-12/17 11:00 AM-12:00 PM Sa 5077  
 Fee: Resident \$62, Non-Resident \$67 Class Sessions: 3

1/7-1/28 11:00 AM-12:00 PM Sa 5079  
 2/4-2/25 11:00 AM-12:00 PM Sa 5081  
 Fee: Resident \$82, Non-Resident \$87 Class Sessions: 4

Location: LHCC  
 Instructor: Matt Sheridan & Staff

### 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! 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 visit [www.southoczumba.com](http://www.southoczumba.com). **\*NO CLASS 1/26.**

**DATES TIME DAY SESSIONS FEE (Res/Non-Res) CLASS**

One day per week:

12/6-12/27 7:00-8:00 PM Tu 4 \$36/\$41 5117  
 12/1-12/29 7:30-8:30 PM Th 5 \$45/\$50 5118  
 1/3-1/31 7:00-8:00 PM Tu 5 \$45/\$50 5119  
 1/5-1/19 7:30-8:30 PM Th 3 \$27/\$32 5120  
 2/7-2/28 7:00-8:00 PM Tu 4 \$36/\$41 5121  
 2/2-2/23 7:30-8:30 PM Th 4 \$36/\$41 5122

Two days per week:

12/1-12/29 7:00-8:00 PM Tu 9 \$77/\$82 5123  
 7:30-8:30 PM Th  
 1/3-1/31 7:00-8:00 PM Tu 8 \$68/\$73 5124  
 7:30-8:30 PM Th  
 2/2-2/28 7:00-8:00 PM Tu 8 \$68/\$73 5125  
 7:30-8:30 PM Th

Three month session:

12/6-2/28 7:00-8:00 PM Tu 13 \$117/\$122 5127  
 12/1-2/23 7:30-8:30 PM Th 12 \$108/\$113 5128  
 12/1-2/28 7:00-8:00 PM Tu 25 \$213/\$218 5126  
 7:30-8:30 PM Th

Location: LHCC Ages: 16 & older  
 Instructor: Dina Martin-Rusk

### Zumba Toning



Zumba Toning is a one hour Zumba, dance fitness class, done to Latin and international rhythms, that incorporates body sculpt movements, utilizing weights or Zumba toning sticks, to help shape and tone the body. There is a focus on each muscle group in the upper body, with exercises that also target the legs and gluteals. We finish up with abdominal exercises and then wrap up the class with a thorough stretch. What to bring to class: 2 lb hand weights, or 2.5 lb Zumba toning sticks (they can be purchased online), a yoga mat, a towel and bottled water. Wear comfortable clothes that you don't mind sweating in and aerobics shoes, dance sneakers or other athletic shoes with support. No bare feet please, For more information please contact the instructor, Dina at (949) 697-1753.

**DATES TIME DAY SESSIONS FEE (Res/Non-Res) CLASS**

12/5-12/26 7:00-8:00 PM M 4 \$36/\$41 5114  
 1/2-1/30 7:00-8:00 PM M 5 \$45/\$50 5115  
 2/6-2/27 7:00-8:00 PM M 3 \$27/\$32 5116

Location: LHCC Ages: 18 & older  
 Instructor: Dina Martin-Rusk

### Gentle Yoga



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

**DATES TIME DAY CLASS**

1/11-2/22 6:00-7:30 PM W 5129

Fee: Resident \$98, Non-Resident \$103 Ages: 14 & older  
 Location: LHCC Class Sessions: 7  
 Instructor: Angie Knight

### Women's Self-Defense Tactical Training



Real world techniques that empower. The Women's Self-Defense Tactical Training class is a quarterly 4 hour class for women 14 years and older that focuses on spatial awareness, boundary setting and hands-on solutions to possible scenarios. With a foundation in Aikido principles, students will learn techniques to redirect attacks, to stun aggressors and to safely escape from a larger and/or stronger aggressor. Through techniques to increase mindfulness and with a hands-on approach we will explore multiple scenarios and solutions. No previous experience necessary. Wear comfortable clothes that you are willing to sweat in.

**DATES TIME DAY CLASS**

1/21 10:00 AM - 2:00 PM Sat 5194

Fee: Resident \$40, Non-Resident \$42  
 Location: LHCC  
 Instructor: Dale Eisenberg



# ACTIVITY SCHEDULE

## SPORTS LEAGUES

### 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	1/10-3/20	6:30, 7:30, 8:30 PM	Tu	

Fee: \$325  
 Location: LHCC  
 Instructor: Community Services Staff  
 Ages: 18 & older

### Slow Pitch Adult Softball



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 Lower "D"	1/9-3/27	6:30, 7:45, 8:50 PM	M	
Men's "D"	1/10-3/20	6:30, 7:45, 8:50 PM	Tu	
Men's Upper "D"	1/11-3/21	6:30, 7:45, 8:50 PM	W	
Men's Lower "C"	1/12-3/22	6:30, 7:45, 8:50 PM	Th	

Fee: \$500  
 Location: LHCC  
 Instructor: Community Services Staff  
 Ages: 18 & 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.

### Circle of Friends 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
12/16	6:30-9:00 PM	F	5177

Fee: \$10  
 Location: LHCC  
 Instructor: Community Services Staff  
 Ages: 13 & older

### Circle of Friends 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
1/13	7:00-9:00 PM	F	5178

Fee: \$10  
 Location: Forest Lanes at Forest Lanes  
 Instructor: Community Services Staff  
 Ages: 13 & older

### Circle of Friends 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
2/3	7:00-9:00 PM	F	5179

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

## COMMUNITY CENTER FOSSIL TOUR



Join City staff for this free 40 minute guided tour of the Community Center lobby which is a showcase for regional fossil discoveries and is an educational treasure. The tour introduces

community members to the ancient life that occupied Laguna Hills during the last 17 million years of the Earth's history. Participants meet at the Laguna Hills Community Center. Call (949) 707-2692 for more information. DATES: 1/15, 1/7, 2/4, 3/4, & 4/1 from 11:00-11:40 AM.

# ACTIVITY SCHEDULE



## EMERITUS

### Saddleback College Senior Emeritus Program

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

DAY	CLASS	TIME
<b>The following classes meet 1/17 to 5/25:</b>		
MW	Yoga	9:00-9:50 AM
MW	Aerobic Exercise	10:00-10:50 AM
MW	Pilates Conditioning	11:00-11:50 AM
TTH	Sequential Stretching	8:30-9:20 AM
TTH	Pilates Conditioning	9:30-10:45 AM
T	Yoga	11:00 AM-12:35 PM
Fri	Tai Chi	8:30-10:20 AM
Fri	Pilates Conditioning	10:20-12:10 PM

Location: LHCC Ages: 50 & older

### Saddleback College ART 41X: Art Media Studies

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

DATES	TIME	DAY
1/23-5/22	1:00-4:05 PM	M

Location: LHCC Ages: 50 & older

### Saddleback College SPAN 231X: Intermediate Practical Spanish

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

DATES	TIME	DAY
1/17-5/23	9:00-10:35 AM	Tu

Location: LHCC Ages: 50 & older

### Saddleback College ART 59X: Intermediate/Advanced Watercolor

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

DATES	TIME	DAY
1/18-5/24	1:00-3:50 PM	W

Location: LHCC Ages: 50 & older

### Saddleback College ART 20X: Art Appreciation

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

DATES	TIME	DAY
1/19-5/25	10:00-11:50 AM	Th

Location: LHCC Ages: 50 & older

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

DATES	TIME	DAY
1/20-5/19	1:00-4:05 PM	F

Location: LHCC Ages: 50 & older

# City of Laguna Hills REGISTRATION INFORMATION



## Register...

### 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**

### Winter Registration begins Tuesday, November 15, 2016

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

The City of Laguna Hills conducts state criminal background checks on all of its employees and contract instructors for all youth related recreational activity including its athletic programs. The City does not receive subsequent arrest notification information for employees or contract instructors for whom criminal background checks were requested. For more information on the City's background check policy contact the Community Services Department at (949) 707-2680.

## LAGUNA HILLS TECHNOLOGY LIBRARY



**OC Community Resources**

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

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

As you browse 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.

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.

