

# Garden Grove

PARKS & RECREATION GUIDE

Fall 2021

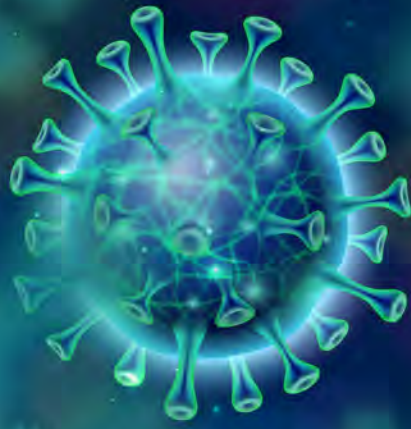


**Parks  
Make  
Life  
Better!**

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

## Program Spotlight

### Learn Coding with Coding Minds Academy

We are a group of tech engineers and hackers who are passionate about coding and education. We bring our passion for knowledge to young programmers, to grow the next tech generation. Students learn by building real-world applications and projects. Each of our classes are designed for students to feel a sense of accomplishment after completing their projects.





# 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 park buildings and park shelters.

For 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	Racquetball Courts	BBQ	Dog Park	Skate Spot	Indoor Soccer Arena
Atlantis Play Center 13630 Atlantis Way	4	•			•														
Bicentennial Park (Spirit of '76) Brookhurst Street & Lampson Avenue	1/4																		
Chapman Sports Complex 11700 Knott Avenue (GGUSD)	11	•			•	•	•	•		•			•		•				
Civic Center Park Euclid Street & Acacia Parkway	4													•					
Eastgate Park 12001 St. Mark Street	5	•		50	•			•		•				•		•			
Edgar Park 12781 Topaz Street (GGUSD)	6	•		50		•						•							
Faylane Park 11700 Seacrest Drive	3	•		50				•				•				•			
Garden Grove Park 9301 Westminster Avenue	36	•	40		•	•		•	•	•				•		•	•	•	•
Gutosky Park 9201 Ferris Lane	2	•		50															
Hare School Park 12012 Magnolia Street (GGUSD)	14					•				•									
Haster Basin 12952 Lampson Avenue (County)	22	•		N/A	•	•													
Jardin De Los Niños 12534 Keel Avenue	1/2							•						•					
Magnolia Park 11402 Magnolia Street	6	•	40	50	•		•	•			•			•	•				
Morningside School Park 10468 Morningside Drive (GGUSD)	1																		
Pioneer Park 12722 Chapman Avenue (GGUSD)	4	•				•													•
Shelley Kensington Park Shelley Drive & Kensington Lane	1/4	•						•											
Village Green Park 12732 Main Street	7	•	100			•													
West Grove Park 5372 Cerulean Avenue	7	•	40	50	•	•		•								•			
West Haven Park 12252 West Street	10	•	60			•													
Woodbury Park 13800 Rosita Place	4	•			•			•			•								





# Garden Grove COMMUNITY MEETING CENTER

- 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](http://ggcity.org)



## GARDEN GROVE COMMUNITY MEETING CENTER

**Bring in this coupon and receive 10% off room fee!**

*New bookings only. One per customer. Expires 12/31/21. Does not apply to "Memorial" or "Special Packages."*

For rates, call or visit our facility, or website at [ggcity.org](http://ggcity.org)

Questions? Email us at: [events@ggcity.org](mailto: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](mailto:events@ggcity.org).





# 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 12 per day
- Neptune's Pavilion: \$25 per 45 minutes
- For table and pavilion rentals, call the Community Service 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**

## ATLANTIS PLAY CENTER NON-SUMMER HOURS

Monday	Closed
Tuesday - Friday	10:00 am - 2:00 pm
Saturday	10:00 am - 4:00 pm
Sunday	12:00 pm - 4:00 pm



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



*Both Facilities Ideal For*

BIRTHDAY PARTIES  
BABY SHOWERS  
SMALL BUSINESS MEETINGS  
DINNER REHEARSALS  
RETIREMENT PARTIES  
& MANY OTHER OCCASIONS

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





## PRICING

(Unless Otherwise Noted)

Youth (0-14 Years) \$1

Teen (15-17 Years) \$2

Adult (18-55 Years) \$3

Senior (55+ Years) \$2

All times and events are subject to change.  
Contact the center for more information.

# WEEKLY SCHEDULE

Sports & Recreation Center Programs are scheduled to start June 21 and will be subject to COVID-19 guidelines.

## SUNDAY:

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

## MONDAY:

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

## TUESDAY:

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

\*Ric's Volleyball Adult League 5-11 P.M.

## WEDNESDAY:

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

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

## THURSDAY:

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

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

## FRIDAY:

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

## SATURDAY:

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



Sports & Recreation Center

13641 Deodara Drive, Garden Grove, CA 92844 · (714) 889-5783

\*For info call (714) 375-5063

\*\*Seasonal. Does not meet June-August and December-March

GARDEN GROVE





City of Garden Grove Parks and Recreation Department  
Presents

# Jack O'Lantern Jamboree

ATLANTIS  
Play Center



**Saturday, October 30 • 1:00 PM - 4:00 PM**

**13630 Atlantis Way, Garden Grove**

**2 and under are free • \$10 for ages 3 - 13 • \$2 for ages 14+**

Tickets on sale Monday, October 11 through Friday, October 29 until quantities are out. Tickets available by phone, in person, or online at [ggcity.org/register](http://ggcity.org/register). For more information, call (714) 741-5200.

**No ticket sales at the door.**

**No refunds except for cancellation of event.**





## YOUTH SPORTS

### Fall Youth Basketball

\$50 / child

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

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

This program provides youth the opportunity to learn the fundamentals of basketball and play on teams in an organized sports league. Each youth will receive a team jersey and participation award. Registration begins July 26, either online or in person at the Recreation Office in City Hall, between the hours of 7:30 a.m. and 5:30 p.m., Monday through Thursday. Come join us to learn and improve your basketball skills in a fun environment. Competition will be held in multiple divisions. All players are required to take a skills test in order to be placed on a team. **ABSOLUTELY NO REGISTRATION WILL BE ACCEPTED AT SKILLS TESTING.** The skills testing will be held:



### Wednesday, September 1, 2021

**Co-ed D Division** .....7:30 pm  
(born in 2013-2014)

**C Division**.....7:00 pm  
(born in 2011-2012)

**B Division**.....6:30 pm  
(born in 2009-2010)

**A Division** .....6:00 pm  
(born in 2007-2008)



## VOLUNTEER COACHES... WE NEED YOU!!!

Volunteers are needed to coach and/or assist with teams in our youth basketball program. Without such volunteers, this program would not exist. If you have a few hours a week, enjoy working with kids, and know something about the game of basketball, please inform staff at the time of registration, or call (714) 741-5200.

## FITNESS

### Elite Sports Performance Program

Classes will focus on mental preparation, speed, explosion, agility, strength, fitness, and conditioning training. Key objective is to ensure every athlete is challenged in an intense and fun atmosphere that will enable them to learn, maximize their performance, and achieve peak condition.

**Instructor:** Athletes Global

**Location:** Garden Grove Park

**Ages:** 12-17

**\$144 / 12 sessions**

38610	TuTh	9/14-10/21	5:30 - 6:30 pm	
38611	TuTh	10/26-12/7	5:30 - 6:30 pm	<b>No class 11/25</b>

## MARTIAL ARTS



### 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.

**Instructor:** Sung Ho Park

**Location:** Tae Kwon Do Studio

**Ages:** 7-12

**\$59 / 8 sessions**

32011	MoWe	9/1-9/29	5:00 - 5:40 pm
32012	TuTh	9/2-9/28	5:00 - 5:40 pm
32040	MoFri	9/3-10/1	3:50 - 4:30 pm
32013	TuTh	9/2-9/28	5:40 - 6:20 pm
32014	MoWe	10/4-10/27	5:00 - 5:40 pm
32041	MoFri	10/4-10/29	3:50 - 4:30 pm
32015	TuTh	10/5-10/28	5:00 - 5:40 pm
32016	TuTh	10/5-10/28	5:40 - 6:20 pm
32017	MoWe	11/1-11/24	5:00 - 5:40 pm
32045	MoFr	11/1-11/26	3:50 - 4:30 pm
32018	TuTh	11/2-12/2	5:00 - 5:40 pm
32019	TuTh	11/2-12/2	5:40 - 6:20 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.

**Instructor:** Sung Ho Park

**Location:** Tae Kwon Do Studio

**Ages:** 4-6

**\$59 / 8 sessions**

32020	MoWe	9/1-9/29	4:30 - 5:00 pm
32021	MoWe	9/1-9/29	5:40 - 6:10 pm
32022	TuTh	9/2-9/28	4:30 - 5:00 pm
32042	TuTh	9/2-9/28	6:20 - 6:50 pm
32023	MoWe	10/4-10/27	4:30 - 5:00 pm
32024	MoWe	10/4-10/27	5:40 - 6:10 pm
32025	TuTh	10/5-10/28	4:30 - 5:00 pm
32043	TuTh	10/5-10/28	6:20 - 6:50 pm
32026	MoWe	11/1-11/24	4:30 - 5:00 pm
32027	MoWe	11/1-11/24	5:40 - 6:10 pm
32028	TuTh	11/2-12/2	4:30 - 5:00 pm
32044	TuTh	11/2-12/2	6:20 - 6:50 pm



## SPORTS CLASSES



### 4-Sport Multi Sport by BEST Sports

Our industry-leading 4-sport program brings you multiple weeks of 4 fantastic sports: soccer, baseball/softball, basketball, and track. We will teach your player how to kick and control a soccer ball; how to hit, catch, throw, and run the bases; shoot and dribble a basketball; run, jump, and build strength and endurance. Our goal and focus is to maintain an energetic and highly active program that will teach, encourage, and advance your young players regardless of their skill level. Please bring an age-appropriate soccer ball for the first week. A hitting tee and a basketball are needed later in the session. No additional fees ever!

**Instructor:** Beginners Edge Sports Training Instructor

**Location:** West Grove Park

Ages: 2-4		\$89 / 6 sessions	
30065	Sa	9/11-10/16	9:00 - 9:45 am
30066	Sa	10/30-12/11	9:00 - 9:45 am <b>No class 11/27</b>
Ages: 3-6			
30067	Su	9/12-10/17	10:40 - 11:25 am
30068	Su	10/31-12/12	10:40 - 11:25 am <b>No class 11/28</b>
Ages: 4-7			
30069	Sa	9/11-10/16	9:50 - 10:35 am
30070	Sa	10/30-12/11	9:50 - 10:35 am <b>No class 11/27</b>
30071	Su	9/12-10/17	9:50 - 10:35 am
30072	Su	10/31-12/12	9:50 - 10:35 am <b>No class 11/28</b>
Ages: 7-10			
30073	Sa	9/11-10/16	12:20 - 1:05 pm
30074	Sa	10/30-12/11	12:20 - 1:05 pm <b>No class 11/27</b>
30075	Su	9/12-10/17	9:00 - 9:45 am
30076	Su	10/31-12/12	9:00 - 9:45 am <b>No class 11/28</b>

### Advanced Volleyball

PASS, SET, HIT! We teach the fundamental skills of volleyball in a competitive yet supportive and fun environment. This course puts those athletes that have a solid grasp of the fundamentals into a full on game environment. Come have fun and learn with us!

**Instructor:** Tan Nguyen

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

Ages: 12-15		\$48 / 4 sessions	
39100	Su	9/12-10/3	3:15 - 4:15 pm
39101	Su	10/10-11/7	3:15 - 4:15 pm <b>No class 10/31</b>
39102	Su	11/14-12/12	3:15 - 4:15 pm <b>No class 11/28</b>

### 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. No additional fees ever!

**Instructor:** Beginners Edge Sports Training Instructor

**Location:** West Grove Park

Ages: 3-6		\$89 / 6 sessions	
30020	Sa	9/11-10/16	10:40 - 11:25 am
30021	Sa	10/30-12/11	10:40 - 11:25 am <b>No class 11/27</b>
Ages: 7-10			
30024	Sa	9/11-10/16	11:30 am - 12:15 pm
30025	Sa	10/30-12/11	11:30 am - 12:15 pm <b>No class 11/27</b>



### Beginner Volleyball

PASS, SET, HIT! We teach the fundamental skills of volleyball in a competitive yet supportive and fun environment. This course is designed to introduce the sport of volleyball to the athlete who is completely new to the game. Come have fun and learn with us!

**Instructor:** Tan Nguyen

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

Ages: 8-10		\$48 / 4 sessions	
37100	Su	9/12-10/3	1:15 - 2:15 pm
37101	Su	10/10-11/7	1:15 - 2:15 pm <b>No class 10/31</b>
37102	Su	11/14-12/12	1:15 - 2:15 pm <b>No class 11/28</b>

### Intermediate Volleyball

PASS, SET, HIT! We teach the fundamental skills of volleyball in a competitive yet supportive and fun environment. This course takes the beginner athlete to the next step. Come have fun and learn with us!

**Instructor:** Tan Nguyen

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

Ages: 11-14		\$48 / 4 sessions	
39104	Su	9/12-10/3	2:15 - 3:15 pm
39105	Su	10/10-11/7	2:15 - 3:15 pm <b>No class 10/31</b>
39106	Su	11/14-12/12	2:15 - 3:15 pm <b>No class 11/28</b>



### 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

**Location:** West Grove Park

Ages: 16 mos-2 yrs		\$89 / 6 sessions	
31050	Su	9/12-10/17	9:50 - 10:35 am
31051	Su	10/31-12/12	9:50 - 10:35 am <b>No class 11/28</b>
Ages: 3-6		\$89 / 6 sessions	
31052	Su	9/12-10/17	9:00 - 9:45 am
31053	Su	10/31-12/12	9:00 - 9:45 am <b>No class 11/28</b>
Ages: 7-10		\$89 / 6 sessions	
31054	Su	9/12-10/17	10:40 - 11:25 am
31055	Su	10/31-12/12	10:40 - 11:25 am <b>No class 11/28</b>

### 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 the first class. For pricing, call South Coast Fencing Center at (714) 549-2946. \$10 USFA insurance fee is due at the first class.

**Instructor(s):** South Coast Fencing Center

**Location:** South Coast Fencing Center

Ages: 7-11		\$115 / 4 sessions	
36512	Th	9/9-9/30	5:00 pm - 6:00 pm
36513	Th	10/7-10/28	5:00 pm - 6:00 pm
36514	Th	11/11-12/9	5:00 pm - 6:00 pm
Ages: 12+		\$115 / 4 sessions	
36515	Th	9/9-9/30	6:00 - 7:00 pm
36516	Th	10/7-10/28	6:00 - 7:00 pm
36517	Th	11/11-12/9	6:00 - 7:00 pm <b>No class 11/25-11/27</b>
36518	Sa	9/11-10/2	10:00 - 11:00 am
36519	Sa	10/9-10/30	10:00 - 11:00 am
36520	Sa	11/13-12/11	10:00 - 11:00 am <b>No class 11/25-11/27</b>





\$170 / 8 sessions

36521	ThSa	9/9-10/2	10:00 - 11:00 am, 6:00 - 7:00 pm
36522	ThSa	10/7-10/30	10:00 - 11:00 am, 6:00 - 7:00 pm
36523	ThSa	11/11-12/11	10:00 - 11:00 am, 6:00 - 7:00 pm

No class 11/25-11/27

## TENNIS

### 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:** 13-17 **\$53 / 4 sessions**

30533	TuTh	11/16-12/2	7:00 - 8:00 pm	No class 11/23 & 11/25
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**\$65 / 5 sessions**

30532	TuTh	10/26-11/9	7:00 - 8:00 pm	No class 11/11
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**\$79 / 6 sessions**

30530	TuTh	9/14-9/30	7:00 - 8:00 pm
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30531	TuTh	10/5-10/21	7:00 - 8:00 pm
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30534	TuTh	12/7-12/23	7:00 - 8:00 pm
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### 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 **\$53 / 4 sessions**

30518	TuTh	11/16-12/2	5:00 - 6:00 pm	No class 11/23 & 11/25
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**\$65 / 5 sessions**

30517	TuTh	10/26-11/9	5:00 - 6:00 pm	No class 11/11
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**\$79 / 6 sessions**

30515	TuTh	9/14-9/30	5:00 - 6:00 pm
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30516	TuTh	10/5-10/21	5:00 - 6:00 pm
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30519	TuTh	12/7-12/23	5:00 - 6:00 pm
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### 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 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 **\$53 / 4 sessions**

30553	TuTh	11/16-12/2	6:00 - 7:00 pm	No class 11/23 & 11/25
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**\$65 / 5 sessions**

30552	TuTh	10/26-11/9	6:00 - 7:00 pm	No class 11/11
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**\$79 / 6 sessions**

30550	TuTh	9/14-9/30	6:00 - 7:00 pm
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30551	TuTh	10/5-10/21	6:00 - 7:00 pm
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30554	TuTh	12/7-12/23	6:00 - 7:00 pm
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### Pee Wee Tennis

This class is your future tennis star's introduction to the exciting world of tennis, sports, and overall athleticism. This class features fun games that are perfectly designed to advance your child's hand-eye coordination, balance, and love for tennis. Our friendly staff will provide a fun, creative, and positive environment for every child involved. Parent participation is strongly encouraged. 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:** 3-5 **\$46 / 4 sessions**

30570	TuTh	11/16-12/2	4:15 - 5:00 pm	No class 11/23 & 11/25
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**\$56 / 5 sessions**

30514	TuTh	10/26-11/9	4:15 - 5:00 pm	No class 11/11
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**\$69 / 6 sessions**

30512	TuTh	9/14-9/30	4:15 - 5:00 pm
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30513	TuTh	10/5-10/21	4:15 - 5:00 pm
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30571	TuTh	12/7-12/23	4:15 - 5:00 pm
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## ARTS AND CRAFTS

### 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!



**Instructor:** Westminster Arts Academy Staff

**Location:** Westminster Arts Academy

**Ages:** 5-17 **\$78 / 4 sessions**

30096	Su	9/5-9/26	2:30 - 3:30 pm
30097	Su	10/3-10/24	2:30 - 3:30 pm
30098	Su	10/31-11/21	2:30 - 3:30 pm
30099	Su	11/28-12/19	2:30 - 3:30 pm

### Mixed Media is Fun!

Do you enjoy drawing, painting, colored pencils, printmaking, and even paper art? Mixed Media work is excellent for exploring different mediums in art if you just love to create and want to improve on your skill!

**Instructor:** Westminster Arts Academy Staff

**Location:** Westminster Arts Academy

**Ages:** 5-17 **\$98 / 4 sessions**

30290	We	9/1-9/22	6:30 - 7:30 pm
30291	We	9/29-10/20	6:30 - 7:30 pm
30292	We	10/27-11/17	6:30 - 7:30 pm
30293	We	12/1-12/22	6:30 - 7:30 pm

### Painting is Fun!

Students will gain confidence in their painting skill set. These lessons will begin with an introduction to color theory and help students improve their painting and gain more knowledge on color and how to mix and manipulate paints.

**Instructor:** Westminster Arts Academy Staff

**Location:** Westminster Arts Academy

**Ages:** 5-17 **\$98 / 4 sessions**

30104	Th	9/2-9/23	4:00 - 5:15 pm
30105	Th	9/30-10/21	4:00 - 5:15 pm
30106	Th	10/28-11/18	4:00 - 5:15 pm
30107	Th	12/2-12/23	4:00 - 5:15 pm

### Beginning Cookie Decorating

Learn to decorate sugar cookies with royal icing just like your favorite food competition shows. Students will receive hands-on instruction to complete 6 cookie designs to take home. Skills include piping, flooding, and detail work. Please notify the instructor of any allergies.



**Instructor:** Mckenzie Ricks

**Location:** West Grove Park

**Ages:** 14+ **\$45 / 1 session**

36400	Tu	11/16	7:00 - 9:00 pm
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### Art-rageous: Fine Art and Sculpture!

We explore many different art media in this class, giving students a chance to explore both 2D and 3D art. Using a variety of materials including charcoal, watercolor, clay, and more, students will learn important artistic techniques such as perspective, shading, detail work, and molding. Create beautiful paintings, intricate sculptures, and fabulous crafts inspired by the works of famous artists.

**Instructor(s):** Parker-Anderson Instructor

**Location:** West Haven Park

**Ages:** 5-12 **\$190 / 8 sessions**

39365	We	9/22-11/10	3:00 pm - 4:00 pm
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## MUSIC

### Jazz is Fun!

This popular dance class will teach the student ballet foundations with the contemporary/jazz style. Jazz is the most popular style chosen for music concerts, dance competitions, and musical theater productions. Students will have fun dancing to popular music and learning dance tricks such as leg extensions, illusions, splits, jumps, and turns. Dress code: form-fitting shirt, leggings or tights with shorts, and tan slip-on jazz shoes. Solid color clothes are preferred.

**Instructor:** Westminster Arts Academy Staff

**Location:** Westminster Arts Academy

**Ages:** 5-9 **\$78 / 4 sessions**

38700	Th	9/2-9/23	5:30 - 6:30 pm
38701	Th	9/30-10/21	5:30 - 6:30 pm
38702	Th	10/28-11/18	5:30 - 6:30 pm
38703	Th	12/2-12/23	5:30 - 6:30 pm

**Ages:** 9-17 **\$78 / 4 sessions**

38705	Th	9/2-9/23	6:30 - 7:30 pm
38706	Th	9/30-10/21	6:30 - 7:30 pm
38707	Th	10/28-11/18	6:30 - 7:30 pm
38708	Th	12/2-12/23	6:30 - 7:30 pm

### 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!

**Instructor:** Westminster Arts Academy Staff

**Location:** Westminster Arts Academy

**Ages:** 5-7 **\$68 / 4 sessions**

32771	Th	9/2-9/23	4:45 - 5:30 pm
32772	Th	9/30-10/21	4:45 - 5:30 pm
32773	Th	10/28-11/18	4:45 - 5:30 pm
32774	Th	12/2-12/23	4:45 - 5:30 pm

**Ages:** 8-11 **\$78 / 4 sessions**

32797	Th	9/2-9/23	5:30 - 6:30 pm
32798	Th	9/30-10/21	5:30 - 6:30 pm
32799	Th	10/28-11/18	5:30 - 6:30 pm
32800	Th	12/2-12/23	5:30 - 6:30 pm

**Ages:** 12-17 **\$78 / 4 sessions**

32801	Th	9/2-9/23	6:30 - 7:30 pm
32802	Th	9/30-10/21	6:30 - 7:30 pm
32803	Th	10/28-11/18	6:30 - 7:30 pm
32804	Th	12/2-12/23	6:30 - 7:30 pm

## DANCING & GYMNASTICS

### 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. Materials fee: \$5

**Instructor(s):** Dawna Ludwig

**Location:** Westminster Community Center

**Ages:** 1-4 **\$42 / 5 sessions**

30059	Mo	10/18-11/15	3:00 - 3:40 pm
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**Location:** Garden Grove Sports and Recreation Center

**Ages:** 5-11 **\$49 / 5 sessions**

30060	Sa	10/23-11/20	9:20 - 10:00 am
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**Location:** Westminster Community Center

**Ages:** 5-11 **\$42 / 5 sessions**

31996	Mo	10/18-11/15	3:40 - 4:20 pm
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**Location:** Garden Grove Sports and Recreation Center

**Ages:** 12-17 **\$49 / 5 sessions**

31997	Sa	10/23-11/20	8:40 - 9:20 am
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## 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. Materials fee: \$5

**Instructor(s):** Dawna Ludwig

**Location:** Westminster Community Center

Ages: 4 mos - 12 mos		\$42 / 5 sessions	
32980	Mo	10/18-11/15	1:50 - 2:20 pm
		\$49 / 5 sessions	
32981	Sa	10/23-11/20	10:40 - 11:10 am

## SPECIAL INTEREST

### American Sign Language Class

Our American Sign Language class teaches participants the basics of ASL and more. Participants will learn the alphabet, numbers, and communication skills-receptive (listening) and expressive (speaking), with vocabulary and grammar. Our classes will implement daily practice using vocabulary in conversation, while introducing the American Deaf culture and history to our participants.

**Instructor:** Athletes Global

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

Ages: 6-11		\$52 / 4 sessions	
30400	Tu	9/7-9/28	5:30 - 6:30 pm
30401	Tu	10/5-10/26	5:30 - 6:30 pm
30402	Tu	11/2-11/23	5:30 - 6:30 pm
30403	Tu	11/30-12/21	5:30 - 6:30 pm
Ages: 12+			
30405	Tu	9/7-9/28	6:30 - 7:30 pm
30406	Tu	10/5-10/26	6:30 - 7:30 pm
30407	Tu	11/2-11/23	6:30 - 7:30 pm
30408	Tu	11/30-12/21	6:30 - 7:30 pm



### Game Development and Design with Roblox

Roblox uses a programming language known as Lua. As students develop their own games, they also pick up computer science concepts, computational thinking skills, and programming fundamentals. Learn programming with game development. Build your own game without limits. While creating their own games with Roblox Studio, students will also encounter and learn about 3D modeling. Learning programming is not the ultimate goal. We focus on developing the kids' imagination and creativity.

**Instructor:** Coding Minds. Inc Instructor

**Location:** West Grove Park

Ages: 10-17		\$145 / 5 sessions	
34200	Fr	9/3-10/1	3:00 - 4:00 pm
34201	Fr	10/15-11/12	3:00 - 4:00 pm

### Minecraft Make Code Programming

With Make Code, kids can start learning programming inside the Minecraft game. You will learn professional programming concepts while playing and making changes to the game. With the open platform provided by Minecraft, kids can program anything they want with their imagination, and change the game into a version that has never been seen before.

**Instructor:** Coding Minds. Inc Instructor

**Location:** West Grove Park

Ages: 6-17		\$145 / 5 sessions	
34205	Fr	9/3-10/1	4:00 - 5:00 pm
34206	Fr	10/15-11/12	4:00 - 5:00 pm

## Python Programming with Minecraft

Python has become the most popular programming language in cutting-edge fields. This course introduces Python programming with the game all students love - Minecraft. The popularity of Python is not just based on its simplicity and conciseness, but because of its capability of doing complicated tasks rapidly and efficiently. If you are interested in Machine Learning, AI, Computer Vision, Self-Driving Cars, Python is an essential topic to learn. Learn practical applications as well as fundamental theory. Students can learn how to solve real-world problems using programming.

**Instructor:** Coding Minds. Inc Instructor

**Location:** West Grove Park

Ages: 13-17		\$145 / 5 sessions	
34209	Fr	9/3-10/1	5:00 - 6:00 pm
34210	Fr	10/15-11/12	5:00 - 6:00 pm

### Titans STEAM Ahead

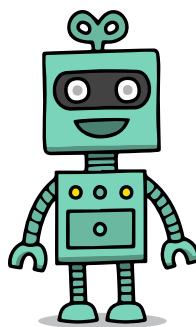
**Titans STEAM Ahead is a hands-on, project-based class.**

Students will participate in weekly STEAM activities and challenges that focus around a monthly theme. Students will also learn to collaborate with others in order to become problem solvers, logical thinkers, innovators, and inventors. We will use the engineering design process to ask questions, imagine possible solutions, plan, create, and improve their final product. We will learn the science behind each engaging experiment!

**Instructor(s):** Julie Bui

**Location:** Christ Cathedral Academy

Ages: 5-6		\$150 / 4 sessions	
39700	Tu	9/7-9/28	3:00 pm - 4:00 pm
39701	Tu	10/5-10/26	3:00 pm - 4:00 pm
39702	Tu	11/2-11/23	3:00 pm - 4:00 pm
39703	Tu	11/30-12/21	3:00 pm - 4:00 pm
Ages: 7-9		\$150 / 4 sessions	
39705	Tu	9/7-9/28	4:00 pm - 5:00 pm
39706	Tu	10/5-10/26	4:00 pm - 5:00 pm
39707	Tu	11/2-11/23	4:00 pm - 5:00 pm
39708	Tu	11/30-12/21	4:00 pm - 5:00 pm



### Jr. Robot Building Workshop!

Build both in class and take home robots including the Claw Robot, the Dragon Robot, and the Robo-Bug! Gain knowledge of engineering principles while working with gears and motors to design amazing robots. Challenge aspects of your creativity and hone your fine motor skills while completing intricate motorized robots. Participate in group robotics challenges using a variety of materials (take home robots subject to change based on availability).

**Instructor(s):** Parker-Anderson Instructor

**Location:** West Grove Park

Ages: 5-12		\$215 / 8 sessions	
39360	Mo	9/20-11/8	3:00 pm - 4:00 pm

### Spanish Immersion!

Give your child the gift of learning Spanish! In this class, students will have the opportunity to dive into the Spanish language and culture. Classes will incorporate art, storytelling, games, music, and multimedia activities to learn Spanish in a fun way! This class is great for new and returning students.

**Instructor(s):** Parker-Anderson Instructor

**Location:** West Haven Park

Ages: 5-12		\$170 / 8 sessions	
39370	We	9/22-11/10	4:15 pm - 5:15 pm



### 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. Materials fee: \$5

**Instructor(s): Dawna Ludwig**

**Location: Westminster Community Center**

**Ages: 9 mos - 4 yrs \$42 / 5 sessions**

33330	Mo	10/18-11/15	2:20 - 3:00 pm
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**Location: Garden Grove Sports and Recreation Center**

**Ages: 9 mos - 4 yrs \$49 / 5 sessions**

33331	Sa	10/23-11/20	10:00 - 10:40 am
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### Manners for Young Ladies and Gentlemen

Knowing what to do in social situations can build self-esteem and confidence in everyone. Children will receive a foundation of good manners while learning good communication, positive body language, and proper grooming in a relaxed, fun atmosphere.

**Instructor(s): Dawna Ludwig**

**Location: Westminster Community Center**

**Ages: 4-11 \$42 / 5 sessions**

38800	Mo	10/18-11/15	4:20 - 5:00 pm
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### 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(s): Nicole Myers**

**Location: Edgar Park**

**Ages: 14+ \$40 / 6 sessions**

30109	Fr	9/17-10/22	6:00 pm - 6:50 pm
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30110	Fr	11/5-12/17	6:00 pm - 6:50 pm
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**Class Registration  
Begins Online  
August 9, 2021**





## ADULT SPORTS

### 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 the first class. For pricing, call South Coast Fencing Center at (714) 549-2946. \$10 USFA insurance fee is due at the first class.

**Instructor:** South Coast Fencing Center

**Location:** South Coast Fencing Center

Ages: 12+		\$115 / 4 sessions	
36515	Th	9/9-9/30	6:00 - 7:00 pm
36516	Th	10/7-10/28	6:00 - 7:00 pm
36517	Th	11/11-12/9	6:00 - 7:00 pm <b>No class 11/25-11/27</b>
36518	Sa	9/11-10/2	10:00 - 11:00 am
36519	Sa	10/9-10/30	10:00 - 11:00 am
36520	Sa	11/13-12/11	10:00 - 11:00 am <b>No class 11/25-11/27</b>
		\$170 / 8 sessions	
36521	ThSa	9/9-10/2	10:00 - 11:00 am, 6:00 - 7:00 pm
36522	ThSa	10/7-10/30	10:00 - 11:00 am, 6:00 - 7:00 pm
36523	ThSa	11/11-12/11	10:00 - 11:00 am, 6:00 - 7:00 pm <b>No class 11/25-11/27</b>

## FITNESS

### Elite Sports Performance Program

Classes will focus on mental preparation, speed, explosion, agility, strength, fitness, and conditioning training. Key objective is to ensure every athlete is challenged in an intense and fun atmosphere that will enable them to learn, maximize their performance, and achieve peak condition.

**Instructor:** Athletes Global

**Location:** Garden Grove Park

Ages: 18+		\$144 / 12 sessions	
38612	TuTh	9/14-10/21	6:30 - 7:30 pm
38613	TuTh	10/26-12/7	6:30 - 7:30 pm <b>No class 11/25</b>

### 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. Liability insurance fee: \$2

**Instructor:** Gemmy Pham

**Location:** West Haven Park

Ages: 45+		\$28 / 12 sessions	
39001	MoWeFr	9/1-9/29	10:00 - 11:45 am <b>No class 9/6</b>
39003	MoWeFr	11/1-11/29	10:00 - 11:45 am <b>No class 11/24</b>
39004	MoWeFr	12/1-12/29	10:00 - 11:45 am <b>No class 12/24</b>
		\$30 / 13 sessions	
39002	MoWeFr	10/1-10/29	10:00 - 11:45 am

### H.I.I.T. Fitness

High Intensity Interval Training and full body workout will help burn fat, increase your metabolic rate, and help you reach your personal fitness goals.

**Instructor:** Athletes Global

**Location:** Garden Grove Park

Ages: 18+		\$144 / 12 sessions	
38600	MoWe	9/13-10/20	6:30 - 7:30 pm
38601	MoWe	10/25-12/1	6:30 - 7:30 pm



### Resistance Band Workout

Strength training without adding pressure to your joints! Helps to improve balance, mobility, and core strength. You will need to bring your own set of resistance bands.

**Instructor:** Athletes Global

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

Ages: 55+		\$40 / 4 sessions	
30620	Tu	9/7-9/28	10:00 - 11:00 am
30621	Tu	10/5-10/26	10:00 - 11:00 am
30622	Tu	11/2-11/23	10:00 - 11:00 am
30623	Tu	11/30-12/21	10:00 - 11:00 am

### 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/Sheri Cruise

**Location:** West Grove Park

Ages: 18+		\$56 / 7 sessions	
33040	Th	9/9-10/21	9:00 - 10:15 am
33651	Th	10/28-12/16	9:00 - 10:15 am <b>No class 11/22-11/26</b>



### Pilates

Whether you are a dancer, an athlete, or simply interested in keeping your body fit, the Pilates method of exercise is designed for you! Pilates works specific muscles in controlled scientific ways to increase agility and strength. This revolutionary toning and conditioning system stretches, strengthens, and realigns overused joints and muscles. Participants work at their own level of fitness. Be sure to bring a mat and justified pound weights.

**Instructor(s):** Dawna Ludwig

**Location:** Westminster Community Center

Ages: 18+		\$50 / 5 sessions	
31984	Mo	10/18-11/15	6:00 - 7:00 pm

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

Ages: 18+		\$50 / 5 sessions	
31985	Tu	10/19-11/16	5:40 - 6:40 pm





## MARTIAL ARTS

### Practical Self Defense for Seniors

This class provides practical self defense techniques to improve mental and physical stamina. This class will keep participants engaged, excited, and motivated in a structured and positive environment.

**Instructor:** Athletes Global

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

**Ages:** 55+ **\$40 / 4 sessions**

30600	Mo	9/13-10/4	2:30 - 3:30 pm
30601	Mo	10/11-11/1	2:30 - 3:30 pm
30602	Mo	11/8-11/29	2:30 - 3:30 pm
30603	Mo	12/6-12/27	2:30 - 3:30 pm

### Tai Chi

Develop and improve your balance, stamina, and mental focus with this low impact exercise.

**Instructor:** Athletes Global

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

**Ages:** 55+ **\$40 / 4 sessions**

30625	Tu	9/7-9/28	9:00 - 10:00 am
30626	Tu	10/5-10/26	9:00 - 10:00 am
30627	Tu	11/2-11/23	9:00 - 10:00 am
30628	Tu	11/30-12/21	9:00 - 10:00 am

## SPECIAL INTEREST

### American Sign Language Class

Our American Sign Language class teaches participants the basics of ASL and more. Participants will learn the alphabets, numbers, and communication skills-receptive (listening) and expressive (speaking), with vocabulary and grammar. Our classes will implement daily practice using vocabulary in conversation, while introducing the American Deaf culture and history to our participants.

**Instructor:** Athletes Global

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

**Ages:** 12+

30405	Tu	9/7-9/28	6:30 - 7:30 pm
30406	Tu	10/5-10/26	6:30 - 7:30 pm
30407	Tu	11/2-11/23	6:30 - 7:30 pm
30408	Tu	11/30-12/21	6:30 - 7:30 pm

### Beginning Cookie Decorating

Learn to decorate sugar cookies with royal icing just like your favorite food competition shows. Students will receive hands-on instruction to complete 6 cookie designs to take home. Skills include piping, flooding, and detail work. Please notify the instructor of any allergies.

**Instructor:** McKenzie Ricks

**Location:** West Grove Park

**Ages:** 14+ **\$45 / 1 session**

36400	Tu	11/16	7:00 - 9:00 pm
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Parks  
Make  
Life  
Better!

### 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(s):** Nicole Myers

**Location:** Edgar Park

**Ages:** 14+ **\$40 / 6 sessions**

30109	Fr	9/17-10/22	6:00 pm - 6:50 pm
30110	Fr	11/5-12/17	6:00 pm - 6:50 pm

### Brain Fitness

Brain Fitness class focuses on stimulating and improving critical and creative thinking skills, focus, memory, and concentration. Helps improve confidence and self esteem.

**Instructor:** Athletes Global

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

**Ages:** 55+

**\$40 / 4 sessions**

35000	Th	9/9-9/30	3:30 - 4:30 pm
35101	Th	10/7-10/28	3:30 - 4:30 pm
35102	Th	11/4-12/2	3:30 - 4:30 pm <b>No class 11/25</b>
35103	Th	12/9-12/30	3:30 - 4:30 pm



### 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

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

**Ages:** 18+ **\$10 / 1 session**

30329	Fr	9/3	6:00 - 8:30 pm
30330	Fr	10/1	6:00 - 8:30 pm
30331	Fr	11/5	6:00 - 8:30 pm
30332	Fr	12/3	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

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

**Ages:** 18+ **\$10 / 1 session**

30220	Fr	9/3	8:30 - 10:00 pm
30221	Fr	10/1	8:30 - 10:00 pm
30222	Fr	11/5	8:30 - 10:00 pm
30223	Fr	12/3	8:30 - 10:00 pm





## Message from the H. Louis Lake Senior Center

The City of Garden Grove recognizes how important socialization, physical activity, and nutrition is for our senior residents. We are happy to announce that we have opened our doors with modified programming.

Be sure to check out our SCOOP and e-newsletters for information regarding upcoming activities and important resources by visiting our website: <https://ggcity.org/community-services/h-louis-lake-senior-center>. The City continues to closely monitor the situation with COVID-19 and will provide updates as they become available on our website at [ggcity.org/coronavirus](https://ggcity.org/coronavirus).

The H. Louis Lake Senior Center will be open with modified in-person programs based on State and Local guidelines. Staff are onsite answering phone lines daily M-F: 8:00 a.m. - 3:30 p.m. Call the center for up-to-date program information at (714) 741-5253.



## 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 9:00 a.m. until 10:00 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.

## Let's "Chat" About It

The H. Louis Lake Senior Center will continue to provide both virtual and in-person programs with various topics each week. See flyer for more information. Residents interested in registering 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.

Zoom ID: 943 1136 6298 • You can also dial in 1-669-900-6833

Password will be provided when you register.





# 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.

Para más 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 



# Turning Silver into Gold

Discover hidden treasures at your local Senior Center

Restart | Reengage | Reconnect

**September 24<sup>th</sup> | 8:30 am-12 noon**

## Featured Speakers

**Maddy Dychtwald**, Aging Futurist & AgeWave Co-Founder

**Tom Blake**, Mature Dating & Romance Expert, Blogger and Columnist

**Aimee Aul**, Director, Fullerton Senior Center

**Speaker**, Emeritus Institute

## Register Today!

### Attending In-Person?

To register, click the Senior Center that you plan to attend, or call the phone number listed.

[OASIS Senior Center](#) or call (949) 644-3244

[Norman P. Murray Senior Center](#) or call (949) 470-8441

[Dorothy Visser Senior Center](#) or call (949) 498-3322

[H. Louis Lake Senior Center](#) or call (714) 741-5253

[Buena Park Senior Activity Center](#) or call (714) 236-3870

[Stanton Senior Center](#) or call (714) 890-4271

[Yorba Linda Senior Center](#) or call (714) 961-7181

[Tustin Senior Center](#) or call (714) 573-3340

### Attending Virtually?

Register here: [RSVP Virtual](#)

For information, contact: [emily.bennett@alzoc.org](mailto:emily.bennett@alzoc.org)  
[patty.mouton@alzoc.org](mailto:patty.mouton@alzoc.org)

**Sponsorship opportunities available!** In-person event capacity limited to 50 attendees at each senior center. Virtual attendance is UNLIMITED!

**This event is presented by:** OneCare Connect Cal MediConnect Plan, Ting Fiber Internet, Aging & Disability Resource Connection, SBHIS Insurance Services, Alzheimer's Orange County, Meals on Wheels OC, Be Well OC, OC Aging Services Collaborative, OC Caregiver Resource Center, Memorial Care Medical Group, Independence at Home, and OC Senior Center Directors.



## Encourage all OC seniors to attend!

Blow me down, Mateys and Ahoy there!

**Take note—an event**, one you'll surely share!

There's **treasure galore right here in OC**

**at your Senior Center** is where you'll be

Enticed with **pearls of wisdom and fun**

**compelling speakers**, Maddy Dychtwald is one!

Shivver me timbers, mark down this fine date

**24<sup>th</sup> of September**—you won't want to be late!

**Learning through life, and enhancing romance**

Such gems will be offered, **don't miss your chance!**

**This hybrid event** will give folks quite a choice

**to join us in-person, or use their virtual voice.**

Dubloons and repast, maybe even some grog

We'll make it a **party**—rain, shine, drizzle or fog.

Yo ho, yo ho ho, what a day this will be

for this exploration—**Senior fun in OC!**





# LET'S "CHAT" ABOUT IT WEDNESDAYS

## AUGUST 2021 WORKSHOPS

JOIN US EVERY WEDNESDAY, 10:30AM TO 11:30AM

PLEASE DO NOT COME TO THE CENTER IF YOU HAVE BEEN SICK OR HAVE BEEN IN CONTACT WITH SOMEONE WHO IS FEELING SICK OR ARE EXHIBITING COLD OR FLU LIKE SYMPTOMS.



AUGUST 4TH

### SUMMER CRAFT DAY

SUMMER TIME

**Join us in person**

AT THE H. LOUIS LAKE SENIOR CENTER

Space is limited to the first 10 paid registrations.

**\$5.00 material fee**

PRE-REGISTRATION IS REQUIRED.  
PLEASE CALL 714-741-5253



AUGUST 11TH

### PHOTOGRAPHY BASICS FOR SMARTPHONES & TABLETS

Join us to learn more about how to  
utilize your smartphone features.

Via **zoom** or join us in person

PRESENTATION PROVIDED BY SCAN HEALTH PLAN

PRE-REGISTRATION IS REQUIRED.  
PLEASE CALL 714-741-5253



AUGUST 18TH

### CONCIERGE CARE NAVIGATORS

**Do you need help caring for a loved one?**

You don't have to do it alone.

Concierge Care Navigators is here to help.

Via **zoom** or join us in person

PRESENTATION PROVIDED BY COUNCIL ON AGING

PRE-REGISTRATION IS REQUIRED.  
PLEASE CALL 714-741-5253



AUGUST 25TH

### BENEFITS OF DRINKING MORE WATER

**Join us to learn more about the  
benefits of drinking more water.**

Via **zoom** or join us in person

PRESENTATION PROVIDED BY SCAN HEALTH PLAN

PRE-REGISTRATION IS REQUIRED.  
PLEASE CALL 714-741-5253

**Programs are for individuals age 55+.**

If you are not familiar with Zoom, a staff member is available to assist you.

Please call the H. Louis Lake Senior Center to register and receive password/code to join.

Zoom ID: 943 1136 6298 **zoom**

You can also dial in: 1-669-900-6833



## Register Early!!

- **Registration begins Monday, August 9, 2021**
- **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
Total fees				

**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

# SIXTEENTH ANNUAL GOLF CLASSIC



*Save the Date*  
WEDNESDAY, SEPTEMBER 29, 2021

PRESENTED BY



Garden Grove  
Chamber of Commerce  
Founded 1907

GARDEN GROVE COMMUNITY FOUNDATION &  
GARDEN GROVE CHAMBER OF COMMERCE

[www.ggcf.com](http://www.ggcf.com) • [www.gardengrovechamber.com](http://www.gardengrovechamber.com)



GARDEN GROVE  
COMMUNITY FOUNDATION





*Saturday, December 4, 2021*

3:00 p.m. – 7:00 p.m.  
Village Green Park  
12732 Main Street, Garden Grove



Snow Slides



GGCF Spectacular  
Tree Lighting



Visit Santa  
& Mrs. Claus



[www.ggcity.org](http://www.ggcity.org)  
(714) 741-5200

