

# Garden Grove

PARKS & RECREATION GUIDE

WINTER/SPRING  
January - April



**Parks  
Make  
Life  
Better!**

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





# EGGSCAVATION

*Saturday, April 19, 2025*

 **1:00 PM - 4:00 PM**



**\$12** Child Ticket  
Children Ages 2-10

**\$3** Adult Ticket  
Everyone Ages 11+

**Ages 1 and under enter free**



**Ticket sales begin on Tuesday, April 1, 2025**

**No ticket sales at the door. No refunds except for cancellation of event.**



**To register, visit [ggcity.org/eggscavation](http://ggcity.org/eggscavation).  
For more information call (714) 741-5200.  
Atlantis Play Center: 13630 Atlantis Way, Garden Grove**

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## CONTRACT CLASS SPOTLIGHT

ZUMBA® DANCE FITNESS CLASSES ARE FUN, ENERGETIC, AND MAKE YOU FEEL AMAZING.



ZUMBA®

**SHRINK  
EVERYTHING  
BUT YOUR  
SMILE**

**LET THE MUSIC FREE YOUR BODY.  
THE ULTIMATE DANCE-FITNESS  
PARTY WILL GROOVE YOU INTO SHAPE.**

### PERFECT FOR

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

### HOW IT WORKS

We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an intervalstyle, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

### BENEFITS

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

































































































# FACILITIES AND PARKS

## 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.

 GARDEN GROVE	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	Pickleball Courts		
<b>PARKS &amp; AMENITIES</b>	N/A			N/A																		
<b>Atlantis Play Center</b> 13630 Atlantis Way	4																					
<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			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			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																					
<b>West Grove Park</b> 5372 Cerulean Avenue	7			50																		
<b>West Haven Park</b> 12252 West Street	10																					
<b>Woodbury Park</b> 13800 Rosita Place	4																					

For more information about renting a park facility, please call (714) 741-5200.

# FACILITIES AND PARKS

## Facility Name

All locations are in Garden Grove except where noted.

- |  |  |   |
|--|--|---|
| <p><b>1 Atlantis Play Center</b><br/>13630 Atlantis Way<br/>(off Westminster near Magnolia)</p> <p><b>2 Bolsa Chica Park</b><br/>13660 University St, Westminster</p> <p><b>3 Cai Jiu-Jitsu Academy</b><br/>8342 Garden Grove Blvd., #6<br/>(between Magnolia &amp; Beach)</p> <p><b>4 Chapman Sports Complex</b><br/>11700 Knott Ave.<br/>(Corner of Knott &amp; Chapman)</p> <p><b>5 Community Meeting Center</b><br/>11300 Stanford Ave.<br/>(between 9th &amp; Euclid)</p> <p><b>6 Courtyard Center/<br/>Village Green Park</b><br/>12732 Main St. (at Stanford)</p> <p><b>7 Eastgate Park</b><br/>12001 St. Mark St.<br/>(off Chapman &amp; Valley View)</p> <p><b>8 Edgar Park</b><br/>12781 Topaz St.<br/>(between Springdale &amp; Valley View)</p> <p><b>9 Fountain Valley Recreation Center</b><br/>16400 Brookhurst St., Fountain Valley<br/>(between Edinger and Warner)</p> | <p><b>10 Garden Grove City Hall</b><br/>11222 Acacia Parkway<br/>(off Euclid between Garden Grove Blvd. &amp; Lampson)</p> <p><b>11 Garden Grove Park</b><br/>9301 Westminster Ave.<br/>(between Brookhurst &amp; Magnolia)</p> <p><b>12 Garden Grove Sports and Recreation Center</b><br/>13641 Deodara Dr. (off Westminster)</p> <p><b>13 H. Louis Lake Senior Center</b><br/>11300 Stanford Ave.<br/>(between 9th &amp; Euclid)</p> <p><b>14 IFS Gym</b><br/>8615 Katella Ave B, Stanton</p> <p><b>15 Magnolia Park</b><br/>11402 Magnolia St.<br/>(corner of Magnolia &amp; Orangewood)</p> <p><b>16 Sigler Park</b><br/>7200 Plaza St, Westminster<br/>(off Westminster near Hoover)</p> <p><b>17 Tae Kwon Do Studio</b><br/>9192 Garden Grove Blvd. #F<br/>(at Magnolia)</p> | <p><b>18 West Grove Park</b><br/>5372 Cerulean Ave.<br/>(Valley View &amp; Lampson)</p> <p><b>19 West Haven Park</b><br/>12252 West St.<br/>(between Chapman and Lampson)</p> <p><b>20 Westminster Arts Academy</b><br/>14441 Beach Blvd., Westminster<br/>(at Hazard)</p> <p><b>21 Westminster Community Center</b><br/>8200 Westminster Blvd., Westminster</p> <p><b>22 Woodbury Park</b><br/>13800 Rosita Pl.<br/>(S. of Westminster, W. of Newhope)</p> |
|--|--|---|

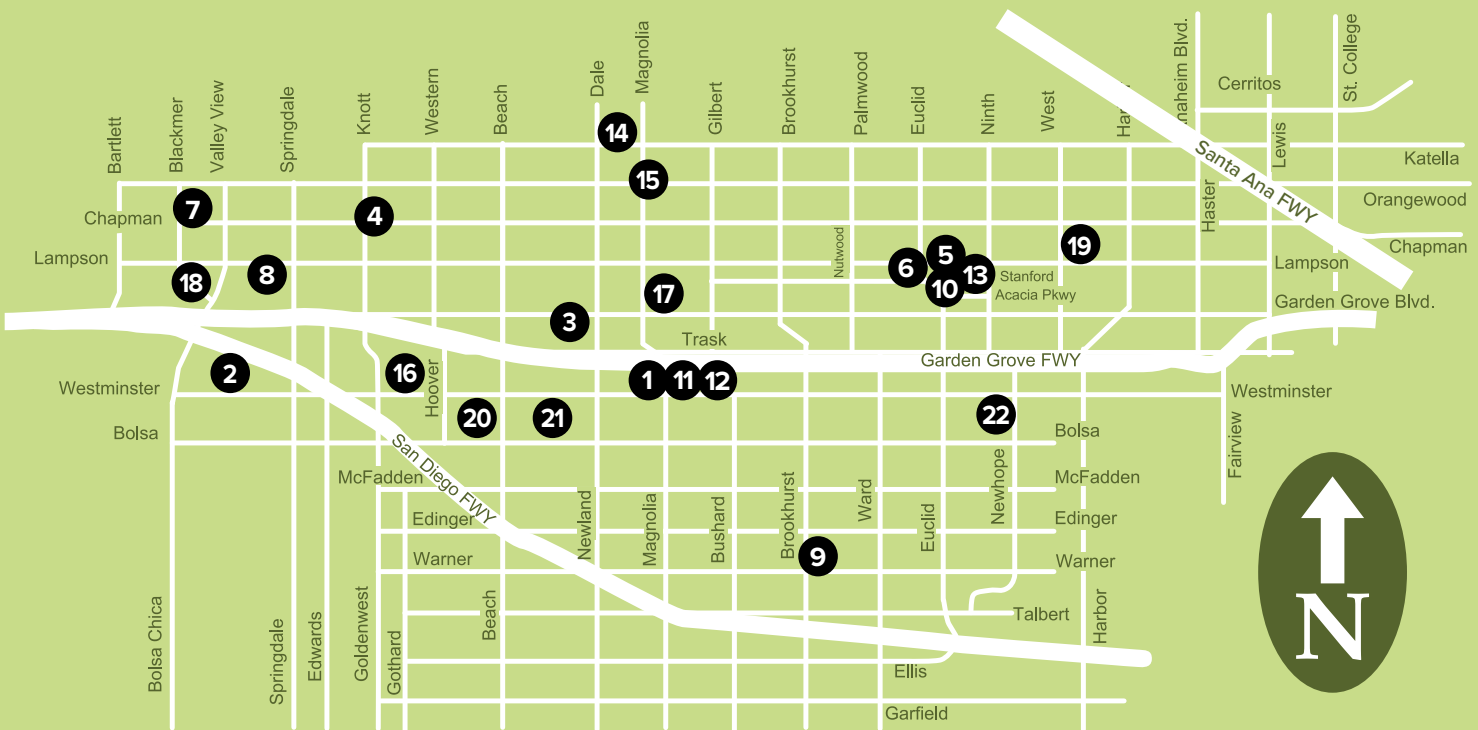
### NOT SHOWN ON MAP:

#### Anaheim ICE (The Rinks)

300 W. Lincoln Ave., Anaheim  
(near Harbor)

#### South Coast Fencing Center

3518 Lake Center Dr., Suite C, Santa Ana  
(near Harbor and MacArthur)



## 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, 92840



(714) 741-5262



events@ggcity.org



ggcity.org



## Garden Grove *Courtyard Center*

- Ideal for:*
- Birthday Parties
  - Baptism Receptions
  - Dinner Receptions
  - Small Business Meetings
  - Holiday Parties
  - Baby Showers
  - Seminars

### GARDEN GROVE RESIDENT SPECIAL PACKAGE

\*Utility bill + a valid CA I.D. must be provided  
at the time of booking for residential proof

Room Rental Rate: \$557\* + \$25 Sanitation Fee

Refundable Damage Deposit: \$250

\*Maximum capacity 80 guests. No alcohol allowed. This package is good for one four (4) hour event time. In addition, you will receive one hour prior for set-up, and one hour after for clean-up.

12732 Main Street, Garden Grove, CA 92840

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

## Garden Grove Resident **MEMORIAL SERVICE PACKAGE** Community Meeting Center/ Courtyard Center

*Where families honor the memory of their loved ones*

\*Utility Bill + a valid CA I.D. must be provided at the time of booking for residential proof.

**Room Rental Rate: \$591\* + \$25 Sanitation Fee**  
**Refundable Damage Deposit Required: \$250**

Guest attendance based on room capacity. No alcohol allowed.

*This offer is good for one three (3) hour event during the weekday/weekend as available.*

*In addition you will receive one hour prior for set-up, and one hour after for clean-up.*

*Up to one pre-event extra set-up hour may be purchased. Complimentary use of LCD Projector upon request.*

*Security to be determined. Human remains/ashes are NOT permitted at any of our locations.*

  
*Community Meeting Center*

**For more information,  
please call (714) 741-5262.**

  
*Courtyard Center*



  
*Both Facilities Ideal For*

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

For more information,  
please call (714) 741-5200







## WEEKLY SCHEDULE

### SUNDAY:

Drop-In Badminton 5-8 P.M.

### MONDAY:

Youth/Teen Drop-In Basketball 3-5 P.M.  
 \*\*Drop-In PickleBall 6-9 P.M.

### TUESDAY:

Youth/Teen Drop-In Basketball 3-5 P.M.  
 \*Ric's Volleyball Adult League 5-11 P.M.

### WEDNESDAY:

Youth/Teen Drop-In Basketball 3-5 P.M.  
 \*\*Drop-In Volleyball 6-9 P.M.

### THURSDAY:

Youth/Teen Drop-In Basketball 3-5 P.M.  
 \*\*Drop-In Badminton 6-9 P.M.

### FRIDAY:

Adult Drop-In Basketball 6-9 P.M.

### SATURDAY:

\*\*Drop-In Volleyball 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) \$2

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



GARDEN GROVE

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 January-March



# CITY PROGRAMS



## 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

# THE VOICE — of Garden Grove —

Win \$500 CASH,  
plus \$500 for your  
school's choir program!

Mark your calendars! The 13th Annual Voice of Garden Grove singing competition returns during the Free Summer Concert Series, Thursdays in June and July of 2025. High school students living in Garden Grove or attending GGUSD schools are encouraged to participate.



2024 Voice of Garden Grove Winner  
**Edgar Sanchez**  
from Garden Grove High School

## Auditions in Spring 2025

For more information, visit  
[www.ggcf.com/thevoice](http://www.ggcf.com/thevoice),  
email [thevoice@ggcity.org](mailto:thevoice@ggcity.org),  
or call (714) 741-5168.

#voiceofgg



**FREE PROGRAM**



## GARDEN GROVE TEEN ACTION COLLABORATIVE

### GGTAC OBJECTIVES

#### CAREER AND COLLEGE GUIDANCE



Teens get the opportunity to collaborate with community organizations and learn about career options, resume building, college preparation and enrollment, and leadership training.

#### VOLUNTEER EVENTS



With community involvement in mind, teens get the opportunity to volunteer at City events and assist local non-profit organizations with their special projects.

#### MEET NEW FRIENDS



At every meeting there are fun, interactive activities where teens can connect with each other and make friends within their community.

### SCHOLARSHIP OPPORTUNITIES

#### MEETINGS EVERY 3RD THURSDAY


Community Meeting Center  
11300 Stanford Avenue

Sept 2024 - May 2025 | 4-5 PM  
*First Meeting on Sept 19, 2024*

#### FOR MORE INFORMATION VISIT:

 [ggcity.org/GGTAC](http://ggcity.org/GGTAC)

#### FOR QUESTIONS:

 714-741-5360

 [GGTAC@GGCity.org](mailto:GGTAC@GGCity.org)

**Parks  
Make  
Life  
Better!**



## YOUTH SPORTS

### **Winter Youth Basketball**

\$65 / child

Ages: Youth Born in 2011-2018

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 November 19, either online or in person at the Recreation Office in City Hall, between the hours of 7:30 a.m. and 5:00 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:

### **Saturday, January 4, 2025**

<b>A Division</b> (born in 2011-2012)	10:30 a.m.
<b>B Division</b> (born in 2013-2014)	10:00 a.m.
<b>C Division</b> (born in 2015-2016)	9:30 a.m.
<b>D Division</b> (born in 2017-2018)	9:00 a.m.

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.





## YOUTH SPORTS

### Basketball 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. Important BEST class information can be found at: [best-sports-usa.com/welcome](http://best-sports-usa.com/welcome)

**Instructor: Beginners Edge Sports Training Instructor**

**Location: West Grove Park**

**Ages: 3-6 \$102 / 6 sessions**

010101	Sa	1/18-2/22	10:20 - 11:05 am
010103	Sa	3/8-4/12	10:20 - 11:05 am

**Ages: 7-10 \$102 / 6 sessions**

010102	Sa	1/18-2/22	11:10 - 11:55 am
010104	Sa	3/8-4/12	11:10 - 11:55 am

### Flag Football by BEST Sports

Welcome to B.E.S.T.'s Flag Football, your child's non-league introduction to gridiron skills. We provide your children with the B.E.S.T. way to learn touch & flag football without getting sacked. We will coach your children to learn: football terminology, good sportsmanship, passing, receiving, agility, cradling, kicking/punting, flag/touch, blocking, and defense/offense skills. Important BEST class information can be found at: [best-sports-usa.com/welcome](http://best-sports-usa.com/welcome)

**Instructor: Beginners Edge Sports Training Instructor**

**Location: West Grove Park**

**Ages: 4-6 \$102 / 6 sessions**

010133	Su	1/19-2/23	11:10 - 11:55 am
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**Ages: 7-10**

010134	Su	1/19-2/23	12:00 - 12:45 pm
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### Soccer 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. Important BEST class information can be found at: [best-sports-usa.com/welcome](http://best-sports-usa.com/welcome)

**Instructor: Beginners Edge Sports Training Instructor**

**Location: West Grove Park**

**Ages: 18mo-2yrs \$102 / 6 sessions**

010109	Su	1/19-2/23	8:30 - 9:15 am
010112	Su	3/9-4/13	8:30 - 9:15 am

**Ages: 3-6 \$102 / 6 sessions**

010110	Su	1/19-2/23	9:20 - 10:05 am
010113	Su	3/9-4/13	9:20 - 10:05 am

**Ages: 7-10 \$102 / 6 sessions**

010111	Su	1/19-2/23	10:10 - 10:55 am
010114	Su	3/9-4/13	10:10 - 10:55 am

### Skyhawks SoccerTots

**NEW CLASS**

SoccerTots is our flagship program! These soccer-themed motor skills classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills, personal focus, and introduce an element of light competition.

**Instructor: Skyhawks Staff**

**Location: Sigler Park**

**Ages: 2-3.5 \$65 / 4 sessions**

012111	Fr	1/24-2/14	4:30 - 5:10 pm
012114	Fr	3/7-3/28	4:30 - 5:10 pm

**Ages: 3.5-5**

012112	Fr	1/24-2/14	5:20 - 6:00 pm
012115	Fr	3/7-3/28	5:20 - 6:00 pm

**Ages: 6-8**

012113	Fr	1/24-2/14	6:10 - 6:50 pm
012116	Fr	3/7-3/28	6:10 - 6:50 pm

## Pregoni Futbol Training

Group Futsal sessions conducted on-site with dedicated coaches and all necessary equipment provided for each session. With unique and fun drills that build player-ball relationships and our passionate European-style coaching, we offer an unforgettable journey for kids of all levels and ages! Soccer training that takes place on concrete instead of a grass field! Experience a memorable journey on the field where kids grow, teams bond, and the fun never stops.

**Instructor: Pregoni Futbol Staff**

**Location: West Grove Park**

Ages: 5-16	\$75 / 4 Sessions		
012001	We	1/8-1/29	4:00 - 5:00 pm
012002	We	2/5-2/26	4:00 - 5:00 pm
012003	We	3/5-3/26	4:00 - 5:00 pm
012004	We	4/2-4/23	4:00 - 5:00 pm

## Tiny Tykes Youth Soccer by Challenger Sports

TinyTykes is an exciting child development program delivered through soccer. Our soccer and child development professionals have designed an innovative curriculum that takes children on "Immersive Interactive Adventures" through fun and exciting themes. It is through these semi-structured adventures that every child has the ability to build their own experiences and be introduced to the basic skills needed in soccer: motor, social, and psychological skills. Soccer meets smiles, your little one is sure to enjoy their time on the pitch!

**Instructor: Challenger Sports Instructor**

**Location: Edgar Park**

Ages: 2-3	\$120 / 8 sessions		
031101	Su	1/12-3/2	9:15 - 10:00 am
031103	Su	3/9-4/27	9:15 - 10:00 am
Ages: 4-5	\$120 / 8 sessions		
031102	Su	1/12-3/2	10:15 - 11:00 am
031104	Su	3/9-4/27	10:15 - 11:00 am

## Baseball and Softball by BEST Sports

Our industry-leading weekly 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 and bat. Important BEST class information can be found at: [best-sports-usa.com/welcome](http://best-sports-usa.com/welcome)

**Instructor: Beginners Edge Sports Training Instructor**

**Location: West Grove Park**

Ages: 3-6	\$102 / 6 sessions		
010135	Su	3/9-4/13	11:10 - 11:55 am
Ages: 7-10			
010136	Su	3/9-4/13	12:00 - 12:45 pm



## MULTI-SPORT

### 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 player regardless of their skill level. Important BEST class information can be found at: [best-sports-usa.com/welcome](http://best-sports-usa.com/welcome)

**Instructor: Beginners Edge Sports Training Instructor**

**Location: West Grove Park**

Ages: 2-3	\$102 / 6 sessions		
010121	Sa	1/18-2/22	8:30 - 9:15 am
010124	Sa	3/8-4/12	8:30 - 9:15 am
Ages: 4-6			
010122	Sa	1/18-2/22	9:20 - 10:05 am
010125	Sa	3/8-4/12	9:20 - 10:05 am
Ages: 7-10			
010123	Sa	1/18-2/22	12:00 - 12:45 pm
010126	Sa	3/8-4/12	12:00 - 12:45 pm

### Skyhawks Multi-SportTots NEW CLASS

Introduce your little superstar to sports in our most popular program! This multi-sport class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Sports include soccer, baseball, and basketball.

**Instructor: Skyhawks Staff**

**Location: Bolsa Chica Park**

Ages: 2-3.5	\$65 / 4 sessions		
012117	Sa	1/25-2/22	9:00 - 9:40 am <i>No class 2/1</i>
012120	Sa	3/15-4/5	9:00 - 9:40 am
Ages: 3.5-5	\$65 / 4 sessions		
012118	Sa	1/25-2/22	9:50 - 10:30 am <i>No class 2/1</i>
012121	Sa	3/15-4/5	9:50 - 10:30 am
Ages: 6-8	\$65 / 4 sessions		
012119	Sa	1/25-2/22	10:40 - 11:20 am <i>No class 2/1</i>
012122	Sa	3/15-4/5	10:40 - 11:20 am

## TENNIS

### Johnny Allen Tennis Academy: Junior Aces Tennis Class

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: Magnolia Park**

Ages: 9-12	\$99 / 6 sessions		
010613	TuTh	1/7-1/23	6:00 - 7:00 pm
010614	TuTh	1/28-2/13	6:00 - 7:00 pm
010615	TuTh	2/18-3/6	6:00 - 7:00 pm
010616	TuTh	3/11-3/27	6:00 - 7:00 pm
010617	TuTh	4/1-4/17	6:00 - 7:00 pm

# YOUTH & TEEN FITNESS AND SPORTS

## Johnny Allen Tennis Academy: High School Aces Tennis Class

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: Magnolia Park**

**Ages: 13-17 \$99 / 6 sessions**

010619	TuTh	1/7-1/23	7:00 - 8:00 pm
010620	TuTh	1/28-2/13	7:00 - 8:00 pm
010621	TuTh	2/18-3/6	7:00 - 8:00 pm
010622	TuTh	3/11-3/27	7:00 - 8:00 pm
010623	TuTh	4/1-4/17	7:00 - 8:00 pm

## Johnny Allen Tennis Academy: Tiny Aces Tennis Class

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: Magnolia Park**

**Ages: 3-5 \$89 / 6 sessions**

010601	TuTh	1/7-1/23	4:15 - 5:00 pm
010602	TuTh	1/28-2/13	4:15 - 5:00 pm
010603	TuTh	2/18-3/6	4:15 - 5:00 pm
010604	TuTh	3/11-3/27	4:15 - 5:00 pm
010605	TuTh	4/1-4/17	4:15 - 5:00 pm

## Johnny Allen Tennis Academy: Little Aces Tennis Class

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: Magnolia Park**

**Ages: 6-8 \$99 / 6 sessions**

010607	TuTh	1/7-1/23	5:00 - 6:00 pm
010608	TuTh	1/28-2/13	5:00 - 6:00 pm
010609	TuTh	2/18-3/6	5:00 - 6:00 pm
010610	TuTh	3/11-3/27	5:00 - 6:00 pm
010611	TuTh	4/1-4/17	5:00 - 6:00 pm

## Kensington Tennis Academy: Little Racket

Students will be able to learn all the basic skills such as forehand, backhand, serve, and volley. Also, they will develop basic to moderate rally skills from court baseline. Please wear appropriate clothing and shoes for tennis, bring your own racket and lots of water!

**Instructor: Kensington Tennis Academy**

**Location: Chapman Sports Complex**

**Ages: 7-12 \$109 / 7 sessions**

012709	MoWe	1/6-1/29	5:00 - 6:00 pm	No class 1/20
012711	MoWe	2/3-2/26	5:00 - 6:00 pm	No class 2/17

**\$124 / 8 sessions**

012712	TuTh	2/4-2/27	5:00 - 6:00 pm
012714	TuTh	3/4-3/27	5:00 - 6:00 pm

**\$139 / 9 sessions**

012710	TuTh	1/2-1/30	5:00 - 6:00 pm
012713	MoWe	3/3-3/31	5:00 - 6:00 pm
012715	MoWe	4/2-4/30	5:00 - 6:00 pm
012716	TuTh	4/1-4/29	5:00 - 6:00 pm

## Kensington Tennis Academy: Tiny Racket

Students will be able to learn all the basic skills such as forehand, backhand, serve, and volley. They will learn how to start a point with underhand toss and overhead serve. Please wear appropriate clothing and shoes for tennis, bring your own racket and lots of water!

**Instructor: Kensington Tennis Academy**

**Location: Chapman Sports Complex**

**Ages: 3-6 \$109 / 7 sessions**

012701	MoWe	1/6-1/29	4:15 - 5:00 pm	No class 1/20
012703	MoWe	2/3-2/26	4:15 - 5:00 pm	No class 2/17

**\$124 / 8 sessions**

012704	TuTh	2/4-2/27	4:15 - 5:00 pm!
012706	TuTh	3/4-3/27	4:15 - 5:00 pm

**\$139 / 9 sessions**

012702	TuTh	1/2-1/30	4:15 - 5:00 pm
012705	MoWe	3/3-3/31	4:15 - 5:00 pm
012707	MoWe	4/2-4/30	4:15 - 5:00 pm
012708	TuTh	4/1-4/29	4:15 - 5:00 pm

## Kensington Tennis Academy: Highschool Racket

Students will be able to learn all the basic skills such as forehand, backhand, serve, and volley. Students will be able to start a point by overhead serve and technical fundamentals for midcourt and net play. Please wear appropriate clothing and shoes for tennis, bring your own racket and lots of water!

**Instructor: Kensington Tennis Academy**

**Location: Chapman Sports Complex**

**Ages: 13-17 \$109 / 7 sessions**

012717	MoWe	1/6-1/29	6:00 - 7:00 pm	No class 1/20
012719	MoWe	2/3-2/26	6:00 - 7:00 pm	No class 2/17

**\$124 / 8 sessions**

012720	TuTh	2/4-2/27	6:00 - 7:00 pm
012722	TuTh	3/4-3/27	6:00 - 7:00 pm

**\$139 / 9 sessions**

012718	TuTh	1/2-1/30	6:00 - 7:00 pm
012721	MoWe	3/3-3/31	6:00 - 7:00 pm
012723	MoWe	4/2-4/30	6:00 - 7:00 pm
012724	TuTh	4/1-4/29	6:00 - 7:00 pm



## FENCING



### Introduction to Epee Fencing

Learn the Olympic sport of fencing. Learn to use the weapon that has descended from Renaissance dueling swords. 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 (~\$250) must be purchased prior to the first class. Inquire at South Coast Fencing Center. \$29 USFA insurance fee is due at the first class.

**Instructor: South Coast Fencing Center**

**Location: South Coast Fencing Center**

**Ages: 7-11 \$150 / 4 sessions**

011217	TuTh	1/7-1/28	6:00 - 7:00 pm
011218	TuTh	2/4-2/25	6:00 - 7:00 pm
011219	TuTh	3/4-3/25	6:00 - 7:00 pm
011220	TuTh	4/1-4/22	6:00 - 7:00 pm

*Class sessions are offered 2 times a week. Participants should attend 1 of those sessions according to the convenience of their schedules.*

**Ages: 12+ \$175 / 4 sessions**

011221	TuTh	1/7-1/30	7:00 - 8:30 pm
011222	TuTh	2/4-2/27	7:00 - 8:30 pm
011223	TuTh	3/4-3/27	7:00 - 8:30 pm
011224	TuTh	4/1-4/24	7:00 - 8:30 pm

*Class sessions are offered 2 times a week. Participants should attend 1 of those sessions according to the convenience of their schedules.*

**Ages: 12+ \$250 / 8 sessions**

011225	TuTh	1/7-1/30	7:00 - 8:30 pm
011226	TuTh	2/4-2/27	7:00 - 8:30 pm
011227	TuTh	3/4-3/27	7:00 - 8:30 pm
011228	TuTh	4/1-4/24	7:00 - 8:30 pm

*Class sessions are offered 2 times a week. Participants should attend both of those sessions.*

### Introduction to Foil Fencing

Learn the Olympic sport of fencing. Students learn how to move, attack, and defend themselves while learning about priority and right-of-way rules that are a cornerstone in foil fencing. Emphasis is placed on developing balance, coordination, and quick decision making. Classes are hands-on and highly interactive. An essential equipment starter kit (~\$250) must be purchased prior to the first class. Inquire at South Coast Fencing Center. \$29 USFA insurance fee is due at the first class.

**Instructor: South Coast Fencing Center**

**Location: South Coast Fencing Center**

**Ages: 7-11 \$150 / 1x per week - 4 weeks**

011201	TuTh	1/7-1/30	5:00 - 6:00 pm
011202	TuTh	2/4-2/27	5:00 - 6:00 pm
011203	TuTh	3/4-3/27	5:00 - 6:00 pm
011204	TuTh	4/1-4/24	5:00 - 6:00 pm

*Class sessions are offered 2 times a week. Participants should attend 1 of those sessions according to the convenience of their schedules.*

**Ages: 7-11 \$200 / 2x per week - 4 weeks**

011209	TuTh	1/7-1/30	5:00 - 6:00 pm
011210	TuTh	2/4-2/27	5:00 - 6:00 pm
011211	TuTh	3/4-3/27	5:00 - 6:00 pm
011212	TuTh	4/1-4/24	5:00 - 6:00 pm

*Class sessions are offered 2 times a week. Participants should attend both of those sessions.*

**Ages: 12+ \$150/ 1x per week - 4 weeks**

011205	1/7-2/1	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm
011206	2/4-3/1	Sa	0:00 - 11:00 am,	TuTh	6:00 - 7:00 pm
011207	3/4-3/29	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm
011208	4/1-4/26	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm

*Class sessions are offered 3 times a week. Participants should attend 1 of those sessions according to the convenience of their schedules.*

**Ages: 12+ \$200 / 2x per week - 4 weeks**

011213	1/7-2/1	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm
011214	2/4-3/1	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm
011215	3/4-3/29	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm
011216	4/1-4/26	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm

*Class sessions are offered 3 times a week. Participants should attend any 2 of those sessions according to the convenience of their schedules.*







## ICE SKATING

### Anaheim ICE Skating: Tot Beginners

Beginning ice skating made fun and easy! Watch your child smile as he or she learns how to march, glide, stop, hop, fall down, and get back up properly. Skate rental and four additional public skating passes (to be used during the session) are all included in the fee. Please arrive 15 minutes early to the first class and dress warmly.

**Instructor: Anaheim ICE Staff**

**Location: Anaheim ICE**

Ages: 4-6			\$114 / 6 sessions	
011805	Sa	1/4-2/8	10:30 - 11:00 am	
011806	We	1/8-2/12	5:20 - 5:50 pm	
011807	Sa	4/26-6/7	11:40AM-12:10PM	No class 5/24
011808	We	4/23-6/4	5:20PM-5:50PM	No class 5/28

### Anaheim ICE Skating: Youth Beginners

Beginning ice skating made fun and easy! Watch your child smile as he or she learns how to march, glide, stop, hop, fall down, and get back up properly. Skate rental and four additional public skating passes (to be used during the session) are all included in the fee. Please arrive 15 minutes early to the first class and dress warmly.

**Instructor: Anaheim ICE Staff**

**Location: Anaheim ICE**

Ages: 7-13			\$114 / 6 sessions	
011801	Sa	1/4-2/8	11:40 am - 12:10 pm	
011802	We	1/8-2/12	5:55 - 6:25 pm	
011803	Sa	4/26-6/7	10:30AM-11:00AM	No class 5/24
011804	We	4/23-6/4	5:55PM-6:25PM	No class 5/28



## VOLLEYBALL

### 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:** West Grove Volleyball

**Ages:** 8-10 **\$49 / 4 sessions**

**Location:** Fountain Valley Recreation Center

011413	Su	1/5-1/26	9:00 - 10:00 am
011414	Su	2/2-2/23	9:00 - 10:00 am
011415	Su	3/2-3/23	9:00 - 10:00 am
011416	Su	3/30-4/27	9:00 - 10:00 am <i>No class 4/20</i>

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

011401	Su	1/5-1/26	1:15 - 2:15 pm
011402	Su	2/2-2/23	1:15 - 2:15 pm
011403	Su	3/2-3/23	1:15 - 2:15 pm
011404	Su	3/30-4/27	1:15 - 2:15 pm <i>No class 4/20</i>

### 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:** West Grove Volleyball

**Ages:** 11-14 **\$49 / 4 sessions**

**Location:** Fountain Valley Recreation Center

011417	Su	1/5-1/26	10:00 - 11:00 am
011418	Su	2/2-2/23	10:00 - 11:00 am
011419	Su	3/2-3/23	10:00 - 11:00 am
011420	Su	3/30-4/27	10:00 - 11:00 am <i>No class 4/20</i>

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

011405	Su	1/5-1/26	2:15 - 3:15 pm
011406	Su	2/2-2/23	2:15 - 3:15 pm
011407	Su	3/2-3/23	2:15 - 3:15 pm
011408	Su	3/30-4/27	2:15 - 3:15 pm <i>No class 4/20</i>

### 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:** West Grove Volleyball

**Ages:** 12-15 **\$49 / 4 sessions**

**Location:** Fountain Valley Recreation Center

011421	Su	1/5-1/26	11:00 am - 12:00 pm
011422	Su	2/2-2/23	11:00 am - 12:00 pm
011423	Su	3/2-3/23	11:00 am - 12:00 pm
011424	Su	3/30-4/27	11:00 am - 12:00 pm <i>No class 4/20</i>

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

011409	Su	1/5-1/26	3:15 - 4:15 pm
011410	Su	2/2-2/23	3:15 - 4:15 pm
011411	Su	3/2-3/23	3:15 - 4:15 pm
011412	Su	3/30-4/27	3:15 - 4:15 pm <i>No class 4/20</i>

## YOGA

### Manners & Yoga for Kids!

Manners & yoga are two very important arts that benefit children in many ways. This combo class will improve self-confidence while teaching communication skills, how to focus, and concentrate all in a fun and positive environment!

**Instructor:** Dawna Ludwig

**Location:** Westminster Community Center

**Ages:** 4-12 **\$62 / 5 sessions**

010323	Su	1/5-2/9	3:15 - 3:55 pm	<i>No class 1/19</i>
010324	Su	2/23-3/23	3:15 - 3:55 pm	
010325	Su	4/6-5/11	3:15 - 3:55 pm	<i>No class 4/20</i>



## MARTIAL ARTS

### Little Stars Taekwondo

Taekwondo will teach kids characteristics that enforce honor, integrity, self-control, goals, courtesy, loyalty, and assertiveness. The classes are beginner programs and kids will learn basic kicking techniques, punches, blocks, and basic self-defense forms. Students are required to have a martial arts uniform by the first day of class in order to participate. Uniforms will be available for purchase from the instructor for a nonrefundable fee of \$50. This class is for first-time students only. If interested in re-enrolling, please contact the instructor directly.

**Instructor: Sung Ho Park**

**Location: Tae Kwon Do Studio**

**Ages: 4-6 \$40 / 8 sessions**

011619	MoWe	1/6-2/3	4:30 - 5:10 pm	No class 1/20
011620	MoWe	1/6-2/3	5:50 - 6:30 pm	No class 1/20
011621	TuTh	1/7-1/30	4:30 - 5:10 pm	
011622	TuTh	1/7-1/30	6:30 - 7:10 pm	
011623	MoWe	2/10-3/10	4:30 - 5:10 pm	No class 2/17
011624	MoWe	2/10-3/10	5:50 - 6:30 pm	No class 2/17
011625	TuTh	2/4-2/27	4:30 - 5:10 pm	
011626	TuTh	2/4-2/27	6:30 - 7:10 pm	

### Taekwondo for Kids

Taekwondo will teach kids characteristics that enforce honor, integrity, self-control, goals, courtesy, loyalty, and assertiveness. The classes are beginner programs and kids will learn basic kicking techniques, punches, blocks, and basic self-defense forms. Students are required to have a martial arts uniform by the first day of class in order to participate. Uniforms will be available for purchase from the instructor for a nonrefundable fee of \$50. This class is for first-time students only. If interested in re-enrolling, please contact the instructor directly.

**Instructor: Sung Ho Park**

**Location: Tae Kwon Do Studio**

**Ages: 7-12 \$40 / 8 sessions**

011601	MoWe	1/6-2/3	3:50 - 4:30 pm	No class 1/20
011602	MoWe	1/6-2/3	5:10 - 5:50 pm	No class 1/20
011603	TuTh	1/7-1/30	3:50 - 4:30 pm	
011604	TuTh	1/7-1/30	5:10 - 5:50 pm	
011605	TuTh	1/7-1/30	5:50 - 6:30 pm	
011606	MoWe	2/10-3/10	3:50 - 4:30 pm	No class 2/17
011607	MoWe	2/10-3/10	5:10 - 5:50 pm	No class 2/17
011608	TuTh	2/4-2/27	3:50 - 4:30 pm	
011609	TuTh	2/4-2/27	5:10 - 5:50 pm	
011610	TuTh	2/4-2/27	5:50 - 6:30 pm	

### Brazilian Jiu-Jitsu & Self Defense - Youth

Students will learn the mastery in the martial arts form of Brazilian jiu-jitsu & self defense. This is a grappling form of martial arts with emphasis on leg lock techniques, drills, sparring, strength conditioning, and games. Must purchase uniform. Please arrive 15 minutes early on your first day of class to speak with sensei and get fitted for a uniform (gi) for \$130 (kid size 5-12) or \$150 (teen-adult size 13-14). This class is for first-time students only.

**Instructor: Vu Tuan Cai**

**Location: Cai Jiu-Jitsu Academy**

**Ages: 5-7 \$110 / 8 sessions**

012605	TuTh	1/7-1/30	5:00 - 5:45 pm
012606	TuTh	2/4-2/27	5:00 - 5:45 pm
012607	TuTh	3/4-3/27	5:00 - 5:45 pm
012608	TuTh	4/1-4/24	5:00 - 5:45 pm

### Muay Thai Kick-Boxing

This art comes from Thailand where it is a national sport. A great form of self-defense with the effective use of punches, elbows, knees, and legs. Develop physical coordination and stamina. This program is for new students.

**Instructor: Shahin Shilati**

**Location: IFS Gym**

**Ages: 6-11 \$60 / 8 sessions**

011901	TuTh	1/2-1/30	6:45 - 7:45 pm
011902	TuTh	2/4-2/27	6:45 - 7:45 pm
011903	TuTh	3/4-3/27	6:45 - 7:45 pm
011904	TuTh	4/1-4/29	6:45 - 7:45 pm

### Vovinam Martial Arts

Vovinam is a Vietnamese martial art, founded in 1938. It is the development of communicative intelligence, athletic body, noble mind, self-control, self-defense, self-esteem, and perseverance in a non-violent spirit. Self-defense for all levels: beginner, intermediate, and advanced. Students are required to purchase a unique Vovinam martial arts uniform for \$35. There is a \$30 non-refundable annual membership fee.

**Instructor: Tam Nguyen**

**Location: West Haven Park**

**Ages: 7+ \$5 / class (\$20-\$25)**

011301	Sa	1/4-1/25	9:20 - 10:50 am
011302	Sa	2/1-2/22	9:20 - 10:50 am
011303	Sa	3/1-3/29	9:20 - 10:50 am
011304	Sa	4/5-4/26	9:20 - 10:50 am

## Kosen Judo for Kids

Students will be taught self defense skills and basic judo throw techniques and leg movements. This type of martial arts form is a close contact sport that involves grappling and submission techniques. Students will learn self-defense, discipline, and develop healthy life habits. Local tournaments are held 2-3 times a year for students who choose to compete. Appropriate uniform is required.

Students MUST purchase a one-time gi uniform plus belt on the first day of class. You cannot use your own uniform. Gi uniform and belt \$130 (kid sizes 5-12), gi uniform and belt \$150 (teen-adult sizes 13-14). This class is for first-time students only.

**Instructor: Vu Tuan Cai**

**Location: Cai Jiu-Jitsu Academy**

**Ages: 5-7 \$110 / 8 sessions**

012613	MoWe	1/6-1/29	5:00 - 5:45 pm
012614	MoWe	2/3-2/26	5:00 - 5:45 pm
012615	MoWe	3/3-3/26	5:00 - 5:45 pm
012616	MoWe	4/7-4/30	5:00 - 5:45 pm

## DANCING AND GYMNASTICS

### 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!

**Instructor: Westminster Arts Academy Staff**

**Location: Westminster Arts Academy**

**Ages: 5-7 \$89 / 4 sessions**

0115116	Fr	1/3-1/24	5:00 - 6:00 pm
0115117	Fr	1/31-2/21	5:00 - 6:00 pm
0115118	Fr	2/28-3/21	5:00 - 6:00 pm
0115119	Fr	3/28-4/25	5:00 - 6:00 pm <i>No class 4/18</i>

**Ages: 7-12 \$89 / 4 sessions**

0115120	Fr	1/3-1/24	4:00 - 5:00 pm
0115121	Fr	1/31-2/21	4:00 - 5:00 pm
0115122	Fr	2/28-3/21	4:00 - 5:00 pm
0115123	Fr	3/28-4/25	4:00 - 5:00 pm <i>No class 4/18</i>

### Jazz Dance 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 colored clothes are preferred.

**Instructor: Westminster Arts Academy Staff**

**Location: Westminster Arts Academy**

**Ages: 6-9 \$89 / 4 sessions**

0115129	Th	1/2-1/23	5:30 - 6:30 pm
0115130	Th	1/30-2/20	5:30 - 6:30 pm
0115131	Th	2/27-3/20	5:30 - 6:30 pm
0115132	Th	3/27-4/24	5:30 - 6:30 pm <i>No class 4/17</i>

### Pop Ballet is Fun!

Learn ballet to popular music you know and love! This class focuses on creating a more disciplined, creative, and outgoing dancer! Dancers will learn the classical ballet technique, improvisational skills, flexibility, and ballet vocabulary. Dress code for females: ballet leotard (any color), pink ballet tights and ballet shoes, hair in a bun. Dress code for males: black or white t-shirt, black leggings or ballet tights, black ballet shoes.

**Instructor: Westminster Arts Academy Staff**

**Location: Westminster Arts Academy**

**Ages: 3-4 \$79 / 4 sessions**

0115100	We	1/8-1/29	4:45 - 5:30 pm
0115102	We	2/5-2/26	4:45 - 5:30 pm
0115104	We	3/5-3/26	4:45 - 5:30 pm
0115105	We	4/2-4/23	4:45 - 5:30 pm
011573	Mo	1/6-1/27	4:30 - 5:15 pm
011574	Mo	2/3-2/24	4:30 - 5:15 pm
011575	Mo	3/3-3/24	4:30 - 5:15 pm
011581	Mo	3/31-4/21	4:30 - 5:15 pm

**Ages: 5-7 \$89 / 4 sessions**

011582	Mo	1/6-1/27	5:30 - 6:30 pm
011589	Mo	2/3-2/24	5:30 - 6:30 pm
011590	Mo	3/3-3/24	5:30 - 6:30 pm
011591	Mo	3/31-4/21	5:30 - 6:30 pm

### 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 of \$5 due to the instructor.

**Instructor: Dawna Ludwig**

**Location: Westminster Community Center**

**Ages: 1-4 \$62 / 5 sessions**

010301	Su	1/5-2/9	1:45 - 2:25 pm	<i>No class 1/19</i>
010302	Su	2/23-3/23	1:45 - 2:25 pm	
010303	Su	4/6-5/11	1:45 - 2:25 pm	<i>No class 4/20</i>

**Ages: 5-12 \$62 / 5 sessions**

010304	Su	1/5-2/9	2:30 - 3:10 pm	<i>No class 1/19</i>
010305	Su	2/23-3/23	2:30 - 3:10 pm	
010306	Su	4/6-5/11	2:30 - 3:10 pm	<i>No class 4/20</i>

### Baby & Little Tykes Dance & Tumbling Class!

For little ones who love to dance, sing, and tumble! This class will introduce your little one to beginning arm and foot movements and positions. Baby will develop self-confidence, coordination, proper body alignment, and good posture, all in a fun-filled environment!

**Instructor: Dawna Ludwig**

**Location: Westminster Community Center**

**Ages: 4 mos-2.5 yrs \$62 / 5 sessions**

010327	Su	1/5-2/9	4:00 - 4:30 pm	<i>No class 1/19</i>
010328	Su	2/23-3/23	4:00 - 4:30 pm	
010329	Su	4/6-5/11	4:00 - 4:30 pm	<i>No class 4/20</i>

## ART AND CRAFTS

### Anime Drawing is Fun!

Learn the techniques to drawing your favorite anime characters! Topics covered will include: 2D and 3D drawing; principles of animation; turning the character around; what makes cute/awesome; how to make your drawings unique; famous anime designs and why they work; the character in motion; and expression poses. \$10 material fee.

**Instructor: Westminster Arts Academy Staff**

**Location: Westminster Arts Academy**

**Ages: 5-10 \$89 / 4 sessions**

0115111	We	1/8-1/29	4:00 - 5:00 pm
0115112	We	2/5-2/26	4:00 - 5:00 pm
0115113	We	3/5-3/26	4:00 - 5:00 pm
0115114	We	4/2-4/23	4:00 - 5:00 pm

**Ages: 5-8 \$89 / 4 sessions**

0115173	Su	1/5-1/26	11:45 am - 12:45 pm
0115174	Su	2/2-2/23	11:45 am - 12:45 pm
0115192	Su	3/2-3/23	11:45 am - 12:45 pm
0115193	Su	3/30-4/27	11:45 am - 12:45 pm <i>No class 4/20</i>

**Ages: 8-11 \$89 / 4 sessions**

0115194	Su	1/5-1/26	2:00 - 3:00 pm
0115195	Su	2/2-2/23	2:00 - 3:00 pm
0115196	Su	3/2-3/23	2:00 - 3:00 pm
0115197	Su	3/30-4/27	2:00 - 3:00 pm <i>No class 4/20</i>

0115198	Sa	1/4-1/25	10:00 - 11:00 am
0115199	Sa	2/1-2/22	10:00 - 11:00 am
0115200	Sa	3/1-3/22	10:00 - 11:00 am
0115201	Sa	3/29-4/26	10:00 - 11:00 am <i>No class 4/19</i>

### Mixed Media Art 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! \$10 material fee.

**Instructor: Westminster Arts Academy Staff**

**Location: Westminster Arts Academy**

**Ages: 5-17 \$109 / 4 sessions**

011517	Sa	1/4-1/25	9:00 - 10:00 am
011518	Sa	2/1-2/22	9:00 - 10:00 am
011519	Sa	3/1-3/22	9:00 - 10:00 am
011520	Sa	3/29-4/26	9:00 - 10:00 am <i>No class 4/19</i>

011521	Su	1/5-1/26	1:00 - 2:00 pm
011522	Su	2/2-2/23	1:00 - 2:00 pm
011523	Su	3/2-3/23	1:00 - 2:00 pm
011524	Su	3/30-4/27	1:00 - 2:00 pm <i>No class 4/20</i>

**Ages: 8-17 \$109 / 4 sessions**

011525	We	1/8-1/29	6:30 - 7:30 pm
011526	We	2/5-2/26	6:30 - 7:30 pm
011527	We	3/5-3/26	6:30 - 7:30 pm
011528	We	4/2-4/23	6:30 - 7:30 pm

### 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! \$10 material fee.

**Instructor: Westminster Arts Academy Staff**

**Location: Westminster Arts Academy**

**Ages: 5-17 \$89 / 4 sessions**

011529	Su	1/5-1/26	9:45 - 10:45 am
011530	Su	2/2-2/23	9:45 - 10:45 am
011531	Su	3/2-3/23	9:45 - 10:45 am
011532	Su	3/30-4/27	9:45 - 10:45 am <i>No class 4/20</i>

**Ages: 7-17 \$89 / 4 sessions**

011544	Mo	1/6-1/27	6:00 - 7:00 pm
011545	Mo	2/3-2/24	6:00 - 7:00 pm
011546	Mo	3/3-3/24	6:00 - 7:00 pm
011547	Mo	3/31-4/21	6:00 - 7:00 pm

**Ages: 8-11 \$89 / 4 sessions**

011534	Fr	1/3-1/24	4:00 - 5:00 pm
011535	Fr	1/31-2/21	4:00 - 5:00 pm
011541	Fr	2/28-3/21	4:00 - 5:00 pm
011542	Fr	3/28-4/25	4:00 - 5:00 pm <i>No class 4/18</i>

### 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. \$10 material fee.

**Instructor: Westminster Arts Academy Staff**

**Location: Westminster Arts Academy**

**Ages: 5-10 \$109 / 4 sessions**

011505	We	1/8-1/29	5:15 - 6:30 pm
011506	We	2/5-2/26	5:15 - 6:30 pm
011507	We	3/5-3/26	5:15 - 6:30 pm
011508	We	4/2-4/23	5:15 - 6:30 pm

**Ages: 7-12 \$109 / 4 sessions**

011501	Fr	1/3-1/24	5:00 - 6:15 pm
011502	Fr	1/31-2/21	5:00 - 6:15 pm
011503	Fr	2/28-3/21	5:00 - 6:15 pm
011504	Fr	3/28-4/25	5:00 - 6:15 pm <i>No class 4/18</i>



## Young Rembrandts Animal Wonderland Art

Embark on a winter journey through the world of baby animals. Start with the realism of nature's young, like fawns and playful otters. Explore the whimsical Kawaii style with cute, wide-eyed creatures, then imagine baby animals in fashionable attire, blending humor and creativity. Dive into mythical baby creatures, merging mystery and art. The session culminates in a grand composition, showcasing skills and passion developed in the workshop. Perfect for young artists eager to explore varied styles like pencil drawing, cartooning, and watercolor, while celebrating the charm of baby animals.

**Instructor: Young Rembrandts Staff**

**Location: West Haven Park**

**Ages: 5-12 \$50 / 4 sessions**

012310	We	1/8-1/29	4:00 - 5:00 pm
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## Young Rembrandts Anime & Manga Art

If you're into manga or comic strips, this class is perfect for you! Join us where we'll dive into all things anime. Artists will have the chance to create their own anime-style characters and comic strip faces, with projects ranging from easy to challenging-perfect for refining your skills and learning new techniques. Students will complete multiple pieces of artwork, including customized faces, animals, action scenes, and more. Don't miss out-sign up today and explore the exciting world of anime and comic strip drawing!

**Instructor: Young Rembrandts Staff**

**Location: West Haven Park**

**Ages: 5-13 \$50 / 4 sessions**

012311	We	2/5-2/26	4:00 - 5:00 pm
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*2/26 class will be at the Courtyard Center-Activity Center 12732 Main St (at Stanford)*

## Young Rembrandts Cartoon & Comic Art

Are you a manga or comic strip lover? Then this class is for you! Step into the world of comics and unleash your creativity as we explore everything from creating your own characters to designing unique comic strip faces. Whether you're just starting out or ready for a challenge, you'll refine your skills through a variety of projects-from simple sketches to dynamic action scenes. You'll complete multiple artworks, including personalized characters, animals, and comic-style expressions. Don't miss the chance to bring your cartoon and comic strip dreams to life-sign up today!

**Instructor: Young Rembrandts Staff**

**Location: West Haven Park**

**Ages: 5-13 \$50 / 4 sessions**

012312	We	3/12-4/2	4:00 - 5:00 pm
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## Young Rembrandts Pastel Art - Culinary Adventure

We'll use pastels to create amazing, "can't-believe-I-drew-this" masterpieces. A mouse making soup, a dog eyeing the spaghetti and silly birds on cakes are some of the mischievously delicious drawings students will create every day. Pastels are an amazing medium-that with good direction, can make an artist out of any rookie. You won't believe the results from this fun-for-all, skill-enhancing workshop.

**Instructor: Young Rembrandts Staff**

**Location: West Haven Park**

**Ages: 5-13 \$60 / 4 sessions**

012313	We	4/9-4/30	4:00 - 5:00 pm
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## MUSIC

### 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: 4-7 \$79 / 4 sessions**

011553	Th	1/2-1/23	4:30 - 5:15 pm
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011554	Th	1/30-2/20	4:30 - 5:15 pm
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011555	Th	2/27-3/20	4:30 - 5:15 pm
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011556	Th	3/27-4/24	4:30 - 5:15 pm <i>No class 4/17</i>
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**Ages: 8-11 \$89 / 4 sessions**

011557	Th	1/2-1/23	5:15 - 6:15 pm
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011558	Th	1/30-2/20	5:15 - 6:15 pm
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011559	Th	2/27-3/20	5:15 - 6:15 pm
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011560	Th	3/27-4/24	5:15 - 6:15 pm <i>No class 4/17</i>
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## SPECIAL INTEREST

### American Sign Language Class - Youth

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. \$10 material fee.

**Instructor: Dalise Falkenstein**

**Location: West Grove Park**

**Ages: 5-17 \$200 / 10 sessions**

012402	Tu	1/21-3/25	4:30 - 5:30 pm
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## Join District 62 Challenger Little League



District 62 Challenger Division

P.O. Box 1211

Huntington Beach, Ca. 92647

**\*New\* Sign up online at:**

**<http://leagues.bluesombrero.com/district62challenger>**

***Our Facebook page:***

***<https://www.facebook.com/D62Challenger>***

A baseball experience for all disabled youth ages 4 years old and up no age limit (that attend school or a program within the cities of: Costa Mesa, Fountain Valley, Huntington Beach, Midway City, Westminster, Garden Grove and some parts of Newport Beach. If you live outside of our district and your city does not have a Challenger League you can join ours!

Our season begins in early March (weather permitting) and runs through mid June. Our practice and game fields are located in the city of Westminster at 14402 Magnolia Street.

The registration fee includes team hat, team jersey, yearbook and trophy.

Parents/guardians/volunteers must fill out a Little League Volunteer Form. You may contact our league at (714)610-8295 or [District62challengerbaseball@yahoo.com](mailto:District62challengerbaseball@yahoo.com).



## ADULT SPORTS

### Johnny Allen Tennis Academy: Adult Cardio Tennis Class

Looking for an upbeat workout? Grab your racket and let's hit the courts! We have tons of fast paced drills and games to keep you moving and improving. If you are looking to improve your tennis game and stay on your toes, then this program is perfect for you. This class features tennis and workouts all rolled into one. Specially designed to burn some calories, make some friends, and of course, improve your tennis game. 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:** Magnolia park

**Ages:** 18+ **\$99 / 6 sessions**

010625	TuTh	1/7-1/23	8:00 - 9:00 pm
010626	TuTh	1/28-2/13	8:00 - 9:00 pm
010627	TuTh	2/18-3/6	8:00 - 9:00 pm
010628	TuTh	3/11-3/27	8:00 - 9:00 pm
010629	TuTh	4/1-4/17	8:00 - 9:00 pm

## FENCING

### Introduction to Epee Fencing

Learn the Olympic sport of fencing. Learn to use the weapon that has descended from Renaissance dueling swords. 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 (~\$250) must be purchased prior to the first class. Inquire at South Coast Fencing Center. \$29 USFA insurance fee is due at the first class.

**Instructor:** South Coast Fencing Center

**Location:** South Coast Fencing Center

**Ages:** 18+ **\$175 / 4 sessions**

011221	TuTh	1/7-1/30	7:00 - 8:30 pm
011222	TuTh	2/4-2/27	7:00 - 8:30 pm
011223	TuTh	3/4-3/27	7:00 - 8:30 pm
011224	TuTh	4/1-4/24	7:00 - 8:30 pm

*Class sessions are offered 2 times a week. Participants should attend 1 of those sessions according to the convenience of their schedules.*

**Ages:** 18+ **\$250 / 8 sessions**

011225	TuTh	1/7-1/30	7:00 - 8:30 pm
011226	TuTh	2/4-2/27	7:00 - 8:30 pm
011227	TuTh	3/4-3/27	7:00 - 8:30 pm
011228	TuTh	4/1-4/24	7:00 - 8:30 pm

*Class sessions are offered 2 times a week. Participants should attend both of those sessions.*

### Introduction to Foil Fencing

Learn the Olympic sport of fencing. Students learn how to move, attack, and defend themselves while learning about priority and right-of-way rules that are a cornerstone in foil fencing. Emphasis is placed on developing balance, coordination, and quick decision making. Classes are hands-on and highly interactive. An essential equipment starter kit (~\$250-\$300) must be purchased prior to the first class. Inquire at South Coast Fencing Center. \$29 USFA insurance fee is due at the first class.

**Instructor:** South Coast Fencing Center

**Location:** South Coast Fencing Center

**Ages:** 18+ **\$150 / 1x per week - 4 weeks**

011205	1/7-2/1	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm
011206	2/4-3/1	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm
011207	3/4-3/29	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm
011208	4/1-4/26	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm

*Class sessions are offered 3 times a week. Participants should attend any 1 of those sessions according to the convenience of their schedules.*

**Ages:** 18+ **\$200 / 2x per week - 4 weeks**

011213	1/7-2/1	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm
011214	2/4-3/1	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm
011215	3/4-3/29	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm
011216	4/1-4/26	Sa	10:00 - 11:00 am,	TuTh	6:00 - 7:00 pm

*Class sessions are offered 3 times a week. Participants should attend any 2 of those sessions according to the convenience of their schedules.*





# ADULT FITNESS AND SPORTS

## FITNESS

### 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 \$3.50 insurance fee is due to instructor on first day of class.

**Instructor: Gemmy Pham**

**Location: West Haven Park**

Ages: 35+	\$60 / month / pair	\$35 / month / individual		
010401	MoWeFr 1/3-1/31	10:00 - 11:30 am		<i>No class 1/20</i>
010402	MoWeFr 2/3-2/28	10:00 - 11:30 am		<i>No class 2/17</i>
010403	MoWeFr 3/7-3/31	10:00 - 11:30 am		
010404	MoWeFr 4/2-4/30	10:00 - 11:30 am		
010405	MoWeFr 1/3-1/31	10:00 - 11:30 am		<i>No class 1/20</i>
010406	MoWeFr 2/3-2/28	10:00 - 11:30 am		<i>No class 2/17</i>
010407	MoWeFr 3/7-3/31	10:00 - 11:30 am		
010408	MoWeFr 4/2-4/30	10:00 - 11:30 am		

### Zumba with Cubanjet

Come join the hot and spicy party that will challenge your brain, hips, and feet. All ages and skill levels are invited to salsa, merengue, cumbia, and reggaeton to get your heart rate pumping and your calories burning! Not only will you learn new dance moves, you will grow your confidence on the dance floor. Bring a water bottle & wear athletic shoes.

**Instructor: Jeanette Rockwood**

**Location: Edgar Park**

Ages: 18+		\$10 / class (\$30-\$50)		
012205	Mo	1/6-1/27	6:30 - 7:30 pm	<i>No class 1/20</i>
012206	Mo	2/3-2/24	6:30 - 7:30 pm	<i>No class 2/17</i>
012207	Mo	3/3-3/31	6:30 - 7:30 pm	
012208	Mo	4/7-4/28	6:30 - 7:30 pm	
		\$10 / class (\$70-\$90)		
012201	MoWe	1/6-1/29	9:00 - 10:00 am	<i>No class 1/20</i>
012202	MoWe	2/3-2/26	9:00 - 10:00 am	<i>No class 2/17</i>
012203	MoWe	3/3-3/31	9:00 - 10:00 am	
012204	MoWe	4/2-4/30	9:00 - 10:00 am	



## MARTIAL ARTS

### Vovinam Martial Arts

Vovinam is a Vietnamese martial art, founded in 1938. It is the development of communicative intelligence, athletic body, noble mind, self-control, self-defense, self-esteem, and perseverance in a non-violent spirit. Self-defense for all levels: beginner, intermediate, and advanced. Students are required to purchase a unique Vovinam martial arts uniform for \$35. There is a \$30 non-refundable annual membership fee.

**Instructor: Tam Nguyen**

**Location: West Haven Park**

**Ages: 18+ \$5 / class (\$20-\$25)**

011301	Sa	1/4-1/25	9:20 - 10:50 am
011302	Sa	2/1-2/22	9:20 - 10:50 am
011303	Sa	3/1-3/29	9:20 - 10:50 am
011304	Sa	4/5-4/26	9:20 - 10:50 am





## PETS 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**

**Location: Edgar Park**

**Ages: 18+ \$80 / 6 sessions**

010901	Fr	2/14-3/28	6:00 - 6:50 pm	<i>No class 2/28</i>
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## Beginner Dog Obedience

This is the first step in teaching dog obedience. We teach the basics, sit, down, stay, then we move into walking on leash without pulling, go to a mat, touch, impulse control, and focus games. Please plan to get to class early. Please do not feed your dog prior to class. Plan to bring high value treats to class. You need to use a flat bucket collar or a martingale for this obedience class. No dogs with aggressive history.

**Instructor: Lynn Berker**

**Location: Garden Grove Park**

**Ages: 18+ \$110 / 4 sessions**

010201	We	1/8-2/12	6:30 - 7:15 pm	<i>No class 1/29 &amp; 2/5</i>
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**\$165 / 6 sessions**

010202	We	2/19-3/26	6:30 - 7:15 pm
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010203	We	4/2-5/7	6:30 - 7:15 pm
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## Dog Socialization Obedience

Must have basic obedience class is intended for people wishing to compete in AKC obedience. *All NEW dogs must be evaluated by the instructor prior to attending class. Please contact the instructor, Patricia Cahill at [chmissy3@yahoo.com](mailto:chmissy3@yahoo.com) to arrange evaluation date and time or any questions you may have.*

**Instructor: Patricia Cahill**

**Location: Garden Grove Park**

**Ages: 18+ \$40 / 4 sessions or \$60/6 sessions**

010807	We	1/8-2/12	6:30 - 7:15 pm	<i>No class 1/29 and 2/15</i>
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010808	We	2/19-3/26	6:30 - 7:15 pm
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010809	We	4/2-5/7	6:30 - 7:15 pm
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## Dog Conformation

This class is intended for people who want to compete in AKC Conformation Competition. Students will have the opportunity to be guided on proper education/etiquette and direction for showing your dog. All levels are acceptable for this class. Requirements are as follows: 1) At least 4 months of age (exceptions may be made upon approval by instructor), 2) Dogs must have current vaccinations. Please bring a copy to your first class. 3) Dogs must have proper show equipment. Show leads are needed depending on your breed. 4) Bring "special treats" with you to class. Registered AKC purebred dogs only. Dog must not show any aggressions towards other dogs or people.

*All NEW dogs must be evaluated prior to attending class. Please contact the instructor, Patricia Cahill at [chmissy3@yahoo.com](mailto:chmissy3@yahoo.com) to arrange evaluation date and time.*

**Instructor: Patricia Cahill**

**Location: Garden Grove Park**

**Ages: 18+ \$60 / 6 sessions or \$40 / 4 sessions**

010801	We	1/8-2/12	5:30 - 6:30 pm	<i>No class 1/29 &amp; 2/5</i>
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010804	We	1/8-2/12	7:15 - 8:15 pm	<i>No class 1/29 &amp; 2/5</i>
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010802	We	2/19-3/26	5:30 - 6:30 pm
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010805	We	2/19-3/26	7:15 - 8:15 pm
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010803	We	4/2-5/7	5:30 - 6:30 pm
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010806	We	4/2-5/7	7:15 - 8:15 pm
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## SPECIAL INTEREST

### American Sign Language Class - Adults

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. \$10 material fee.

**Instructor:** Dalise Falkenstein

**Location:** West Grove Park

**Ages:** 18+ **\$200 / 10 sessions**

012401	Tu	1/21-3/25	5:30 - 6:30 pm
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## ARTS AND CRAFTS

### 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. \$5 material fee due the first day of class. Please contact Pati Kent at patilovesart@gmail or visit Garden Grove City Hall to get materials list.

**Instructor:** Pati Kent

**Location:** Westminster Community Center

**Ages:** 18+ **\$49 / 3 sessions or \$65 / 4 sessions**

011001	We	1/8-1/29	2:00 - 3:45 pm
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011002	We	2/12-2/26	2:00 - 3:45 pm
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011003	We	3/12-4/2	2:00 - 3:45 pm
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### 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. \$30 materials fee.

**Instructor:** Jack Griswold

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

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

010505	Fr	1/3	6:00 - 8:00 pm
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010506	Fr	2/7	6:00 - 8:00 pm
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010507	Fr	3/7	6:00 - 8:00 pm
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010508	Fr	4/4	6:00 - 8:00 pm
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### 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. \$30 materials fee.

**Instructor:** Jack Griswold

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

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

010501	Fr	1/3	8:00 - 9:00 pm
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010502	Fr	2/7	8:00 - 9:00 pm
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010503	Fr	3/7	8:00 - 9:00 pm
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010504	Fr	4/4	8:00 - 9:00 pm
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# SENIOR ACTIVITIES

## *H. Louis Lake* SENIOR CENTER

11300 Stanford Ave. Garden Grove, CA 92840

Hours of Operation: Monday-Friday 8:30 a.m. - 3:30 p.m.

### **SOCIAL SUPPORT PROGRAMS**

- ✔ *Individuals age 60 and older*
- ✔ *Must be residents of Garden Grove*
- ✔ *Information and referrals*
- ✔ *Case management*
- ✔ *Counseling*
- ✔ *Health education and lifestyle workshops*
- ✔ *Community Resources*

### **SENIOR MOBILITY PROGRAM**

- ✔ *Individuals age 60 and older*
- ✔ *Must be residents of Garden Grove*
- ✔ *Transportation provided by California Yellow Cab*
- ✔ *Cost is \$4 each way.*  
*Trips to the Center are free!*
- ✔ *For more information call the Center*

### **ACTIVITIES**

*Pool tables*  
*Pinochle*  
*Bingo*  
*Field trips*  
*Craft days*  
*Karaoke*

### **CLASSES**

*Tai Chi*  
*ESL*  
*Adaptive Line Dancing*  
*Fit Mind, Fit Body*  
*Balance and Mobility*  
*Chair Yoga*  
*Technology classes*  
*Paint and Ceramics*

### **INDOOR DINING**

*Join us for a hot lunch at 11:30 a.m.*  
*Monday through Friday. Registration*  
*begins at 9:00 a.m. daily.*

### **SPECIAL EVENTS**

*Holiday Events*  
*Dances*  
*Birthday Celebrations*

To stay up to date with the Senior Center's programs and events,  
access the The Scoop by clicking the link below:

[ggcity.org/community-services/h-louis-lake-senior-center](http://ggcity.org/community-services/h-louis-lake-senior-center)

For more information, please call: (714) 741-5253



GARDEN GROVE

## H. Louis Lake SENIOR CENTER

### SENIOR MOBILITY PROGRAM

#### About

- ✔ The Senior Mobility Program is available to residents of Garden Grove age 60 years or older.
- ✔ Service provided Monday through Friday from 7:30 a.m. to 6:00 p.m.
- ✔ Proof of address and age required at time of application.

#### Our Service

- ✔ **FREE** trips to and from the senior center!
- ✔ Trips to medical appointments up to 10 miles outside city limits.
- ✔ Trips to grocery stores within Garden Grove.
- ✔ \$2.00 fee for trips to and from medical appointments or grocery shopping.



Please call the H. Louis Lake Senior Center for additional questions and to sign up.

**714-741-5253**



Local Tax Dollars at Work



GARDEN GROVE



## **VOLUNTEERS NEEDED** TOGETHER, WE CAN MAKE A DIFFERENCE!

Approximately 25% of older adults in Orange County live alone, possibly without the resources we take for granted. You can enhance an older adult's welfare, help them stay living in the home they love and lessen the loneliness many of them face each day. Volunteer positions are available Monday-Friday and can take as little as one hour per week.

### **Drivers for Home Delivered Meals:**

Deliver a nutritious meal and a friendly check-in.

### **Shifts available at the H. Louis Senior Center:**

Monday, Wednesday & Thursday  
Between 8:30 a.m. - 12:30 p.m.

### **Contact:**

[volunteer@mealsonwheelsoc.org](mailto:volunteer@mealsonwheelsoc.org)  
or call **714-864-3611** for more information  
and to complete the volunteer application.



The City of Garden Grove  
presents the 48th Annual

# Strawberry Ball

*Thursday, May 22, 2025*

*Community Meeting Center*

*Butterfield AB Room*

*11300 Stanford Avenue, Garden Grove*

*4:30 p.m. - 7:30 p.m.*

*Check-in begins at 4:00 p.m.*

*Introduction of the 2025 Strawberry Ball King & Queen  
and Senior Volunteers of the Year*

*\$20.00 per person*

*(Includes dinner, desserts & entertainment)*

*Advance reservations required*

*RSVP by May 15, 2025*

*Tickets available starting April 1st at*

*H. Louis Lake Senior Center*

*11300 Stanford Avenue, Garden Grove*

*(714) 741-5253*





The **Magnolia Park Family Resource Center (MPFRC)** founded in 2000, serves families residing in the city of Garden Grove and surrounding cities in Orange County. The MPFRC has become the centralized information and referral point for the community. With the assistance of staff and partners, individuals can create linkages with necessary resources to help strengthen their families.

**Vision:** Building healthy communities one family at a time.

**Service Approach:** Magnolia Park Family Resource Center operates with the nationally recognized Five Protective Factors approach. The framework of the Five Protective Factors provides foundation for the use of best practice strategies in strengthening families. According to the Center for Study of Social Policy, Five Protective Factors are identified in preventing child abuse and neglect, as well as building family strengths and a family environment that promotes optimal child and youth development.

Through its partnerships with funded and non-funded partners, MPFRC is able to offer essential core services to individuals and families.

### **MPFRC's Core Services**

Mental Health Counseling  
Parent Education  
Comprehensive Case Management Team  
Family Support Services  
Domestic Violence Prevention & Treatment Services  
Information and Referral  
Youth/Teen Program  
Differential Response Program

### **Other Services:**

Child Development Activities  
Family Health and Wellness  
Basic Needs Assistance  
Free Diaper Program  
Food Distribution

### **MPFRC Partners**

MPFRC partners with many agencies in order to provide comprehensive services. Some of the partners are:

City of Garden Grove (Lead Agency)	OC Social Services Agency
Boys & Girls Clubs of Garden Grove	Second Harvest
Human Options	TASK
Community Action Partnership of Orange County	Olive Crest
Interval House	

**11402 Magnolia Street  
Garden Grove, CA 92841**

**For additional information, please call (714) 741-5222.**





## MAGNOLIA PARK FAMILY RESOURCE CENTER

### **Our Vision:**

Building healthy communities one family at a time.

### **MPFRC's Core Services:**

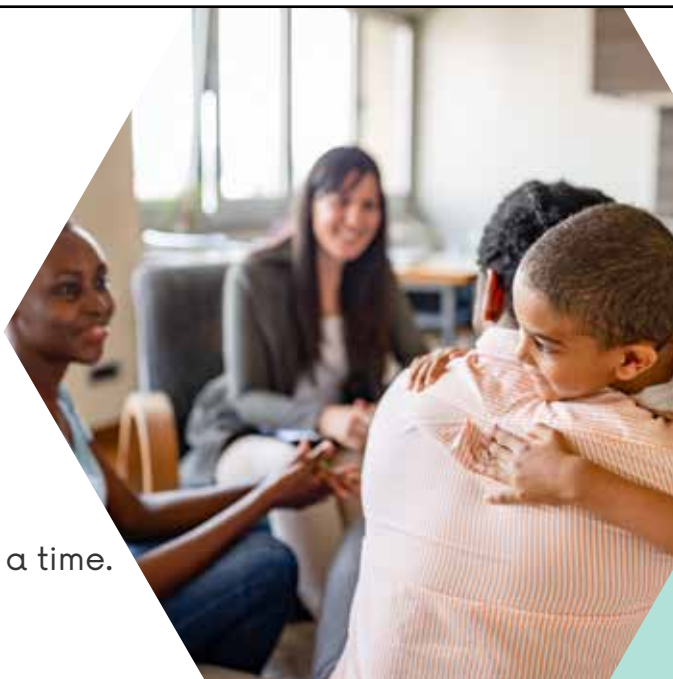
- Counseling
- Parent Education
- Comprehensive Case Management Team
- Family Support Services
- Domestic Violence Personal Empowerment Program
- Information and Referral Services
- Out of School Time (OST) Youth Program
- Differential Response Program
- Emergency Assistance

### **Other Services:**

- Early Learning Activities
- Family Health and Wellness
- Father Strengthening Parenting Program
- IEP Consultations
- Medi-Cal & CalFresh Application Assistance
- Family Strengthening Workshops and Activities

### **Location:**

11402 Magnolia St.  
Garden Grove, CA 92841  
(714) 741-5222  
MagnoliaParkFRC@factoc.org





## Service Approach:

Magnolia Park Family Resource Center operates with the nationally recognized Five Protective Factors approach. The framework of the Five Protective Factors provides foundation for the use of best practice strategies in strengthening families.

## Five Protective Factors:

- Concrete Support in Times of Need
- Parental Resilience
- Knowledge of Parenting and Child Development
- Social and Emotional Competence of Children
- Social Connections



## MPFRC Partners:

- **City of Garden Grove (Lead Agency) \***
- Boys & Girls Clubs of Garden Grove
- **Human Options \***
- Community Action Partnership of O.C.
- Families Together Orange County
- **Interval House \***
- OC Social Services Agency
- Children's Health Initiative O.C. (CHIOC)
- AltaMed

\*FaCT Funded Partner





# Save the Date

Garden Grove Gems is a virtual home beautification program recognizing Garden Grove residents for their amazing homes.

*Nominations*

**TUESDAY, APRIL 1 –  
THURSDAY, APRIL 24, 2025**

Participating residents will nominate themselves.

*Voting*

**MONDAY, MAY 5 –  
MONDAY, MAY 19, 2025**

Community will vote online for one home per District.



*Nominate your home online to participate!*

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





2025 GARDEN GROVE  
*College Graduates' Reception*

Graduating from a college or university in 2025?  
Celebrate your achievement in higher education,  
with a chance to win cash and prizes!

Sponsorship opportunities are available.

**GGCITY.ORG/GRADS**



**Class of  
2025**

# CLASS REGISTRATION

## Register Early!!

- **Registration begins Thursday, December 12, 2024**
- **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 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.

# CLASS REGISTRATION



City of Garden Grove  
Community Services Department  
Recreation and Human Services Division  
**Class Registration Form  
Liability Waiver**

Revised 06-25-2020  
Receipt #: \_\_\_\_\_

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