

# Garden Grove

PARKS & RECREATION GUIDE

Fall 2020

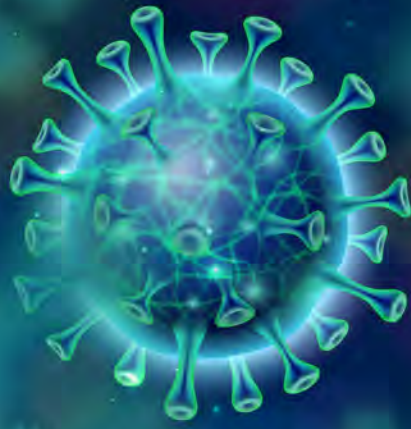


Parks  
Make  
Life  
Better!

[www.ggparksandrec.com](http://www.ggparksandrec.com)







# **DUE TO THE COVID-19 PANDEMIC**

**ALL CITY EVENTS, CLASSES, PROGRAMS,  
AND PARKS & AMENITIES GUIDELINES  
ARE SUBJECT TO CHANGE DUE TO THE  
COVID-19 PANDEMIC.**

Please visit [ggcity.org/coronavirus](https://ggcity.org/coronavirus)  
for the most current information on events,  
classes, and park facilities.

**Visit our Virtual Recreation Center at [ggcity.org/virtualrec](https://ggcity.org/virtualrec)  
for activities to keep you engaged, active, and happy at home!**





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***Class Registration Begins Online  
Monday, August 10, 2020***

**Facilities and Parks map can be viewed at [ggcity.org/parks](http://ggcity.org/parks)**

## Program Spotlight

### Johnny Allen Tennis

At Johnny Allen Tennis, we are committed to giving families an affordable alternative to expensive tennis classes at the local tennis club or pricey private lessons with the local tennis pro hanging out at the park. We want to provide a fun and exciting tennis experience to every student enrolled. Since we eat, breathe and sleep tennis, we understand the magic a child feels as they hit the ball for the first time, and the self-confidence they gain as they continue to grow and improve. Put simply, we want to pass on our love for the sport on to all of our students.





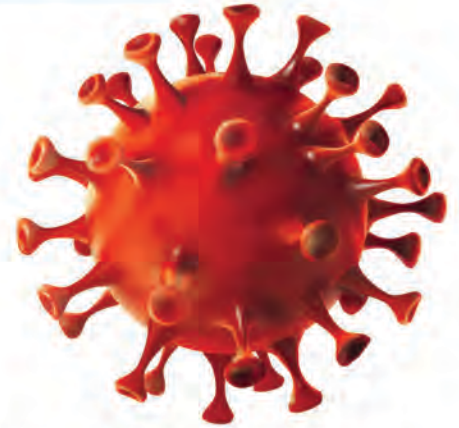
FOR CITY SERVICES, INFORMATION AND RESOURCES ON

# CORONAVIRUS COVID-19 VISIT

[ggcity.org/coronavirus](https://ggcity.org/coronavirus)

## WHAT YOU SHOULD KNOW

COVID-19 is a respiratory illness that spreads from person to person. Symptoms include fever, cough and shortness of breath.



## PROTECT YOURSELF AND LOVED ONES

- Maintain a physical distance of 6 feet between yourself and others.
- Cover your mouth and nose with a cloth face cover when around others.
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth.
- Stay home and only leave for essential services.



Call the COVID-19 Hotline (833) 426-6411 or visit [ochealthinfo.com](https://ochealthinfo.com) for information and resources.



GARDEN GROVE



## Garden Grove Community Meeting Center and Garden Grove Courtyard Center are closed until further notice.

- Large/Small Banquet Rooms
  - Full Kitchen Facilities
  - Central OC Location • Park Setting
- Quinceañeras, Weddings, Parties, Meetings, and More!*

**11300 Stanford Avenue**  
**Garden Grove, CA 92840**  
**(714) 741-5262**  
 ggcity.org

*Community Meeting Center*



### **GARDEN GROVE COMMUNITY MEETING CENTER** **Bring in this coupon and receive 10% off room fee!**

*New bookings only. One per customer. Expires 12/31/20. Does not apply to "Memorial" or "Special Packages."*

For rates, call or visit our facility, or website at ggcity.org

Questions? Email us at: events@ggcity.org

## Garden Grove Courtyard Center

*Ideal  
 for:*

- ◆ Birthday Parties
- ◆ Baptism Receptions
- ◆ Dinner Rehearsals
- ◆ Baby Showers
- ◆ Holiday Parties
- ◆ Small Business Meetings
- ◆ Seminars

### **SPECIAL PACKAGE**

Room Rental Rate: \$557.00\*

Refundable Damage Deposit: \$250

*\*Four (4) hour event time. Maximum capacity 80 guests. No alcohol allowed.*

12732 Main Street, Garden Grove, CA 92840 • (714) 741-5262

For more information, call (714) 741-5262 or events@ggcity.org.



*Courtyard Center*



# ATLANTIS Play Center

## GENERAL USE:

- \$2 per person admission charge
- Free for children 2 and under
- Adults must be accompanied by a child

## BIRTHDAY PARTIES/PICNICS:

- Picnic Tables: \$5 rental fee per table, max 14 per day
- Neptune's Pavilion: \$25 per 45 minutes
- For table and pavilion rentals, call the Community Services Department at (714) 741-5200
- For after-hours and exclusive rentals, call the Atlantis Coordinator at (714) 741-5168

**Splash pad is only open during the summer**

**CLOSED**  
UNTIL FURTHER NOTICE  
DUE TO COVID-19



**ATLANTIS PLAY CENTER: 13630 ATLANTIS WAY, GARDEN GROVE, 92844 • (714) 892-6015**



## West Haven Park

12252 West Street, Garden Grove, 92844  
Can accommodate up to 60 people (NEW)



53...ve, Garden Grove, 92845  
Can accommodate up to 40 people

**FACILITIES CLOSED**  
until further notice.

Both Facilities  
...  
... MEETINGS  
... REHEARSALS  
... RETIREMENT PARTIES  
... & MANY OTHER OCCASIONS

Call (714)741-5200  
for rates and more information.





# WEEKLY SCHEDULE

## SUNDAY:

Drop-In Badminton \$1-3 5-8 P.M.

## MONDAY:

Drop-In Basketball \$1 3-5 P.M.

## TUESDAY:

Drop-In Basketball \$1

\*Ric's Volleyball Adult League

## WEDNESDAY:

Drop-In Basketball \$1

\*\*Drop-In Volleyball \$1-3

## THURSDAY:

Drop-In Basketball \$1 3-5 P.M.

Drop-In Volleyball \$1-3 6-9 P.M.

Drop-In Basketball \$1 6-9 P.M.

## FRIDAY:

Drop-In Volleyball \$1-3 9:30 A.M.-12:30 P.M.

## PRICING

(Unless otherwise noted)

Youth (0-14 years) \$1

Teen (15-17 years) \$2

Adult (18-55 years) \$3

Senior (55+ years) \$1

All times and events are subject to change.

Contact the center for more information.

**Garden Grove Sports & Recreation Center is closed until further notice.**



Garden Grove Sports & Recreation Center

10000 Garden Grove Blvd., Garden Grove, CA 92844 · (714) 889-5783

(714) 375-5063

Center does not meet June-August and December-March





# Park Buildings, Picnic Pavilion and Park Shelters

Looking for the perfect park location to hold an event? Whether you are planning a meeting for ten or a birthday party for 50, the City of Garden Grove has a place to suit your needs. Choose from several different locations that include a picnic pavilion, park buildings, and park shelters.

For a list of approved jumper companies or more information about renting a park facility, please call (714) 741-5200.

Garden Grove Parks and Amenities	Total Acres (Approx.)	Play Area	Reservable Building (maximum occupancy)	Reservable Picnic Area (maximum occupancy)	Restrooms	Open Field Space	Tennis Courts	Basketball Courts	Volleyball	Ball Diamond	Pool Facility	Horseshoe Pits	Hockey Rink(s)	Exercise Equipment	Raquetball Courts	BBQ	Dog Park	Skate Spot	Indoor Soccer Arena
<b>Atlantis Play Center</b> 13630 Atlantis Way	4	•		200	•														
<b>Bicentennial Park (Spirit of '76)</b> Brookhurst Street & Lampson Avenue	1/4																		
<b>Chapman Sports Complex</b> 11700 Knott Avenue (GGUSD)	11	•			•	•	•	•		•			•		•				
<b>Civic Center Park</b> Euclid Street & Acacia Parkway	4													•					
<b>Eastgate Park</b> 12001 St. Mark Street	5	•		50	•			•			•			•		•			
<b>Edgar Park</b> 12781 Topaz Street (GGUSD)	6	•		50		•						•							
<b>Faylane Park</b> 11700 Seacrest Drive	3	•		50				•				•				•			
<b>Garden Grove Park</b> 9301 Westminster Avenue	36	•	40	150	•	•		•	•	•				•		•	•	•	•
<b>Gutosky Park</b> 9201 Ferris Lane	2	•		50															
<b>Hare School Park</b> 12012 Magnolia Street (GGUSD)	14					•				•									
<b>Haster Basin</b> 12952 Lampson Avenue (County)	22	•		N/A	•	•													
<b>Jardin De Los Niños</b> 12534 Keel Avenue	1/2							•						•					
<b>Magnolia Park</b> 11402 Magnolia Street	6	•	40	50	•		•	•			•			•	•				
<b>Morningside School Park</b> 10468 Morningside Drive (GGUSD)	1																		
<b>Pioneer Park</b> 12722 Chapman Avenue (GGUSD)	4	•				•													•
<b>Shelley Kensington Park</b> Shelley Drive & Kensington Lane	1/4	•						•											
<b>Village Green Park</b> 12732 Main Street	7	•	100			•													
<b>West Grove Park</b> 5372 Cerulean Avenue	7	•	40	50	•	•		•								•			
<b>West Haven Park</b> 12252 West Street	10	•	60			•													
<b>Woodbury Park</b> 13800 Rosita Place	4	•			•			•			•								





Enjoy a day and night of car-free streets and pop-up activities at

# RE:IMAGINE OPEN STREETS 4 POSTPONED

Date to be Determined

Explore new bike and pedestrian paths along the old Pacific Electric Right-of-Way route, and experience all that Downtown Garden Grove has to offer, in a one-of-a-kind way.

Visit [ggcity.org](http://ggcity.org) for more details.

LIVE A  
HEALTHIER,  
MORE  
CONNECTED  
LIFE







## ARTS AND CRAFTS

### **Art: Cartooning for Fun!**

This class is designed for kids who want to have fun drawing cartoons! Have fun drawing caricatures, classic, and Manga/Anime. There will be a \$20 materials fee due to the instructor on the first day of class which covers all supplies.

**Instructor: Pati Kent**

**\$64 / 4 sessions**

**Location: Online**

**Ages: 7-13**

V30317	Th	10/22-11/12	3:15 - 4:15 pm
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### **Art: Drawing and Painting Fun!**

This class is designed for kids who want to have fun while improving their drawing and paintings. There will be a \$40 materials fee due to the instructor on the first day of class which covers all supplies.

**Instructor: Pati Kent**

**\$64 / 4 sessions**

**Location: Online**

**Ages: 7-13**

V30302	Th	10/22-11/12	4:30 - 5:30 pm
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### **Drawing is Fun!**

Be more confident with your lines and shapes! With new themes every month, this class will develop your inner artist. You will also practice the fundamentals of observation and how to transfer them onto paper. In this quirky class, you'll exercise your imagination and have fun while making cartoons! During the COVID-19 shutdown, classes will be held online via the Zoom app. Students will be emailed their link and Meeting ID the day before their first lesson. Check with the City or Westminster Arts Academy for updates.

**Instructor: Westminster Arts Academy Staff**

**\$68 / 4 sessions**

**Location: Online**

**Ages: 5-7**

V30088	Su	8/30-9/20	9:30 - 10:30 am
V30089	Su	9/27-10/18	9:30 - 10:30 am
V30090	Su	10/25-11/15	9:30 - 10:30 am

V30091	Su	11/22-12/13	9:30 - 10:30 am
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**Ages: 7+**

V30092	Su	8/30-9/20	10:30 - 11:30 am
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V30093	Su	9/27-10/18	10:30 - 11:30 am
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V30094	Su	10/25-11/15	10:30 - 11:30 am
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V30095	Su	11/22-12/13	10:30 - 11:30 am
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### **Painting is Fun!**

Join us each week for a fun and immersive painting class! Students will be taught basic techniques used to create wonderful works of art as well as an introduction to a variety of concepts and artists that have continuously inspired us throughout history. Expand your creative horizons and enroll today! During the COVID-19 shutdown, classes will be held online via the Zoom app. Students will be emailed their link and Meeting ID the day before their first lesson. Check with the City or Westminster Arts Academy for updates.

**Instructor: Westminster Arts Academy Staff**

**\$88 / 4 sessions**

**Location: Online**

**Ages: 5-9**

V30100	Fr	8/28-9/18	5:00 - 6:15 pm
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V30101	Fr	9/25-10/16	5:00 - 6:15 pm
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V30102	Fr	10/23-11/13	5:00 - 6:15 pm
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V30103	Fr	11/20-12/18	5:00 - 6:15 pm	<b>No class 11/27</b>
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## MUSIC AND DANCE

### **Hip Hop is Fun!**

This fun energetic class will teach you coordination, dance, and rhythm! Learn cool moves set to awesome music! Finesse onto the dance floor in style with this hip class! During the COVID-19 shutdown, classes will be held online via the Zoom app. Students will be emailed their link and Meeting ID the day before their first lesson. Check with the City or Westminster Arts Academy for updates.

**Instructor: Westminster Arts Academy Staff**

**\$68 / 4 sessions**

**Location: Online**

**Ages: 12+**

V38524	Tu	8/25-9/15	6:30 - 7:30 pm
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V38525	Tu	9/22-10/13	6:30 - 7:30 pm	
V38526	Tu	10/20-11/10	6:30 - 7:30 pm	
V38527	Tu	11/17-12/15	6:30 - 7:30 pm	No class 11/24
<b>Ages: 5-11</b>				
V38520	Tu	8/25-9/15	5:30 - 6:30 pm	
V38521	Tu	9/22-10/13	5:30 - 6:30 pm	
V38522	Tu	10/20-11/10	5:30 - 6:30 pm	
V38523	Tu	11/17-12/15	5:30 - 6:30 pm	No class 11/24

### Musical Theater Jazz is Fun!

In this fun and engaging class, students will focus on the exciting world of musical theater and jazz dance. Students will experience dancing to a variety of showtunes and popular music. Musical Theater Jazz is a wonderful class for the young aspiring actor, dancer, or anyone who just loves to move! This class is great for promoting positive self-esteem in every young person. During the COVID-19 shutdown, classes will be held online via the Zoom app. Students will be emailed their link and Meeting ID the day before their first lesson. Check with the City or Westminster Arts Academy for updates.

**Instructor: Westminster Arts Academy Staff**

**\$68 / 4 sessions**

**Location: Online**

**Ages: 6-9**

V38550	Th	8/27-9/17	5:30 - 6:30 pm	
V38551	Th	9/24-10/15	5:30 - 6:30 pm	
V38552	Th	10/22-11/12	5:30 - 6:30 pm	
V38553	Th	11/19-12/17	5:30 - 6:30 pm	No class 11/26

**Ages: 9+**

V38554	Th	8/27-9/17	6:30 - 7:30 pm	
V38555	Th	9/24-10/15	6:30 - 7:30 pm	
V38556	Th	10/22-11/12	6:30 - 7:30 pm	
V38557	Th	11/19-12/17	6:30 - 7:30 pm	No class 11/26

### Pop Ballet!

Introducing young dancers to their bodies, this class focuses on creating a more disciplined, creative, and outgoing child! While still having fun, dancers will have focus in ballet while infusing creative improvisation, jazz, and modern! Female dancers must arrive to the first class with their hair back in a bun, a leotard (pink for ages 3-4, black for ages 5+), pink ballet tights, and pink ballet slippers. Male dancers must arrive to their first class in a white t-shirt, black fitted pants/tights, and black ballet slippers. During the COVID-19 shutdown, classes will be held online via the Zoom app. Students will be emailed their link and Meeting ID the day before their first lesson. Check with the City or Westminster Arts Academy for updates.

**Instructor: Westminster Arts Academy Staff**

**Location: Online**

**\$58 / 4 sessions**

**Ages: 3-4**

V38532	We	8/26-9/16	4:45 - 5:30 pm	
V38533	We	9/23-10/14	4:45 - 5:30 pm	
V38534	We	10/21-11/11	4:45 - 5:30 pm	
V38535	We	11/18-12/16	4:45 - 5:30 pm	No class 11/25

**\$68 / 4 sessions**

**Ages: 5-7**

V38536	We	8/26-9/16	5:30 - 6:30 pm	
V38537	We	9/23-10/14	5:30 - 6:30 pm	
V38538	We	10/21-11/11	5:30 - 6:30 pm	
V38539	We	11/18-12/16	5:30 - 6:30 pm	No class 11/25

**Ages: 8-17**

V38540	We	8/26-9/16	6:30 - 7:30 pm	
V38541	We	9/23-10/14	6:30 - 7:30 pm	
V38542	We	10/21-11/11	6:30 - 7:30 pm	
V38543	We	11/18-12/16	6:30 - 7:30 pm	No class 11/25



### Singing is Fun!

Learn to sing those songs you love with creative style, proper technique, and stage performance skills! Students have the opportunity to sing solos, duets, and big group songs in this class where musical numbers really come to life! During the COVID-19 shutdown, classes will be held online via the Zoom app. Students will be emailed their link and Meeting ID the day before their first lesson. Check with the City or Westminster Arts Academy for updates.

**Instructor: Westminster Arts Academy Staff**

**Location: Online**

**\$58 / 4 sessions**

**Ages: 4-7**

V32793	Mo	8/24-9/21	4:45 - 5:30 pm	No class 9/7
V32794	Mo	9/28-10/19	4:45 - 5:30 pm	
V32795	Mo	10/26-11/16	4:45 - 5:30 pm	
V32796	Mo	11/23-12/14	4:45 - 5:30 pm	

**\$68 / 4 sessions**

**Ages: 8-11**

V32775	Mo	8/24-9/21	6:30 - 7:30 pm	No class 9/7
V32776	Mo	9/28-10/19	6:30 - 7:30 pm	
V32777	Mo	10/26-11/16	6:30 - 7:30 pm	
V32778	Mo	11/23-12/14	6:30 - 7:30 pm	

**Ages: 12-17**

V32779	Mo	8/24-9/21	5:30 - 6:30 pm	No class 9/7
V32780	Mo	9/28-10/19	5:30 - 6:30 pm	
V32781	Mo	10/26-11/16	5:30 - 6:30 pm	
V32782	Mo	11/23-12/14	5:30 - 6:30 pm	

## FITNESS AND SPORTS

### Taekwondo for Kids

Taekwondo will teach kids characteristics that enforce honor, integrity, self-control, goals, courtesy, loyalty, and assertiveness. Kids will learn basic kicking techniques, punches, blocks, and basic self-defense forms. Uniform is included with class fee. After registration, please email your receipt and mailing address to uto.park@hotmail.com. Your Taekwondo uniform will be mailed to you and you will be provided with information for the Zoom meetings. Students will require a laptop, computer, or tablet with a webcam, and access to a reliable internet connection. Please also make sure you have at least 7 feet of space to perform the Taekwondo moves.

**Instructor: Sung Ho Park**

**Location: Online**

**Ages: 7-12**

**\$29 / 4 sessions**

V32046	Sa	9/5-9/26	4:10 - 5:00 pm	
V32047	Sa	10/3-10/24	4:10 - 5:00 pm	
V32048	Sa	10/31-11/21	4:10 - 5:00 pm	

**\$49 / 8 sessions**

V32011	MoWe	9/2-9/30	5:10 - 6:00 pm	No class 9/7
V32012	MoWe	9/2-9/30	6:40 - 7:30 pm	No class 9/7
V32013	TuTh	9/1-9/24	5:10 - 6:00 pm	
V32014	TuTh	9/1-9/24	6:00 - 6:50 pm	
V32015	MoWe	10/5-11/2	5:10 - 6:00 pm	No class 10/12
V32016	MoWe	10/5-11/2	6:40 - 7:30 pm	No class 10/12
V32017	TuTh	9/29-10/22	5:10 - 6:00 pm	
V32018	TuTh	9/29-10/22	6:00 - 6:50 pm	
V32019	MoWe	11/4-12/7	5:10 - 6:00 pm	No class 11/11 & 11/25
V32040	MoWe	11/4-12/7	6:40 - 7:30 pm	No class 11/11 & 11/25
V32041	TuTh	10/27-11/19	5:10 - 6:00 pm	
V32045	TuTh	10/27-11/19	6:00 - 6:50 pm	





**Taekwondo for Little Stars**

Taekwondo will teach kids characteristics that enforce honor, integrity, self-control, goals, courtesy, loyalty, and assertiveness. Kids will learn basic kicking techniques, punches, blocks, and basic self-defense forms. Uniform is included with class fee. After registration, please email your receipt and mailing address to [uto.park@hotmail.com](mailto:uto.park@hotmail.com). Your Taekwondo uniform will be mailed to you and you will be provided with information for the Zoom meetings. Students will require a laptop, computer, or tablet with a webcam, and access to a reliable internet connection. Please also make sure you have at least 7 feet of space to perform the Taekwondo moves.

**Instructor: Sung Ho Park**

**Location: Online**

**Ages: 4-6**

**\$29 / 4 sessions**

V32042	Sa	9/5-9/26	3:30 - 4:10 pm
V32043	Sa	10/3-10/24	3:30 - 4:10 pm
V32044	Sa	10/31-11/21	3:30 - 4:10 pm

**\$49 / 8 sessions**

V32020	MoWe	9/2-9/30	4:30 - 5:10 pm	No class 9/7
V32021	MoWe	9/2-9/30	6:00 - 6:40 pm	No class 9/7
V32022	TuTh	9/1-9/24	4:30 - 5:10 pm	
V32023	MoWe	10/5-11/2	4:30 - 5:10 pm	No class 10/12
V32024	MoWe	10/5-11/2	6:00 - 6:40 pm	No class 10/12
V32025	TuTh	9/29-10/22	4:30 - 5:10 pm	
V32026	MoWe	11/4-12/7	4:30 - 5:10 pm	No class 11/11 & 11/25
V32027	MoWe	11/4-12/7	6:00 - 6:40 pm	No class 11/11 & 11/25
V32028	TuTh	10/27-11/19	4:30 - 5:10 pm	

**Zumba Kids (Tiny Stars) Online**

Your active, curious toddlers will keep busy in this lively, energetic class! Wiggle and groove to fun latin tunes. Child development meets the magic of Zumba with world rhythms and catchy, kid friendly tunes. Stimulate your toddler's brain with musical patterns, get their wiggles out with high energy movement and dances, sing along to their favorite songs, and play energetic games. Registration includes 4 weekly 30-minute classes viewable any time and as often as you want. All family members may participate. A new link is sent every Monday to a private, password-protected video with the content for that week. Students will require a laptop, computer, or tablet, a Google ID, and access to a reliable internet connection.

**Instructor: CS Dance Factory**

**Location: Online**

**Ages: 1-5**

**\$30 / 2 sessions**

V39010	Mo	12/21-12/28	10:00 - 10:30 am
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**\$60 / 4 sessions**

V39006	Mo	8/31-9/21	10:00 - 10:30 am
V39007	Mo	9/28-10/19	10:00 - 10:30 am
V39008	Mo	10/26-11/16	10:00 - 10:30 am
V39009	Mo	11/23-12/14	10:00 - 10:30 am

**Zumba Kids Online**

Kids rock out while they work out in a Zumba Kids high-energy, rockin' dance party packed with specially choreographed, kid-friendly routines. Benefits include improved coordination, increased focus, and self-confidence. Registration includes 4 weekly 30-minute classes viewable any time and as often as you want. All family members may participate. A new link is sent every Monday to a private, password-protected video with the content for that week. Students will require a laptop, computer, or tablet, a Google ID, and access to a reliable internet connection.

**Instructor: CS Dance Factory**

**Location: Online**

**Ages: 5-12**

**\$30 / 2 sessions**

V39005	Mo	12/21-12/28	4:00 - 4:30 pm
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**\$60 / 4 sessions**

V39001	Mo	8/31-9/21	4:00 - 4:30 pm
V39002	Mo	9/28-10/19	4:00 - 4:30 pm
V39003	Mo	10/26-11/16	4:00 - 4:30 pm
V39004	Mo	11/23-12/14	4:00 - 4:30 pm

**Barre Strength and Stretch Online**

Live longer, get stronger! No floor work; Stand or sit for the whole class. You will be led through easy-to-follow, head-to-toe exercise that are effective and fun. A chair provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension.

**Instructor: CS Dance Factory**

**Location: Online**

**Ages: 18-55**

**\$20 / 2 sessions**

V32015	Mo	12/21-12/28	10:15 - 11:00 am
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**\$40 / 4 sessions**

V32011	Mo	8/31-9/21	10:15 - 11:00 am
V32012	Mo	9/28-10/19	10:15 - 11:00 am
V32013	Mo	10/26-11/16	10:15 - 11:00 am
V32014	Mo	11/23-12/14	10:15 - 11:00 am

**Chair Exercise Online**

Keep your body and mind as healthy as you can. Did you know exercise can reverse the signs of aging in your brain when you learn some simple dance steps that can be done sitting in the chair? Chair exercise has easy movements to increase strength and flexibility in your arms, legs and core muscles. Enjoy listening to energizing music and have a joyful time moving with our uplifting instructors. Great for injury recovery, too. Geared for older adults, or injury recovery.

**Instructor: CS Dance Factory**

**Location: Online**

**Ages: 18-55**

**\$15 / 2 sessions**

V32094	Mo	12/21-12/28	11:15 am - 12:00 pm
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**\$30 / 4 sessions**

V32090	Mo	8/31-9/21	11:15 am - 12:00 pm
V32091	Mo	9/28-10/19	11:15 am - 12:00 pm
V32092	Mo	10/26-11/16	11:15 am - 12:00 pm
V32093	Mo	11/23-12/14	11:15 am - 12:00 pm

**Zumba Gold Online**

Did you know that dancing reverses the signs of aging in the brain and body? Discover how you can do this and groove at your own pace in this Zumba Gold dance party workout for the young at heart! Easy-to-follow, low-impact, dance steps to a variety of motivating music. Sign up now, get results and feel the joy!

**Instructor: CS Dance Factory**

**Location: Online Class**

**Ages: 18-55**

**\$20 / 2 sessions**

V32004	Mo	12/21-12/28	9:00 - 10:00 am
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**\$40 / 4 sessions**

V32000	Mo	8/31-9/21	9:00 - 10:00 am
V32001	Mo	9/28-10/19	9:00 - 10:00 am
V32002	Mo	10/26-11/16	9:00 - 10:00 am
V32003	Mo	11/23-12/14	9:00 - 10:00 am





## PRESCHOOL CLASSES

### Preschool Play and Practice

Imagine your child learning award-winning children's literature, songs, arts and crafts, and many more new ideas. Each class is based on a different theme and includes cutting, pasting, coloring, and more importantly, interacting with other children. A \$5 materials fee is due at the first class.

**Instructor:** Dawna Ludwig

**\$42 / 4 sessions**

**Location:** Garden Grove Sports and Recreation Center

**Ages:** 1-4

33330	Sa	9/26-10/17	10:00 - 10:40 am	
33331	Sa	11/7-12/5	10:00 - 10:40 am	No class 11/28

## YOUTH SPORTS

### Mini Winter Basketball

**\$50 / child**

**Ages:** Youth born in 2015-2016

This is an instructional program where kids will learn dribbling, passing, rebounding, and shooting at lowered baskets with a small ball. Participants will meet on Saturdays for 40 minute classes for six weeks at the Garden Grove Sports and Recreation Center. Classes will run early February through mid-March. Program includes an award, t-shirt, and coaching instruction. No skills testing required.



### Youth Winter Basketball

**\$50 / child**

**Ages:** Youth born in 2007-2014

**Location:** Garden Grove Sports and Recreation Center

**Leagues:**

Co-ed "D" Division	Born in 2013-2014
Co-ed "C" Division	Born in 2011-2012
Girls "C" Division	Born in 2011-2012
Co-ed "B" Division	Born in 2009-2010
Girls "B" Division	Born in 2009-2010
Co-ed "A" Division	Born in 2007-2008
Girls "A" Division	Born in 2007-2008

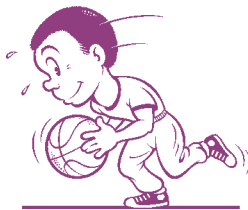
This program provides youth the opportunity to learn the fundamentals of basketball and play on teams in an organized sports league. The program will begin the week of **January 30**, with games played on Saturdays, and some weeknights when necessary. **Registration will be taken online or in person at City Hall during normal business hours, Monday, November 23 through Thursday, December 17.** Player's skills testing will be conducted on **January 6**.

### SKILLS TESTING

All players are required to take a skills test in order to be placed on a team. The testing will take place at the Garden Grove Sports and Recreation Center, located at 13641 Deodara, Garden Grove, 92844.

**Wednesday, January 6, 2021**

"D" Division .....	5:00 pm
"C" Division .....	6:00 pm
"B" Division .....	7:00 pm
"A" Division .....	7:30 pm



**NO REGISTRATION WILL BE TAKEN AT SKILLS TESTING.**

Registration will be limited to 80 participants in each division. Come and join a team, learn about sportsmanship, and improve your basketball skills in a fun environment.

## DANCING AND GYMNASTICS

### Baby's First Yoga, Dance & Tumbling Class

This class presents an easy and fun way to introduce your child to yoga through baby-friendly yoga poses and age appropriate tumbling skills.

**Instructor:** Dawna Ludwig

**\$42 / 4 sessions**

**Location:** Garden Grove Sports and Recreation Center

**Ages:** 6 mos-2 yrs

32980	Sa	9/26-10/17	10:40 - 11:10 am	
32981	Sa	11/7-12/5	10:40 - 11:10 am	No class 11/28

### Ballet, Tap, and Tumbling

Ballet develops physical control, strength, balance, and grace. Tap develops a sense of rhythm and timing useful in music study and athletics. Children will have lots of fun learning age-appropriate gymnastic skills including rolling, jumping, position of the day, animal walks, and balance beam. A \$5 materials fee is due at the first class.

**Instructor:** Dawna Ludwig

**\$42 / 4 sessions**

**Location:** Garden Grove Sports and Recreation Center

**Ages:** 1-4

31996	Sa	9/26-10/17	9:20 - 10:00 am	
31997	Sa	11/7-12/5	9:20 - 10:00 am	No class 11/28

**Ages:** 5-11

30059	Sa	9/26-10/17	8:40 - 9:20 am	
30060	Sa	11/7-12/5	8:40 - 9:20 am	No class 11/28

## SPORTS CLASSES

### Introduction to Fencing

Learn the Olympic sport of fencing. Students learn how to move, attack and defend themselves. Emphasis is placed on developing balance, coordination, and quick decision making. Classes are hands-on and highly interactive. An essential equipment starter kit must be purchased prior to first class. Inquire at South Coast Fencing Center.

**Instructor:** South Coast Fencing Center

**Location:** South Coast Fencing Center

**Ages:** 7+

**\$115 / 4 sessions**

36512	9/16-10/10	We 5:00 - 6:00 pm or Sa 10:00 - 11:00 am
36513	10/14-11/7	We 5:00 - 6:00 pm or Sa 10:00 - 11:00 am
36514	11/11-12/12	We 5:00 - 6:00 pm or Sa 10:00 - 11:00 am

**Class sessions are offered 2 times a week. Participants should attend any 1 of those sessions according to the convenience of their schedules. No class 11/26-11/28**

**\$170 / 8 sessions**

36515	9/16-10/10	We 5:00 - 6:00 pm and Sa 10:00 - 11:00 am
36516	10/14-11/7	We 5:00 - 6:00 pm and Sa 10:00 - 11:00 am
36517	11/11-12/12	We 5:00 - 6:00 pm and Sa 10:00 - 11:00 am

**Class sessions are offered 2 times a week. Participants should attend both sessions. No class 11/26-11/28**

### F.A.S.T.T. for Kids by BEST Sports

F.A.S.T.T. is the first program of its kind to incorporate Fitness, Agility and Speed Training with Track and Field Training. This high-endurance class will combine fun exercises with running, jumping, discus, shot put, hurdles, relays and more. Watch as your child builds strength and stamina in our first-ever "fitness for kids" program!

**Instructor:** Beginners Edge Sports Training Instructor

**Location:** West Grove Park

**\$84 / 6 sessions**

**Ages:** 3-6

31092	Su	9/20-10/25	9:50 - 10:35 am	
31093	Su	11/1-12/13	9:50 - 10:35 am	No class 11/29

**Ages:** 7-10

31090	Su	9/20-10/25	9:00 - 9:45 am	
31091	Su	11/1-12/13	9:00 - 9:45 am	No class 11/29



## 3-Sport Multi Sport by BEST Sports

Our industry-leading 3-Sport program brings you multiple weeks of 3 fantastic sports: Soccer, Baseball/Softball, & Basketball. We will teach your player how to kick and control a soccer ball, how to hit, catch, throw and run the bases, and shoot, dribble and pass a basketball. Our goal and focus is to maintain an energetic & highly active program that will teach, encourage and advance your young player regardless of their skill level. Please bring an age-appropriate soccer ball for the first week. A hitting tee and a basketball is needed later in the session. No additional fees ever!

**Instructor: Beginners Edge Sports Training Instructor**

**Location: West Grove Park**

**Ages: 2-4**

**\$84 / 6 sessions**

30050	Sa	9/19-10/24	9:00 - 9:45 am	
30051	Su	9/20-10/25	9:00 - 9:45 am	
30054	Sa	10/31-12/12	9:00 - 9:45 am	No class 11/28
30055	Su	11/1-12/13	9:00 - 9:45 am	No class 11/29

**Ages: 5-8**

30052	Sa	9/19-10/24	9:50 - 10:35 am	
30053	Su	9/20-10/25	9:50 - 10:35 am	
30056	Sa	10/31-12/12	9:50 - 10:35 am	No class 11/28
30057	Su	11/1-12/13	9:50 - 10:35 am	No class 11/29

## Baseball and Softball Training by BEST Sports

Our industry-leading weekly Sluggers program will teach your player the skills of baseball and softball by offering activities such as: fielding, throwing, hitting, base recognition, (sometimes) sliding, and more! Our goal and focus is to maintain an energetic and highly active program that will teach, encourage, and advance your young player regardless of their skill level. A glove is not mandatory for kids under 4. Please provide your own baseball hitting tee. This is not a parent participation class. No additional fees ever!

**\$84 / 6 sessions**

**Instructor: Beginners Edge Sports Training Instructor**

**Location: West Grove Park**

**Ages: 2-4**

30030	Sa	9/19-10/24	9:50 - 10:35 am	
30031	Sa	10/31-12/12	9:50 - 10:35 am	No class 11/28

**Ages: 5-8**

30034	Sa	9/19-10/24	9:00 - 9:45 am	
30035	Sa	10/31-12/12	9:00 - 9:45 am	No class 11/28

## Basketball Skills and Drills by BEST Sports

Our industry-leading basketball skills and drills clinics introduce and advance your player's ability for ball handling, dribbling, defense, jumping, passing, shooting, and the triple threat position. Our goal and focus is to maintain an energetic and highly active program that will teach, encourage, and advance your young player regardless of their skill level. This is an extremely active, endurance-based class. Please bring your child's favorite basketball with their name on it. This is not a parent participation class. No additional fees ever!

**Instructor: Beginners Edge Sports Training Instructor**

**Location: West Grove Park**

**\$84 / 6 sessions**

**Ages: 3-6**

30020	Sa	9/19-10/24	10:40 - 11:25 am	
30021	Su	9/20-10/25	10:40 - 11:25 am	
30022	Sa	10/31-12/12	10:40 - 11:25 am	No class 11/28
30023	Su	11/1-12/13	10:40 - 11:25 am	No class 11/29

**Ages: 7-10**

30024	Sa	9/19-10/24	11:30 am - 12:15 pm	
30025	Su	9/20-10/25	11:30 am - 12:15 pm	
30026	Sa	10/31-12/12	11:30 am - 12:15 pm	No class 11/28
30027	Su	11/1-12/13	11:30 am - 12:15 pm	No class 11/29



## Soccer Skills Training by BEST Sports

Our industry-leading weekly soccer class will teach your kids the skills of soccer by offering activities such as: dribbling, kicking, throw-ins, goalie skills, (age permitting: scrimmaging) and more! Our goal and focus is to maintain an energetic and highly active program that will teach, encourage, and advance your young

player regardless of their skill level. Please bring an age appropriate soccer ball with your child's name on it. No additional fees ever!

**Instructor: Beginners Edge Sports Training Instructor**

**\$84 / 6 sessions**

**Location: West Grove Park**

**Ages: 16 mos - 2 yrs**

31050	Sa	9/19-10/24	9:50 - 10:35 am	
31051	Su	9/20-10/25	9:50 - 10:35 am	
31056	Sa	10/31-12/12	9:50 - 10:35 am	No class 11/28
31057	Su	11/1-12/13	9:50 - 10:35 am	No class 11/29

**Ages: 3-6**

31052	Sa	9/19-10/24	9:00 - 9:45 am	
31053	Su	9/20-10/25	9:00 - 9:45 am	
31058	Sa	10/31-12/12	9:00 - 9:45 am	No class 11/28
31059	Su	11/1-12/13	9:00 - 9:45 am	No class 11/29

**Ages: 7-10**

31054	Sa	9/19-10/24	10:40 - 11:25 am	
31055	Su	9/20-10/25	10:40 - 11:25 am	
31060	Sa	10/31-12/12	10:40 - 11:25 am	No class 11/28
31061	Su	11/1-12/13	10:40 - 11:25 am	No class 11/29

## BaseballTots

BaseballTots is a developmental program for kids ages 3.5 through 5 years old that uses a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. The goal is to build fitness, muscle coordination, baseball fundamentals, and create a love of the game.

**Instructor(s): Skyhawks Staff**

**\$79 / 6 sessions**

**Location: Garden Grove Park**

**Ages: 3.5-4.5**

38005	Tu	10/13-11/17	3:30 - 4:10 pm	
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**Ages: 4.5-5**

38006	Tu	10/13-11/17	4:20 - 5:00 pm	
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## Mini-Hawk Multi-Sport

Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation required for 2-3.5 yrs.

**Instructor(s): Skyhawks Staff**

**\$79 / 6 sessions**

**Location: Garden Grove Park**

**Ages: 2-3.5**

38007	Th	10/15-11/19	3:30 - 4:10 pm	
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**Ages: 3.5-5**

38008	Th	10/15-11/19	4:20 - 5:00 pm	
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# Class Registration Pages 17-18





## TENNIS

### Beginning Tennis

We believe learning tennis should be fun and exciting. All classes feature the magical fusion of music and tennis. All four major strokes will be taught, the forehand, backhand, serve, and volley. Students will be given a solid tennis foundation through tons of innovative and effective drills and games. Once ready, players will be invited to attend the intermediate class. For more information and rainy day makeup policy, go to [www.johnnyallentennis.com](http://www.johnnyallentennis.com) or call (844) 983-6647.

**Instructor: Johnny Allen Tennis Academy**

**Location: Chapman Sports Complex**

**Ages: 6-8**

**\$49 / 4 sessions**

30515	Tu	9/15-10/6	5:00 - 6:00 pm	
30516	Th	9/17-10/8	5:00 - 6:00 pm	
30518	Tu	10/13-11/3	5:00 - 6:00 pm	
30519	Th	10/15-11/5	5:00 - 6:00 pm	
30521	Tu	11/10-12/8	5:00 - 6:00 pm	No class 11/24
30522	Th	11/12-12/10	5:00 - 6:00 pm	No class 11/26

**\$79 / 8 sessions**

30517	TuTh	9/15-10/8	5:00 - 6:00 pm	
30520	TuTh	10/13-11/5	5:00 - 6:00 pm	
30523	TuTh	11/10-12/10	5:00 - 6:00 pm	No class 11/24 and 11/26

### Intermediate Tennis

All junior tennis players looking for improvement are welcome to play, and find their groove, as music is played in every class. All four major strokes will be taught, the forehand, backhand, serve, and volley. Players will improve technique, spin, placement, balance, and movement, through Johnny Allen's own specially designed drills and games. We will be focusing on proper technique on all major shots during singles and doubles play, preparing players for high school tennis, tournaments and an overall higher level of the game. For more info and rainy day makeup policy, go to [www.johnnyallentennis.com](http://www.johnnyallentennis.com) or call (844) 983-6647.

**Instructor: Johnny Allen Tennis Academy**

**Location: Chapman Sports Complex**

**Ages: 9-12**

**\$49 / 4 sessions**

30550	Tu	9/15-10/6	6:00 - 7:00 pm	
30551	Th	9/17-10/8	6:00 - 7:00 pm	
30553	Tu	10/13-11/3	6:00 - 7:00 pm	
30554	Th	10/15-11/5	6:00 - 7:00 pm	
30556	Tu	11/10-12/8	6:00 - 7:00 pm	No class 11/24
30557	Th	11/12-12/10	6:00 - 7:00 pm	No class 11/26

**\$79 / 8 sessions**

30552	TuTh	9/15-10/8	6:00 - 7:00 pm	
30555	TuTh	10/13-11/5	6:00 - 7:00 pm	
30558	TuTh	11/10-12/10	6:00 - 7:00 pm	No class 11/24 and 11/26

### Advanced Tennis

This class is perfect for players getting ready to compete in tournaments, high school, or league tennis. This training class is for motivated, young competitive players, with dreams of one day competing at a higher level. Players will learn to compete and win through advanced strategy in singles and doubles. This class will build the confidence in each player's tennis game, through match play, while engaging in a wide variety of effective games and competitive situations. For more information and rainy day makeup policy, go to [www.johnnyallentennis.com](http://www.johnnyallentennis.com) or call (844) 983-6647.

**Instructor: Johnny Allen Tennis Academy**

**Location: Chapman Sports Complex**

**Ages: 7-17**

**\$49 / 4 sessions**

30530	Tu	9/15-10/6	7:00 - 8:00 pm	
30531	Th	9/17-10/8	7:00 - 8:00 pm	
30533	Tu	10/13-11/3	7:00 - 8:00 pm	
30534	Th	10/15-11/5	7:00 - 8:00 pm	
30536	Tu	11/10-12/8	7:00 - 8:00 pm	No class 11/24
30537	Th	11/12-12/10	7:00 - 8:00 pm	No class 11/26

**\$79 / 8 sessions**

30532	TuTh	9/15-10/8	7:00 - 8:00 pm	
30535	TuTh	10/13-11/5	7:00 - 8:00 pm	
30538	TuTh	11/10-12/10	7:00 - 8:00 pm	No class 11/24 and 11/26

## Volunteer Opportunities for Senior Meals

Would you like to help the elderly enjoy a meal every day? It won't cost you anything but time.

The H. Louis Lake Senior Center needs drivers for delivery of its meal program for homebound seniors. It requires volunteering one hour a week, once a week in the morning.

For more information, please contact Lori McIntyre at (714) 741-5244.





## EXERCISE/FITNESS

### Yoga with Jerry

Yoga will help to create a vigorous, well-functioning body and an alert mind. It is energizing and restful, cleansing and calming, and brings to the body agility and vitality. We will work on different postures and areas of the body with every class to help develop strength, flexibility, and balance throughout the entire body.

**Instructor:** Gerald J. Cruise

**Location:** West Grove Park

**Ages:** 18+

**\$48 / 8 sessions**

33039	Tu	9/8-10/27	9:00 - 10:15 am
33040	Th	9/10-10/29	9:00 - 10:15 am

**\$36 / 6 sessions**

33650	Tu	11/3-12/15	9:00 - 10:15 am	No class 11/23-11/27
33651	Th	11/5-12/17	9:00 - 10:15 am	No class 11/23-11/27

### Line Dancing for Health and Enjoyment

While having fun and enjoying different types of music, you will tone up your muscles, build stamina, and increase flexibility while improving your balance and coordination. Learning choreographed line dances will help sharpen your memory. In addition to line dancing, we also do low impact aerobics. Please wear comfortable shoes and bring a water bottle. A \$2 liability insurance fee is due at the first class.

**Instructor:** Gemmy Pham

**Location:** West Haven Park

**Ages:** 45+

**\$30 / 30 sessions**

39001	TuTh	9/1-12/29	10:00 am - 12:00 pm
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### Low Impact Aerobics

An aerobic workout geared for older adults to improve coordination, endurance, and stamina. Core, abdominal, and leg toning exercises with muscle strengthening will also be addressed. Participants are advised to wear loose clothing, supportive shoes, and bring a bottle of water. A \$1.90 liability insurance fee will be collected.

**Ages:** 55+

**\$20 / 10 sessions**

**Instructor:** Laura Gardea

**Location:** H. Louis Lake Senior Center

30800	Mo	9/14-12/14	9:00 - 10:30 am
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**No class 10/26-11/12 and 11/23-11/26**

30801	Th	9/24-12/17	9:00 - 10:30 am
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**No class 10/26-11/12 and 11/23-11/26**

**Location:** West Grove Park

30802	We	9/16-12/16	9:30 - 11:00 am
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**No class 10/26-11/12 and 11/23-11/26**



## ARTS AND CRAFTS

### Art: Drawing and Painting in the Afternoon

Maximize your time! This class is designed for beginning and intermediate students who would like to learn how to improve their drawing and painting skills. Color theory and elements of art will be incorporated. Please ask for the materials list when registering for this class and bring all materials to the first class meeting.

**Instructor:** Pati Kent

**\$64 / 4 sessions**

**Location:** Online

**Ages:** 15+

V36302	We	9/16-10/7	2:30 - 4:15 pm
V36303	We	10/21-11/11	2:30 - 4:15 pm

## DOG TRAINING



### Beginning Flyball

This class is for dogs that have not played flyball or have had a very simple introduction. Dogs will be running and jumping low hurdles. Dogs must not be aggressive or unmanageable. Bring leash, treats, toys, and baggies for clean up.

**Instructor:** Nicole Myers

**\$40 / 6 sessions**

**Location:** Edgar Park

**Ages:** 14+

30109	Fr	9/11-10/16	6:00 - 6:50 pm
30110	Fr	10/23-12/4	6:00 - 6:50 pm

**No class 11/27**

## SPECIAL INTEREST

### CPR/AED for Adults, Infants, and Children

This class is designed to teach both the average person and professional how to initially respond to cardiac or respiratory arrest. Learn simple rescue CPR for adults, children, and infants, as well as foreign object removal techniques for airways. You will receive your certification upon completion of the class. If healthcare provider card is required, please call Cindy at (714) 891-5620 prior to your class. A \$20 materials fee is payable to the instructor.

**Instructor:** Jack Griswold

**\$10 / 1 session**

**Location:** H. Louis Lake Senior Center

**Ages:** 18+

30330	Fr	9/4	6:00 - 8:30 pm
30331	Fr	10/2	6:00 - 8:30 pm
30332	Fr	11/6	6:00 - 8:30 pm
30333	Fr	12/4	6:00 - 8:30 pm

### First Aid

Learn to respond to, and assess an injury or illness. Topics covered include vital signs, bleeding, heat and cold emergencies, strokes, and seizures. You will receive a state and nationally recognized EMS first aid card and certification. A \$20 materials fee is payable to the instructor.

**Instructor:** Jack Griswold

**\$10 / 1 session**

**Location:** H. Louis Lake Senior Center

**Ages:** 18+

30220	Fr	9/4	8:30 - 10:00 pm
30221	Fr	10/2	8:30 - 10:00 pm
30222	Fr	11/6	8:30 - 10:00 pm
30223	Fr	12/4	8:30 - 10:00 pm



**H. Louis Lake  
Senior Center  
11300 Stanford Ave.  
Garden Grove, CA 92840**

**Contact us for more  
information about our  
services, resources, and classes.**

**(714) 741-5253  
Monday-Friday  
8:00 a.m.-3:30 p.m.  
Visit us on the web at  
[ggcity.org/seniorcenter](http://ggcity.org/seniorcenter)**

## Message from the H. Louis Lake Senior Center

The City of Garden Grove recognizes the importance of serving our senior citizen community during this challenging time. We realize how important socialization, physical activity, and nutrition is for our senior residents. Your health, safety, and well-being is our top priority.

The H. Louis Lake Senior Center is currently closed. Staff are answering phone lines daily M-F: 8:00 a.m.-3:30 p.m.

Be sure to check out our SCOOP newsletters filled with important resources. The City continues to closely monitor the situation with COVID-19 and provides updates as they become available on our website at [ggcity.org/coronavirus](http://ggcity.org/coronavirus).

We are eager to get back to our normal operation and miss you all. Remember, we are in this together!

-Senior Center Staff

### Lunch Café Program



Due to COVID-19 (Coronavirus), the Lunch Café program has been converted to a frozen meal pick-up program. Frozen meals are available for pick-up via a drive through or walk-up option every Tuesday from 9:30 a.m. until 10:30 a.m. at the H. Louis Lake Senior Center (11300 Stanford Avenue). Adults age 60 and over are eligible to participate in this program. For more information, please call (714) 741-5253. Days, times, and locations for pick-up are subject to change.

Registered Lunch Café participants can have a family member or friend pick up their meals by providing the first and last name, and the address of the program participant. Unregistered participants may have someone pick up their meal as long as that person has the ID card for the individual for whom the meal is intended.

### Senior Wellness Program

In response to the COVID-19 pandemic, H. Louis Lake Senior Center is providing a Senior Wellness Program for Garden Grove senior citizens. Staff will conduct weekly phone calls to check on the well-being of senior residents. The phone calls also serve as an opportunity to socialize with staff, help promote mental well-being, and provide valuable community resources during the COVID-19 pandemic.

Residents interested in registering for the Senior Wellness Program may contact the H. Louis Lake Senior Center at (714) 741-5253, Monday through Friday, from 8:00 a.m. to 3:30 p.m.

**The mission of the City of Garden Grove is to provide responsible leadership and quality service as we promote safety, cultural harmony, and life enrichment.**



# ZOOMING FORWARD

We are committed to ensuring that Garden Grove's community has the resources to maintain healthy lives and social engagement during these challenging times. While some of our services are being offered over the telephone, we would like you to "ZOOM" in and check out the virtual programming being offered. For more information please call 714-741-5253.

## Services



**Legal Aid**  
**Monday - Friday**  
**8:00 a.m.-5:00 p.m.**

Community Legal Aid SoCal is dedicated to meeting the legal needs of seniors 60+ throughout Orange County. Legal Aid is conducting telephone appointments and consultations through their OC Senior Citizens Legal Advocacy Program. Please call 800-834-5001 to make an appointment. You can also visit their website at

<https://www.communitylegalsocal.org/> for more information on programs and services.



**HICAP**  
**Monday - Friday**  
**8:00 a.m.-5:00 p.m.**

Questions about Medicare? HICAP is part of the national network of State Health Insurance Assistance Programs (SHIP) and is the most dependable source of unbiased and accurate Medicare related information. Please call **(714) 560-0424** to make an appointment to talk to a counselor. You can also visit their website at <https://www.coasc.org/programs/hicap/> for more information on programs and services.

## Classes



**Zumba**  
**Monday & Thursday | 2:00 p.m.-3:00 p.m.**  
**Class Instructor: Carmen Gutierrez**

Zumba is BACK! The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination all from the comfort of your own home. To register and receive your Zoom invite link, please call the H. Louis Lake Senior Center at 714-741-5253, and leave your name and phone number.



11300 Stanford Ave | Garden Grove CA 92840 | 714-741-5253



## Register Early!!

- **Registration begins Monday, August 10, 2020**
- **Pay by cash, check, money order, or credit card**
- **Make checks payable to "City of Garden Grove"**

### *Recreation Office Hours:*

Monday – Thursday, 7:30 a.m. to 5:30 p.m.  
For questions, please call the Community Services Department at (714) 741-5200.

- 1. Online:**  
Refer to "Step-by-Step Instructions."
- 2. Mail-In:**  
Complete "Class Registration" form and mail to:  
  
Community Services Department  
P.O. Box 3070, Garden Grove, CA 92842.  
  
Please enclose a self-addressed, stamped envelope with your payment.
- 3. Walk-In:**  
City of Garden Grove  
Community Services Department  
Recreation Counter, 11222 Acacia Pkwy.  
(off Euclid, north of Garden Grove Blvd.)

## ReGGister Online

### Step-by-Step Instructions

To access ReGGister Online, go to the City of Garden Grove's homepage at [www.ggparksandrec.com](http://www.ggparksandrec.com) and click on the "ReGGister Online" link. Instructions are also available in Spanish and Vietnamese.

### Step One

**PLEASE MAKE ONE ACCOUNT PER GROUP BY ADDING MEMBERS TO PRIMARY CLIENT!**

Create an account by clicking on "**create your account here**" and filling in the fields that appear. A password will be emailed to you through the email address you provide while creating this account.

**Note:** *If you have an existing account with the City, the password will be emailed to the email address on file. If the email is no longer in use and the information needs to be updated, please call (714) 741-5200 for assistance.*

### Step Two

Click the "Login" tab at the top of the page and use the password emailed to you to log in. You will have the option to create a new password once you log in.

### Step Three

At this point, you can either add classes to your cart or add group members to your account.

**Note:** *All group members should be added to PRIMARY CLIENT'S account BEFORE adding classes to your cart.*

### Step Four

To complete registration, please print the "Liability Waiver" to bring to the instructor at the first class meeting. Input your credit card payment for registration processing.

Publication of this schedule does not ensure enrollment to all who apply. The Community Services Department reserves the right to cancel classes because of insufficient starting enrollment or a decline in the enrollment after the class has started and to close further enrollment when a class is filled.

Many classes have limited enrollment, and registration is taken on a first-come, first-served basis. All individuals registering for courses must have reached the minimum age requirement prior to the first class meeting.

**There is a \$5 processing fee for each refund, unless a class is cancelled due to low enrollment. In that case, a full refund will be issued.**

Refunds will be processed within 4-6 weeks.



City of Garden Grove  
Community Services Department  
Recreation and Human Services Division

Receipt #: \_\_\_\_\_

**Class Registration Form  
Liability Waiver**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: (\_\_\_\_\_) \_\_\_\_\_ Secondary Phone: (\_\_\_\_\_) \_\_\_\_\_

Email Address: \_\_\_\_\_

Participant's Name	Date of Birth	Class #	Name of Class	Fee
<b>Total fees</b>				

**There is a \$5 processing fee for each refund, unless a class is cancelled due to low enrollment. In that case, a full refund will be issued.**

As part of our commitment to the "Americans with Disabilities Act" and our participants, are there any special accommodations needed for your participation in the above activities? Yes: \_\_\_\_\_ No: \_\_\_\_\_

**NOTE:** The Community Services Department is not responsible for children waiting before or after class time. Small children shall not remain in adult classes during instruction periods. All programs, schedules, instructors, and fees are correct to the latest possible minute before publication and are subject to change including cancelation without public notice.

**RELEASE, WAIVER OF LIABILITY, INDEMNITY AGREEMENT & CONSENT TO PHOTOGRAPH & VIDEO FORM**

IN CONSIDERATION of being permitted to participate or engage in City of Garden Grove ("City") recreation programs, events or activities, or to use City facilities or equipment, the undersigned, on behalf of himself/herself, and on behalf any minors in the legal custody of the undersigned, and on behalf of any personal representatives, heirs, assigns, and next of kin (collectively "Participant"), hereby agrees to the fullest extent permitted by law to release, waive, hold harmless and covenant not to sue the City, its directors, officers, employees, and agents (collectively "Releasees") from any and all suits, claims, damages, losses, injuries, illness (including property damage, bodily injury or death), and any other compensable loss of any type (collectively "Claims") pertaining to, related to, or arising directly or indirectly out of Participant's participation in the programs, events, or activities, or use of City facilities or equipment, even though the Claims may arise out of negligence or carelessness on the part of the Releasees, or out of a dangerous or defective condition of property or equipment of the City. This release does not apply to the extent such Claims are caused by the gross negligence or willful or wanton misconduct of the Releasees. The Participant further agrees to defend and indemnify the Releasees from any Claims directly or indirectly arising out of the Participant's participation in the programs, events, activities, or use of City facilities or equipment, and his/her acts or omissions.

Participant acknowledges that the activities involve known and unanticipated risks which could result in bodily or emotional injury, illness, death and/or property damage and understands that risks of injury, illness or property damage simply cannot be eliminated, despite the use of safety equipment or measures, without jeopardizing the essential qualities of the activity. Participant assumes full responsibility and risk of bodily injury, illness, death, or property damage arising out of or related to the activity and consents to treatment and all medical care deemed necessary resulting from said treatment.

Participant further consents to voluntary participation and grants the City the right to videotape or photograph his/her participation in the activities in which he/she participates and to use the videos or photographs in future City publicity and understands that Participant will not receive any compensation for such.

Participant agrees that the foregoing RELEASE, WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the laws of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. Participants of virtual recreation classes acknowledge they are responsible for ensuring their environment is safe/free from obstructions and that any use of third-party applications (e.g., Zoom, Instagram, etc.) at their own security risk.

**Applicable if Participant is a minor:** I am the parent/legal guardian of the Participant, and I hereby execute this Release on his/her behalf.

I CERTIFY THAT I HAVE READ, UNDERSTOOD, AND AGREE TO THIS RELEASE, WAIVER OF LIABILITY, INDEMNITY AGREEMENT & CONSENT TO PHOTOGRAPH & VIDEO.

\_\_\_\_\_  
Print Name of Participant

\_\_\_\_\_  
Print Name of Parent/Guardian (for Minors)

\_\_\_\_\_  
Signature of Participant or Parent/Guardian (for Minors)

\_\_\_\_\_  
Date



## CITY OF GARDEN GROVE H. LOUIS LAKE SENIOR CENTER PROGRAMA DE APOYO PARA PERSONAS MAYORES



El Programa de Apoyo Para Personas Mayores se dedica al logro del envejecimiento exitoso a través de opciones de apoyo y recursos comunitarios para satisfacer sus necesidades de salud y bienestar.

**Elegibilidad:** Residente de Garden Grove y 60 años de edad o mayor.

Paramás información, por favor llame al 714-741-5253.

*H. Louis Lake*  
SENIOR CENTER 

## CITY OF GARDEN GROVE H. LOUIS LAKE SENIOR CENTER SENIOR SUPPORT PROGRAM



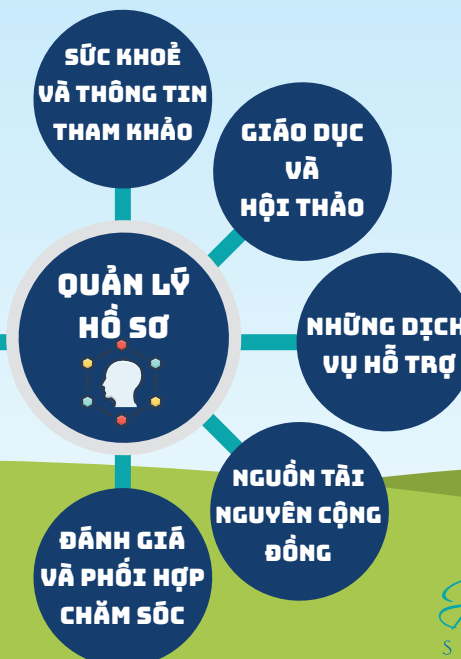
Senior Support is dedicated to the achievement of successful aging through support and community resource options to meet your health and wellness needs.

**Eligibility:** Garden Grove resident, 60+ years of age.

For more information please call 714-741-5253

*H. Louis Lake*  
SENIOR CENTER 

## THÀNH PHỐ GARDEN GROVE TRUNG TÂM PHỤC VỤ NGƯỜI CAO NIÊN H. LOUIS LAKE CHƯƠNG TRÌNH HỖ TRỢ NGƯỜI CAO NIÊN



Bộ phận Hỗ trợ người cao niên chú trọng việc hỗ trợ cộng đồng người cao niên qua các nguồn tài nguyên trong cộng đồng để tăng cường và giữ gìn sức khỏe.

**Điều kiện hợp lệ:** Cư dân Garden Grove, trên 60 tuổi.

Để biết thêm thông tin, vui lòng gọi 714-741-5253

*H. Louis Lake*  
SENIOR CENTER 