

City of Lakewood
Recreation and Community Services

FALL/WINTER 2020

Recreation Catalog



- ▶ **Classes and Park Activities Begin Monday, September 21, 2020**
- ▶ **Register Now at Lakewoodcity.org/ecatalog**

Parks Make Life Better!

The City of Lakewood's Fall/Winter Catalog features an exciting schedule of programs, classes and events to enhance the lives of community members. The six key messages listed below explain how:

- GATHERING PLACES** – By providing places for learning and socializing
- FOREVER** – Parks enrich our lives by providing memories for a lifetime
- PLAY** – By offering safe playgrounds and play spaces
- NATURE** – By providing beautiful landscaping and open space
- EXERCISE** – By providing opportunities for healthy exercise
- POSITIVE SPACES** – By offering supervised places for youth



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Even though some activities have been cancelled in order to comply with Los Angeles County's Safer at Home Order, there are still many fun activities planned for this Fall/Winter season.

Help your teen prepare to receive their driver's license by signing them up for an Online Driver's Education class, the first required step in the process of obtaining their learner's permit. Or, have you always wanted to learn how to play the guitar or piano? Now is the perfect time to learn in the comfort and privacy of your own home with private lessons via Zoom.

Additionally, kids will enjoy becoming creative in the virtual Art Fun for Kids class, or help them stay active and learn new soccer skills by enrolling in one of the many Kidz Love Soccer virtual classes.

Also, check out the City of Lakewood's Virtual Recreation Center at www.lakewoodcity.org/virtualrec. There, you can find free activities for the whole family!

For all news updates related to COVID-19 in Lakewood, please refer to the City of Lakewood's web site at www.lakewoodcity.org/covid19.

Thank you for your understanding as we work together to protect our community. If you have any questions please contact the Recreation and Community Services Department at 562-866-9771 extension 2408.



FALL/WINTER CALENDAR

Resident Registration is going on now.

Non-Resident Registration Begins:

Monday, September 14

Most Classes Begin Week Of:

Monday, September 21

Course offerings through February 2021

www.lakewoodcity.org/ecatalog • 562-866-9771 ext. 2408 • REGISTER IN ADVANCE FOR CLASSES

Adult Fitness, Sports and Dance

Exercise/Fitness Classes

For all fitness classes, please wear comfortable, breathable clothing and supportive shoes. You may want to bring a towel or exercise mat to class. Also, please consult your doctor before beginning any exercise program.

Ballet Burn - LIVE or VIRTUAL

Combining the benefits of ballet with fitness, Ballet Burn focuses on building muscle and burning calories. Light weights, therabands, medicine balls and basic ballet movement at the barre are used throughout class. Perfect for individuals looking for a 'no impact' workout and challenging enough for fitness enthusiasts. Instructor: Kick It Up! Staff

- **Location:** Kick It Up!, 8129 E. Wardlow Rd., Long Beach.
- **This class can be done virtually!** Contact the Recreation and Community Services Department for more information.

• **No class November 25 & 27.**

18836	M	9:30am-10:30am	10/5-11/2	\$25/5 Mtgs
18838	T	7:30pm-8:30pm	10/6-11/3	\$25/5 Mtgs
18840	W	8:30am-9:30am	10/7-11/4	\$25/5 Mtgs
18842	F	8:30am-9:30am	10/9-11/6	\$25/5 Mtgs
18837	M	9:30am-10:30am	11/9-12/7	\$25/5 Mtgs
18839	T	7:30pm-8:30pm	11/10-12/8	\$25/5 Mtgs
18841	W	8:30am-9:30am	11/11-12/16	\$25/5 Mtgs
18843	F	8:30am-9:30am	11/13-12/18	\$25/5 Mtgs

Bellydance Fitness - LIVE or VIRTUAL

Bellydance Fitness is a core strengthening, glute tightening, cardio dance party all in one! Combining the best of belly dancing with stomach and leg strengthening, this class will burn calories, blast away the fat and tone your 'core' section and legs. And it won't even feel like you're working out because you'll have so much fun! Instructor: Kick It Up! Staff

- **Location:** Kick It Up!, 8129 E. Wardlow Rd., Long Beach.
- **This class can be done virtually!** Contact the Recreation and Community Services Department for more information.

• **No class November 27.**

18850	T	9:30am-10:30am	10/6-11/3	\$25/5 Mtgs
18852	F	9:30am-10:30am	10/9-11/6	\$25/5 Mtgs
18851	T	9:30am-10:30am	11/10-12/8	\$25/5 Mtgs
18853	F	9:30am-10:30am	11/13-12/18	\$25/5 Mtgs

Cardio Hip Hop - LIVE or VIRTUAL

This great cardio hip hop class combines funky hip hop with the intensity of a low impact cardio workout. Come ready to burn a ton of calories and learn some easy to follow dance moves to some of your favorite music. Instructor: Kick It Up! Staff

- **Location:** Kick It Up!, 8129 E. Wardlow Rd., Long Beach.
- **This class can be done virtually!** Contact the Recreation and Community Services Department for more information.

18854	M	7:45pm-8:45pm	10/5-11/2	\$25/5 Mtgs
18855	M	7:45pm-8:45pm	11/9-12/7	\$25/5 Mtgs

Zumba - LIVE or VIRTUAL

Grooving to the beats of salsa, flamenco and merengue music feels more like a dance party than a workout, which is exactly what makes Zumba so popular. The Latin-inspired dance workout is one of the most popular group exercise classes in the world. Instructor: Kick It Up! Staff

- **Location:** Kick It Up!, 8129 E. Wardlow Rd., Long Beach.
- **This class can be done virtually!** Contact the Recreation and Community Services Department for more information.

• **No class November 25-28.**

18868	M	6:30pm-7:30pm	10/5-11/2	\$25/5 Mtgs
18870	T	6:00pm-7:00pm	10/6-11/3	\$25/5 Mtgs
18872	W	7:00pm-8:00pm	10/7-11/4	\$25/5 Mtgs
18874	Th	7:00pm-8:00pm	10/8-11/5	\$25/5 Mtgs
18876	Sa	8:00am-9:00am	10/10-11/7	\$25/5 Mtgs
18869	M	6:30pm-7:30pm	11/9-12/7	\$25/5 Mtgs
18871	T	6:00pm-7:00pm	11/10-12/8	\$25/5 Mtgs
18873	W	7:00pm-8:00pm	11/11-12/16	\$25/5 Mtgs
18875	Th	7:00pm-8:00pm	11/12-12/17	\$25/5 Mtgs
18877	Sa	8:00am-9:00am	11/14-12/19	\$25/5 Mtgs

Kung-Fu Five Element Forms - VIRTUAL

In this class you will learn and unlock the concepts within the Five Elements. Starting with blocks, stances, movement and hand and foot striking methods. You will build and progress to the Five Element forms. As you master each form you will discover how to adapt the Five Elements to many situations, styles, such as the tiger, dragon, snake, leopard and crane, weapons and more, which will increase the power and usefulness of these techniques. You will discover the equally valuable health and wellness benefits of this class for body and mind, filling many needs in one workout. Join with a partner so you can get even more out of each class! Ages 15 and up. Instructor Richard Mieir-King

• **No class November 23.**

- **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

19091	M	6:00pm-7:00pm	9/21-10/26	\$54/6 Mtgs
19092	M	6:00pm-7:00pm	11/2-12/14	\$54/6 Mtgs

Basic Yoga - VIRTUAL

Yoga is designed to bring union to body, mind and spirit through flexibility, strength, full range of motion, balance, fullness of breath and relaxation. Individual needs are addressed and this style is gentle and appropriate for all ages and all levels. Instructor: Barbara McEnroe

- **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

• **No class November 28.**

18117	Sa	9:30am-10:45am	9/26-10/31	\$60/6 Mtgs
18118	Sa	9:30am-10:45am	11/7-12/1	\$50/5 Mtgs
18119	Sa	9:30am-10:45am	1/2-1/16	\$30/3 Mtgs

NON-RESIDENTS ADD THE FOLLOWING FEES FOR EACH CLASS ENROLLMENT.

IF CLASS FEE IS:

\$0 - \$10	NO ADDITIONAL FEE
\$11 - \$29	ADD ADDITIONAL \$5 NON-RESIDENT FEE
\$30 - \$59	ADD ADDITIONAL \$10 NON-RESIDENT FEE
\$60 AND OVER	ADD ADDITIONAL \$15 NON-RESIDENT FEE

ARE YOU A STAY AT HOME MOM?
MOMS Club of Lakewood may be just what you need. For more information contact:
lakewoodmomsclub@hotmail.com

Adult Fitness, Sports and Dance

Strong Health through Ancient Energetic Methods - VIRTUAL

Discover the ancient disciplines for health and wellness. Traditional, alternative and integrative methods of the past that are necessary and relevant for you today. These methods, known as Qigong, can benefit you in many ways. Stress, anxiety, hypertension, tiredness, mental fog, inflammation, low immune system and more. These energy disciplines evolved over centuries to address these, and many other issues, giving you the keys to manage many of these concerns on your own, improving immune function, clarity of mind, strength, stamina, relaxation and more. Ages 15 and up. Instructor: Richard Mieir-King

- No class November 25.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

19093	W	6:00pm-7:00pm	9/23-10/28	\$54/6 Mtgs
19094	W	6:00pm-7:00pm	11/4-12/16	\$54/6 Mtgs

Core Yoga - VIRTUAL

Core yoga works on strengthening and stretching the core muscles deep within your body, from the base of the head to your pelvis. These are very important muscles that support and stabilize your spine. Strengthening your core will allow your body to move in any direction, assisting in walking, bending, sitting, lifting and balancing. A strong core is beneficial to everyone because it allows your body to function properly, resulting in improved posture, balance and stability. Strengthening your core will help to prevent injuries and you will be less prone to back, hip and neck pain. Instructor: Barbara McEnroe

- No class November 27.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

18223	F	9:30am-10:45am	9/25-10/30	\$60/6 Mtgs
18225	F	9:30am-10:45am	11/6-12/11	\$50/5 Mtgs
18227	F	9:30am-10:45am	1/8-1/22	\$30/3 Mtgs

Gentle Yoga with Barbara McEnroe - VIRTUAL

Gentle Yoga is a softer, nurturing yoga class allowing you to let go of stress and relax deeply. This approach includes carefully orchestrated movements and stretches to increase range of motion, build strength and flexibility and allow one to be more comfortable in the body. Suitable for everyone with modifications available. Instructor: Barbara McEnroe

- No class November 24.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

19153	T	6:00pm-7:15pm	9/22-10/27	\$60/6 Mtgs
19155	T	6:00pm-7:15pm	11/3-12/8	\$50/5 Mtgs
19156	T	6:00pm-7:15pm	1/5-1/19	\$30/3 Mtgs

Kundalini Kriyas & Meditation

This class is for those who have practiced any type of yoga and would like to experience the deeper effects of Kundalini Yoga. In this class we will practice "kriyas" that combine breathing techniques with yoga postures and movement to achieve physical vitality, mental clarity and deep inner peace. Students will also learn mudras, breath, mantras and bandhas to develop a meditative mind. Instructor: Gobind Boyes

- This class will be held outdoors.
- Pre-registration required.
- Class size will be limited to allow for social distancing.
- Additional protocols include mandatory temperature screenings, face masks and use of participants' own equipment.
- Bring your own yoga mat and towel.
- Please do not arrive earlier than 10 minutes prior to class, and leave promptly when class has ended.

18359	W	5:30pm-6:45pm	10/21-10/28	MVP	\$20/2 Mtgs
18360	W	5:30pm-6:45pm	11/4-11/25	MVP	\$40/4 Mtgs
18361	W	5:30pm-6:45pm	12/2-12/30	MVP	\$50/5 Mtgs
18362	W	5:30pm-6:45pm	1/6-1/27	MVP	\$40/4 Mtgs

Kundalini Yoga with Barbara McEnroe - VIRTUAL

Kundalini Yoga is an uplifting blend of movement, dynamic breathing techniques, mantra and meditation. Kundalini is the yoga of awareness. When practiced it builds vitality and raises consciousness, awakening us to our full human potential. Instructor: Barbara McEnroe

- No class November 22.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

19154	Su	9:30am-10:30am	9/27-11/1	\$60/6 Mtgs
19157	Su	9:30am-10:30am	11/8-12/13	\$50/5 Mtgs
19158	Su	9:30am-10:30am	1/3-1/17	\$30/3 Mtgs

Basic Yoga

Yoga is designed to bring union to body, mind and spirit through flexibility, strength, full range of motion, balance, fullness of breath and relaxation. Individual needs are addressed and this style is gentle and appropriate for all ages and all levels. Instructor: Barbara McEnroe

- No class November 23 & 24 and December 7.
- This class will be held outdoors.
- Pre-registration required.
- Class size will be limited to allow for social distancing.
- Additional protocols include mandatory temperature screenings, face masks and use of participants' own equipment.
- Please do not arrive earlier than 10 minutes prior to class, and leave promptly when class has ended.

19167	M	6:00pm-7:15pm	9/21-10/26	MVP	\$60/6 Mtgs
19170	T	10:00am-11:15am	9/22-10/27	MVP	\$60/6 Mtgs
19168	M	6:00pm-7:15pm	11/2-12/14	MVP	\$50/5 Mtgs
19171	T	10:00am-11:15am	11/3-12/8	MVP	\$50/5 Mtgs
19169	M	6:00pm-7:15pm	12/21-1/11	MVP	\$40/4 Mtgs
19172	T	10:00am-11:15am	12/22-1/12	MVP	\$40/4 Mtgs

NON-RESIDENTS ADD THE FOLLOWING FEES FOR EACH CLASS ENROLLMENT.

IF CLASS FEE IS:

\$0 - \$10	NO ADDITIONAL FEE
\$11 - \$29	ADD ADDITIONAL \$5 NON-RESIDENT FEE
\$30 - \$59	ADD ADDITIONAL \$10 NON-RESIDENT FEE
\$60 AND OVER	ADD ADDITIONAL \$15 NON-RESIDENT FEE



Adult Fitness, Sports and Dance

Gentle Yoga with Barbara McEnroe

Gentle Yoga is a softer, nurturing yoga class allowing you to let go of stress and relax deeply. This approach includes carefully orchestrated movements and stretches to increase range of motion, build strength and flexibility and allow one to be more comfortable in the body. Suitable for everyone with modifications available.

Instructor: Barbara McEnroe

- No class November 24.
- This class will be held outdoors.
- Pre-registration required.
- Class size will be limited to allow for social distancing.
- Additional protocols include mandatory temperature screenings, face masks and use of participants' own equipment.
- Please do not arrive earlier than 10 minutes prior to class, and leave promptly when class has ended.

19173	T	11:30am-12:45pm	9/22-10/27	MVP \$60/6 Mtgs
19174	T	11:30am-12:45pm	11/3-12/8	MVP \$50/5Mtgs
19175	T	11:30am-12:45pm	12/22-1/12	MVP \$40/4 Mtgs

Dance Classes

Belly Dance - VIRTUAL

Learn the art of classical belly dancing while improving strength, muscle tone and flexibility. This activity enhances coordination, increases stamina and builds self-esteem in a fun, non-intimidating atmosphere. It's a healthy and fun way to bring exercise into your life. Visit www.fahiem.com. All ages welcome. Instructor: Fahiem

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.
- No class November 26.

18146	Th	8:00pm-9:00pm	9/24-10/8	\$35/3 Mtgs
18147	Th	8:00pm-9:00pm	11/19-12/10	\$35/3 Mtgs
18878	Th	8:00pm-9:00pm	1/7-1/21	\$35/3 Mtgs

Adult Sports

Women's Volleytennis

Volleytennis has been a sports staple for over three decades for Lakewood women. The game, which combines volleyball with a tennis-height net, is extremely accessible to adult athletes of all ages and abilities. Players with even a limited background in volleyball are able to adapt easily to the game. Games are played on Monday nights on outdoor courts.

League play begins on March 1, 2021.

Adult Softball

The following adult softball leagues are offered:

- Men's Single Wall Bat – Fri. evenings
- Co-Ed Single Wall Bat – Mon./Tues./Thurs. evenings and Sun. afternoons
- Bat Provided – Wed. evenings (Men's) and Thurs. evenings (Co-Ed)

League play begins on February 19, 2021.

Spring Season Registration dates: January 4-15, 2021

Registration available online for all adult sports leagues. Go to www.lakewoodcity.org/ecatalog, click on Activities – Sports League.

Registration packets are also available online at www.lakewoodcity.org/sports, for in person registration. Additionally, teams may obtain registration packets at the Recreation and Community Services Department at City Hall, or call 562-866-9771 ext. 2408. Fees and other details are available in the packets.

NON-RESIDENTS ADD THE FOLLOWING FEES FOR EACH CLASS ENROLLMENT.

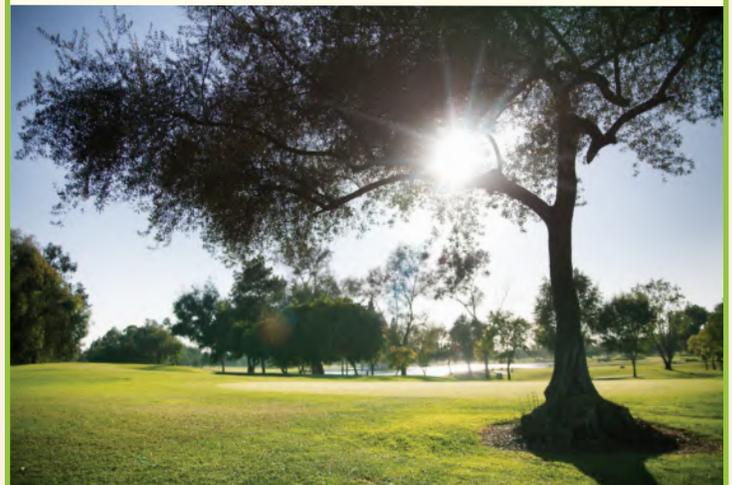
IF CLASS FEE IS:

\$0 - \$10	NO ADDITIONAL FEE
\$11 - \$29	ADD ADDITIONAL \$5 NON-RESIDENT FEE
\$30 - \$59	ADD ADDITIONAL \$10 NON-RESIDENT FEE
\$60 AND OVER	ADD ADDITIONAL \$15 NON-RESIDENT FEE

LAKWOOD EDUCATION FOUNDATION FUNDRAISER



MORE
INFORMATION
COMING SOON.



Adult Special Interest

EVENTS BY

TGiS
thank,
goodness
it's sofia



FOOD | EVENTS | WEDDINGS

562-804-4434

Our Sites are quiet,
Missing good cheer.
When the season is right,
Bring your Celebration here!

Two incredible Event Sites
The Centre & Monte Verde Park



THE CENTRE
5000 Clark Avenue



Monte Verde Park | 4626 N. Shadeway Road

Workshops & Classes



Beginner's Guide to Getting Published - VIRTUAL

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. You will discover how to become a "published" writer overnight, submit manuscripts the correct way, find the right publisher for your work, determine when and how to get an agent, 100 ways to make money as a freelance writer and more. If you really want to succeed, this step-by-step workshop is a must!

Instructor: LeeAnne Krusemark

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

18879	T	6:00pm-8:00pm	10/13	\$37/1 Mtg
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Community CPR Class

Through lecture and hands-on skill sessions, you will learn CPR (for adults, children and infants), first aid skills, and how to use an AED. Participants must be able to get on the floor to demonstrate correct CPR skills, as well as pass the written exam. Certification will be through the American Red Cross and is valid for two years.

Instructor: City Staff

• **Please arrive on time. Late participants will not be allowed to enter.**

18186	Sa	7:30am-12:30pm	1/9	BCC	\$30/1 Mtg
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NON-RESIDENTS ADD THE FOLLOWING FEES FOR EACH CLASS ENROLLMENT.

IF CLASS FEE IS:

\$0 - \$10	NO ADDITIONAL FEE
\$11 - \$29	ADD ADDITIONAL \$5 NON-RESIDENT FEE
\$30 - \$59	ADD ADDITIONAL \$10 NON-RESIDENT FEE
\$60 AND OVER	ADD ADDITIONAL \$15 NON-RESIDENT FEE

Explore 250 Home-Based Business Ideas - VIRTUAL

Are you tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home-based business. During this informative workshop you will learn about the many ways to market your products/services, what necessary legal documentation is required, how to take tax deductions and much more. This is probably the most comprehensive business start up workshop you will ever find, so if you really want to succeed in a home business, this step-by-step session is a must! Instructor: LeeAnne Krusemark

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

18880 M 6:00pm-8:00pm 10/12 \$37/1 Mtg

Save Money with Extreme Couponing! - VIRTUAL

Learn how to save \$\$\$ every day with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you where to find different types of coupons, how to match coupons with sales for maximum savings, and the best coupon apps and websites. Instructor: LeeAnne Krusemark

• **Students must have internet access and must provide an email address to take the course.**

• **Registrants will be contacted with login information.**

18882 Th 5:00pm-6:00pm 10/15 \$21/1 Mtg

Survive for 7 Disaster Planning Workshop

Is your family prepared for a major disaster? Having food, water and shelter for seven days is the standard for personal and family disaster survival.

Lakewood's "Survive for 7" disaster planning workshop educates residents about emergency preparedness and offers the skills they might need to survive in the first week following a catastrophe.

Do you know what to do? Do you have a plan? Fire, police and emergency medical services may be delayed in responding. You need to learn what to do. Have a plan and be prepared to take care of yourself, your family and your community.

Residents can access the free virtual Survive for 7 workshop after October 13 at www.lakewoodcity.org/survive



www.lakewoodcity.org/7days

CERT



Due to the pandemic, the City of Lakewood will not be able to offer an "in-person" CERT emergency preparedness training this winter, however, we are looking forward to hosting a course later in 2021.

Lakewood residents wanting advanced disaster-prep training should join the Lakewood CERT Team in 2021! The Community Emergency Response Team (CERT) program is 21 hours of FREE classroom instruction and hands-on training, taught by FEMA Certified CERT Instructors in conjunction with Los Angeles County Fire and Sheriff's Department personnel. It is broken up into the following units:

- ✓ **Disaster Preparedness**
- ✓ **Disaster Fire Suppression**
- ✓ **Disaster Medical Operations I**
- ✓ **Disaster Medical Operations II**
- ✓ **Light Search and Rescue Operations**
- ✓ **Disaster Psychology and Organization**
- ✓ **Terrorism**
- ✓ **Course Review and Disaster Simulation Exercise**

Following a major disaster, first responders who provide fire and medical services will not be able to meet the demand for those who need help. Factors such as number of victims, communication failures, and road blockages will prevent people from accessing emergency services they have come to expect at a moment's notice through 911. The CERT program is about community readiness, people helping people, rescuer safety and doing the greatest good for the greatest number of people. CERT is a positive and realistic approach to emergency and disaster situations where community members will be initially on their own and their actions can make a difference!

The course is traditionally held on three consecutive days – Friday evening, all day Saturday and all day Sunday. Dinner is served on Friday evening and lunch breaks are given on Saturday and Sunday. You must attend all three sessions to receive your CERT certification. Participants must be at least 18 years old. Pre-registration is required for this course. For more information or questions about the Lakewood CERT program and future courses in Lakewood please contact Public Safety CERT Coordinator Yvonne Galan.

**Yvonne Galan: (562)866-9771, extension 2136
CERT email: LakewoodCERT@lakewoodcity.org**

Adult Special Interest

Writing for Online Blogs, Magazines & Websites - VIRTUAL

You don't need a journalism-school degree or previously published articles to write for online blogs, magazines, and websites. Some online opportunities offer exposure and networking, while many pay well — \$1 a word and more. In this fast-paced session, you will learn how to: find more than 1,000 opportunities that pay, find story ideas, conduct interviews and create interesting content, protect your copyright, write query letters, and then use this credibility to sell other articles or even your self-published novel. Instructor: LeeAnne Krusemark

- Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
- | | | | | |
|-------|---|---------------|-------|------------|
| 18881 | W | 5:00pm-6:00pm | 10/14 | \$21/1 Mtg |
|-------|---|---------------|-------|------------|

CyberSAFE - VIRTUAL

Regardless of your computer experience, this class will help you become more aware of technology and online risks and what you can do to protect yourself, your family and your organization from them. You will use discussions, case studies, and the experiences of your instructor and fellow students to explore the hazards and pitfalls of technology and learn how to use that technology safely and securely. Course includes Cybersafe exam. Ages 14 and older. Instructor: David Kitchen

- Students must have internet access and must provide an e-mail address to take the course.
 - Registrants will be contacted with login information.
 - Tech requirements: Windows 7-10, Microsoft Office and Acrobat Reader.
- | | | | | |
|-------|---|---------------|-------|------------|
| 19095 | F | 3:00pm-7:00pm | 9/25 | \$99/1 Mtg |
| 19096 | F | 3:00pm-7:00pm | 10/23 | \$99/1 Mtg |
| 19097 | F | 3:00pm-7:00pm | 11/20 | \$99/1 Mtg |
| 19098 | F | 3:00pm-7:00pm | 12/11 | \$99/1 Mtg |
| 19099 | F | 3:00pm-7:00pm | 1/22 | \$99/1 Mtg |



NON-RESIDENTS ADD THE FOLLOWING FEES FOR EACH CLASS ENROLLMENT.

IF CLASS FEE IS:	
\$0 - \$10	NO ADDITIONAL FEE
\$11 - \$29	ADD ADDITIONAL \$5 NON-RESIDENT FEE
\$30 - \$59	ADD ADDITIONAL \$10 NON-RESIDENT FEE
\$60 AND OVER	ADD ADDITIONAL \$15 NON-RESIDENT FEE

Arts & Crafts

Beginning Adventures in Acrylic Painting - VIRTUAL

Acrylic painting is one of the art's most accessible mediums. Accommodating many painting styles and techniques, you can achieve the color and impasto of oil paintings in half the time, and explore the multi-layered inspiration of Watercolor's transparent fluidity! By the end of the 4-week session, you'll have created your own personal project(s). Instructor: Clyde San Juan

- Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
 - The instructor will email a suggested supply list for purchase before first class meeting.
- | | | | | |
|-------|---|----------------|-------------|-------------|
| 18120 | T | 11:45am-1:45pm | 9/22-10/13 | \$70/4 Mtgs |
| 18121 | T | 11:45am-1:45pm | 10/20-11/10 | \$70/4 Mtgs |
| 18122 | T | 11:45am-1:45pm | 11/17-12/8 | \$70/4 Mtgs |
| 18927 | T | 11:45am-1:45pm | 12/15-1/5 | \$70/4 Mtgs |

Beginning Drawing with Your Acrylic Painting - VIRTUAL

Apply the basics of sketching and drawing to acrylic paintings! Use graphite and watercolor pencils to conceptualize and render forms in space, and then parallel this learning to the composing and execution of your acrylic paintings. Just think, the ability to draw without reference material can only expand your imaginative boundaries and style. Ages 15 and up. Instructor: Clyde San Juan

- Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
 - Instructor will email a suggested supply list to your current email for purchase by first class.
- | | | | | |
|-------|---|----------------|-------------|-------------|
| 18929 | T | 9:30am-11:30am | 9/22-10/13 | \$70/4 Mtgs |
| 18930 | T | 9:30am-11:30am | 10/20-11/10 | \$70/4 Mtgs |
| 18931 | T | 9:30am-11:30am | 11/17-12/8 | \$70/4 Mtgs |
| 18932 | T | 9:30am-11:30am | 12/15-1/5 | \$70/4 Mtgs |

Beginning Journeys in Watercolor Painting - VIRTUAL

Embark on this inspiring trip into watercolor painting! This class of beginning instruction covers the basics and through personal observation and practice, you'll experience the mainstay watercolor techniques of wet-on-dry glazing and wet-on-wet washes. By the end of the 4-week session, students will have created their own personal project(s). Instructor: Clyde San Juan

- Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
 - Instructor will email a suggested supply list to your current email for purchase by first class.
 - No class November 26
- | | | | | |
|-------|----|-----------------|-------------|-------------|
| 18135 | Th | 10:00am-12:00pm | 9/24-10/15 | \$70/4 Mtgs |
| 18136 | Th | 10:00am-12:00pm | 10/22-11/12 | \$70/4 Mtgs |
| 18137 | Th | 10:00am-12:00pm | 11/19-12/17 | \$70/4 Mtgs |
| 18928 | Th | 10:00am-12:00pm | 1/7-1/28 | \$70/4 Mtgs |

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on the Registration Information page for additional fees.

Bow Making - VIRTUAL

Tired of paying all that money for pre-made bows? Come learn how to make beautiful bows using the Bowdabra Bowmaker as well as other cute packaging techniques. You will need to come to class with a Bowdabra, Bowdabra wire, at least 30 yards of wire ribbon (color of choice, at least 1 inch wide) and scissors. Instructor: Lakyn Wynn

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

18163 Th 6:30pm-8:30pm 11/19 \$20/1 Mtg

Candle Making - VIRTUAL

Come see how easy it is to create your own candles for yourself or as gifts! You will learn about gel and wax candle making techniques. For ages 14 and up. Instructor: Lakyn Wynn

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

18076 Th 6:30pm-7:30pm 12/10 \$20/1 Mtg

Creepy Sugar Cookies - VIRTUAL

Learn how to create creepy Halloween cookies and have a spooky good time doing it. Work with royal icing and learn tips and techniques to make your cookie designs have great little details. No experience needed. Ages 14 and up. Instructor: Lakyn Wynn

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

- Supply list available at PlumForest.com/calendar.

18938 Th 6:30pm-8:30pm 10/22 \$20/1 Mtg

Cutting Creatively with Silhouette 101 - VIRTUAL

Welcome to the world of making Pinterest-perfect party decor and other personalized items! Get started with your Silhouette CAMEO and its latest design software. We will explore the machines' various features and how to work with the most popular materials: paper, vinyl, heat-transfer vinyl and sticker paper. Learn trouble-shooting tips and tricks so you can make perfect cuts and designs every time. No experience needed. Ages 14 and up. Instructor: Lakyn Wynn

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

- Supply list available at PlumForest.com/calendar.

18937 Th 6:30pm-8:30pm 10/15 \$20/1 Mtg

Cutting Creatively with Cricut 101 - VIRTUAL

Come learn your project possibilities which you can create with your Cricut Explore or Maker. Learn the basic components as you learn how to make simple designs, set your materials, align cutting mats and use your tools. Ready to make personalized projects? Learn how the Cricut Design Space software and tools help you modify images and fonts. No experience needed. Ages 14 and up. Instructor: Lakyn Wynn

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

- Supply list available at PlumForest.com/calendar.

18939 Th 6:30pm-8:30pm 10/29 \$20/1 Mtg

Gingerbread House Class - VIRTUAL

Take a break from the holiday chaos with a fun and festive project! Learn techniques for creating piped door frames, windowpanes and more. Get ready to decorate and celebrate your new annual holiday tradition! No previous painting experience necessary! Get recipes and techniques for future houses. Ages 14 and up. Instructor: Lakyn Wynn

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

- Supply list available at PlumForest.com/calendar.

18941 Th 6:30pm-8:30pm 12/3 \$20/1 Mtg

Knitting for the Holidays - VIRTUAL

Create some fun and simple projects for gift giving this holiday season. Learn the basics of knitting, including how to read patterns, and work on a pair of dishcloths or cozy, striped cowl. No experience needed. Ages 14 and up. Instructor: Lakyn Wynn

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

- Supply list available at PlumForest.com/calendar.

18940 Th 6:30pm-8:30pm 11/5 \$20/1 Mtg

One Stroke Painting - VIRTUAL

This class will teach you the 'One Stroke' decorative painting technique. It's an exciting and easy decorative painting technique that is very colorful, bold and for any surface that you want to decorate. It will increase your creative potential and make you feel that you have accomplished a new-found hobby. No previous painting experience necessary! For ages 14 and up. Instructor: Lakyn Wynn

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

- Class supply list is available at PlumForest.com/calendar

18417 Th 6:30pm-8:30pm 11/12 \$20/1 Mtg

Paint a Harvest Tote - VIRTUAL

Come paint a canvas tote with a cute harvest theme that you will love taking everywhere! This is an acrylic painting class. No experience needed. Ages 14 and up. Instructor: Lakyn Wynn.

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

- Supply list is located at PlumForest.com/calendar.

18422 Th 6:30pm-8:30pm 10/1 \$20/1 Mtg

Soap Making - VIRTUAL

Come see how easy it is to create your own bath soaps for yourself or for gifts! You will learn basic soap making techniques including: scenting, coloring, embossing, herbs, wrapping and more! Instructor: Lakyn Wynn

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

18077 Th 6:30pm-7:30pm 12/17 \$20/1 Mtg

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on the Registration Information page for additional fees.

Adult Special Interest



Valentine Sugar Cookies - VIRTUAL

Learn tips and tricks so that you too can make perfectly decorated cookies at home all while learning cookie decorating techniques. During the class, each participant will decorate six Valentine's Day themed sugar cookies. No previous painting experience necessary! Ages 14 and up. Instructor: Lakyn Wynn

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.
- Supply list available at PlumForest.com/calendar.

18942 Th 6:30pm-8:30pm 1/14 \$20/1 Mtg

Patriot Day

CEREMONY

Please join the City of Lakewood virtually as we pay tribute to those lost in the terrorist attacks of 9/11/2001 and to those who have protected and served us at home and abroad in the years since.

Friday, September 11, 2020
6:30 to 7 p.m.

Tune in to Lakewood's City TV Channel 31 for a live showing.



Public Safety Information

September is National Preparedness Month

The City of Lakewood encourages everyone to participate in National Preparedness Month this September.



Disasters Don't Wait. Make Your Plan Today

National Preparedness Month 2020

Emergencies can happen at any time, without any notice. Prepare now so that you and your family have valuable resources on hand when an emergency happens. Participate in weekly emergency preparedness activities for the whole family all month long by visiting www.lakewoodcity.org.

READY TO HELP PREVENT CRIME?

Crime prevention is up to all of us! Make new friends and reconnect with your neighbors by joining Lakewood's Neighborhood Watch program. Block captains and their neighbors are supported in their crime prevention efforts by Lakewood's Public Safety Department and members of Lakewood's Special Assignment Officer (SAO) team. If you and your neighbors are interested, all you have to do is make the call! Training and support are offered year round. When you're ready to join, or if you'd like more information, call the Public Safety Department's message line at 562-866-9771, ext. 2114 or email crimeprevention@lakewoodcity.org.



LOS ANGELES REGIONAL
"MAKE THE CALL... STAY ANONYMOUS"

Call 1-800-222-tips (8477)
or Send a Tip at
www.LACrimeStoppers.org

Want to Get Emergency LA County Updates? Sign up Now!



Visit Alert.LACounty.gov to Register

POWER OUTAGE? LOCAL DISASTER?

TUNE INTO
KLWD 1620 AM
LAKWOOD'S EMERGENCY RADIO STATION





Lakewood Sheriff Station
Non-Emergency Line:
562-623-3500
For Emergencies Dial: 9-1-1

WELCOME TO THE CITY OF LAKEWOOD'S VIRTUAL TRAVEL GUIDE

Welcome to the City of Lakewood's Virtual Travel Program! We all know that the COVID-19 pandemic has limited our in-person social, recreational, leisure, and cultural experiences with quarantining, social distancing and venue closures. That has been no exception for the City of Lakewood's day travel program.

Until venues are allowed to reopen and we are able to bring back our day trips, we are happy to provide our community with links to some Southern California venues providing virtual experiences with online tours, educational programming, online performances, interviews and many other unique opportunities. We hope you take advantage of many of the free or low cost opportunities on these venue websites.

Cirque du Soleil

Cirque du Soleil has a special CirqueConnect Content Hub where you can access content all in one place. With this content hub, Cirque du Soleil is offering the public an escape from everyday life through the delight and whimsy of their shows. Now, more than ever, they wish to do a little part to spread joy directly to your safe places and welcome you into their world where awe-inspiring show footage and fan favorite videos will transport you. To access the content hub, click on the link below.

<https://www.cirquedusoleil.com/cirqueconnect>

Grammy Museum

The Grammy museum is offering the public multiple online opportunities. **Exhibits at Home** offers online viewers different exhibits from their archives and is updated each Friday. **Programs at Home** allows the viewer to watch conversations with musicians and music industry professionals. **Education at Home** allows the online viewer access to Grammy in the schools with mini-lessons online – perfect for your child's distance learning. You can also access free online livestream concerts. Enjoy one or all of these wonderful free opportunities by clicking on the link below.

<https://www.grammymuseum.org/>

Peterson Automotive Museum

You have access to exclusive content of the Peterson Automotive Museum by visiting their own YouTube page. The Official Peterson Car Week, the world's largest automotive event is online now. You can experience the museum's Ultimate Collection tours featuring some of the world's rarest cars or take a virtual vault tour that highlights the museum's vault deep underground that takes up an entire city block. The Peterson also features rare, unseen archival videos. All of these experiences are free or ask for a small donation. Visit the museum's YouTube site by clicking on the link below.

<https://www.youtube.com/user/PetersenMuseum>

Ronald Reagan Presidential Library

The Reagan library offers online opportunities to listen to podcasts, watch webcasts, register for upcoming events featuring leading political figures, writers and commentators, and view recordings of past events. All of these online programming opportunities are free. Visit the Reagan Library's web page link below to decide which programs would be of interest to you.

<https://www.reaganfoundation.org/programs-events/>



LAKEWOOD EQUESTRIAN CENTER

The Lakewood Equestrian Center is a 19-acre facility located on Carson Street just east of Studebaker Road along the San Gabriel River. It's a unique country atmosphere in the city offering the following:

- ★ Year-round Riding Lessons (ages 7 through adult)
- ★ Western, English, Jumping, Dressage, Trails
- ★ Private or Group Instruction (using your horse or theirs)
- ★ Horse Boarding – Box stalls or Pipes
- ★ Summer Riding Programs available

Pony Time at Lakewood Equestrian Center

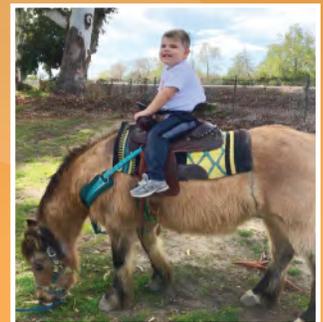
562-916-7669

Hours: Wed. – Sun., 10 a.m. – 5 p.m.

Pony Rides ★ Petting Farm ★ Mommy and Me Pony Interaction

Open 7 days
a week

Please call
for more details.
562-425-1905



Follow us for the latest updates.





To protect yourself and others during the COVID-19 crisis, Burns Community Center is closed until further notice. Please check back often for updates. As orders are lifted programs will safely resume.

**Burns Community Center Hours of Operation:
M-F 7 a.m. – 6:30 p.m.**

M.A.W. Children's Center

Founded in 1971, M.A.W. is a licensed private, non-profit childcare center that offers a full day program for preschool-aged children, ages two through five, from 6 a.m. to 6 p.m., Monday through Friday.

Mothers at Work Children's Center, located at the Burns Community Center at 5510 Clark Ave., Lakewood, is open and accepting new enrollment.

For more information, visit the Mothers at Work Children's Center website at www.mawchildrencenter.com or call 562-867-4083.



Children do not need to be toilet trained to enroll. Breakfast is served each morning at 7:25 a.m., and hot lunches and two snacks are also provided daily.

M.A.W. is closely following CDC guidelines by increasing the amount of cleaning and sanitizing of the room, toys and touchpoints. Children are assigned to small groups with specific teachers in separate rooms to maintain social distancing.



**Wednesdays and Fridays
9 a.m. to 11 a.m.
Mayfair Park Basketball Courts**

The following rules will be in place for the safety of participants:

- Pre-registration is required, call 562-925-7512
- Singles play only
- Social distancing of 6 ft must be maintained at all times
- Participants must wear a face covering at all times, except during game play
- Temperature will be taken of every participant upon arrival. Anyone with a temperature over 100.4° F will be sent home.
- Hand sanitizer will be provided for players in between games
- Bring your own water and chair to sit in between games, with 6 ft allowance between chairs
- Bringing your own paddle is highly recommended, paddles checked out will be sanitized regularly
- All equipment will be sanitized regularly
- Restrooms will **not** be open for use

Anyone not adhering to the above rules will be asked to leave by supervising staff on site.





PROJECT SHEPHERD



Thanksgiving and December

Holiday Assistance Program

Registration Dates: November 4th – 18th

Recipients will receive

Food • Toys • Grocery Gift Card

*This program is open to
Lakewood Residents Only*



This year, due to COVID-19, residents must make an appointment to register.

**Make an appointment starting
Monday, October 19th**

For an appointment time, call the Burns Community Center Monday through Friday between 7 a.m. and 5:30 p.m. at 562-925-7512.

Two types of documentation are REQUIRED for registration
Please bring the following with you:

1. Proof of Lakewood residency

Example: current utility bill (gas, electric, water) or govt. reward letter

2. Identification for every person in the household, including children

Example: driver's license, passport, California ID, or birth certificate

**Thank you to Project Shepherd's 2020
Platinum Sponsors:**



Lakewood Project Shepherd

As the holiday season quickly approaches, we are reminded of those who are less fortunate than ourselves. Over 1,500 individuals living in Lakewood, many of them children and seniors, will not be able to enjoy the holidays without the food, gifts and toys that many of us have come to take for granted.

With your help, Project Shepherd will ensure there's enough joy for everyone in Lakewood during the holiday season.

Ways to Help

Make a Donation:

- Mail a check to Lakewood Project Shepherd at 5050 Clark Avenue, Lakewood, CA 90712.
- Make a donation online at www.lakewoodcity.org/giveprojectshepherd

Participate in the Teddy Bear Tree Program:

- Select a teddy bear and purchase a specific gift for a child in need this holiday season.
- Teddy Bears will be available to the public on Wednesday, November 18 at the Burns Community Center, 5510 Clark Ave. Lakewood, 90712.
- This year, a virtual Teddy Bear tree will be available online. More information coming soon!
- Promote a Teddy Bear Tree at your business or workplace.

*Due to COVID-19 restrictions, volunteer opportunities this year will be limited.

If you are interested in volunteering, email RCSBurns@lakewoodcity.org. Volunteer opportunities will be granted on an as-needed basis.



Older Adult Programs & Services

The Weingart Senior Center is located at 5220 Oliva Avenue, Lakewood. Recreational activities are open to adults age 50 or older. For more information on senior programs, please call (562) 630-6141.

The safety of older adults is one of our top priorities during the COVID-19 crisis. The Weingart Senior Center is closed to the public at this time. Please check back frequently for updates. As orders are lifted, programs will safely resume. Call Weingart Senior Center at (562) 630-6141.

Meals on Wheels

Lakewood Meals on Wheels provides nutritious meals for seniors who are frail or homebound. Meals are delivered by friendly volunteers. For more information, or if you would like to volunteer, please contact the Lakewood Meals on Wheels office at (562) 925-8747.

Donations and Volunteers Needed



www.lakewoodcity.org/mealsonwheels • (562) 925-8747

DASH Transportation

DASH Transportation continues to operate during the COVID-19 crisis, offering



FREE rides to residents over 60 or disabled residents 18 or older who are without transportation. Pre-registration is required and rides are by reservation only. Clients are encouraged to avoid non-essential trips and are required to wear a face covering. DASH is temporarily adjusting hours to accommodate reservations to grocery stores offering early morning shopping hours for seniors. DASH has decreased its vehicle capacity to maintain social distancing standards. Cleaning protocols for all vehicles have increased and hand sanitizer is available on each vehicle. For registration information please call (562)924-0149.

Volunteers Needed!

Volunteers are needed for the annual Tax Assistance Program at the Weingart Senior Center. This program provides free assistance for older adults and individuals in preparing simple State and Federal Income Tax Returns. Volunteers are trained in January and volunteer once a week through April 15th. If you are interested in being trained as a volunteer, sign up at www.aarp.org/taxvolunteer.

Lakewood Youth Center (LYC) & Teen Resource Center (TRC)

To Protect yourself and others during the COVID-19 crisis, the Lakewood Youth Center and the Teen Resource Center at Bloomfield Park are closed until further notice.

Please check back often for updates.

As orders are lifted programs will safely resume.

Virtual College Fair!

Visit Lakewoodcity.org from October 13-27 for the 20th Annual College Fair. Take virtual college tours, view scholarship information and see live presentations from colleges and universities from around the country.

NEW this year -- a free live Zoom college information webinar designed for parents and students. Each student attending will be eligible for a \$250 scholarship.

Topics covered include:

Ten Common Biggest Mistakes in the College Application Process

How much will you pay for college? (Yes, you can know)

The effect of the government response to COVID-19 on the college access process

College affordability, cost sustainability and your household

Question and answer session, and more!

To register, visit www.lakewoodcity.org/CollegeFairWebinar

**For more information,
contact the Lakewood Youth Center at 562-429-7472.**

Teen & Youth Fitness, Sports and Dance



LAKEWOOD
Sports Illustrated's
SPORTSTOWN
No.1 in California



LYS Basketball Sign-ups

LYS registration will take place online December 5 - 19. No registration fee for Lakewood residents. Non-resident registration fee, \$20 payable at time of registration. Teams practice and play games weeknights and Saturday mornings. Practices begin the week of January 4. League play will start January 23 and conclude March 13. City championships will conclude March 20.

Competitive Division: ages 8-17
Smurf Division: ages 6-7
Rookie Division: ages 4-5



The Hall of Fame recognizes outstanding athletes, teams, boosters and athletic achievements from the Lakewood community. The Athlete of the Year and Performers of the Year for over a dozen sports are honored at this event each year.

Lakewood Youth
HALL OF FAME

In order to give high school and collegiate sports the opportunity to complete competition, the 40th annual Lakewood Youth Hall of Fame banquet will be postponed to a date to be determined in late spring 2021. Information on the nomination process will be available in the near future.

Questions can be directed to the Recreation and Community Services Department at (562) 866-9771, extension 2408.

Teen & Youth Fitness, Sports and Dance

Dance

Hip Hop (Boys & Girls) - VIRTUAL

Now a class for both boys and girls ages 6-15. Learn different styles hip hop dance has to offer. From commercial to old school moves, to freestyle. Bring your friends and siblings and improve your skills in dance. Instructor: High Fidelity Entertainment

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

- 4:45 p.m. ages 6-9.

- 5:30 p.m. ages 10-15.

18274	T	4:45pm-5:30pm	10/20-12/8	\$55/8 Mtgs
18275	T	5:30pm-6:15pm	10/20-12/8	\$55/8 Mtgs

Ballet - LIVE or VIRTUAL

Ballet is a beautiful form of dance, giving dancers the ability to grow their strength, confidence and poise while learning a new skill. Ages 6-10. Instructor: Kick It Up! Staff

- Location: Kick It Up!, 8129 E. Wardlow Rd., Long Beach.

- This class can also be done virtually! Contact the Recreation and Community Services Department for more information.

- No class November 25.

18832	T	3:30pm-4:30pm	10/6-11/3	\$35/5 Mtgs
18834	W	3:15pm-4:15pm	10/7-11/4	\$35/5 Mtgs
18833	T	3:30pm-4:30pm	11/10-12/8	\$35/5 Mtgs
18835	W	3:15pm-4:15pm	11/11-12/16	\$35/5 Mtgs

Hip Hop - LIVE or VIRTUAL

Move and groove to the latest music and maybe some tunes from the past too. Hip Hop is great for having a fun dance party and building rhythm and coordination. Ages 6-10. Instructor: Kick It Up! Staff

- Location: Kick It Up!, 8129 E. Wardlow Rd., Long Beach.

- This class can be done virtually! Contact the Recreation and Community Services Department for more information.

- No class November 28

18858	Sa	8:30am-9:30am	10/10-11/7	\$35/5 Mtgs
18860	Sa	9:45am-10:45am	10/10-11/7	\$35/5 Mtgs
18859	Sa	8:30am-9:30am	11/14-12/19	\$35/5 Mtgs
18861	Sa	9:45am-10:45am	11/14-12/19	\$35/5 Mtgs

Beginning Lokelani Hula

Learn about the Polynesian cultures through dance in this introductory class for ages 6-10 years. Students will learn the basics of hula, Tahitian, and Maori poi balls. Exercise, the art of dance, and having FUN - all rolled into one! Instructors: Ms. Willie Villa-Real and Mrs. Stephanie Fontela

- This class will be held outdoors.

- Pre-registration required.

- Class size will be limited to allow for social distancing.

- Additional protocols include mandatory temperature screenings, face masks and use of participants' own equipment.

- Please do not arrive earlier than 10 minutes prior to class, and leave promptly when class has ended.

- One adult per participant allowed to remain on site.

- Spectators may bring their own chair, must maintain social distancing and wear a mask.

- Participants need to bring their own poi balls or they may be purchased through the instructor.

- No class on October 27 and November 24.

18138	T	7:00pm-7:45pm	9/22-10/6	MVP	\$26/3 Mtgs
18139	T	7:00pm-7:45pm	10/13-11/10	MVP	\$34/4 Mtgs
18140	T	7:00pm-7:45pm	11/17-12/15	MVP	\$34/4 Mtgs
19185	T	7:00pm-7:45pm	1/5-1/19	MVP	\$26/3 Mtgs

Performing Ilima

This intermediate Polynesian dance group will be performing at various community events. Students will learn dances from Hawaii, New Zealand, Tahiti, and more. A simple audition is required to assess readiness for this class. Ages 8-12. Instructors: Ms. Michelle Reyes and Mrs. Stephanie Fontela

- This class will be held outdoors.

- Pre-registration required.

- Class size will be limited to allow for social distancing.

- Additional protocols include mandatory temperature screenings, face masks and use of participants' own equipment.

- Please do not arrive earlier than 10 minutes prior to class, and leave promptly when class has ended.

- One adult per participant allowed to remain on site.

- Spectators may bring their own chair, must maintain social distancing and wear a mask.

- Participants need to bring their own poi balls or they may be purchased through the instructor.

- No class on November 26.

18439	Th	6:00pm-6:45pm	9/24-10/8	MVP	\$26/3 Mtgs
18440	Th	6:00pm-6:45pm	11/5-12/10	MVP	\$42/5 Mtgs
18441	Th	6:00pm-6:45pm	1/7-1/21	MVP	\$26/3 Mtgs

Performing Okika / Performing Melia

This intermediate/advanced Polynesian dance group will be performing at a number of community events. Students will learn dances from Hawaii, New Zealand, Tahiti and more, using various dance implements. An audition will be required to assess readiness for this group. Ages 10-17. Instructors: Ms. Michelle Reyes and Mrs. Stephanie Fontela

- This class will be held outdoors.

- Pre-registration required.

- Class size will be limited to allow for social distancing.

- Additional protocols include mandatory temperature screenings, face masks and use of participants' own equipment.

- Please do not arrive earlier than 10 minutes prior to class, and leave promptly when class has ended.

- One adult per participant allowed to remain on site.

- Spectators may bring their own chair, must maintain social distancing and wear a mask.

- Participants need to bring their own poi balls or they may be purchased through the instructor.

- No class on November 26.

18445	Th	7:00pm-7:45pm	9/24-10/8	MVP	\$26/3 Mtgs
18446	Th	7:00pm-7:45pm	11/5-12/10	MVP	\$42/5 Mtgs
18447	Th	7:00pm-7:45pm	1/7-1/21	MVP	\$26/3 Mtgs

Sports Instruction

Kidz Love Soccer: Soccer 1 - VIRTUAL

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, working with our coaches online over Zoom. Concepts of small-sided soccer matches will be introduced gradually. Perfect for the first time players while being fun and engaging for kids with some experience. Parents are invited to play along or to watch and cheer from the sidelines. Ages 5-6. Instructor: Kidz Love Soccer

- No class November 28.

- Students must have internet access and must provide an email address to take the course.

- Registrants will be contacted with login information.

19073	Sa	11:00am-11:30am	9/12-10/3	\$50/4 Mtgs
19074	Sa	11:00am-11:30am	10/10-10/31	\$50/4 Mtgs
19079	Sa	11:00am-11:30am	11/14-12/12	\$50/4 Mtgs
19080	Sa	11:00am-11:30am	1/9-1/30	\$50/4 Mtgs

Teen & Youth Fitness, Sports and Dance

Kidz Love Soccer: Soccer 2 - VIRTUAL

Learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, working with our coaches online over Zoom. Concepts of soccer matches will be introduced. Perfect for the first time players while being fun and engaging for kids with some experience. Parents are invited to play along. Ages 7-10.

Instructor: Kidz Love Soccer

- **No class November 28.**
- **Students must have internet access and must provide an email address to take the course.**
- **Registrants will be contacted with login information.**

19075	Sa	11:40am-12:10pm	9/12-10/3	\$50/4 Mtgs
19076	Sa	11:40am-12:10pm	10/10-10/31	\$50/4 Mtgs
19081	Sa	11:40am-12:10pm	11/14-12/12	\$50/4 Mtgs
19082	Sa	11:40am-12:10pm	1/9-1/30	\$50/4 Mtgs

Karate (Beg.)

Learn and demonstrate self-defense moves such as basic kicks, blocks and punches in this beginning karate class for ages 5-15. If you have no experience or even if you have some experience, this class is for you. Instructor: Kathleen Wegener

- **This class will be held outdoors.**
- **Pre-registration required.**
- **Class size will be limited to allow for social distancing.**
- **Additional protocols include mandatory temperature screenings, face masks and use of participants' own equipment.**
- **Please do not arrive earlier than 10 minutes prior to class, and leave promptly when class has ended.**
- **One adult per participant allowed to remain on site.**
- **Spectators may bring their own chair, must maintain social distancing and wear a mask.**
- **An \$8 materials fee (new students only) is payable in class.**
- **No class November 26.**

18311	Th	3:45pm-4:30pm	9/24-10/29	MVP	\$48/6 Mtgs
18313	Th	3:45pm-4:30pm	11/5-12/17	MVP	\$48/6 Mtgs
18315	Th	3:45pm-4:30pm	1/7-1/21	MVP	\$24/3 Mtgs

Karate (Int.)

Youngsters yellow belt and above may enroll in the intermediate program. This class is for serious participants who wish to progress to higher degree belts in Japanese Karate Do, Shito Ryu. Ages 5-15.

Instructor: Kathleen Wegener

- **This class will be held outdoors.**
- **Pre-registration required.**
- **Class size will be limited to allow for social distancing.**
- **Additional protocols include mandatory temperature screenings, face masks and use of participants' own equipment.**
- **Please do not arrive earlier than 10 minutes prior to class, and leave promptly when class has ended.**
- **One adult per participant allowed to remain on site.**
- **Spectators may bring their own chair, must maintain social distancing and wear a mask.**
- **An \$8 materials fee (new students only) is payable in class.**
- **No class November 26.**

18319	Th	4:45pm-5:30pm	9/24-10/29	MVP	\$48/6 Mtgs
18321	Th	4:45pm-5:30pm	11/5-12/17	MVP	\$48/6 Mtgs
18323	Th	4:45pm-5:30pm	1/7-1/21	MVP	\$24/3 Mtgs

3-Sport Multi Sport (Youth)

During this course, participants will learn the fundamentals of three fantastic sports: soccer, baseball/softball and track. Participants will learn how to kick and control a soccer ball, how to hit, catch, throw and run the bases, and running, jumping and building strength and endurance in track and field. The 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. Ages 7-10. Instructor: Beginners Edge Sports Staff

- **This class will be held outdoors.**
- **Pre-registration required.**
- **Class size will be limited to allow for social distancing.**
- **Additional protocols include mandatory temperature screenings, face masks and use of participants' own equipment.**
- **Please do not arrive earlier than 10 minutes prior to class, and leave promptly when class has ended.**
- **One adult per participant allowed to remain on site.**
- **Spectators may bring their own chair, must maintain social distancing and wear a mask.**
- **Please bring an age-appropriate soccer ball for the first week of class. A hitting tee, plastic bat and wiffle balls will be needed later in the session.**
- **No class October 31, November 28, December 26 and January 2.**

18071	Sa	1:00pm-1:45pm	9/26-11/7	MVP	\$75/6 Mtgs
18072	Sa	1:00pm-1:45pm	11/14-1/16	MVP	\$87/7 Mtgs

BEST Youth Soccer

During this weekly soccer class, kids will learn the skills of soccer by participating in activities such as: dribbling, kicking, throw-ins, goalie skills and more! The goal and focus is to maintain an energetic and highly active program that will teach, encourage and advance young players regardless of their skill level. Ages 7-10. Instructor: Beginners Edge Sports Staff

- **This class will be held outdoors.**
- **Pre-registration required.**
- **Class size will be limited to allow for social distancing.**
- **Additional protocols include mandatory temperature screenings, face masks and use of participants' own equipment.**
- **Please do not arrive earlier than 10 minutes prior to class, and leave promptly when class has ended.**
- **One adult per participant allowed to remain on site.**
- **Spectators may bring their own chair, must maintain social distancing and wear a mask.**
- **Please bring an age-appropriate soccer ball with your child's name on it and a water bottle.**
- **No class October 31, November 28, December 26 and January 2.**

18921	Sa	2:00pm-2:45pm	11/14-1/16	MVP	\$87/7 Mtgs
18158	Sa	2:00pm-2:45pm	9/26-11/7	MVP	\$75/6 Mtgs



Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on the Registration Information page for additional fees.

Adaptive Recreation and Special Olympics Program

The pandemic crisis has been a long and difficult process for everyone to endure and we are sad to have missed these beneficial programs and events during this period. However, this too shall pass! We want everyone to know that when the conditions are safe and the time is right, the City of Lakewood's Adaptive Recreation Program and Special Olympics program will both be back stronger than ever! Fun times will once again be had by all, so please check in with us in 2021 for information on future events at (562)865-1717. We look forward to you coming out to participate!

Our Adaptive Recreation program is designed to provide equal recreation and leisure opportunities for people with Special Needs. For participants 8 years of age through adults who can function at a 1:4 ratio (staff to participants). Activities include arts and crafts, life skills, mini-trips, and sports training. Special events are offered once a month for a marginal fee. Registration is limited. When we resume, the Adaptive Recreation program meets at Bloomfield Park, Tuesday from 3:30 – 5:30 p.m.

Lakewood partners with Special Olympics Southern California to provide a year-round athletic program for individuals with intellectual and developmental disabilities. Three sports seasons are offered each year:

Spring – Basketball and Bocce ball

Summer – Bowling

Fall – Softball, Soccer and Golf

When we resume, practices will once again be held every Thursday, from 6:30 – 8:30 p.m. at Bloomfield Park. Miscellaneous tournaments are provided each season through Special Olympics Southern California (SOSC). Our Special Olympics teams also participate in a full schedule of basketball and softball games each season, competing in fun exhibition contests against teams from the Lakewood Youth Sports (LYS) program.

Program registration and medical clearance is required prior to participating. For more information on the Adaptive Recreation or Special Olympics Program call 562-865-1717. We look forward to seeing everyone some time in 2021!

Special Needs Hip Hop - LIVE or VIRTUAL

Take a chance and dance! This hip hop class is designed for youth of all abilities, ages 9-16, to participate and enjoy meeting new friends, moving to the beat and learning hip hop routines. Students achieve a feeling of success each week as they gain a new skill, improve balance, stability and stamina and socialization skills.

Instructor: Kick It Up! Staff

- **Location: Kick It Up!, 8129 E. Wardlow Rd., Long Beach.**
- **This class can be done virtually! Contact the Recreation and Community Services Department for more information.**
- **No class November 26.**

18866	Th	7:00pm-8:00pm	10/8-11/5	\$35/5 Mtgs
18867	Th	7:00pm-8:00pm	11/12-12/17	\$35/5 Mtgs



PALS

PARK ALTERNATIVE LEARNING SITES



7:30 a.m. to 6:00 p.m.

www.lakewoodcity.org/eCatalog
(562) 866-9771, extension 2408



- ◆ **Safe atmosphere to complete remote school work**
- ◆ **1st through 5th graders**
- ◆ **1 adult per 10 children**
- ◆ **Must provide own device with webcam**
- ◆ **Internet connectivity provided**
- ◆ **Advanced registration required**
- ◆ **Face masks and daily temperature checks required**

Session 1

Aug. 31 - Oct. 2

Monday-Friday

\$625 Lakewood Residents

PRIORITY REGISTRATION OPENS AUG. 14

\$640 Non-Residents

GENERAL REGISTRATION OPENS AUG. 17

Session 2

Oct. 5 - 30

Monday-Friday

\$520 Lakewood Residents

PRIORITY REGISTRATION OPENS SEPT. 4

\$535 Non-Residents

GENERAL REGISTRATION OPENS SEPT. 7

Tuition assistance is available on a limited basis through the Lakewood Project Shepherd Program.

Contact the Burns Community Center at (562) 925-7512

Offered at 8 locations

**BISCAILUZ PARK BLOOMFIELD PARK BOLIVAR PARK BOYAR PARK
LAKEWOOD YOUTH CENTER MAYFAIR PARK PALMS PARK SAN MARTIN PARK**

Space is limited. If registration minimum is not met, participants may be transferred to another site.

If you are a qualified individual with a disability and need an accommodation to participate in this activity or program, please contact the Recreation and Community Services Department at (562) 866-9771, extension 2408 after registering and at least 48 hours in advance.

Arts & Crafts Classes

Art Fun for Kids - VIRTUAL

Join our online community! There will be a new art lesson each week. Materials needed include: white copy paper, pencil, eraser, and coloring items such as crayons, colored pencils or markers. Materials that are nice to have include: watercolor paper, watercolor paint tray and paint brushes. Instructor: California Foundation for Performing Arts Staff

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.
- 3:30 p.m. - ages 6-8.
- 4:30 p.m. - ages 9-12.

18898	W	3:30pm-4:15pm	9/9-9/30	\$27/4 Mtgs
18903	W	4:30pm-5:15pm	9/9-9/30	\$27/4 Mtgs
18904	W	3:30pm-4:15pm	10/7-10/28	\$27/4 Mtgs
18905	W	4:30pm-5:15pm	10/7-10/28	\$27/4 Mtgs
18906	W	3:30pm-4:15pm	11/4-11/18	\$22/3 Mtgs
18907	W	4:30pm-5:15pm	11/4-11/18	\$22/3 Mtgs
18908	W	3:30pm-4:15pm	12/2-12/16	\$22/3 Mtgs
18909	W	4:30pm-5:15pm	12/2-12/16	\$22/3 Mtgs
18910	W	3:30pm-4:15pm	1/6-1/27	\$27/4 Mtgs
18911	W	4:30pm-5:15pm	1/6-1/27	\$27/4 Mtgs

Educational Classes

Digital Photography & Photoshop - VIRTUAL

This class is an introduction to digital photography and photoshop. Students will learn basic camera operations and fundamentals. Ages 12-17. Instructors: Joshua James and Elisia Harkins-James

- Students must have access to a computer with photoshop and a digital camera.
- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.

18912	M	4:00pm-5:30pm	9/21-11/2	\$75/7Mtgs
18944	M	4:00pm-5:30pm	11/9-12/21	\$75/7Mtgs

Math Development (Grades 2-6) - VIRTUAL

Get the extra help you need to reach your full potential in the area of mathematics! This comprehensive course is designed to pinpoint skill gaps to tailor a study program that teaches to your needs. Learn the fundamentals and watch your knowledge increase! For children ages 6.5-12. Instructor: Readwrite Educational Solutions Staff

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.
- \$20 materials fee payable to the instructor at the first class meeting.
- No class November 11.

18381	M,W	5:10pm-5:55pm	9/21-10/14	\$99/8 Mtgs
18382	M,W	5:10pm-5:55pm	10/21-11/18	\$99/8 Mtgs
18383	M,W	5:10pm-5:55pm	11/30-12/16	\$79/6 Mtgs
18914	M,W	5:10pm-5:55pm	1/11-1/27	\$79/6 Mtgs



Online Driver's Education - VIRTUAL

The DMV allows teens to receive their Learner's Permit at age 15 1/2 and a license at age 16. This class is the FIRST, required step that must be completed. This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures, etc. A licensed instructor is available to answer any questions. Receive DMV-approved certificate of completion. Sign up any time. Registration is ongoing. Instructor: Erika Vieyra

- Students must have internet access and must provide an e-mail address to take the course.
- Register for the month in which you want to begin the course.
- Registrants will be contacted with login information.

18418	October	\$25
18419	November	\$25
18420	December	\$25
18421	January	\$25

Reading Development (Grades 2-6) - VIRTUAL

Find that edge to push your vocabulary and reading comprehension skills over the top! This comprehensive course is designed to pinpoint skill gaps to tailor a study program that teaches to your needs. Learn the fundamentals and watch your knowledge increase! For children ages 6.5-12. Instructor: Readwrite Educational Solutions Staff

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.
- No class November 11.

18469	M,W	4:20pm-5:05pm	9/21-10/14	\$99/8 Mtgs
18470	M,W	4:20pm-5:05pm	10/21-11/18	\$99/8 Mtgs
18471	M,W	4:20pm-5:05pm	11/30-12/16	\$79/6 Mtgs
18915	M,W	4:20pm-5:05pm	1/11-1/27	\$79/6 Mtgs

Reading Development (Grades K-1)

Kick start your little one's journey through the wonderful world of reading with this fantastic course! Designed to fit each student's needs, this program uses a comprehensive, multimedia approach to increase reading skills and keep learning fun. For children ages 4.5-7. Instructor: Readwrite Educational Solutions Staff.

- Students must have internet access and must provide an email address to take the course.
- Registrants will be contacted with login information.
- No class November 11.

18476	M,W	3:30pm-4:15pm	9/21-10/14	\$99/8 Mtgs
18478	M,W	3:30pm-4:15pm	10/21-11/18	\$99/8 Mtgs
18480	M,W	3:30pm-4:15pm	11/30-12/16	\$79/6 Mtgs
18916	M,W	3:30pm-4:15pm	1/11-1/27	\$79/6 Mtgs

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on Registration Information page for additional fees.

Youth Special Interest

Fine Arts Instruction

Musical Scenes - LIVE or VIRTUAL

Musical Scenes has performers acting out and singing their favorite Broadway and off Broadway shows while working independently and with others to make scenes come alive. Ages 10-15 Instructor: Kick It Up! Staff

- **Location:** Kick It Up!, 8129 E. Wardlow Rd., Long Beach.
- **This class can be done virtually!** Contact the Recreation and Community Services Department for more information.

18862	T	5:45pm-6:45pm	10/6-11/3	\$35/5 Mtgs
18863	T	5:45pm-6:45pm	11/10-12/8	\$35/5 Mtgs

Musical Theatre - LIVE or VIRTUAL

Your child will get their chance to shine while learning the basics of singing, acting and dancing! Students will enjoy learning such things as basic vocal technique, improvisation, Broadway musical songs, how to perform for an audience, as well as character development. Add in some fun acting games and choreography to boot and your child will be singing and dancing all day long! Ages 5-15. Instructor: Kick It Up! Staff

- **Location:** Kick It Up!, 8129 E. Wardlow Rd., Long Beach.
- **This class can be done virtually!** Contact the Recreation and Community Services Department for more information.

• **No class November 26.**

18864	Th	4:45pm-5:45pm	10/8-11/5	\$35/5 Mtgs
18865	Th	4:45pm-5:45pm	11/12-12/17	\$35/5 Mtgs

Private Guitar Lessons - VIRTUAL

Private virtual guitar lessons are available for ages 10 to adult via Zoom. You will receive four 30-minute lessons. Once you register, please contact Miss Ronda at thefoundation123@gmail.com to schedule your lessons. You will receive a link for where to purchase your guitar book. Instructor: California Foundation of Performing Arts Staff

- **Students must have access to a guitar.**
- **Students must have internet access and must provide an email address to take the course.**
- **Registrants will be contacted with login information.**

18890	September-October	\$100/4 Mtgs
18891	October-November	\$100/4 Mtgs
18892	November-December	\$100/4 Mtgs
18893	January	\$100/4 Mtgs

Private Piano Lessons - VIRTUAL

Private virtual piano lessons are available for ages 6 to adult via Zoom. You will receive four 30-minute lessons. Once you register, please contact Miss Ronda at thefoundation123@gmail.com to schedule your lessons. You will receive a link for where to purchase your piano book. Instructor: California Foundation of Performing Arts Staff

- **Students must have access to either a keyboard or piano.**
- **Students must have internet access and must provide an email address to take the course.**
- **Registrants will be contacted with login information.**

18886	September-October	\$100/4 Mtgs
18887	October-November	\$100/4 Mtgs
18888	November-December	\$100/4 Mtgs
18889	January	\$100/4 Mtgs

NON-RESIDENTS ADD THE FOLLOWING FEES FOR EACH CLASS ENROLLMENT.

IF CLASS FEE IS:

\$0 - \$10

\$11 - \$29

\$30 - \$59

\$60 AND OVER

NO ADDITIONAL FEE

ADD ADDITIONAL \$5 NON-RESIDENT FEE

ADD ADDITIONAL \$10 NON-RESIDENT FEE

ADD ADDITIONAL \$15 NON-RESIDENT FEE

Mad Science - Fun-damental Forces - VIRTUAL

Ever wonder how bridges stand up over water? Or how gravity works? Explore a variety of topics including engineering, physics and electricity as you learn how science can impact our everyday lives. Our Mad Scientist will guide your child through 45-60 minute active virtual lessons (via ZOOM) and INCLUDES delivery of Mad Science Projects and additional materials that you will use throughout the class! We will also email parents a summary card and extra activity following each weeks lesson. Ages 5-12. Instructor: Mad Science Staff

- **Students must have internet access and must provide an email address to take the course.**
- **Registrants will be contacted with login information.**
- **Price includes a non-refundable \$30 materials fee. Materials will be mailed to the participant prior to the start of camp.**

19202	Th	2:30pm-3:15pm	10/1-11/19	\$129/8 Mtgs
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Mad Science - NASA Space Academy - VIRTUAL

Join us for this 8 week class that is OUT OF THIS WORLD! NASA and Mad Science collaborate to take you on a voyage of discovery with unique hands-on activities, and amazing demonstrations that explore the sun and stars, space technology, rocket science and more! Our Mad Scientist will guide your child through 45-60 minute active virtual lessons (via ZOOM) and INCLUDES delivery of Mad Science Projects and additional materials that you will use throughout the class! We will also email parents a summary card and extra activity following each weeks lesson. Ages 5-12. Instructor: Mad Science Staff

- **Students must have internet access and must provide an email address to take the course.**
- **Registrants will be contacted with login information.**
- **Price includes a non-refundable \$30 materials fee. Materials will be mailed to the participant prior to the start of camp.**
- **No class November 27.**

19200	T	2:30pm-3:15pm	9/29-11/17	\$129/8 Mtgs
19201	F	1:00pm-1:45pm	10/9-12/4	\$129/8 Mtgs



Dance Classes

Baby Hip Hop - VIRTUAL

Now a class for both boys and girls ages 3-5. Learn different styles hip hop dance has to offer. From commercial to old school moves, to freestyle. Bring your friends and siblings and improve your skills in dance. Instructor: High Fidelity Entertainment

- Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
- | | | | | |
|-------|---|---------------|------------|-------------|
| 18090 | T | 4:00pm-4:45pm | 10/20-12/8 | \$55/8 Mtgs |
|-------|---|---------------|------------|-------------|

Ballet & Tap for Tots - VIRTUAL

For little tykes who like to dance. This is a fun introduction to ballet & tap, which includes beginning movements, arm and foot positions. For ages 2-3. Instructor: High Fidelity Entertainment

- Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
- | | | | | |
|-------|----|-----------------|------------|-------------|
| 18094 | Sa | 10:00am-10:45am | 9/26-11/14 | \$55/8 Mtgs |
|-------|----|-----------------|------------|-------------|

Ballet/Tap Combo - VIRTUAL

Help your child develop self-confidence and poise through the art of dance! Postures, grace, rhythm, arm and foot positions and basic stretches are taught through exercises specifically designed for this age group. The class will cover pre-tap and pre-ballet techniques. For ages 4-6. Instructor: High Fidelity Entertainment

- Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
- | | | | | |
|-------|----|-----------------|------------|-------------|
| 18110 | Sa | 10:45am-11:30am | 9/26-11/14 | \$55/8 Mtgs |
|-------|----|-----------------|------------|-------------|

Ballet/Tap Combo - LIVE or VIRTUAL

Have fun exploring both types of dance - ballet and tap. Appropriate shoes required. Ages 4-7. Instructor: Kick It Up! Staff

- Location: Kick It Up!, 8129 E. Wardlow Rd., Long Beach.
 - This class can be done virtually! Contact the Recreation and Community Services Department for more information.
 - No class November 28.
- | | | | | |
|-------|----|----------------|-------------|-------------|
| 18844 | M | 3:30pm-4:30pm | 10/5-11/2 | \$35/5 Mtgs |
| 18846 | T | 3:30pm-4:30pm | 10/6-11/3 | \$35/5 Mtgs |
| 18848 | Sa | 9:45am-10:45am | 10/10-11/7 | \$35/5 Mtgs |
| 18845 | M | 3:30pm-4:30pm | 11/9-12/7 | \$35/5 Mtgs |
| 18847 | T | 3:30pm-4:30pm | 11/10-12/8 | \$35/5 Mtgs |
| 18849 | Sa | 9:45am-10:45am | 11/14-12/19 | \$35/5 Mtgs |

Petite Pikake Hula

This class will introduce your 4-5 year old child to the beauty and grace of the Polynesian dance forms. Students will learn the basic steps as well as hand motions as they tell stories through hula. ALOHA! Instructors: Ms. Willie Villa-Real and Mrs. Stephanie Fontela

- This class will be held outdoors.
- Pre-registration required.
- Class size will be limited to allow for social distancing.
- Additional protocols include mandatory temperature screenings, face masks and use of participants' own equipment.
- Please do not arrive earlier than 10 minutes prior to class, and leave promptly when class has ended.
- One adult per participant allowed to remain on site.
- Spectators may bring their own chair, must maintain social distancing and wear a mask.
- Participants need to bring their own poi balls or they may be purchased through the instructor.
- No class on October 27 and November 24.

18448	T	6:00pm-6:45pm	9/22-10/6	MVP	\$26/3 Mtgs
18449	T	6:00pm-6:45pm	10/13-11/10	MVP	\$34/4 Mtgs
18450	T	6:00pm-6:45pm	11/17-12/15	MVP	\$34/4 Mtgs
19184	T	6:00pm-6:45pm	1/5-1/19	MVP	\$26/3 Mtgs

Sports Instruction

Kidz Love Soccer: Parent and Me Soccer - VIRTUAL

The fun happens together, so don't just watch from the sidelines! Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. Each week the coach introduces and demonstrates several soccer-themed games over Zoom. Adult participation is required. Ages 2-3.5. Instructor: Kidz Love Soccer Staff

- No class November 28.
 - Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
- | | | | | |
|-------|----|---------------|-------------|-------------|
| 19069 | Sa | 9:00am-9:30am | 9/12-10/3 | \$50/4 Mtgs |
| 19070 | Sa | 9:00am-9:30am | 10/10-10/31 | \$50/4 Mtgs |
| 19083 | Sa | 9:00am-9:30am | 11/14-12/12 | \$50/4 Mtgs |
| 19084 | Sa | 9:00am-9:30am | 1/9-1/30 | \$50/4 Mtgs |

Kidz Love Soccer: Tot Soccer - VIRTUAL

Learn core skills and develop a soccer foundation, while playing at home with an adult while we coach over Zoom. Our time-tested, age specific curriculum builds confidence and promotes physical development in a safe, supportive and fun environment. Tot-Soccer focuses on helping kids develop their large motor skills through demonstrations and entertaining games like Rainbow Quest! Adult participation is required. Ages 3.5-4 years. Instructor: Kidz Love Soccer Staff

- No class November 28.
 - Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
- | | | | | |
|-------|----|----------------|-------------|-------------|
| 19077 | Sa | 9:40am-10:10am | 9/12-10/3 | \$50/4 Mtgs |
| 19078 | Sa | 9:40am-10:10am | 10/10-10/31 | \$50/4 Mtgs |
| 19085 | Sa | 9:40am-10:10am | 11/14-12/12 | \$50/4 Mtgs |
| 19086 | Sa | 9:40am-10:10am | 1/9-1/30 | \$50/4 Mtgs |

Kidz Love Soccer: Pre Soccer - VIRTUAL

Learn core skills and develop a soccer foundation, while playing at home with an adult while we coach over Zoom. Pre-Soccer helps youngsters develop a lifelong love of soccer while we introduce concepts of playing on a team. Our curriculum includes energetic, all-inclusive games that teach young kids the basics about playing with a group. In addition to building their soccer skills, Pre-Soccer kids begin learning the fundamentals of good sportsmanship through sharing and being aware of other players. Adult participation is required. Ages 4-5 years. Instructor: Kidz Love Soccer Staff

- No class November 28.
 - Students must have internet access and must provide an email address to take the course.
 - Registrants will be contacted with login information.
- | | | | | |
|-------|----|-----------------|-------------|-------------|
| 19071 | Sa | 10:20am-10:50am | 9/12-10/3 | \$50/4 Mtgs |
| 19072 | Sa | 10:20am-10:50am | 10/10-10/31 | \$50/4 Mtgs |
| 19087 | Sa | 10:20am-10:50am | 11/14-12/12 | \$50/4 Mtgs |
| 19088 | Sa | 10:20am-10:50am | 1/9-1/30 | \$50/4 Mtgs |

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on Registration Information page for additional fees.

Preschool Programs



3-Sport Multi Sport (Preschool)

During this course, participants will learn the fundamentals of three fantastic sports: soccer, baseball/softball and track. Participants will learn how to kick and control a soccer ball, how to hit, catch, throw and run the bases, and running, jumping and building strength and endurance in track and field. The 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. Ages 2-6. Instructor: Beginners Edge Sports Staff

- **This class will be held outdoors.**
 - **Pre-registration required. Class size will be limited to allow for social distancing.**
 - **Additional protocols include mandatory temperature screenings, face masks and use of participants' own equipment.**
 - **Please do not arrive earlier than 10 minutes prior to class, and leave promptly when class has ended.**
 - **One adult per participant allowed to remain on site.**
 - **Spectators may bring their own chair, must maintain social distancing and wear a mask.**
 - **Please bring an age-appropriate soccer ball for the first week of class. A hitting tee, plastic bat and wiffle balls are needed later in the session.**
 - **9 a.m. ages 2-4 / 11 a.m. ages 4-6**
 - **No class October 31, November 28, December 26 and January 2.**
- | | | | | | |
|-------|----|-----------------|------------|-----|-------------|
| 18066 | Sa | 9:00am-9:45am | 9/26-11/7 | MVP | \$75/6 Mtgs |
| 18067 | Sa | 11:00am-11:45am | 9/26-11/7 | MVP | \$75/6 Mtgs |
| 18068 | Sa | 9:00am-9:45am | 11/14-1/16 | MVP | \$87/7 Mtgs |
| 18069 | Sa | 11:00am-11:45am | 11/14-1/16 | MVP | \$87/7 Mtgs |

BEST Preschool Soccer

During this weekly soccer class, kids will learn the skills of soccer by participating in activities such as: dribbling, kicking, throws, goalie skills and more! The goal and focus is to maintain an energetic and highly active program that will teach, encourage and advance young players regardless of their skill level. Ages 16 months-6 years. Instructor: Beginners Edge Sports Staff

- **This class will be held outdoors.**
 - **Pre-registration required. Class size will be limited to allow for social distancing.**
 - **Additional protocols include mandatory temperature screenings, face masks and use of participants' own equipment.**
 - **Please do not arrive earlier than 10 minutes prior to class, and leave promptly when class has ended.**
 - **One adult per participant allowed to remain on site.**
 - **Spectators may bring their own chair, must maintain social distancing and wear a mask.**
 - **Please bring an age-appropriate soccer ball with your child's name on it and a water bottle.**
 - **10 a.m. ages 16 months-2 yrs. / 12 p.m. ages 3-6.**
 - **No class October 31, November 28, December 26 and January 2.**
- | | | | | | |
|-------|----|-----------------|------------|-----|-------------|
| 18154 | Sa | 10:00am-10:45am | 9/26-11/7 | MVP | \$75/6 Mtgs |
| 18156 | Sa | 10:00am-10:45am | 11/14-1/16 | MVP | \$87/7 Mtgs |
| 18155 | Sa | 12:00pm-12:45pm | 9/26-11/7 | MVP | \$75/6 Mtgs |
| 18157 | Sa | 12:00pm-12:45pm | 11/14-1/16 | MVP | \$87/7 Mtgs |



Family Programs

FUN-Tastic Family Nights

Pacific Animal Production

Missing Lakewood's FUN-Tastic Family Nights?!? Join us virtually through LakewoodCity.org as we go live with Pacific Animal Productions on Friday, September 25 at 7 p.m. while we learn about the world's rainforests and their animals. Travel through the layers of the Rainforest, from the emergent layer through the canopy, the understory down to the forest floor with this exciting program. This show also has a conservation message that will be easy to follow, even for the youngest friends. This virtual event is FREE for all ages and no need for registration.



Parent and Me Monster Cupcakes - VIRTUAL

Everyone will have a crazy good time learning how to decorate this group of wild and hairy monsters! Using a buttercream icing and a variety of fun techniques, you will create fun monster faces perfect for any Halloween party. No experience needed. Class fee is for one adult and one child ages 4-14. Each additional child is \$10, call the Recreation and Community Services Department to register additional children. Instructor: Lakyn Wynn.

- **Students must have internet access and must provide an email address to take the course.**
 - **Registrants will be contacted with login information.**
 - **Class supply list available at PlumForest.com/calendar.**
- | | | | | |
|-------|----|---------------|------|-------------|
| 18943 | Th | 6:30pm-8:30pm | 10/8 | \$30/1 Mtgs |
|-------|----|---------------|------|-------------|

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on the Registration Information page for additional fees.



DRIVE-THRU PUMPKIN PATCH & Halloween Treat Bag Distribution

AT LAKEWOOD CENTER
500 LAKEWOOD CENTER MALL, LAKEWOOD, CA
SATURDAY, OCTOBER 24, 2020
5-8 PM

This drive-thru experience will take you through a maze of unique Halloween themed displays. Each family will receive a pumpkin and a treat bag for each child. Pre-registration is required and limited to the first 1,000 registrants. One vehicle per family per household.

Register online at www.lakewoodcity.org/pumpkinpatch
For more information call 562.866.9771 ext. 2408

Any qualified individual with a disability that would exclude that individual from participating in or attending this event should contact the Recreation Office, 5050 Clark Avenue, Lakewood, CA or at 562.866.9771 ext. 2408 at least 48 hours prior to the event to ensure that reasonable arrangements can be made to provide accessibility to the event or other reasonable auxiliary aides or services may be provided.

THANK YOU TO OUR EVENT SPONSORS!



Rotary
Club of Lakewood



ANTHONY RENDON
Sixty-Third Assembly District



COSTCO
WHOLESALE



LAKEWOOD
CENTER



Drive-In Movies at the Mall

Lakewood Center Mall
500 Lakewood Mall. (Del Amo Parking Lot)

Friday, October 23 • Friday, October 30 • Saturday, October 31

Staging begins at 6 p.m. | Movie begins at 7 p.m.

Free goody bag for each car.

**Resident Fee:
\$10 per car**

**Non-resident Fee:
\$15 per car**

To help us plan a memorable experience, please register online at www.lakewoodcity.org/ecatalog or call (562) 866-9771, extension 2408

Refunds must be requested 48 hours before the event.

THE ADDAMS FAMILY 2019 PG
Friday, October 23
 Resident registration opens October 17
 Non-resident registration opens October 19
 class#19229

BEETLEJUICE PG
Friday, October 30
 Resident registration opens October 24
 Non-resident registration opens October 26
 class#19230

CASPER PG
Saturday, October 31
 Resident registration opens October 24
 Non-resident registration opens October 26
 class#19231

Movie subject to change without notice.



If you are a qualified individual with a disability and need an accommodation to participate in this activity or program, please contact the Recreation and Community Services Department at (562) 866-9771 extension 2408 at least 48 hours in advance.

CITY OF LAKEWOOD HALLOWEEN PHOTO CONTEST



Submit your photo entry via Instagram @lakewoodcity and use #LakewoodFun or by email to lakewoodfun@lakewoodcity.org for a chance to win a prize. Submit your photo in one of the six categories listed below between October 30-November 1.

Only one winner per household, per category and must be a Lakewood resident to receive a prize. For more information, call Recreation and Community Services at (562)866-9771 extension 2408.

- *Grandparent/Grandchild Duo*
- *Spookiest*
- *Most Original*
- *Best Dressed Dog*
- *House Decoration*
- *Best Pumpkin Carving*



Registration Information

FALL/WINTER CALENDAR

Resident Registration is going on now.

Non-Resident Registration Begins:
Monday, September 14

Most Classes Begin Week Of:
Monday, September 21

Non-residents add the following fees for each class enrollment.

IF CLASS FEE IS:	
\$0 - \$10	NO ADDITIONAL FEE
\$11 - \$29	ADD ADDITIONAL \$5 NON-RESIDENT FEE
\$30 - \$59	ADD ADDITIONAL \$10 NON-RESIDENT FEE
\$60 AND OVER	ADD ADDITIONAL \$15 NON-RESIDENT FEE

Any qualified individual with a disability that would exclude that individual from participating in or attending the above event/program should contact the Recreation Office, 5050 Clark Avenue, Lakewood, CA, at 562-866-9771, ext. 2408 at least 48 hours prior to the above event/program to ensure that reasonable arrangements can be made to provide accessibility to the event/program or other reasonable auxiliary aids or services may be provided.

3 EASY WAYS TO REGISTER

Register Online go!

ONLINE
You're first in line to register for your favorite classes with eCatalog:
lakewoodcity.org/ecatalog
Credit cards only



MAIL-IN

Fill out and sign the LIFE registration form and mail to: City of Lakewood, P.O. Box 158, Lakewood, CA, 90714.
Check or money order only — Do not send cash!



PHONE-IN

562-866-9771, ext. 2408
Credit cards only

WE STRONGLY RECOMMEND ADVANCE REGISTRATION DUE TO CLASS SIZE LIMITATIONS AND TO ENSURE A MINIMUM NUMBER OF CLASS PARTICIPANTS.

REFUND POLICY

Refunds are accepted if requested before the second class meeting or one business day prior to one-day classes. There is a \$5 administrative fee for refunds. Travel and Day Camp programs have additional refund policies. Refunds will not include material fees. A full refund will be made in the event an activity is cancelled by the City prior to the starting date.

TRANSACTION FEE

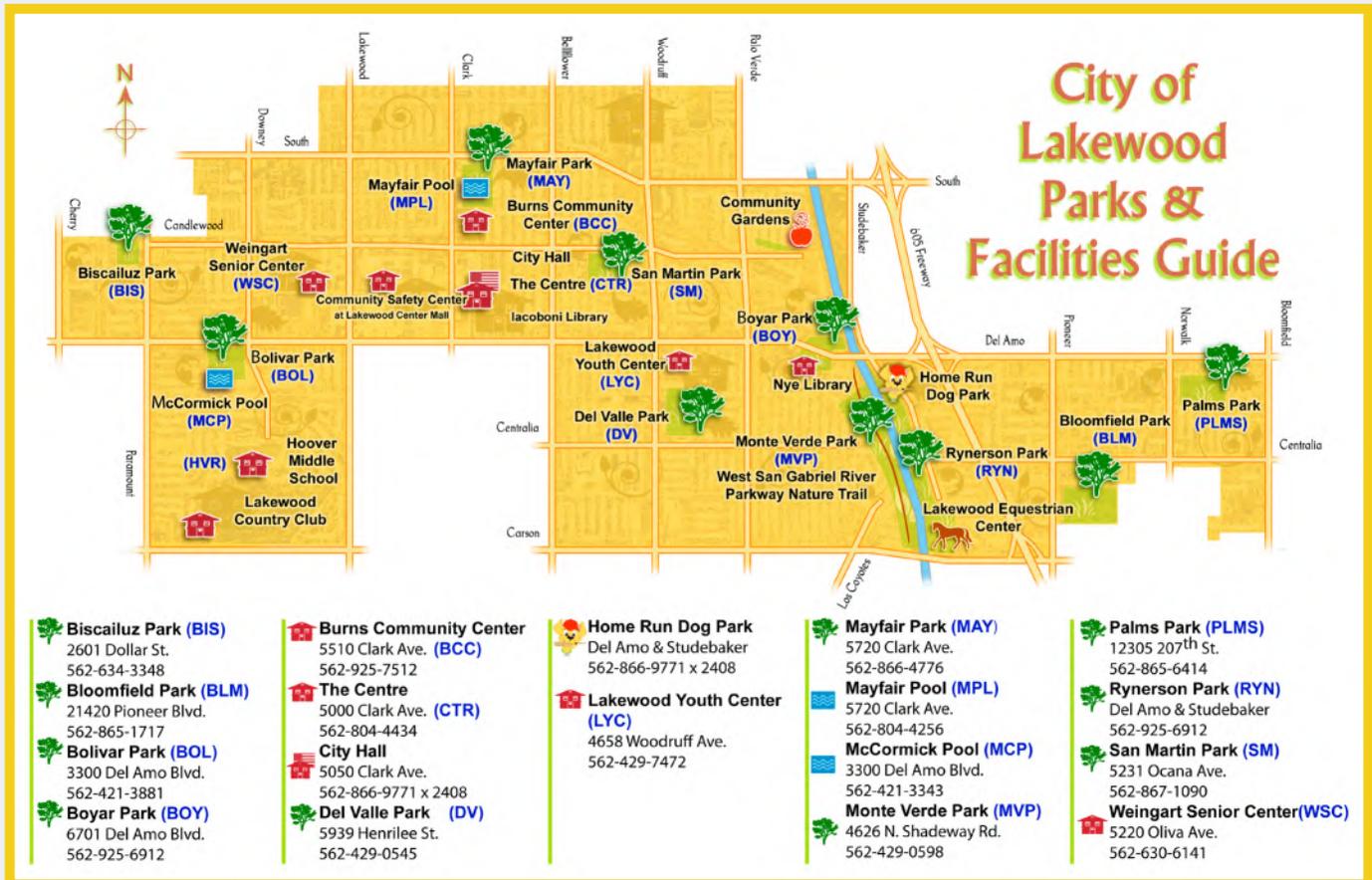
A non-refundable \$2 transaction fee will be charged per receipt.

SATISFACTION GUARANTEED

If you are not completely satisfied with your class, notify us immediately and we will arrange for you to: repeat the class at no charge, transfer you to another class or receive a refund.

TRANSFER POLICY

Class transfers must be made before the second class meeting. Any additional class payment must be received at this time. **Only one (1) transfer per class participant is permitted.**



For more information call 562-866-9771 ext 2408 or visit www.lakewoodcity.org/recreation

LIFE Form

(Lakewood Individual & Family Enrollment) Form



CITY OF LAKEWOOD RECREATION & COMMUNITY SERVICES

If you've filled out the Lakewood LIFE Form in the past, please complete **Steps 1 and 3**. Please complete all steps if you have never filled out a LIFE form.

Check this box if you have a change of address, phone number or name. Be sure to also complete **Step 2** with your up-to-date information.

Step 1 First, give us your email address. Email: _____

Step 2 Next, decide who the **Main Contact** is for your family. This is normally the person who is responsible for signing up family members and paying for activities. (Note: Any refund processed for this account will be payable to the Main Contact.)

Main Contact Last Name	First Name	MI	Cell Phone ()
Street Address	Apt. No.		Home Phone ()
City	Zip Code	Birth Date (mm/dd/yy)	

Step 3 Participant Information Please list separately each participant and the activity information requested.

Activity #	Last Name	First Name	Activity Name	Sex M/F	Birth Date mm/dd/yy	Start Date	Fee
1.							
2.							
3.							
4.							

<p>WAIVER, RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE I, the undersigned, fully understand that my and/or my child(ren)'s participation in the activity(ies), hereinafter referred to as "EVENT/CLASS" exposes me and/or my child(ren) to the risk of personal injury, death, communicable diseases, illnesses, viruses, or property damage. I hereby acknowledge my and/or my child(ren)'s voluntary participation in EVENT/CLASS and agree to assume any such risks. I hereby release, discharge and agree not to sue the City of Lakewood, hereinafter referred to as "CITY", its officers, employees and agents for any injury, death or damage to or loss of personal property arising out of, or in connection with, my and/or my child(ren)'s voluntary participation in EVENT/CLASS from whatever cause, including the active or passive negligence of CITY, its officers, employees and agents or any other participants in EVENT/CLASS. The parties to this agreement understand that this document is not intended to release any party from any act or omission of gross negligence, as the term is used in applicable case law and/or statutory provision. In consideration for being permitted to participate in EVENT/CLASS, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless CITY, its officers, employees and agents from any and all claims, demands, actions or suits arising out of or in connection with my and/or my child(ren)'s voluntary participation in EVENT/CLASS. I understand and agree that EVENT/CLASS may be recorded for viewing and/or listening by others during EVENT/CLASS and at a future date. I consent to CITY's use of audio and video recordings and photographs of me and/or my child(ren) during EVENT/CLASS and that CITY may use audio and video segments or photographs of me and/or my child(ren) for any purpose, including but not limited to news, advertising and promotional purposes, without compensation to me and/or my child(ren). I hereby release and hold harmless CITY from any claims relating to the use of my and/or my child(ren)'s likeness and image. I HAVE CAREFULLY READ THIS RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY AND SIGN IT ON MY OWN FREE WILL.</p>	Total of activity fees Total non-resident fees Tax deductible donation to help support Project Shepherd Transaction Fee \$2 Total Paid
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_____ Date _____ Signature Required

Print Name _____ Method of Payment Check Money Order Cash

Return to: City of Lakewood, P.O. Box 158, Lakewood, CA 90714 • 562 866-9771, ext. 2408 • lakewoodcity.org/recreation

If you are a qualified individual with a disability and need an accommodation to participate in this activity or program, please contact the Recreation and Community Services Department at (562) 866-9771 ext. 2408 at least 48 hours in advance.



Lakewood.

PRESORTED STANDARD
U.S. POSTAGE
PAID
CITY OF LAKEWOOD

5050 Clark Avenue
Lakewood, CA 90712

**** ECRWSSEDDM ****

RESIDENTIAL CUSTOMER

THANK YOU

To all our frontline workers during this pandemic!

