

City of Lakewood
Recreation and Community Services

SPRING 2024

Recreation Catalog



- ▶ Classes and Park Activities Begin Monday, February 5, 2024
- ▶ Register Now at [Lakewoodcity.org/ecatalog](https://lakewoodcity.org/ecatalog)

Parks Make Life Better!

The City of Lakewood's Spring 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 Lakewood parks and recreation opportunities make your life better.

- GATHERING PLACES** – By providing places for learning and socializing
- FOREVER** – Parks and community centers 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 our community



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Park Hours of Operation can be found on page 24.

Hello Spring! The City of Lakewood Recreation and Community Services Department has an exciting selection of classes, programs and community events planned for the entire family this spring.

Lakewood special events feature something for everyone, from rides and attractions at the Pan Am Fiesta (back cover), to earth-friendly activities at Earth Walk (pg. 20) or the opportunity to assist seniors and disabled members of the community with home fix-up projects at Volunteer Day (pg. 7).

Exciting travel trips (pg. 19) featured this spring include a trip to see The WIZ Musical at the Hollywood Pantages Theatre, as well as trips to the Flower Fields and Carlsbad Premium Outlets, Whale Watching and the Carlsbad Village Street Faire.

The family friendly Play at Palms series (pg. 21) continues this spring with The Amazing Dave Magic Show on January 12, Indoor Movie Night featuring Barbie on February 9, Family Bingo Night on March 8 and the Spring Community Car Show series on April 12 and June 14.

For more information on Lakewood's classes and events, call the Recreation and Community Services Department at 562-866-9771 ext. 2408.

SPRING CALENDAR

Resident Registration is going on now.

Non-Resident Registration Begins:
Monday, January 22

Most Classes Begin Week Of:
Monday, February 5

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

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.

• **No class March 29 and April 3 & 5.**

27365	W	8:30am-9:30am	2/7-2/28	Off Site	\$24/4 Mtgs
27366	F	8:30am-9:30am	2/9-3/1	Off Site	\$24/4 Mtgs
27382	W	8:30am-9:30am	3/6-3/27	Off Site	\$24/4 Mtgs
27385	F	8:30am-9:30am	3/8-3/22	Off Site	\$18/3 Mtgs
27383	W	8:30am-9:30am	4/10-5/1	Off Site	\$24/4 Mtgs
27386	F	8:30am-9:30am	4/12-5/3	Off Site	\$24/4 Mtgs
27384	W	8:30am-9:30am	5/8-5/29	Off Site	\$24/4 Mtgs
27387	F	8:30am-9:30am	5/10-5/31	Off Site	\$24/4 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 March 14 and May 27 & 30.**

• **Class on June 6 and 13 begins at 6:30 p.m.**

27568	M	6:00pm-7:00pm	2/12-2/26	WSC	\$36/3 Mtgs
27570	Th	6:00pm-7:00pm	2/15-2/29	MVP	\$36/3 Mtgs
27034	M	6:00pm-7:00pm	3/4-3/25	WSC	\$48/4 Mtgs
27036	Th	6:00pm-7:00pm	3/7-3/28	MVP	\$36/3 Mtgs
27038	M	6:00pm-7:00pm	4/1-4/22	WSC	\$48/4 Mtgs
27042	Th	6:00pm-7:00pm	4/4-4/18	MVP	\$36/3 Mtgs
27043	Th	6:00pm-7:00pm	5/2-6/13	MVP	\$72/6 Mtgs
27039	M	6:00pm-7:00pm	5/6-6/10	WSC	\$60/5 Mtgs

Bellydance Fitness

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.

27370	T	9:30am-10:30am	2/6-2/27	Off Site	\$24/4 Mtgs
27371	F	9:30am-10:30am	2/9-3/1	Off Site	\$24/4 Mtgs
27388	T	9:30am-10:30am	3/5-3/26	Off Site	\$24/4 Mtgs
27391	F	9:30am-10:30am	3/8-3/22	Off Site	\$18/3 Mtgs
27389	T	9:30am-10:30am	4/9-4/30	Off Site	\$24/4 Mtgs
27392	F	9:30am-10:30am	4/12-5/3	Off Site	\$24/4 Mtgs
27390	T	9:30am-10:30am	5/7-5/28	Off Site	\$24/4 Mtgs
27393	F	9:30am-10:30am	5/10-5/31	Off Site	\$24/4 Mtgs

Capoeira

Capoeira is an Afro-Brazilian art form that combines martial arts, music and dance. Capoeira is a dynamic experience that will increase stamina, balance and flexibility while achieving a total body workout. Ages 12 and up. Instructor: Courtney Claverie - Professora Sombra

• **Please wear comfortable, loose fitting clothing (no shorts).**

• **No class February 14 & 21, March 20 and May 6, 8, 13 and 27.**

27268	M,W	7:00pm-8:15pm	2/5-2/28	MAY	\$60/6 Mtgs
27269	M,W	7:00pm-8:15pm	3/4-3/27	MAY	\$70/7 Mtgs
27270	M,W	7:00pm-8:15pm	4/1-4/29	MAY	\$90/9 Mtgs
27271	M,W	7:00pm-8:15pm	5/1-6/12	MAY	\$90/9 Mtgs

Pilates

Pilates is not just for your core. Pilates is a system that integrates movements that work your entire body. Exercises can be adapted for beginners to more advanced students. Fun and hard work, Pilates is a time-tested discipline that delivers. Please bring a mat and long belt or strap to class. Instructor: Elizabeth Markley

• **Class on March 27 will meet at Mayfair Park.**

27237	W	7:15pm-8:15pm	2/7-2/28	CTR	\$60/4 Mtgs
27238	W	7:15pm-8:15pm	3/6-3/27	CTR	\$60/4 Mtgs
27239	W	7:15pm-8:15pm	4/3-4/24	CTR	\$60/4 Mtgs
27240	W	7:15pm-8:15pm	5/1-5/22	CTR	\$60/4 Mtgs
27241	W	7:15pm-8:15pm	6/5-6/12	CTR	\$30/2 Mtgs

Tai Chi for Health & Wellness

Tai Chi is an exercise method coordinating breath, movement and relaxation while improving and increasing the body's energy. Students will learn the Yang Short Form and other health exercises. Tai Chi reduces stress, improves circulation and balance, increases strength and more. Qigong (energy work) will also be practiced.

Instructor Richard Mier-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsTaiChi.com.

27414	Th	6:00pm-7:00pm	2/8-3/14	WSC	\$60/6 Mtgs
27420	Th	6:00pm-7:00pm	3/28-5/2	WSC	\$60/6 Mtgs
27421	Th	6:00pm-7:00pm	5/16-6/6	WSC	\$40/4 Mtgs

Save the Date

LeadHer
Lakewood

A Women's Success and Leadership Series

In celebration of **Women's History Month**— March 2024 —the City of Lakewood is eager to engage, empower and bring together the strong and amazing women of our city.

Wednesday, March 6- Behind the Scenes of Success

A tour of women-owned businesses in Lakewood.

Wednesday, March 13- Wine and Design

A networking and social event centered around lifestyle at Monte Verde Park.

Wednesday, March 20- Women's Wellness Fair

A health and wellness fair with vendors and demonstrations at Mayfair Park.

Wednesday, March 27- LeadHer Lakewood Finale and Empowerment Lecture

A keynote discussion and capstone to the LeadHer Lakewood series at The Centre.

All times TBD. For more information and to register, call the Recreation Department at 562-866-9771, ext. 2408.





Let TGIS Catering and The Centre celebrate and pamper your mom on Sunday, May 12, 2024 at the annual Mother's Day Champagne Brunch.

Mother's Day Brunch is a delicious family-friendly, all-you-can-eat brunch featuring a variety of culinary delights, a complimentary photo booth, and so much more!

For reservations, call TGIS Catering at (562)804-4434.

TGIS
thank goodness it's sofia
FOOD | EVENTS | WEDDINGS

THE CENTRE
EVENTS BY TGIS

Tai Chi, Kung Fu, Health & Wellness Training Day

In this seminar you will have the opportunity to go on a journey and discover the many benefits that the valuable disciplines of Tai Chi, energy work and breathwork, practical meditation, meditative hypnosis and more, can have for you. These ancient disciplines have relevant solutions for many modern problems that you can benefit from now. Imagine having more calmness, less anxiety, more focus, clarity, discipline, confidence and more, and how you'd benefit from that knowledge. This training will be done through demonstration and talks so you can discover and use these highly valuable skills. No prior experience necessary. Hosted by Sifu Richard-Mieir-King

27415 Sa 9:00am-2:00pm 4/6 LYC \$25/1 Mtg

Water Aerobics (Pre-Summer)

Get a head start on your summer fitness with a splash! Come join the fun at the pool and stay healthy at the same time. Burn fat while doing moves that will shape and sculpt your body with zero stress to the joints! The intensity of this water aerobics class is determined by how hard you decide to work! Instructor: Kick It Up Staff

27381 T,Th 6:10pm-7:00pm 5/28-6/13 MPL \$44/6 Mtgs

Yin Yoga

A gentle, slow paced style of yoga with postures held for longer periods of time, Yin yoga works with the connective tissues of the body; the tendons, fascia and ligaments, with the aim of increasing circulation in the joints and improving flexibility. Sequences are aligned with the meridians in the body, as found in Chinese medicine and acupuncture. This healing yoga is suitable for all levels, ages and body types, as well as those with prior injuries.

Instructor: Barbara McEnroe

• No class March 14 and May 27 & 30.

• Class on June 6 and 13 begins at 7:30 p.m.

27569	M	7:00pm-8:00pm	2/12-2/26	WSC	\$36/3 Mtgs
27571	Th	7:00pm-8:00pm	2/15-2/29	MVP	\$36/3 Mtgs
27035	M	7:00pm-8:00pm	3/4-3/25	WSC	\$48/4 Mtgs
27037	Th	7:00pm-8:00pm	3/7-3/28	MVP	\$36/3 Mtgs
27040	M	7:00pm-8:00pm	4/1-4/22	WSC	\$48/4 Mtgs
27044	Th	7:00pm-8:00pm	4/4-4/18	MVP	\$36/3 Mtgs
27045	Th	7:00pm-8:00pm	5/2-6/13	MVP	\$72/6 Mtgs
27041	M	7:00pm-8:00pm	5/6-6/10	WSC	\$60/5 Mtgs

Zumba ^{New}

Zumba is a Latin inspired dance workout, but more like a dance party than a workout! Come join the fun with music from around the world - sweat, laugh, burn calories and tone your body. Instructor: Isabel Moses-Caldera

• Bring a towel and water.

• No class February 14.

• Class on March 27 will meet at Mayfair Park.

27094	W	5:45pm-6:45pm	2/7-3/6	CTR	\$40/4 Mtgs
27095	W	5:45pm-6:45pm	3/13-4/3	CTR	\$40/4 Mtgs
27096	W	5:45pm-6:45pm	4/10-5/8	CTR	\$50/5 Mtgs
27097	W	5:45pm-6:45pm	5/15-6/12	CTR	\$50/5 Mtgs



Tennis Classes

Adult Cardio Tennis Class

Looking for an upbeat workout? Grab your racket and let's hit the courts! We have tons of fast-paced drills and games to keep you moving and improving. If you are looking to improve your tennis game and stay on your toes, then this program is perfect for you. This class features tennis and a workout all rolled into one and is designed to burn calories, make friends and improve your tennis game. For more information visit www.johnnyallentennis.com. Ages 18+. Instructor: Johnny Allen Tennis Staff

• **Students should wear athletic clothing, lace-up tennis shoes and bring a racket and water.**

• **No class May 10.**

27211	F	8:00pm-9:00pm	2/9-2/23	MAY	\$49/3 Mtgs
27232	F	8:00pm-9:00pm	3/1-3/15	MAY	\$49/3 Mtgs
27233	F	8:00pm-9:00pm	3/22-4/5	MAY	\$49/3 Mtgs
27234	F	8:00pm-9:00pm	4/12-4/26	MAY	\$49/3 Mtgs
27235	F	8:00pm-9:00pm	5/3-5/24	MAY	\$49/3 Mtgs
27236	F	8:00pm-9:00pm	5/31-6/14	MAY	\$49/3 Mtgs

Tennis Clinic - Int./Adv.

This USPTA certified tennis class focuses on drills to help improve your game. Proper technique is recommended and match play is emphasized. Players can benefit from our strategy, footwork drills, and mental toughness. Visit our website at TemsAmazingTennis.com. Instructor: Lakewood Tennis Center Staff

• **Location: Lakewood Tennis Center, 4212 Clubhouse Dr., Lakewood.**

• **Bring tennis racket and two unopened cans of heavy duty balls.**

• **Proper tennis shoes required - no basketball or running shoes.**

• **Pre-registration required.**

27024	Sa	9:00am-10:00am	2/10-3/30	Off Site	\$90/8 Mtgs
27030	Sa	9:00am-10:00am	4/6-5/25	Off Site	\$90/8 Mtgs
27031	Sa	9:00am-10:00am	6/1-6/15	Off Site	\$40/3 Mtgs

Sports Instruction

Kung Fu - Health Through Self Defense

Relieve stress, have fun and feel great with the martial art of Kung Fu. This practical self defense method provides the perfect way to stay in shape, increase flexibility and discipline, and calm the mind. Techniques involve striking, joint locking and more. Ages 15 and up. Instructor Richard Mieir-King is certified in his field, practicing since 1971, and is a wellness consultant. See www.KingsKungFu.com for more information.

27413	Th	7:00pm-9:00pm	2/8-3/14	WSC	\$60/6 Mtgs
27418	Th	7:00pm-9:00pm	3/28-5/2	WSC	\$60/6 Mtgs
27419	Th	7:00pm-9:00pm	5/16-6/6	WSC	\$40/4 Mtgs

Learn to Ice Skate (Adult)

This program is a fun introduction to ice skating. With a strong team of coaches, participants will learn the basics of getting up and moving on the ice. Whether interested in ice hockey, figure skating or going around for fun, this class is a great start! Ages 17 and up. Instructor: The Rinks Staff

• **Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.**

• **Registration also includes two public session passes that can be redeemed during your class session.**

• **\$18.50 annual Learn to Skate USA Membership required to join classes. To register visit <https://www.learnatoskateusa.com>.**

• **No classes February 14, 15 & 17.**

27456	W	5:45pm-6:25pm	2/7-2/28	Off Site	\$63/3 Mtgs
27459	W	6:30pm-7:10pm	2/7-2/28	Off Site	\$63/3 Mtgs
27462	Th	5:45pm-6:25pm	2/8-2/29	Off Site	\$63/3 Mtgs

Continued on next page

Measure L Funds at Work to Maintain & Improve Our City

In 2020, Lakewood voters approved Measure L to provide locally controlled funding to safeguard Lakewood's financial future; for improvements to public safety; and for repairs and upgrades to city parks, community buildings and other aging infrastructure.

Now, with the passage of Measure L, several key improvements have been made to Lakewood facilities which will benefit residents now and in the future...and more are coming. These will create sustainable, accessible and modern upgrades to enhance recreational experiences.

Completed Projects

- New Tot Lot playground and two new picnic shelters at San Martin Park.
- Two renovated restrooms (1 ADA accessible) at Ryneron Park.
- Disabled parking curb cutouts at Biscailuz, Del Valle & San Martin parks.
- Two new picnic shelters at Ryneron Park.
- Lighting, electrical and carpet upgrades to the Weingart Ballroom at The Centre.
- Upgrades to game courts at Palms Park, including new basketball standards, upgraded LED lighting and new court surfacing.

Projects On The Horizon

- Roofing, plumbing and HVAC upgrades at several Lakewood facilities.
- Electrical upgrades to Biscailuz, Bloomfield and San Martin parks, the Burns Community Center and The Centre.
- Remodel and modernization at Weingart Senior Center.
- Major remodel of Palms Park community building.

The Lakewood City Council and city staff remain committed to ensuring Measure L funds are used as intended and as such, the Measure L Citizens Oversight Committee has been appointed to guarantee responsible stewardship of these public funds.

Look for signs like the graphic below at your local parks and community centers to see your tax dollars at work.



Thank You
LAKWOOD
COMMUNITY

Ariel Pe
Todd Rogers
Cassandra Chase
Steve Croft
Jeff Wood



LOS ANGELES COUNTY
REGIONAL PARK AND
OPEN SPACE DISTRICT

The City of Lakewood will be renovating the playgrounds at three city parks beginning in 2024, courtesy of taxpayer funds from the voter-approved L.A. County Safe, Clean Neighborhood Parks and Beaches Measure (Measure A).

As part of the Measure A funding process, in October 2022, the city engaged residents and received input on the preliminary designs for the playgrounds at Biscailuz, Bloomfield and Boyar Parks. City staff are now diligently working to complete designs and work with playground manufacturers to implement the modifications. Look for these projects to begin as the warmer months near.

To preview the playground renderings,
please visit

www.lakewoodcity.org/MeasureAplaygrounds.

Adult Fitness & Sports

Continued from previous page

27465	Th	6:30pm-7:10pm	2/8-2/29	Off Site	\$63/3 Mtgs
27468	Sa	10:40am-11:20am	2/10-3/2	Off Site	\$63/3 Mtgs
27471	Sa	11:25am-12:05pm	2/10-3/2	Off Site	\$63/3 Mtgs
27474	W	5:45pm-6:25pm	3/6-3/27	Off Site	\$84/4 Mtgs
27477	W	6:30pm-7:10pm	3/6-3/27	Off Site	\$84/4 Mtgs
27480	Th	5:45pm-6:25pm	3/7-3/28	Off Site	\$84/4 Mtgs
27483	Th	6:30pm-7:10pm	3/7-3/28	Off Site	\$84/4 Mtgs
27486	Sa	10:40am-11:20am	3/9-3/30	Off Site	\$84/4 Mtgs
27489	Sa	11:25am-12:05pm	3/9-3/30	Off Site	\$84/4 Mtgs
27475	W	5:45pm-6:25pm	4/3-4/24	Off Site	\$84/4 Mtgs
27478	W	6:30pm-7:10pm	4/3-4/24	Off Site	\$84/4 Mtgs
27481	Th	5:45pm-6:25pm	4/4-4/25	Off Site	\$84/4 Mtgs
27484	Th	6:30pm-7:10pm	4/4-4/25	Off Site	\$84/4 Mtgs
27487	Sa	10:40am-11:20am	4/6-4/27	Off Site	\$84/4 Mtgs
27490	Sa	11:25am-12:05pm	4/6-4/27	Off Site	\$84/4 Mtgs
27476	W	5:45pm-6:25pm	5/1-5/22	Off Site	\$84/4 Mtgs
27479	W	6:30pm-7:10pm	5/1-5/22	Off Site	\$84/4 Mtgs
27482	Th	5:45pm-6:25pm	5/2-5/23	Off Site	\$84/4 Mtgs
27485	Th	6:30pm-7:10pm	5/2-5/23	Off Site	\$84/4 Mtgs
27488	Sa	10:40am-11:20am	5/4-5/25	Off Site	\$84/4 Mtgs
27491	Sa	11:25am-12:05pm	5/4-5/25	Off Site	\$84/4 Mtgs

Pickleball: Adult Beginning

This class is designed for adults with no experience playing pickleball. Basic foundational and fundamental skills will be introduced in a large group setting. Such skills include: safety, etiquette, rules, scoring, serves, volleys, forehand, backhand, and basic strategies. Once completed, players can play comfortably in games. Paddles and balls are provided. Flat outdoor court specific footwear recommended. Instructor: Performance Pickleball Staff

27353	W	11:00am-1:00pm	2/21-3/13	MAY	\$165/4 Mtgs
27355	W	11:00am-1:00pm	4/24-5/15	MAY	\$165/4 Mtgs



Pickleball: Adult Intermediate

This class is designed for anyone who has completed the Pickleball: Adult Beginning class, or is an experienced player. This class expands on optimizing your game plan, court strategies, and the next steps to improve your game. Improve your existing skills, court movement, court positioning, consistency, ball placement, serves, forehands, backhands, volleys, overheads, strategies, poaching and the mental game. Be prepared to elevate your game! Flat outdoor court specific footwear recommended. Instructor: Performance Pickleball Staff

27354	W	11:00am-1:00pm	3/27-4/17	MAY	\$165/4 Mtgs
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Pickleball: Adult Advanced

This class is designed for players that have completed the Pickleball: Adult Intermediate class or is an intermediate, advanced or experienced player. This class expands on advancing your game plan utilizing advanced court strategies, executing advanced control, offensive tactics, defensive tactics and advanced creative play options, and much more. Incorporating vital elements of the game in a challenging format. Flat outdoor court specific footwear recommended. Instructor: Performance Pickleball Staff

27352	W	11:00am-1:00pm	5/22-6/12	MAY	\$165/4 Mtgs
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Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 38 for additional fees.

WE'RE HIRING

RECREATION & COMMUNITY SERVICES DEPARTMENT

Recreation Leader II
Part-Time \$17.72/hour

Sports Official*
Part-Time \$25.06/hour

Maintenance Trainee - RCS
Part-Time / Limited Term
\$19.20 - \$20.15/hour

Aquatics Cashier/Clerk*
Part-Time \$16.25/hour

**Lifeguard/
Swim Instructor I-IV***
Part-Time \$17.36-\$19.69/hour

DASH Transit Driver II
Part-Time \$17.72/hour

*Typical dates of seasonal operation:
Baseball/Softball: June - Aug
Volleyball/Flag Football: Sep - Nov
Basketball: Jan - March

**Maintenance Services
Aide II-IV**
(Parks/Landscape and Custodial Service)
Part-Time \$17.72 - \$20.38/hour

Senior Lifeguard*
Part-Time \$18.91-\$21.81/hour

*Positions operate May - September.



APPLY ONLINE
www.lakewoodcity.org/jobs



APRIL IS VOLUNTEER MONTH

Make a Difference and Volunteer

What are you looking for in a volunteer opportunity? Do you like sports, art or dance? Do you want to work by yourself, with a group, or with your family? Whether you are looking for an ongoing commitment or a one-time event, we have a volunteer job for you.

✓ **Lakewood Volunteer Day:** Join your family, friends, or coworkers on April 13, and plan to be a part of over 500 residents who volunteer to assist with yard and outside home maintenance repair at homes of low income, disabled or senior residents. Call (562) 925-7512 for more information.

✓ **Block Captain, Neighborhood Watch:** Be the volunteer link in your neighborhood. Serve as a liaison with the City and the Sheriff's Department. Call (562) 866-9771, extension 2135 for more information.

✓ **Special Olympics:** Coach children and adults with intellectual and physical disabilities or volunteer at tournaments. Coaches and volunteers are needed for team and individual sports, as well as tournaments and other related events. A certified volunteer form is necessary to participate. Call (562) 865-1717 for information.

✓ **LYS-Lakewood Youth Sports:** Make a difference in a child's life. Receive training and coach youth ages 4-17 in volleyball, flag football, softball, baseball or basketball. Call (562) 866-9771, extension 2408 for information.

✓ **Senior Center Special Events and Classes:** Share your talents and skills by volunteering as a performer or class instructor at the Weingart Senior Center. Contact (562) 630-6141, for additional information.

In addition to city volunteer programs, the following agencies offer volunteer opportunities in Lakewood. Contact them directly for more specific information.

✓ **Friends of the Lakewood Libraries:** Volunteers work in the bookstore, conduct book sales, and assist with special events. Call (562) 866-1777.

✓ **Meals on Wheels of Long Beach, serving Lakewood residents:** Volunteers pack food, deliver meals and assist with community outreach. Call (562) 439-5000.

✓ **Auxiliary of Lakewood Regional Medical Center:** Volunteers work with patients, assist in departments and gift shop, and help with fundraisers. Call (562) 531-2550.

✓ **Weingart-Lakewood Family YMCA:** Volunteers serve on policy boards, work as youth sports coaches, and help at special events. Call (562) 425-7431.

✓ **Pathways Volunteer Hospice:** Volunteers serve as hospice companions, volunteer caregivers for frail elderly and grief support facilitators. Call (562) 531-3031.

✓ **Su Casa:** Volunteers work in a variety of ways supporting survivors of domestic violence. Call (562) 421-6537.

Lakewood's volunteers strengthen our community, foster human development, and provide recreational experiences. You can make a difference in your own backyard. Contact the Burns Community Center at (562) 925-7512 to request a comprehensive brochure that explains these and many additional opportunities that are available.

LAKESWOOD VOLUNTEER DAY



Lakewood will host the 27th Annual Volunteer Day on Saturday, April 13, an event that has attracted many volunteer groups over the years to come out to work on a variety of clean-up projects at private homes, schools, and parks.

Is there someone in your neighborhood who needs help with their home?

Qualifying sites would consist of private homes in Lakewood owned by someone who:

- Needs help with outside jobs such as weeding, light painting, yard work or trimming.
- Is unable to complete the work themselves (due to age or disability).
- Is unable to afford to hire someone to do it.

If you meet the selection criteria, or if you have a friend, family member or neighbor who would benefit from a clean-up project call Burns Community Center by **March 15** to have your home considered.

If you'd like to volunteer at a project site, please visit www.lakewoodcity.org/volunteerdaysite or call Burns Community Center at (562) 925-7512.



Adult Fitness & Sports

L A K E W O O D



Spring Season

Registration dates: January 8 - 26

Summer Season

Registration dates: April 29 - May 17

Women's Volleytennis

Women's volleytennis is a fast-paced game played with a tennis-height net with a volleyball on a volleyball court. Teams play Monday nights at various parks on outdoor courts. League games start at 7 p.m.

Adult Softball

Adult softball leagues are scheduled and organized as follows:

Men's Single Wall Bat: Friday evenings
Co-ed Single Wall Bat: Thursday evenings and Sunday afternoons

Online Registration is available for all adult sports leagues. Go to www.lakewoodcity.org/eCatalog, click on Activities-Sports League. Teams may also register in person at the Recreation and Community Services Department at City Hall.

Registration/Information packets available online at www.lakewoodcity.org/sports. Teams may also obtain registration packets at the Recreation and Community Services Department, or call (562) 866-9771 ext. 2408. Fees and other details are available in the packets.

Hoover Middle School Gym Activities

Come out to the Hoover Middle School Gymnasium and get your game on! Drop in play will be organized and monitored by recreation staff. Players must check-in at the gymnasium.

Active+/Adult/Teen Basketball



Active+

Mondays

beginning Jan. 8, 2024

6:30-9 p.m.

Adult/Teen

Wednesdays

beginning Jan. 10, 2024

6:30-9 p.m.

Adult/Teen Volleyball

Thursdays

beginning Jan. 11, 2024

6:30-9 p.m.

School events require occasional changes to scheduled activities at the Hoover Middle School Gym. Up-to-date gym schedules are available through Lakewood Online at lakewoodcity.org/sports.

Adult Pickleball



Mayfair Park

Mondays, Wednesdays & Fridays, 9-11 a.m.

*Tuesdays & Thursdays, 6-8 p.m.**

Bolivar Park

*Wednesdays & Fridays, 6-8 p.m.**

**Evening schedule begins the week of March 18, 2024.*

Players are encouraged to bring their own paddles and balls. A limited number will be available for checkout.

2-Step/Country Swing

Get your feet movin' and learn the latest country dance moves. You'll learn the basics of the 2-step plus the modern style of country western swing. Gear up for a night of dancing to your favorite tunes. No partner required. Ages 18 and up. Instructor: Janet Karter

• No class April 24 and May 22.

26962	W	7:00pm-8:00pm	2/14-4/3	WSC	\$48/8 Mtgs
26964	W	7:00pm-8:00pm	4/10-5/29	WSC	\$36/6 Mtgs

Belly Dance

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.fahziem.com. All ages welcome. Instructor: Fahziem

• No class April 3.

27265	W	6:30pm-7:30pm	2/7-3/6	BLM	\$49/5 Mtgs
27266	W	6:30pm-7:30pm	3/20-4/24	BLM	\$49/5 Mtgs
27267	W	6:30pm-7:30pm	5/1-5/29	BLM	\$49/5 Mtgs

Kiele Hula (Beg./Int.)

Kiele, Hawaiian for the gardenia flower, symbolizes love and romance. The dance of hula expresses love and romance, as well as a fun and low-impact form of exercise. All skill levels are welcome, from beginners to the more experienced. Instructors: Ms. Willie Villa-Real and Mrs. Stephanie Fontela

• Students will need to purchase a costume for performances, dates and cost TBA.

• Dance implements (poi balls) may be purchased through the instructor.

27104	Th	7:45pm-8:45pm	2/8-2/29	BLM	\$39/4 Mtgs
27123	Th	7:45pm-8:45pm	3/7-3/28	BLM	\$39/4 Mtgs
27124	Th	7:45pm-8:45pm	4/11-4/25	BLM	\$30/3 Mtgs
27125	Th	7:45pm-8:45pm	5/2-5/23	BLM	\$39/4 Mtgs

Line Dance

This class is sure to bring out the Country Western in you. Instructor Janet Karter will teach you a variety of line dances. Come and meet new people. No partner is necessary. Line dancing is fun to do at local clubs or at parties. It's the most popular type of dance being done by all ages. For ages 18 and up. Instructor: Janet Karter

• No class April 24 and May 22.

26963	W	6:00pm-7:00pm	2/14-4/3	WSC	\$48/8 Mtgs
26965	W	6:00pm-7:00pm	4/10-5/29	WSC	\$36/6 Mtgs



2024 LAKEWOOD RUN 5K Walk/Run, 5K Ruck, 10K Run Saturday, March 2

Get ready to lace up your running shoes and embrace the thrill of speed and determination in our exhilarating race! Put on your coolest rockstar outfit and get ready to hit the streets with the rhythm of your footsteps and the beat of your favorite tunes as you are **RUNNING WITH HEART AND ROCKING WITH SOUL!!**

The Lakewood Run returns March 2, 2024. Runners of all levels are welcome, from seasoned runners to beginners, walkers and Ruckers. Whether you're aiming for a personal best or just here to rock out and have a blast, our race caters to all. Dress up as your favorite rock legend, and you might even win our costume contest!

After crossing the finish line, join us for a rockin' after-party and recharge with delicious food and refreshing drinks in our race expo. This event isn't just a race; it's an unforgettable celebration of music, fitness, and the rockstar spirit within us all.

The Lakewood Run is presented by the Lakewood Sheriff's Station and Soroptimist Int'l of Lakewood/Long Beach. Proceeds from the race benefit both charity organizations.

Pricing is as follows:

Earliest Bird Pricing by October 20:

5k Walk/Run - \$35 • 5k Ruck - \$45 • 10k Run - \$45

Early Bird Pricing from October 21 - January 5:
5k Walk/Run - \$40 • 5k Ruck - \$50 • 10k Run - \$50

Pre-registration from January 6 - March 1:
5k Walk/Run - \$45 • 5k Ruck - \$55 • 10k Run - \$55

Race day registration:

5k Walk/Run - \$50 • 5k Ruck - \$60 • 10k Run - \$60

To register or for more information visit:

www.lakewoodrun.com

or scan here:



EVENTS BY

TGiS
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FOOD | EVENTS | WEDDINGS

562-804-4434

Make it an event to Remember!



Two incredible event sites

The Centre & Monte Verde Park



 **THE CENTRE**
5000 Clark Avenue



Monte Verde Park | 4626 N. Shadeway Road

Workshops & Classes

Basic Obedience For Dogs

Dogs of all ages welcome! We will work on basic commands, manners and listening skills. Commands taught include: watch me, sit, down, leave it, loose leash walking, stay and recall. Manners such as jumping, chewing, mouthing, barking and potty training will also be worked on. All methods are positive-reinforcement based. Instructor: Alexandra Macias, CPDT-KA

- **Be prepared to show proof of current rabies vaccination and to sign a liability waiver at the first class meeting.**
- **Please bring a flat collar, 4-6 ft. leash and treats.**
- **No class March 31.**

27131	Sa	12:00pm-1:00pm	2/10-3/16	SM	\$150/6 Mtgs
27132	Su	12:00pm-1:00pm	3/3-4/14	SM	\$150/6 Mtgs
27133	Sa	10:00am-11:00am	3/16-4/20	SM	\$150/6 Mtgs
27134	Sa	11:30am-12:30pm	4/27-6/1	SM	\$150/6 Mtgs

Beginner's Guide to Starting a FREE Blog (Virtual)

Online blogging is a great way to get the word out about you, your service, your product, or your information! You will learn step-by-step how to: start a free blog, choose a blog template, emphasize your blog content with a creative name, use your unique voice to share your expertise, find other writers to contribute content, connect your domain/website, earn a passive monthly income and more! 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.**

27175	F	2:00pm-4:00pm	3/8		\$39/1 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.**
- **Participants will be given a 30-minute lunchbreak. Bring a lunch or enjoy lunch at a local eatery.**

27000	Sa	7:30am-2:00pm	2/24	BCC	\$37/1 Mtg
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Holistic Conversational Spanish

This class provides a safe place to practice Spanish over a meal or open ended activity. New terms will be introduced, depending on activity being practiced, such as art, play and self care. Instructor: Xochitl Brizuela

- **No class on February 26, March 4 & 11 and May 13 & 27.**
- **Please register early! Classes will only be held if minimum registration is met.**

27356	M	6:30pm-7:30pm	2/5-4/15	PLMS	\$120/8 Mtgs
27360	M	6:30pm-7:30pm	4/22-6/10	PLMS	\$90/6 Mtgs

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 38 for additional fees.

Monetize Websites, Blogs and Social Media (Virtual)

This class will show you how you can earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site which will in turn create a commission for every sale, click or lead. Learn where to find over 1,000 free and low cost opportunities and how to avoid scams or links that won't offer you a beneficial return on investment.

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.

27176 W 2:00pm-3:00pm 3/6 \$24/1 Mtg

Arts & Crafts

Beginning Journeys in Watercolor Painting

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

• The instructor will email a suggested supply list before the first class.

• No class April 17 and May 15 & 22.

27191 W 10:00am-11:30am 2/7-2/28 CTR \$90/4 Mtgs

27194 W 10:00am-11:30am 3/6-3/27 CTR \$90/4 Mtgs

27195 W 10:00am-11:30am 4/3-5/1 CTR \$90/4 Mtgs

27196 W 10:00am-11:30am 5/8-6/12 CTR \$90/4 Mtgs

Exploring Watercolor and Acrylic Painting

This mixed class is an introduction to both Watercolor and Acrylic Painting in a beginner format. The basics for both mediums are covered in the first half of the class. Each student will get the chance to learn first, then practice at home and in the class. Then, to further expand, choose to create their own personal projects. Instructor: Clyde San Juan

Instructor: Clyde San Juan

• The instructor will email a suggested supply list before the first class.

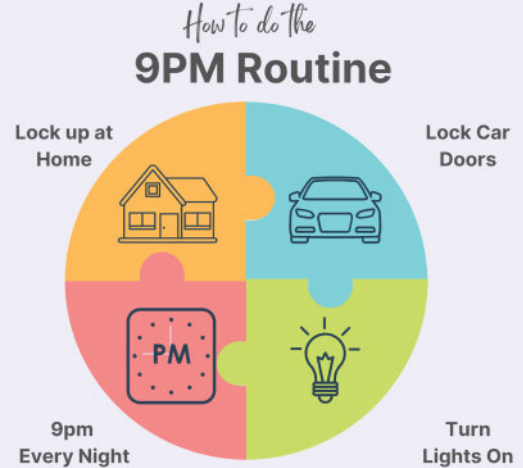
• No class April 17 and May 15 & 22.

27190 W 1:30pm-3:00pm 2/7-3/27 CTR \$160/8 Mtgs

27193 W 1:30pm-3:00pm 4/3-6/12 CTR \$160/8 Mtgs



Public Safety Information



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.



CRIME STOPPERS
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!

ALERT LA COUNTY
ALERT.LACOUNTY.GOV
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

Adult Special Interest

Lakewood Civic Center
BLOCK PARTY

Save the date of Saturday, June 29, for the The Civic Center Block Party.
This event features live entertainment, "On the Block" food court, children's amusements, and more.

Look out for more information in the Summer Recreation Catalog.
www.lakewoodcity.org/blockparty

Advanced Watercolor and Acrylic Painting

This class is the advanced level for both watercolor and acrylic painting. After taking the prerequisite Beginning Watercolor and/or Acrylic classes or the Exploring Watercolor and Acrylic Painting class, this class affords continuing students opportunities to hone their skill sets, learn new techniques and further expand their personal project goals while building their own styles and bodies of work.

Instructor: Clyde San Juan

• **The instructor will email a suggested supply list before the first class.**

• **No class April 17 and May 15 & 22.**

27192	W	3:15pm-4:45pm	2/7-3/27	CTR	\$160/8 Mtgs
27197	W	3:15pm-4:45pm	4/3-6/12	CTR	\$160/8 Mtgs

Bake Shop Basics - Buttercream Piping Techniques



Add the perfect finishing touches to your cakes and cookies with this borders and flowers class. Learn simple buttercream borders, including the shell and bead border, then learn how to make your cake blossom with buttercream rosettes, leaves, and more! No experience needed. Cookies and supplies for the class will be provided. Ages 14 and up. Instructor: Lakyn Wynn.

• **A \$10 materials fee (exact cash only) is due to the instructor at the beginning of class.**

• **Refunds will not be issued for same day cancellations.**

27450	W	6:30pm-8:00pm	2/21	WSC	\$20/1 Mtg
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Bake Shop Basics - Cookie Decorating



Learn tips and tricks for making perfectly decorated cookies at home. By learning creative techniques from outlining, to flooding, and then adding details, you will impress yourself and others. No experience needed. Cookies and supplies for the class will be provided. Ages 14 and up. Instructor: Lakyn Wynn.

• **A \$10 materials fee (exact cash only) is due to the instructor at the beginning of class.**

• **February 7: Valentine Theme**

• **March 20: Easter Theme**

• **April 24: Floral Theme**

• **May 22: Wedding Theme**

• **Refunds will not be issued for same day cancellations.**

27441	W	6:30pm-8:00pm	2/7	WSC	\$20/1 Mtg
27447	W	6:30pm-8:00pm	3/20	WSC	\$20/1 Mtg
27448	W	6:30pm-8:00pm	4/24	WSC	\$20/1 Mtg
27449	W	6:30pm-8:00pm	5/22	WSC	\$20/1 Mtg

Beginning Macramé



Discover the art of macramé and unleash your inner creativity in our Beginning Macramé Class. Whether you're a crafting enthusiast or a complete beginner, this workshop offers a welcoming environment where you can learn the essential knots and techniques to create stunning macramé pieces for your home or as heartfelt handmade gifts. No experience needed. All supplies for the class will be provided. For ages 18 and up. Instructor: Lakyn Wynn.

• **A \$10 materials fee (exact cash only) due in class.**

• **Refunds will not be issued for same day cancellations.**

27454	W	6:30pm-8:00pm	5/8	WSC	\$25/1 Mtg
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Candle Making

Come see how easy it is to create your own candles for yourself or as gifts! You will see soy candles made from start to finish. You will also learn about gel and wax candle making techniques. No experience needed. All supplies for the class will be provided. For ages 18 and up. Instructor: Lakyn Wynn.

• **A \$10 materials fee (exact cash only) due in class.**

• **Refunds will not be issued for same day cancellations.**

27442	W	6:30pm-7:30pm	5/15	WSC	\$25/1 Mtg
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Counted Cross Stitch New

Learn the art of turning simple fabric and threads into beautiful, handcrafted designs. This class is designed for complete beginners, making it the perfect opportunity to explore a timeless and meditative craft that can bring calm and creativity into your life. No prior cross-stitching experience is required; we'll start from the very beginning. All supplies needed for the class will be provided. For ages 18 and up. Instructor: Lakyn Wynn.

• **A \$15 materials fee (exact cash only) due in class.**

• **Refunds will not be issued for same day cancellations.**

27455 W 6:30pm-8:00pm 5/29 WSC \$25/1 Mtg

Crochet 101 - Washcloth

In this class we will work on a basic crochet project that will build on your skill level. Crochet a washcloth while learning how to chain stitch, create a slip knot, single crochet, and weave in ends, read a pattern and abbreviations. All supplies for class will be provided. No experience needed. For ages 14 and up. Instructor: Lakyn Wynn.

• **Refunds will not be issued for same day cancellations.**

• **A \$10 materials fee (exact cash only) due in class.**

27443 W 6:30pm-8:00pm 3/6 WSC \$20/1 Mtg

Cutting Creatively with Cricut

Come learn project possibilities that can be created with your Cricut Explore Air 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. Supplies not included. For ages 14 and up. Instructor: Lakyn Wynn.

• **Refunds will not be issued for same day cancellations.**

• **The supply list can be found at www.plumforest.com/calendar.**

• **Select your class date and the supply list can be found within the class description.**

27444 W 6:30pm-8:00pm 2/28 WSC \$20/1 Mtg

Cutting Creatively with Silhouette

Welcome to the world of making Pinterest-perfect party décor and other personalized items! Get started with your Silhouette CAMEO and its latest design software. We will explore the machine's various features and how to work with the most popular materials: paper, vinyl, heat-transfer vinyl and sticker paper. Learn troubleshooting tips and tricks so you can make perfect cuts and designs every time. No experience needed. Supplies not included. For ages 14 and up. Instructor: Lakyn Wynn.

• **Refunds will not be issued for same day cancellations.**

• **The supply list can be found at www.plumforest.com/calendar.**

• **Select your class date and the supply list can be found within the class description.**

27445 W 6:30pm-8:00pm 3/13 WSC \$20/1 Mtg

DIY Balloon Centerpieces New

This class is ideal for anyone interested in learning the art of balloon centerpiece decoration. Whether you're a party planner, a DIY enthusiast, or simply someone looking to add a unique touch to your events, you'll leave this class with newfound skills and the confidence to create stunning balloon centerpieces. No experience needed. All supplies for the class will be provided. For ages 18 and up. Instructor: Lakyn Wynn.

• **A \$10 materials fee (exact cash only) due in class.**

• **Refunds will not be issued for same day cancellations.**

27452 W 6:30pm-7:30pm 4/3 WSC \$25/1 Mtg



DIY Paper Flowers

Let's make flowers! In this step-by-step class you will learn how to create paper flowers with card stock. This class is perfect for beginners and individuals of all crafting backgrounds who want to learn the art of paper flower making for party DIY. Whether you're planning a birthday bash, a bridal shower, a baby shower, or any special event. No experience needed. All supplies for the class will be provided. For ages 18 and up. Instructor: Lakyn Wynn.

• **A \$10 materials fee (exact cash only) due in class.**

• **Refunds will not be issued for same day cancellations.**

27453 W 6:30pm-8:00pm 4/17 WSC \$25/1 Mtg

Low Fire Ceramic Pottery

Learn handbuilding techniques with low fire clay to achieve bright colors. Class is a workshop atmosphere with new techniques and demos during each class, with glaze firing each session. Ages 12 and older. Instructor: Kathryn H.

• **\$20 lab fee and \$10 clay fee payable to the instructor in class.**

27135 F 6:30pm-8:30pm 2/9-2/23 CTR \$50/3 Mtgs

27136 F 6:30pm-8:30pm 3/1-3/15 CTR \$50/3 Mtgs

27137 F 6:30pm-8:30pm 3/29-4/12 CTR \$50/3 Mtgs

27138 F 6:30pm-8:30pm 4/19-5/3 CTR \$50/3 Mtgs

27139 F 6:30pm-8:30pm 5/10-5/24 CTR \$50/3 Mtgs

27140 F 6:30pm-8:30pm 5/31-6/14 CTR \$50/3 Mtgs

Morning Sewing Circle

Come join us for a casual, unstructured sewing circle. This class is a gathering of sewing enthusiasts. The gathering will be what you want it to be. Bring your sewing projects to start or finish and hang out for some awesome camaraderie. This is "not" an instructional class, but if you need help on a project, there will be plenty of opinions on "HOW TO"! Please bring all the necessary materials to work on your project, including sewing machine. Irons, cutting mats and rulers provided. Instructor: Diane Wamba

• **At times a minimal copying fee is payable to the instructor in class.**

• **No class February 27 and May 14.**

26968 T 10:00am-2:00pm 2/6-4/9 CTR \$29/9 Mtgs

26969 T 10:00am-2:00pm 4/16-6/11 CTR \$29/8 Mtgs

Adult Special Interest

Paper Quilling

This Paper Quilling course is designed to make learning this captivating art form both fun and accessible. Quilling is a versatile art form that allows you to create intricate designs and decorations. Come learn the fundamentals along with inspiration to craft your own unique quilled decorations and gifts. No experience needed. All supplies for the class will be provided. For ages 18 and up. Instructor: Lakyn Wynn.

- **A \$10 materials fee (exact cash only) due in class.**
 - **Refunds will not be issued for same day cancelations.**
- | | | | | | |
|-------|---|---------------|------|-----|------------|
| 27451 | W | 6:30pm-8:00pm | 3/27 | WSC | \$20/1 Mtg |
|-------|---|---------------|------|-----|------------|

Pottery Workshop (Beg.)

Learn to appreciate wheel-thrown or hand-built pottery by trying it yourself. Class is a workshop atmosphere, with a glaze firing each session. Over 15 glazes from which to choose. For ages 18 and up. Instructor: Barbara Hass

- **A \$25 lab fee and \$10 glaze fee are payable to the instructor in class.**
- | | | | | | |
|-------|---|---------------|-----------|-----|-------------|
| 27435 | T | 6:45pm-9:00pm | 2/20-3/19 | CTR | \$50/5 Mtgs |
| 27437 | T | 6:45pm-9:00pm | 4/2-4/30 | CTR | \$50/5 Mtgs |
| 27438 | T | 6:45pm-9:00pm | 5/21-6/18 | CTR | \$50/5 Mtgs |

Pottery (Int./Adv.)

Learn to appreciate wheel-thrown or hand-built pottery by trying it yourself. Class is a workshop atmosphere, with a glaze firing each session. Over 15 glazes from which to choose. For ages 18 and up. Instructor: Barbara Hass

- **A \$25 lab fee and \$10 glaze fee are payable to the instructor in class.**
- | | | | | | |
|-------|---|---------------|-----------|-----|-------------|
| 27436 | W | 6:45pm-9:00pm | 2/21-3/20 | CTR | \$50/5 Mtgs |
| 27439 | W | 6:45pm-9:00pm | 4/3-5/1 | CTR | \$50/5 Mtgs |
| 27440 | W | 6:45pm-9:00pm | 5/22-6/19 | CTR | \$50/5 Mtgs |

Soap Making

Come see how easy it is to create your own bath soaps for yourself or as gifts! You will learn basic soap making techniques, including scenting, coloring, embossing, herbs, wrapping and more! All supplies for the class will be provided. For ages 18 and up. Instructor: Lakyn Wynn.

- **\$10 materials fee (exact cash only) due in class.**
 - **Refunds will not be issued for same day cancelations.**
- | | | | | | |
|-------|---|---------------|------|-----|------------|
| 27446 | W | 6:30pm-7:30pm | 4/10 | WSC | \$25/1 Mtg |
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Tole Painting Workshop

Refine your intermediate/advanced skills in the traditional art of tole painting. In this class you may work on individual projects of your own or group projects selected by the class. Painting surfaces can be wooden, metal or canvas. This class is designed for competent painters who wish to advance their skills and learn from other skilled painters. Instructor: Bonnie Brown

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|-------|----|-----------------|-----------|-----|-------------|
| 27046 | Th | 10:00am-12:30pm | 1/25-3/7 | CTR | \$29/7 Mtgs |
| 27047 | Th | 10:00am-12:30pm | 3/14-4/25 | CTR | \$29/7 Mtgs |
| 27048 | Th | 10:00am-12:30pm | 5/2-6/13 | CTR | \$29/7 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

Music Instruction

Drums for Fun (Adult)

Learn the basic techniques of drumming from a professional musician. Instruction includes proper grip positions, hand and wrist development, sight-reading, hand and foot coordination, rudimentary training and drumset techniques. Students will have the opportunity to play on a drumset. The instructor provides sticks, practice pads and music sheets during group lessons. Visit Drumvillestudios.com. Ages 13 and up. Instructor: Lenny 'Gee' Giachello

- **A \$7 materials fee for drum sticks and folder is due in class.**
- | | | | | | |
|-------|---|---------------|----------|-----|-------------|
| 27004 | T | 8:30pm-9:30pm | 2/6-3/19 | BOL | \$75/7 Mtgs |
| 27006 | T | 8:30pm-9:30pm | 4/9-5/21 | BOL | \$75/7 Mtgs |



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

Open 7 days a week

Please call (562) 896-2373 or email TheLEC@lakewoodcity.org for more details.



Follow us for the latest updates.



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.



Older Adult Programming Hours:

Weingart Senior Center (WSC)
Monday-Friday 9 a.m.-5:30 p.m.
Saturday 9 a.m.-1 p.m.

Improve Balance, Stamina and more Fitness Room Hours:

Monday-Friday 9 a.m.-3 p.m. / Saturday 9 a.m.-12:30 p.m.

Equipment includes: four computerized stationary bikes, two treadmills, a multi-weight station and free weights, all of which can be used free of charge. Participation form required.

Fitness Class Schedule

Mondays	Cardio Salsa Stretch & Meditate	9-10 a.m. 10:15-11:15 a.m.
Tuesdays	Low Impact Aerobics Chair Exercise	9-10 a.m. 10:30-11:30 a.m.
Wednesdays	Mat Exercise	9-10 a.m.
Thursdays	Low Impact Aerobics Chair Exercise	9-10 a.m. 10:30-11:30 a.m.
Fridays	Mat Exercise	9-10 a.m.
Saturdays	Low Impact Aerobics Chair Exercise	9-10 a.m. 10:30-11:30 a.m.

Annual Grandparents Easter Party

The Weingart Senior Center will hold its annual Easter Eggstravaganza on Thursday, March 28th from 3:30-5 p.m. Grandparents are welcome to bring grandchildren and great-grandchildren 10 years old and younger to join in the fun. Pre-registration is required. Please bring hard boiled eggs for dyeing. To register, or for more information, call the Weingart Senior Center office at (562) 630-6141.

Spring Wellness Series New

Build your resiliency by balancing your life, enhancing your self-esteem, understanding grief and loss, as well as finding your happiness! Instructor: Teresa Estrada

27528	Th	10:30am-11:30am	2/8-2/29	WSC	\$47/4 Mtgs
27529	Th	10:30am-11:30am	3/7-3/28	WSC	\$47/4 Mtgs
27530	Th	10:30am-11:30am	4/4-4/25	WSC	\$47/4 Mtgs
27531	Th	10:30am-11:30am	5/2-5/23	WSC	\$47/4 Mtgs

Human Services

DASH Transportation

DASH Transportation offers FREE rides to Lakewood residents (age 60 and older) who are without transportation or to residents with a physical or mental disability. Eligible residents can use DASH for any purpose, within the City of Lakewood. Transportation is also provided within limited extended boundaries for medical purposes and to Cerritos College and Long Beach City College for certain educational programs. DASH vehicles accommodate multiple passengers and are wheelchair accessible.

An online version of the DASH Transit Passenger Application is now available at www.lakewoodcity.com/DASH. For information about this free service, the application, or to register, call the DASH office at 562-924-0149, Monday - Friday between 8:30 a.m.-5 p.m.



Human Services Association Senior Lunch Program



Come and enjoy a wonderful meal with friends at the Weingart Senior Center. Lunches are provided by the Human Services Association for seniors age 60 and older and their spouses for a suggested donation of \$3 per meal. Persons 59 and younger are required to pay a \$6 fee. Everyone is welcome with a reservation made 24 hours in advance. For more information, please call:

- Weingart Senior Center Nutrition Site, (562) 630-6210
 5220 Oliva Ave., Lakewood

Human Services Association – “Where Caring Becomes Doing”

Meals on Wheels

Meals on Wheels of Long Beach 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 Meals on Wheels of Long Beach office at (562) 439-5000.



at Burns Community Center



The Burns Community Center is located at 5510 Clark Avenue, Lakewood. Active adults ages 50 and over can find a slate of various class offerings to keep both mind and body sharp! For more information on Active+ programs, please call (562) 925-7512.



Fitness Class Schedule

Mondays	Cardio Circuit	9-10 a.m.
	Pickleball at Mayfair Park	9-11 a.m.
Tuesdays	Walking Club	8:30-9:30 a.m.
	Stretch & Tone	10-11 a.m.
	Pickleball at Mayfair Park	6-8 p.m.
Wednesdays	Pickleball at Mayfair Park	9-11 a.m.
	Chair Volleyball at Mayfair Park	9-11 a.m.
	Pickleball at Bolivar Park	6-8 p.m.
Thursdays	Walking Club	8:30-9:30 a.m.
	Stretch & Meditate	10-11 a.m.
	Pickleball at Mayfair Park	6-8 p.m.
Fridays	Pickleball at Mayfair Park	9-11 a.m.
	Chair Volleyball at Mayfair Park	9-11 a.m.
	Pickleball at Bolivar Park	6-8 p.m.

*Evening Pickleball will resume March 19

**Burns Community Center
Hours of Operation
Monday-Friday, 7 a.m.- 6 p.m.**

Bunco Party

Come out for a fun Friday night and play Bunco at the Burns Community Center! This social dice game involves 100% luck and no skill, anyone can play. Prizes will be awarded to players with the most buncos, the most wins and the most losses. Snack while you play with treats from our nacho and dessert bar. Instructor: City Staff

27257 F 5:30pm-8:00pm 3/15 BCC \$3/1 Mtg
27258 F 5:30pm-8:00pm 5/17 BCC \$3/1 Mtg

Gentle Yoga

This class consists of a sequence of traditional yoga postures and breathing techniques that help to improve flexibility, balance and strength as you learn relaxation techniques proven to reduce stress and improve health. Instructor: Yvonne Kim

- Please bring your own yoga mats, blocks and cushions to class.
- No class February 19 and April 3.

27126 M,W 5:00pm-6:00pm 2/5-2/28 BCC \$84/7 Mtgs
27127 M,W 5:00pm-6:00pm 3/4-3/27 BCC \$96/8 Mtgs
27128 M,W 5:00pm-6:00pm 4/1-4/29 BCC \$96/8 Mtgs
27129 M,W 5:00pm-6:00pm 5/1-5/29 BCC \$96/8 Mtgs
27130 M,W 5:00pm-6:00pm 6/3-6/12 BCC \$48/4 Mtgs

Canvas and Cupcake Party

If you are interested in a fun night out and releasing some creativity, join us for our canvas painting party! With step by step instructions you don't have to be an artist to succeed in this class. Supplies will be provided, just paint, snack on some treats, and bring home your masterpiece! Instructor: City Staff

- A \$5 materials fee is payable to the instructor at the beginning of class.
- Class on March 1 will be painting a Hummingbird Cactus.
- Class on April 5 will be painting Fun Flamingos.
- Class on May 31 will be painting a Beautiful Butterfly.

27259 F 6:30pm-8:30pm 3/1 BCC \$10/1 Mtg
27260 F 6:30pm-8:30pm 4/5 BCC \$10/1 Mtg
27261 F 6:30pm-8:30pm 5/31 BCC \$10/1 Mtg





Seasonal Cookie Decorating

This class will teach you how to decorate beautiful royal icing cookies with piping, flooding and detail work. At the end of the class you'll be able to take home your delicious cookies and extra materials! Cookies and supplies needed for the class will be provided. Instructor: City Staff

- A \$10 materials fee is due to the instructor at the beginning of class.
- Class on February 9 will be decorating Super Bowl Cookies.
- Class on March 22 will be decorating Birdhouse Cookies.
- Class on April 19 will be decorating April Shower Cookies.
- Registration closes the Wednesday prior to class.

27262	F	6:30pm-8:30pm	2/9	BCC	\$10/1 Mtg
27263	F	6:30pm-8:30pm	3/22	BCC	\$10/1 Mtg
27264	F	6:30pm-8:30pm	4/19	BCC	\$10/1 Mtg

The Other Side of Vietnam New

Come hear about Gerald's experiences as a stenographer and general's secretary in Vietnam from 1966-1967. From coffee with Barry Goldwater, to teaching English at the Don Bosco School in Saigon and shaking hands with Henry Cabot Lodge.

Instructor: Gerald Lunderville

26970	W	1:00pm-2:30pm	5/8	BCC	\$6/1 Mtg
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Active+ Basketball Free Play

Come out to the Hoover School Gymnasium and get your game on! Drop in play will be organized and monitored by recreation staff. Players must check-in at the gymnasium.

Mondays, beginning January, 8 2024 - 6:30-9 p.m.

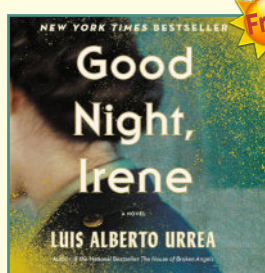
Burns Book Club Free

Feb. 7, March 6, April 3,
May 1 & June 5
1-3 p.m.

Come have stimulating conversation with others who love to read.

Please read Good Night Irene by

Luis Alberto Urrea before the first class. The remaining books will be selected by the class each month.



Texas Hold 'Em Poker Club Free

Mondays and Thursdays, 12:30-2:30 p.m.

Join the Active+ Poker Group! New poker players are wanted to expand the group. Just bring your poker skills; chips and poker table are provided.

• No class May 27.

Tech Talk Free

Every other Thursday, 4-5 p.m.

Dates: February 8 & 22, March 7 & 21, April 4 & 18, May 2, 16 & 30, June 13. Do you have a gadget (smartphone, ipad, etc.) that is making you crazy? Bring it in and let our technological experts show you some tricks to make life with your gadget easier.



AARP Smart Driver Course

Driver Safety

April 16 & 17 from 12 - 4 p.m.

June 11 & 12 from 12 - 4 p.m.

This two-part class will teach you the newest safety features in vehicles, strategies that can reduce your likelihood of having a crash, increase your confidence when driving, and much more. Please bring a pen.

Fee: \$20 for AARP Members

\$25 for Non-AARP Members

Please call Burns Community Center at 562-925-7512 to register, space is limited. Fee must be paid by check or money order to AARP, and will be collected at the beginning of the first class. Must attend both days. AARP Certified Instructor: Jim Jang

PROJECT SHEPHERD



Rotary Club of Lakewood

Year Round Assistance

Families in need may apply any time of year for help with the emergency food pantry or utility bill payment assistance. Residents will receive non-perishable food items and personal care items.

Project Shepherd applicants must be Lakewood residents (determined by current Lakewood mailing address and utility bill).

To apply for assistance, please call the center that serves the zip code of your residence:

Resident Zip Code	Facility	Call
90712 or 90713	Burns Community Center	562-925-7512
90715	Palms Park	562-865-6414

Registration is taken over the phone. Items are distributed by appointment only.

Recreation Scholarships

Lakewood Project Shepherd offers one-time scholarships for recreation program registration such as day camp, swim lessons, Daddy/Daughter Date Night, Mother/Son Date Night, classes, etc.

For more information or to see if you qualify, call 562-925-7512.

Adaptive Programming



ARP Events Spring 2024

January 6
Long Beach State
Basketball Night • \$10

February 16
Valentine Dance
6-9 p.m. • \$5

March 9
Long Beach State
Basketball Night • \$10

April 19
ARP Bowling Night
6-10 p.m. • \$20

May 17
ARP Prom Dance
6-9 p.m. • \$5

Special Olympics

Lakewood partners with Special Olympics Southern California to provide a year-round athletic program for individuals with intellectual and developmental disabilities.



Adaptive Recreation

The Adaptive Recreation Program meets at Bloomfield Park, Tuesdays from 3:30-5:30 p.m. Adaptive Recreation is designed to provide equal recreation and leisure opportunities for people with special needs, for participants 8 years of age through adult. Activities include arts and crafts, food preparation, mini trips and sports training. Special events and excursions are offered throughout the year.

The program will offer a winter and spring session. A small registration fee of \$20 per session is required:

Winter Session: **January 2 - March 5**
Spring Session: **March 19 - May 28**



Three sports seasons are offered:

Spring: Basketball & Bocce Ball

Summer: Bowling*

Fall: Softball, Soccer, Golf* & Tennis

**Bowling/Golf practice dates vary, and are held off-site.*

Program registration and medical clearance is required prior to participating.

Please contact Bloomfield Park for the most up to date information regarding our Special Olympics Program at 562-865-1717.

WELCOME TO THE CITY OF LAKEWOOD'S TRAVEL PROGRAM

Please follow registration procedures listed in the back of the catalog. Trip registration is through the Recreation and Community Services Department at Lakewood City Hall. **All trips depart from the Burns Community Center, 5510 Clark Ave. in Lakewood unless otherwise noted.** Participant parking is available in the southeast parking lot of Burns. All destinations are wheelchair accessible unless indicated otherwise. **Please notify us when registering if you use a wheelchair or other mobility aid.** It is recommended that participants visit each venues' website for a complete list of restrictions and policies. Departure and return times may be adjusted due to certain circumstances beyond our control. Please register early as seating is on a first come, first served basis. Registration is non-transferable. No walk-ins. **If you have questions concerning registration, call (562) 866-9771 ext. 2408 or for questions concerning trip details call (562) 924-0149.**

Refunds will be granted only if the City is notified, the trip is full, and the space can be resold by the City of Lakewood prior to the day of the trip. All three of these conditions must be met to authorize a refund. There is also a \$5 administrative fee per person.

Please be advised that due to Covid-19 virus, some venues may require patrons to wear a mask AND/OR provide proof of full vaccination against Covid-19 or a negative Covid-19 PCR test taken within 72 hours of performance or visit. As the world continues to progress through this virus, these rules are subject to changes at-will.

The WIZ Musical New

The Tony Award-winning musical THE WIZ is coming to Los Angeles! The highly anticipated Broadway revival of THE WIZ returns "home" to stages across America in an all-new Pre-Broadway tour, the first one in 40 years. This groundbreaking twist on The Wizard of Oz changed the face of Broadway—from its iconic score packed with soul, gospel, rock, and finger-snapping 70's funk to its stirring tale of Dorothy's journey to find her place in a contemporary world. Audiences get to enjoy the epic grooves of such beloved, timeless hits as "Ease on Down the Road," which became the show's breakout single, and the bona fide classic "Home" in this spectacular revival. Join us as we see the WIZ at the Hollywood Pantages Theatre. Please arrive at 5 p.m. The bus will leave promptly at 5:30 p.m. No children under 10 years old. An adult must accompany children of all ages. Accessible seating is limited and based on availability. Please call before registering if accessible seating is needed.

• **Last day to register is, Monday, February 26, or until filled.**

27272 Th 5:00pm-11:45pm 2/29 BCC \$75 Per person

The Flower Fields and Carlsbad Premium Outlets

We're travelling to beautiful Carlsbad to spend a morning of shopping for great deals at the Carlsbad Premium Outlets. The afternoon will be spent just down the block gazing at beautiful flowers at the Flower Fields of Carlsbad. Enjoy lunch (on your own) at the Outlets, at the Flower Fields, or you can bring your own picnic lunch to enjoy among the flowers. The afternoon at the Flower Fields will include a wagon tour of the beautiful fields and great live Blue Grass music. You'll also have an opportunity to walk among the fields and enjoy the flowers and ocean view and browse and shop at the Armstrong Garden Center and Gift Shop. Bring your wallet and some good walking shoes! Please arrive at 8 a.m. for check in. The bus will leave promptly at 8:30 a.m. An adult must accompany children of all ages.

• **Last day to register is Monday, March 18, or until filled.**

27273 Sa 8:00am-5:00pm 3/23 BCC \$55 Per person



Whale Watching

This trip has been voted an annual favorite by travel program participants. Each year, thousands of Gray Whales leave the cold Arctic Seas and follow the coastline to the warm calm waters of Southern California and Baja. Newport Landing is ideally positioned to take advantage of this annual migration. You will see these giant mammals in their splendor as we cruise along the Laguna Beach coastline. Watch and learn firsthand as whales, dolphins and other marine life put on one of the best shows on earth. Bring a snack, camera, binoculars, sunscreen and a light jacket. After the whale watching tour, patrons can enjoy the beach, shops, and restaurants (on your own) around Balboa Island. Please arrive at 8 a.m. for check in. The bus will leave promptly at 8:30 a.m. Cruise time is 10 a.m. An adult must accompany children of all ages.

• **Last day to register is Monday, April 22, or until filled.**

27274 Sa 8:00am-5:00pm 4/27 BCC \$68 Per person

Carlsbad Village Street Faire

The streets of beautiful coastal Carlsbad shut down each year for the largest one-day street fair in the nation. This event attracts visitors not only from all over Southern California, but from other states as well. A celebration of Southern California's culture and community, the fair offers visitors 800 unique vendor booths with everything from arts & crafts, antiques, clothing, jewelry, home décor, plants and more. An international food court features more than 50 booths serving all types of cuisine plus a beverage garden. There is also a children's area to entertain youngsters with games, slides, rock climbing, face painting, bounce houses and more. The fun stretches 14 blocks so be prepared for lots of walking! Food, shopping, and activities are on your own. Please arrive at 8 a.m. for check in. The bus will leave promptly at 8:30 a.m. An adult must accompany children of all ages.

• **Last day to register is Monday, April 29, or until filled.**

27275 Su 8:00am-6:30pm 5/5 BCC \$35 Per person

Family Programs

Family Camp

Bring your children and spend a night out under the stars. It's a great outdoor experience for everyone. Participate in fun activities including games, crafts, nature walks, roasting marshmallows and singing around the campfire. Camp guides will be there to help you set up camp and help your children enjoy the fun. All meals and snacks are prepared so parents can sit back, relax and enjoy nature. Pets, BBQ grills, cooking apparatuses and alcohol are not permitted. Instructor: April Berg

- A \$15 per person materials fee for meals is payable to the instructor at camp.
- The supply list is available online at the Family Camp registration page.

26967 Sa,Su 1:00pm-12:00pm 5/18-5/19 MVP \$10 Per person



MOVIE NIGHT
under the stars

Teenage Mutant Ninja Turtles: Mutant Mayhem
RATED PG

Friday, March 1 • Biscailuz Park

Event area opens at 6 p.m. • Movie begins at 7 p.m.
Bring your own lawn chairs and blankets.
Serving hot chocolate and popcorn, while supplies last.



FREE **EARTH WALK 2024**

SATURDAY
MARCH 16 • 10 a.m. to 1 p.m.
MONTE VERDE PARK

Grab your "Passport to Planet Earth" and learn what you can do to help keep the earth beautiful and protected. Adults and children are invited to take a nature walk, plant seeds, create nature themed crafts, make s'mores, learn about recycling and protecting our environment, meet "Woody the Tree" and much more! Visit the stations along the trail and get your passport stamped with specialty Earth Walk stamps. With a completed passport, you'll receive a special Earth Walk giveaway.

DATE NIGHTS

Mother/Son Date Night "Funky Town"

Saturday, March 23

Mothers, grandmothers, aunts, and special guests, get ready to boogie down to Funky Town! Bring your sons or special guys to this fun-filled evening featuring games, contests, and a delicious dinner. All guests will be entered into the Disco Queen and Prince raffle where the winners will receive a special prize. The Mother/Son duo with the most festive attire will also receive a prize! All guests will receive a keepsake mother-son photo and frame. Registration is required for all guests in attendance.

27059 Sa 5:00-8:00 p.m. LYC \$25 per person

Daddy/Daughter Date Night "Dancing at the Disco"

Friday, April 5

Dads, grandfathers, and special guests follow the call of the disco ball and bring your best gal along for a night full of fun! Each father-daughter couple can put on their boogie shoes and dress in their best "disco night" outfit. Dads and daughters are encouraged to take their outfits back to the 70s and break out the bell-bottom pants! Enjoy a semi-formal affair featuring a fabulous dinner followed by an evening of dancing to a popular DJ. There will be contests throughout the evening, including the annual crowning of a king and princess! All guests will receive a keepsake daddy-daughter photo and frame.

27060 F 6:00-9:00 p.m. CTR \$45 per person

EACH PARTICIPANT ATTENDING MOTHER/SON AND DADDY/DAUGHTER DATE NIGHTS MUST BE INDIVIDUALLY REGISTERED

FUN-TASTIC FAMILY NIGHT

Every day is a wonderful day to spend with your family! Come to The Centre in Lakewood and join your neighbors and friends at FUN-Tastic Family Nights. Each event includes a light meal and fabulous entertainment for the entire family.



February 2 - Barbie Party

Explore the magical world of Barbieland with Barbie and Ken! This duo will bring out childhood nostalgia while creating new memories with your family. Barbie & Ken will host engaging games and throw a party that you and your family will never forget. Come on Barbie, let's go party!

- Seating will be on a first come basis.
 - Doors open at 6 p.m.
 - Penne Pasta with white sauce, meatballs, breadsticks, lemonade and dessert will be served prior to the show.
 - Last day to register is January 25 or until filled.
 - \$15 per person/\$12 Children ages 1-3/ Children under 1 free
- 27186 F 6:30-8:00 p.m. CTR

March 15 - Bubblemania and Company

An interactive entertainment activity that displays bubble properties that include reflection, refraction, and surface tension. A bubbleologist will demonstrate the science of bubbles with audience participation. Come and learn all about the iridescent bubbles we love to pop!

- Seating will be on a first come basis.
 - Doors open at 6 p.m.
 - Ground beef tacos, refried beans, lemonade, and dessert will be served prior to the show.
 - Last day to register is March 7 or until filled.
 - \$15 per person/\$12 Children ages 1-3/ Children under 1 free
- 27187 F 6:30-8:00 p.m. CTR

April 26 - The Imaginators: Magic Show and Balloon Twisting

The show offers one close-up magician and two balloon twisters to bring a family friendly audience performance to deliver laughs across all ages. These magical interactions create unique shared experiences for an exciting time. Kids will also have an opportunity to take home a balloon sculpture from an experienced balloon artist.

- Seating will be on a first come basis.
 - Doors open at 6 p.m.
 - Chicken Fingers, mashed potatoes, lemonade and desert will be served prior to the show.
 - Last day to register is April 18 or until filled.
 - \$15 per person/\$12 Children ages 1-3/ Children under 1 free
- 27188 F 6:30-8:00 p.m. CTR

PLAY Free!

at Palms

9

FEBRUARY

INDOOR MOVIE NIGHT

Featuring **Barbie** - RATED PG-13

Come out and enjoy a free indoor movie featuring Barbie! Popcorn and Hot Cocoa will be available to all attendees. **Come dressed in pink** and you will be entered into a raffle to win a prize! Pre-registration for this free event is required. Visit www.lakewoodcity.org/ecatalog and register using activity #27061. Check-in begins at 6 p.m. and movie begins at 7 p.m.

12

JANUARY

THE AMAZING DAVE MAGIC SHOW

Come out for an unforgettable, entertaining, and silly night as **The Amazing Dave** performs amazing magic and captivating balloon art! Pre-registration for this free event is required. Visit www.lakewoodcity.org/ecatalog and register using activity #26305. Check-in begins at 6 p.m. and show runs 6:30-8 p.m.

8

MARCH

FAMILY BINGO NIGHT

Come and join us for a fun Family Bingo Night along with friends and family. You can win **fabulous prizes** and enjoy free snacks courtesy of the Recreation Department. Pre-registration for this free event is required. Visit www.lakewoodcity.org/ecatalog and register using activity #27062. Check-in begins at 6 p.m. and bingo runs 6:30-8 p.m.

SPRING COMMUNITY CAR SHOW

A variety of cars will be displayed along with a food truck, vendors and a kid's zone. All cars are welcomed and no entry fee is required.

This is a free event to the public. To register a vehicle please visit:

www.lakewoodcity.org/CarShowRegistration

12

APRIL

6-8:30 P.M.

PALMS PARK | 12305 207TH STREET, LAKEWOOD

For questions regarding these events, contact the Recreation & Community Services Department at (562) 866-9771, ext. 2408

Lakewood Youth Center (LYC)
Monday-Friday • 3-7 p.m. 562-429-7472

SPRING ^{FREE!} KICKBACKS

Join us on the first Wednesday of the month from 4-6 p.m. for an afternoon of fun at Del Valle Park. Play kickball or whiffle ball, compete in games and contests, and enjoy delicious snacks. Open to teens in grades 6-12. Check in at the Youth Center.

Fusion Fridays

Meet at the Youth Center every Friday from 3-7 p.m. for a fun Friday full of food, arts & crafts, games and movies!! ^{Free!}



Summer Kick-Off

Friday, June 7 ^{FREE!}
4-7 p.m.

Kick-off summer with a party at the LYC! Food, sno-cones, an inflatable, music and more!

Teen Life Skills

Monthly sessions teach teens the basics to prepare to be independent, responsible adults. 5-6 p.m. Pre-registration required.

February 20

Jobs: Interview Prep & Resumes

Activity #27204

March 19

Clothing: Basic Sewing, Ironing & Fabric Care

Activity #27205

April 16

Food: Budgeting, Nutrition, Kitchen Tools and Cooking Basics

Activity #27206

FREE
Sign up now!

Teen Resource Center @ Bloomfield Park (TRC)

Monday-Friday • 2:30-7 p.m. 562-865-1717

WEEKDAY PROGRAMS AT THE TRC

The Teen Resource Center offers a safe social environment for teens to hang out after school, as well as an array of assistance programs for teens seeking help with:

- Homework and School Assignments
- College Research and Applications
- Job Search and Applications
- Interview Prep and Resume Building

If seeking assistance, please contact Bloomfield Park to schedule an appointment with a staff member!

Free SUPER SATURDAYS
5-8 P.M.
@ the TRC

Pre-Registration Required.
Visit:

www.lakewoodcity.org/eCatalog
and use the activity #
listed with each event.

April 13
Pop Culture Trivia Night

Pizza, snacks, & beverages
for all who attend.
Activity #27200

May 18

Career Development Workshop

Join us for resume building,
networking, and searching for jobs!
Activity #27201

Jan. 13
Super Mario Bros. Tournament
ACTIVITY #27198

Feb. 10
Paint Night
Food & drinks provided!
Activity #27199

St. Patty's Day Spikeball Tournament

Saturday, March 16 • 2-6 p.m.
Middle & High School Divisions

Pre-registration Required
Middle School Activity #27202
High School Activity #27203



Free!



Youth Special Interest



Lakewood Parks are... *Safe, Clean and Fun!*

The Recreation and Community Services Department is dedicated to keeping Lakewood parks safe, clean and fun for kids to enjoy after school. Providing healthy spaces for youth to gather and engage in self-directed activities is a top priority. These spaces provide opportunity for you to be creative, stay active and socialize with friends.

Recreation staff monitor parks and amenities, establishing a presence that promotes safety. Staff are available to provide play equipment and supplies upon request. This includes playground equipment, board games and arts and crafts supplies. Check out equipment with a Recreation Leader and please be sure to return it when you're done enjoying the park. Park supervision hours adjust to school schedules to provide additional supervision on early dismissal days and on holidays. Check in with your local park staff to see what other fun opportunities and programs are offered.

Supervised Lakewood Parks

Biscailuz Park • Bloomfield Park
Bolivar Park • Boyar Park
Del Valle Park • Mayfair Park
Palms Park • San Martin Park

Park Supervision Hours: January 2 - March 9

Monday - Friday • 3 - 5 p.m.
Saturday • 9 a.m. - 5 p.m.
Sun./School Holidays • 12 noon - 5 p.m.

Park Supervision Hours: March 10 - June 16

Monday - Friday • 3 - 6 p.m.
Saturday • 9 a.m. - 6 p.m.
Sun./School Holidays • 12 noon - 6 p.m.

School Vacation Hours

Parks are open for extended hours during school vacation periods. Check park program schedules for specifics.

Fine Arts Instruction

Drums for Fun (Youth)

Youth ages 6-12 can learn the basic techniques of drumming from a professional musician. Instruction includes proper grip positions, hand and wrist development, sight reading, hand and foot coordination, rudimental training and drumset techniques. Students will have the opportunity to play on a drumset. The instructor provides sticks, practice pads and music sheets during group lessons.

Visit Drumvillestudios.com. Instructor: Lenny 'Gee' Giachello

• **A \$7 materials fee for drum sticks and folder is due in class.**

27003	T	7:30pm-8:30pm	2/6-3/19	BOL	\$75/7 Mtgs
27005	T	7:30pm-8:30pm	4/9-5/21	BOL	\$75/7 Mtgs

Beginning Piano

This class is designed for students who have never taken piano or who have completed one session with Miss Ronda. Students will learn how to play piano in a fun and friendly environment. Ages 7-16. Instructor: Ronda Voorhees

• **Location for classes January-March: Cypress Senior Center, 9031 Grindlay St., Cypress.**

• **Location for classes April-May: Cypress Community Center, 5700 Orange Ave., Cypress.**

• **Students must bring their own headphones to class and purchase a piano book in advance. The instructor will email piano book information.**

27538	W	5:00pm-5:50pm	1/31-2/21	Off Site	\$50/4 Mtgs
27544	W	5:00pm-5:50pm	2/28-3/20	Off Site	\$50/4 Mtgs
27545	W	5:00pm-5:50pm	4/3-4/24	Off Site	\$50/4 Mtgs
27546	W	5:00pm-5:50pm	5/1-5/22	Off Site	\$50/4 Mtgs

Intermediate Piano

This class is designed for students who have completed two or more sessions with Miss Ronda. Students will continue to learn to play piano while practicing songs and using worksheets for comprehensive understanding. Ages 7-16. Instructor: Ronda Voorhees

• **Location for classes January-March: Cypress Senior Center, 9031 Grindlay St., Cypress.**

• **Location for classes April-May: Cypress Community Center, 5700 Orange Ave., Cypress.**

• **Students must bring their own headphones to class and purchase a piano book in advance. The instructor will email piano book information.**

27541	W	4:00pm-4:50pm	1/31-2/21	Off Site	\$50/4 Mtgs
27540	W	6:00pm-6:50pm	1/31-2/21	Off Site	\$50/4 Mtgs
27550	W	4:00pm-4:50pm	2/28-3/20	Off Site	\$50/4 Mtgs
27553	W	6:00pm-6:50pm	2/28-3/20	Off Site	\$50/4 Mtgs
27551	W	4:00pm-4:50pm	4/3-4/24	Off Site	\$50/4 Mtgs
27554	W	6:00pm-6:50pm	4/3-4/24	Off Site	\$50/4 Mtgs
27552	W	4:00pm-4:50pm	5/1-5/22	Off Site	\$50/4 Mtgs
27555	W	6:00pm-6:50pm	5/1-5/22	Off Site	\$50/4 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

Youth Special Interest

Musical Theatre (Beginning)

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 6-10. Instructor: Kick It Up Staff

- **Location:** Kick It Up, 8129 E. Wardlow Rd., Long Beach.
 - **Please note:** parents are to remain outside of the classroom during instruction time.
 - **No class March 30 and April 2 & 6.**
- | | | | | | |
|-------|----|-----------------|-----------|----------|-------------|
| 27377 | T | 3:45pm-4:45pm | 2/6-3/5 | Off Site | \$40/5 Mtgs |
| 27378 | Sa | 11:30am-12:30pm | 2/10-3/9 | Off Site | \$40/5 Mtgs |
| 27394 | T | 3:45pm-4:45pm | 3/12-4/16 | Off Site | \$40/5 Mtgs |
| 27395 | Sa | 11:30am-12:30pm | 3/16-4/27 | Off Site | \$40/5 Mtgs |

Musical Theatre (Intermediate)

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 9-12. Instructor: Kick It Up Staff

- **Location:** Kick It Up, 8129 E. Wardlow Rd., Long Beach.
 - **Please note:** parents are to remain outside of the classroom during instruction time.
 - **No class March 30 and April 3 & 6.**
- | | | | | | |
|-------|----|-----------------|-----------|----------|-------------|
| 27380 | W | 3:45pm-4:45pm | 2/7-3/6 | Off Site | \$40/5 Mtgs |
| 27379 | Sa | 10:30am-11:30am | 2/10-3/9 | Off Site | \$40/5 Mtgs |
| 27396 | W | 3:45pm-4:45pm | 3/13-4/17 | Off Site | \$40/5 Mtgs |
| 27397 | Sa | 10:30am-11:30am | 3/16-4/27 | Off Site | \$40/5 Mtgs |

Recreation Scholarships are available through Lake-wood Project Shepherd. Call 562-925-7512 for more information.

Arts & Crafts

Creative Clay

Create great pots on the wheel and by hand. Children ages 5-12 will have a great time discovering their talents in this fun and messy class. These items make excellent gifts. Instructor: April Berg

- **A \$20 materials fee is payable to the instructor in class.**
 - **No class April 1.**
- | | | | | | |
|-------|---|---------------|---------|-----|-------------|
| 26966 | M | 4:15pm-5:15pm | 3/4-4/8 | CTR | \$35/5 Mtgs |
|-------|---|---------------|---------|-----|-------------|

Children's Creative Ceramics

Children ages 8-11 will enjoy creating hand built ceramic art through process oriented instruction. Students will learn motor skills, color recognition and creative thinking. Each class is a specific project, and detailed instruction is provided. Instructor: Kathryn H.

- **\$20 materials fee is payable to the instructor in class.**
 - **February 16-23: Fish Night Light**
 - **March 8-15: Birdhouse**
 - **April 5-12: Mask**
 - **April 26-May 3: Coil Bowl**
 - **May 17-24: Animal**
 - **June 7-14: Mushroom**
- | | | | | | |
|-------|---|---------------|-----------|-----|-------------|
| 27141 | F | 5:00pm-6:00pm | 2/16-2/23 | CTR | \$40/2 Mtgs |
| 27142 | F | 5:00pm-6:00pm | 3/8-3/15 | CTR | \$40/2 Mtgs |
| 27143 | F | 5:00pm-6:00pm | 4/5-4/12 | CTR | \$40/2 Mtgs |
| 27144 | F | 5:00pm-6:00pm | 4/26-5/3 | CTR | \$40/2 Mtgs |
| 27145 | F | 5:00pm-6:00pm | 5/17-5/24 | CTR | \$40/2 Mtgs |
| 27146 | F | 5:00pm-6:00pm | 6/7-6/14 | CTR | \$40/2 Mtgs |

Spring Break Camps

Spring Break Bilingual Camp

In this safe, fun, and interactive environment, children can be exposed to, hear, and practice Spanish in a no pressure environment. Children will participate in open play, science experiments, board games, cooperative games and learn different art languages. Ages 5-17. Instructor: Xochitl Brizuela

27364	M-F	9:00am-2:00pm	4/1-4/5	LYC	\$300/5 Mtgs
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SPRING Break Day Camp



April 1-5
7 a.m. - 6 p.m.

Spring Break Day Camp is a program for children ages 6-12 and will be offered at Bolivar, Boyar, Mayfair, and Palms Parks*. The program will include a variety of arts and crafts, outdoor sports, indoor games, and specialized activities.

- An excursion to Knotts Berry Farm will take place on Wednesday, April 3.

*Site availability subject to change based on enrollment.

Bolivar	Boyar	Mayfair	Palms
#27063	#27064	#27065	#27066

Fees:
\$200 for residents
\$215 for non-residents

Youth Special Interest

Educational Classes

Reading Development (Grades K-1)

Individualized to your students needs. Improves comprehension, vocabulary, spelling and fluency. Specially trained teachers test, structure and implement your child's program. For children ages 4.5-7. Instructor: Readwrite Educational Solutions Staff.

• \$20 materials fee payable to the instructor at the first class meeting.

• No class February 12 & 19 and May 27.

27327	M,W	3:35pm-4:20pm	2/5-2/28	BOY	\$69/6 Mtgs
27340	M,W	3:35pm-4:20pm	3/6-3/27	BOY	\$79/7 Mtgs
27341	M,W	3:35pm-4:20pm	4/8-5/1	BOY	\$89/8 Mtgs
27342	M,W	3:35pm-4:20pm	5/8-6/5	BOY	\$89/8 Mtgs

Reading Development (Grades 2-6)

Individualized to your student's needs. Improves comprehension, vocabulary, spelling and fluency. Specially trained teachers test, structure and implement your child's program. For children ages 6.5-11. Instructor: Readwrite Educational Solutions Staff

• \$20 materials fee payable to the instructor at the first class meeting.

• No class February 12 & 19 and May 27.

27328	M,W	4:25pm-5:10pm	2/5-2/28	BOY	\$69/6 Mtgs
27343	M,W	4:25pm-5:10pm	3/6-3/27	BOY	\$79/7 Mtgs
27344	M,W	4:25pm-5:10pm	4/8-5/1	BOY	\$89/8 Mtgs
27345	M,W	4:25pm-5:10pm	5/8-6/5	BOY	\$89/8 Mtgs

Spanish After School Through Games

This class is for children 6 and older and is designed as an after-school safe place to practice Spanish in joy. There will be music, stories, discussions and games, art, science and movement. Homework help available. Teacher practices a student-centered and constructivist self-guided curriculum, with a focus on social and emotional development. Instructor: Xochitl Brizuela

• No class February 26, March 4 & 11, April 1 and May 13 & 27.

• Please register early! Classes will only be held if minimum registration is met.

27358	M	3:30pm-5:30pm	2/5-4/22	PLMS	\$192/8 Mtgs
27361	M	3:30pm-5:30pm	4/29-6/10	PLMS	\$120/5 Mtgs

Math Development (Grades 2-6)

Students' skill gaps are identified through comprehensive testing. Trained teachers structure and implement a program to reinforce identified skills in primary facts (addition, subtraction, multiplication, division), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills and increased confidence. For children ages 6.5-12. Instructor: Readwrite Educational Solutions Staff

• \$20 materials fee payable to the instructor at the first class meeting.

• No class February 12 & 19 and May 27.

27329	M,W	5:15pm-6:00pm	2/5-2/28	BOY	\$69/6 Mtgs
27346	M,W	5:15pm-6:00pm	3/6-3/27	BOY	\$79/7 Mtgs
27347	M,W	5:15pm-6:00pm	4/8-5/1	BOY	\$89/8 Mtgs
27348	M,W	5:15pm-6:00pm	5/8-6/5	BOY	\$89/8 Mtgs

Homework Assistance-Math & Science (Grades 6-12)

Free general assistance in all levels of math and science. Students should bring homework and their hardest problems of the week.

• No class May 9.

27412	Th	4:00pm-5:50pm	3/14-6/6	LYC	Free
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SAT Prep Course

Prepare for the SAT test with award winning SAT test techniques from The Princeton Review trained and certified community-based instructor. Instructor: John Wilson III

• This prep course includes four Sunday afternoon online classes from 2-4 p.m.

• Session 1 online class dates: February 4, 11, 18 & 25.

• Session 2 online class dates: May 4, 11, 18 & 25.

• Fee includes course manual.

• No class February 26, March 4 & 11 and May 27.

27416	M	6:00pm-7:30pm	2/5-3/18	LYC	\$180/4 Mtgs
27417	M	6:00pm-7:30pm	5/6-6/3	LYC	\$180/4 Mtgs

Online Driver's Education

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.

27177	February	\$50
27179	March	\$50
27180	April	\$50
27181	May	\$50
27182	June	\$50

Virtual Driver's Education

This is virtual Driver's Education with a live instructor. Students will enjoy a series of Driver's Education lectures including understanding the responsibilities of having a driver's license, learning the rules of the road and accident avoidance procedures. Independent assignments will also be completed during the week. Course also includes practice questions, defensive driving movies and written test prep. Upon successful completion, students will receive a certificate of completion. Instructor: Erika Vieyra

• Students must have internet access and must provide an e-mail address to take the course.

• Registrants will be contacted with login information.

27178	Sa	9:00am-12:00pm	2/3-2/24	\$205/4 Mtgs
27183	Sa	9:00am-12:00pm	3/2-3/23	\$205/4 Mtgs
27184	Sa	9:00am-12:00pm	5/4-5/25	\$205/4 Mtgs
27185	M-F	9:00am-12:00pm	6/3-6/7	\$205/5 Mtgs

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 38 for additional fees.

Recreation Scholarships are available through Lakewood Project Shepherd. Call 562-925-7512 for more information.



NEW! Resident registration opens April 1!

Monte Verde Day Camp is offered Monday through Friday, June 3-August 23, 2024. Camp is designed for children ages 6-12 years of age that can participate in a group setting of 1 adult to 10 children. Each week offers a special event or exciting excursion and camp activities centered around a different weekly camp theme. Resident registration opens April 1 and non-resident registration opens April 15. Visit www.lakewoodcity.org/ecatalog to register.

Ballet/Tap Combo (Beginning)

Have fun exploring both types of dance - ballet and tap. Appropriate shoes required. Ages 5-8. Instructor: Kick It Up Staff

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

• Please note: parents are to remain outside of the classroom during instruction time.

• No class March 30 & April 6.

27367	Sa	1:30am-12:30pm	2/10-3/9	Off Site	\$40/5 Mtgs
27404	Sa	11:30am-12:30pm	3/16-4/27	Off Site	\$40/5 Mtgs

Cutie Pies & Dancing Divas

Your dancer will learn tap, ballet, jazz and creative movement while having a good time. Ages 5-12. Instructor: Isabel Moses-Caldera

• Multiple course/sibling discount available. Contact Recreation & Community Services for more information.

• The Spring Recital will be held on June 14. To participate in the recital, students need to be enrolled in all four class sessions and will also need to purchase a costume.

• 6:30 p.m. class ages 5-8.

• 7:15 p.m. class ages 9-12.

• No class February 19, April 1 and May 27.

27080	M	6:30pm-7:15pm	2/5-3/4	BLM	\$32/4 Mtgs
27090	M	7:15pm-8:00pm	2/5-3/4	BLM	\$32/4 Mtgs
27087	M	6:30pm-7:15pm	3/11-4/8	BLM	\$32/4 Mtgs
27091	M	7:15pm-8:00pm	3/11-4/8	BLM	\$32/4 Mtgs
27088	M	6:30pm-7:15pm	4/15-5/6	BLM	\$32/4 Mtgs
27092	M	7:15pm-8:00pm	4/15-5/6	BLM	\$32/4 Mtgs
27089	M	6:30pm-7:15pm	5/13-6/10	BLM	\$32/4 Mtgs
27093	M	7:15pm-8:00pm	5/13-6/10	BLM	\$32/4 Mtgs

Hip Hop (Beginning)

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 5-8. Instructor: Kick It Up Staff

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

• Please note: parents are to remain outside of the classroom during instruction time.

• No class March 30 and April 3 & 6.

27250	W	3:45pm-4:45pm	2/7-3/6	Off Site	\$40/5 Mtgs
27374	Sa	8:30am-9:30am	2/10-3/9	Off Site	\$40/5 Mtgs
27408	Sa	9:30am-10:30am	2/10-3/9	Off Site	\$40/5 Mtgs
27406	W	3:45pm-4:45pm	3/13-4/17	Off Site	\$40/5 Mtgs
27407	Sa	8:30am-9:30am	3/16-4/27	Off Site	\$40/5 Mtgs
27409	Sa	9:30am-10:30am	3/16-4/27	Off Site	\$40/5 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

• Students will need to purchase a costume for performances, dates and cost TBA.

• Dance implements (poi balls) may be purchased through the instructor.

• Classes on February 27 and March 5 will meet at Mayfair Park.

27100	T	6:45pm-7:30pm	2/6-2/27	PLMS	\$35/4 Mtgs
27111	T	6:45pm-7:30pm	3/5-3/26	PLMS	\$35/4 Mtgs
27112	T	6:45pm-7:30pm	4/9-4/23	PLMS	\$27/3 Mtgs
27113	T	6:45pm-7:30pm	4/30-5/21	PLMS	\$35/4 Mtgs

Performing Ilima Hula

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. Willie Villa-Real and Mrs. Stephanie Fontela

• Students will need to purchase a costume for performances, dates and cost TBA.

• Dance implements (poi balls) may be purchased through the instructor.

27101	Th	5:15pm-6:00pm	2/8-2/29	BLM	\$35/4 Mtgs
27114	Th	5:15pm-6:00pm	3/7-3/28	BLM	\$35/4 Mtgs
27115	Th	5:15pm-6:00pm	4/11-4/25	BLM	\$27/3 Mtgs
27116	Th	5:15pm-6:00pm	5/2-5/23	BLM	\$35/4 Mtgs

Performing Melia Hula

This advanced Polynesian dance group will be performing at a number of community events. Students will learn dances from Hawaii, New Zealand, Tahiti, and Samoa, using various dance implements. An audition is required to assess dance and memorization skills, and readiness for this class. Ages 13-17. Instructors: Ms. Willie Villa-Real and Mrs. Stephanie Fontela

• Students will need to purchase a costume for performances, dates and cost TBA.

• Dance implements (poi balls) may be purchased through the instructor.

27103	Th	6:45pm-7:45pm	2/8-2/29	BLM	\$39/4 Mtgs
27120	Th	6:45pm-7:45pm	3/7-3/28	BLM	\$39/4 Mtgs
27121	Th	6:45pm-7:45pm	4/11-4/25	BLM	\$30/3 Mtgs
27122	Th	6:45pm-7:45pm	5/2-5/23	BLM	\$39/4 Mtgs

Performing Okika Hula

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 10-14. Instructors: Ms. Willie Villa-Real and Mrs. Stephanie Fontela

• Students will need to purchase a costume for performances, dates and cost TBA.

• Dance implements (poi balls) may be purchased through the instructor.

27102	Th	6:00pm-6:45pm	2/8-2/29	BLM	\$35/4 Mtgs
27117	Th	6:00pm-6:45pm	3/7-3/28	BLM	\$35/4 Mtgs
27118	Th	6:00pm-6:45pm	4/11-4/25	BLM	\$27/3 Mtgs
27119	Th	6:00pm-6:45pm	5/2-5/23	BLM	\$35/4 Mtgs

Teen & Youth Fitness and Sports

Gymnastics Classes

Boys Novice

This beginning level class will introduce boys to basic gymnastics skills and fundamentals in all six Men's Olympic events. Our coaches will focus on developing strength, flexibility and coordination in a positive environment, filled with energy. Gymnastics skills are useful in all sports and build confidence, agility, balance, strength and boost self esteem! Ages 7-12. Instructor: Tumble-N-Kids, Inc.

• **Materials fee included in the cost of class.**

27289	Th	3:30pm-4:30pm	2/8-3/28	PLMS	\$139/8 Mtgs
27317	Th	3:30pm-4:30pm	4/18-6/13	PLMS	\$156/9 Mtgs

Cheernastics

All levels welcome! Need to learn tumbling skills? Need to learn cheer skills? This is the class for you. A great combination of cheer and gymnastics in a lively, fun, positive atmosphere. Experienced coaches safely teach stunts, jumps, cheers, arm motions and gymnastic skills. Primary tumbling skills include cartwheels, roundoffs, back handsprings, walkovers and routines! Ages 6-12. Instructor: Tumble-N-Kids, Inc.

• **Materials fee included in the cost of class.**

• **No class February 19 and May 27.**

27278	M	5:30pm-6:30pm	2/5-3/25	PLMS	\$122/7 Mtgs
27300	M	5:30pm-6:30pm	4/15-6/10	PLMS	\$139/8 Mtgs

Gymnastics: Beginner Level 1 & 2

Beginner gymnast curriculum consists of introductory skills including forward rolls, jumps, basic understanding of cartwheels, handstands, and backward rolls and more advanced progressions as they master gymnastics basics. Beginner class includes fundamentals on bars, vault and beam with an emphasis on body shaping, conditioning and flexibility to increase body awareness, build strength and coordination, and boost self-esteem! Ages 5-13. Instructor: Tumble-N-Kids, Inc.

• **Materials fee included in the cost of class.**

• **No class February 19 and May 27.**

• **Level 1 (ages 5-8): Mondays at 3:30 p.m. & Thursdays at 4:30 p.m.**

• **Level 2 (ages 9-13): Mondays at 4:30 p.m. & Thursdays at 5:30 p.m.**

27276	M	3:30pm-4:30pm	2/5-3/25	PLMS	\$122/7 Mtgs
27277	M	4:30pm-5:30pm	2/5-3/25	PLMS	\$122/7 Mtgs
27287	Th	4:30pm-5:30pm	2/8-3/28	PLMS	\$139/8 Mtgs
27288	Th	5:30pm-6:30pm	2/8-3/28	PLMS	\$139/8 Mtgs
27296	M	3:30pm-4:30pm	4/15-6/10	PLMS	\$139/8 Mtgs
27297	M	4:30pm-5:30pm	4/15-6/10	PLMS	\$139/8 Mtgs
27298	Th	4:30pm-5:30pm	4/18-6/13	PLMS	\$156/9 Mtgs
27299	Th	5:30pm-6:30pm	4/18-6/13	PLMS	\$156/9 Mtgs

Gymnastics: Advanced Level 1 & 2

Advanced gymnastics curriculum consists of more difficult skills including round-offs, back walkovers, aerial cartwheel drills, back handspring basics along with practice on the gymnastics apparatus - uneven bars, balance beams and vault. Strength and conditioning and flexibility practice help gymnasts in developing new skills. Ages 5-13. Instructor: Tumble-N-Kids, Inc.

• **Materials fee included in the cost of class.**

• **Level 1 (ages 5-8): Tuesdays at 4:30 p.m. & Fridays at 3:30 p.m.**

• **Level 2 (ages 9-13): Tuesdays at 5:30 p.m. & Fridays at 4:30 p.m.**

27283	T	4:30pm-5:30pm	2/6-3/26	PLMS	\$139/8 Mtgs
27309	T	5:30pm-6:30pm	2/6-3/26	PLMS	\$139/8 Mtgs
27290	F	3:30pm-4:30pm	2/9-3/29	PLMS	\$139/8 Mtgs
27312	F	4:30pm-5:30pm	2/9-3/29	PLMS	\$139/8 Mtgs
27308	T	4:30pm-5:30pm	4/16-6/11	PLMS	\$156/9 Mtgs
27310	T	5:30pm-6:30pm	4/16-6/11	PLMS	\$156/9 Mtgs
27311	F	3:30pm-4:30pm	4/19-6/14	PLMS	\$156/9 Mtgs
27313	F	4:30pm-5:30pm	4/19-6/14	PLMS	\$156/9 Mtgs

Gymnastics Academy 3

Skilled gymnasts with advanced skills are pre-approved for this class by progressing through the Advanced Level 1 & 2 classes or by scheduling a tryout to assess their skill level. Curriculum will focus on more difficult skills in floor tumbling and all apparatuses including uneven bar, low and high balance beam and vault. Take your skills to the top level with our experienced coaches instructing you to maximize your individual talents. Email info@tumblenekids.com to schedule a tryout. Ages 7-14. Instructor: Tumble-N-Kids, Inc.

• **Materials fee included in the cost of class.**

27322	W	5:00pm-6:00pm	2/7-3/27	PLMS	\$139/8 Mtgs
27323	W	5:00pm-6:00pm	4/17-6/12	PLMS	\$156/9 Mtgs

Jammin' Gymnasts

Girls and boys learn age-appropriate gymnastic skills including floor-tumbling, cartwheels, rolls, jumps, handstands and more, all levels welcome! Students ages 6-12 years old will experience the benefits of healthy exercise, strength, coordination, agility, and balance while building self-confidence. Music and obstacle courses make learning FUN while progressive skill instruction enhances individual accomplishment. Instructor: Tumble-N-Kids, Inc.

• **Materials fee included in the cost of class.**

• **No class March 30 and May 25.**

27295	Sa	12:30pm-1:30pm	2/10-4/6	PLMS	\$139/8 Mtgs
27319	Sa	12:30pm-1:30pm	4/20-6/15	PLMS	\$139/8 Mtgs

Ninja Gymnastics

This is the perfect class for children ages 7-12 who want to learn awesome gymnastics ninja skills. We'll do obstacle courses, swing on the bars, jump on trampolines, play fun ninja games and build strength with age appropriate physical conditioning, gymnastics skills and confidence. Your child will love seeing what they are capable of achieving! Instructor: Tumble-N-Kids, Inc.

• **Materials fee included in the cost of class.**

27285	W	4:15pm-5:00pm	2/7-3/27	PLMS	\$107/8 Mtgs
27316	W	4:15pm-5:00pm	4/17-6/12	PLMS	\$120/9 Mtgs

Trampoline Cardio for Kids

Does your child LOVE to jump and move? If so, Trampoline Cardio might be just the thing for you! In this class, students will jump, dance and get an awesome workout on individual fitness trampolines. We'll learn different jumps, play games, have challenges and get STRONGER all while listening to great music and making friends and building confidence. Ages 8-12. Instructor: Tumble-N-Kids, Inc.

• **Materials fee included in the cost of class.**

27291	F	5:30pm-6:15pm	2/9-3/29	PLMS	\$107/8 Mtgs
27318	F	5:30pm-6:15pm	4/19-6/14	PLMS	\$120/9 Mtgs

Fitness Classes

Smart Fit Girls 1

During a Smart Fit Girls class, girls participate in activities aimed at improving their self-esteem and body image, and are introduced to a variety of exciting physical activities with a focus on resistance training. This unique combination of strength training and emphasis on self-love in a group setting is an innovative way to build resiliency by improving physical activity participation and enhancing community connections. Ages 10-13. Instructor: Smart Fit Girls Staff

27001	M,W	3:10pm-5:10pm	3/18-4/17	LYC	\$100/10 Mtgs
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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

Smart Fit Girls 2

Smart Fit Girls 2 is a continuation of Smart Fit Girls 1. Girls continue to improve their self-esteem and body image through new activities. New topics are discussed and class continues with different and exciting physical activities with a focus on resistance training. If you enjoyed Smart Fit Girls 1, we hope to see you at Smart Fit Girls 2. Although this class is designed for girls who have taken Smart Fit Girls 1, first time participants are welcome here too. Ages 10-13. Instructor: Smart Fit Girls Staff

• No class May 27.

27002 M,W 3:10pm-5:10pm 4/29-6/3 LYC \$100/10 Mtgs

Tennis Classes

Little Aces Tennis Class

Learning tennis should be fun and exciting! All classes feature the magic of learning athletic confidence through tennis. All four major strokes will be taught; the forehand, backhand, serve and volley. Students will be given a solid tennis foundation, through tons of innovative and effective drills and games. For more information visit www.johnnyallentennis.com. Ages 6-8. Instructor: Johnny Allen Tennis Staff

• Students should wear athletic clothing, lace-up tennis shoes and bring a racket and water.

• No class May 10.

27208	F	5:00pm-6:00pm	2/9-2/23	MAY	\$49/3 Mtgs
27217	F	5:00pm-6:00pm	3/1-3/15	MAY	\$49/3 Mtgs
27218	F	5:00pm-6:00pm	3/22-4/5	MAY	\$49/3 Mtgs
27219	F	5:00pm-6:00pm	4/12-4/26	MAY	\$49/3 Mtgs
27220	F	5:00pm-6:00pm	5/3-5/24	MAY	\$49/3 Mtgs
27221	F	5:00pm-6:00pm	5/31-6/14	MAY	\$49/3 Mtgs

Junior Aces Tennis Class

All junior tennis players looking for improvement are welcome to play and find their groove. All four major strokes will be taught, the forehand, backhand, serve and volley. Players will improve technique, spin, placement, balance and movement through specially designed drills and games. We will be focusing on proper technique on all major shots during singles and doubles play, preparing players for high school tennis, tournaments and an overall higher level of the game. For more information visit www.johnnyallentennis.com. Ages 9-12. Instructor: Johnny Allen Tennis Staff

• Students should wear athletic clothing, lace-up tennis shoes and bring a racket and water.

• No class May 10.

27209	F	6:00pm-7:00pm	2/9-2/23	MAY	\$49/3 Mtgs
27222	F	6:00pm-7:00pm	3/1-3/15	MAY	\$49/3 Mtgs
27223	F	6:00pm-7:00pm	3/22-4/5	MAY	\$49/3 Mtgs
27224	F	6:00pm-7:00pm	4/12-4/26	MAY	\$49/3 Mtgs
27225	F	6:00pm-7:00pm	5/3-5/24	MAY	\$49/3 Mtgs
27226	F	6:00pm-7:00pm	5/31-6/14	MAY	\$49/3 Mtgs

High School Aces Tennis Class

This class is perfect for players new to the sport or more experienced players getting ready to compete in tournaments, high school or league tennis. Players will learn to compete and win through advanced strategy in singles and doubles. This class will build the confidence in each player's tennis game through match play situations, while engaging in a wide variety of effective games and drills. For more information visit www.johnnyallentennis.com. Ages 13-17. Instructor: Johnny Allen Tennis Staff

• Students should wear athletic clothing, lace-up tennis shoes and bring a racket and water.

• No class May 10.

27210	F	7:00pm-8:00pm	2/9-2/23	MAY	\$49/3 Mtgs
27227	F	7:00pm-8:00pm	3/1-3/15	MAY	\$49/3 Mtgs
27228	F	7:00pm-8:00pm	3/22-4/5	MAY	\$49/3 Mtgs
27229	F	7:00pm-8:00pm	4/12-4/26	MAY	\$49/3 Mtgs
27230	F	7:00pm-8:00pm	5/3-5/24	MAY	\$49/3 Mtgs
27231	F	7:00pm-8:00pm	5/31-6/14	MAY	\$49/3 Mtgs

Tem's Amazing Tennis (Beg. Youth)

No experience is necessary in this USTPA certified beginning tennis class. We will focus on proper fundamentals to give students a solid base including grips, stances, ground strokes, volleys, etc. Stroke production drills and hand-eye coordination techniques are used. Ages 6-17. Visit TemsAmazingTennis.com. Instructor: Lakewood Tennis Center Staff

• Location: Lakewood Tennis Center, 4212 Clubhouse Dr., Lakewood.

• Bring tennis racket and two unopened cans of heavy duty balls.

• Proper tennis shoes required - no basketball or running shoes.

• Pre-registration required.

27023	Sa	9:00am-10:00am	2/10-3/30	Off Site	\$90/8 Mtgs
27028	Sa	9:00am-10:00am	4/6-5/25	Off Site	\$90/8 Mtgs
27029	Sa	9:00am-10:00am	6/1-6/15	Off Site	\$40/3 Mtgs

Tennis Clinic - All Levels (Youth)

All levels of players will benefit from this class. Beginners will learn fundamentals. Intermediate and advanced players will learn pattern and match play. High school players welcome! Private lessons are available. For ages 6-17. Visit our website TemsAmazingTennis.com. Instructor: Lakewood Tennis Center Staff

• Location: Lakewood Tennis Center, 4212 Clubhouse Dr., Lakewood.

• Bring tennis racket and two unopened cans of heavy duty balls.

• Proper tennis shoes required - no basketball or running shoes.

• Pre-registration required.

• No class May 27.

27021	M	5:00pm-7:00pm	2/5-3/4	Off Site	\$95/5 Mtgs
27022	F	4:00pm-6:00pm	2/9-3/29	Off Site	\$150/8 Mtgs
27025	M	5:00pm-7:00pm	3/11-4/8	Off Site	\$95/5 Mtgs
27032	F	4:00pm-6:00pm	4/5-5/24	Off Site	\$150/8 Mtgs
27026	M	5:00pm-7:00pm	4/15-5/13	Off Site	\$95/5 Mtgs
27027	M	5:00pm-7:00pm	5/20-6/10	Off Site	\$65/3 Mtgs
27033	F	4:00pm-6:00pm	5/31-6/14	Off Site	\$65/3 Mtgs

Sports Instruction

Introduction to Wrestling

Want to be the next champion? Take this class and learn the basic techniques used in high school and collegiate wrestling competitions nationwide. Students will learn proper form and technique from the head wrestling coach of Mayfair High School. Ages 4-18. Instructor: Ibee Atalla

• Location: Mayfair High School Gym, 6000 Woodruff Ave., Lakewood.

• No class February 19 and May 27.

27562	M,Th	5:30pm-6:30pm	2/1-2/29	Off Site	\$30/8 Mtgs
27563	M,Th	5:30pm-6:30pm	3/4-3/28	Off Site	\$30/8 Mtgs
27564	M,Th	5:30pm-6:30pm	4/1-4/29	Off Site	\$30/9 Mtgs
27565	M,Th	5:30pm-6:30pm	5/2-5/30	Off Site	\$30/8 Mtgs
27566	M,Th	5:30pm-6:30pm	6/3-6/27	Off Site	\$30/8 Mtgs

Beginning Karate

This class is designed for youth who are interested in learning self defense. Additionally students will learn hand eye coordination and improve their motor functions. Ages 5-15. Instructor: Sensei Bryce Watanabe

• \$18 one time fee for belts and karate booklet.

• Discount available if registering for both Tuesday and Thursday class sessions.

• Contact the Recreation and Community Services Department for details.

26979	T	4:30pm-5:15pm	2/6-3/5	CTR	\$45/5 Mtgs
26982	Th	4:30pm-5:15pm	2/8-3/7	CTR	\$45/5 Mtgs
26985	T	4:30pm-5:15pm	3/26-4/23	CTR	\$45/5 Mtgs
26987	Th	4:30pm-5:15pm	3/28-4/25	CTR	\$45/5 Mtgs
26986	T	4:30pm-5:15pm	5/7-6/11	CTR	\$54/6 Mtgs
26988	Th	4:30pm-5:15pm	5/9-6/13	CTR	\$54/6 Mtgs

Teen & Youth Fitness and Sports

Intermediate Karate

This class is for kids who have taken the Beginner Karate class. Students will continue to learn more kata and a small amount of kumite. There will be a larger focus on discipline and concentration. Ages 5 and older. Instructor: Sensei Bryce Watanabe

• **Discount available if registering for both Tuesday and Thursday class sessions.**

• **Contact the Recreation and Community Services Department for details.**

26980	T	5:15pm-6:00pm	2/6-3/5	CTR	\$45/5 Mtgs
26983	Th	5:15pm-6:00pm	2/8-3/7	CTR	\$45/5 Mtgs
26989	T	5:15pm-6:00pm	3/26-4/23	CTR	\$45/5 Mtgs
26991	Th	5:15pm-6:00pm	3/28-4/25	CTR	\$45/5 Mtgs
26990	T	5:15pm-6:00pm	5/7-6/11	CTR	\$54/6 Mtgs
26992	Th	5:15pm-6:00pm	5/9-6/13	CTR	\$54/6 Mtgs

Advanced Karate

This class is for those who have previously taken the Intermediate Karate class, or new adults who are interested in learning self defense. Ages 13 to adult. Instructor: Sensei Bryce Watanabe

• **Discount available if registering for both Tuesday and Thursday class sessions.**

• **Contact the Recreation and Community Services Department for details.**

26981	T	6:00pm-7:00pm	2/6-3/5	CTR	\$45/5 Mtgs
26984	Th	6:00pm-7:00pm	2/8-3/7	CTR	\$45/5 Mtgs
26993	T	6:00pm-7:00pm	3/26-4/23	CTR	\$45/5 Mtgs
26995	Th	6:00pm-7:00pm	3/28-4/25	CTR	\$45/5 Mtgs
26994	T	6:00pm-7:00pm	5/7-6/11	CTR	\$54/6 Mtgs
26996	Th	6:00pm-7:00pm	5/9-6/13	CTR	\$54/6 Mtgs

BEST Youth Soccer Skills and Drills

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 6-9. Instructor: Beginners Edge Sports Staff

• **Please bring an age-appropriate soccer ball with your child's name on it and a water bottle.**

• **Class will meet near the playground.**

27012	Sa	1:10pm-1:55pm	2/10-3/23	RYN	\$125/7 Mtgs
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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, 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 6-9. Instructor: Beginners Edge Sports Staff

• **Please bring an age-appropriate soccer ball for the first week of class.**

• **A hitting tee and plastic bat are needed later in the session.**

• **Class will meet near the playground.**

• **No class May 25.**

27020	Sa	1:10pm-1:55pm	4/13-6/1	RYN	\$125/7 Mtgs
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Kidz Love Soccer: Soccer 1

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting. Ages 5-6. Instructor: Kidz Love Soccer

• **Session 1 (2/5-3/25) Off Site Location: Simms Park Basketball Gym, 16614 Clark Ave., Bellflower**

• **Session 2 (4/15-6/3) Location: Rynerson Park, class meets near the playground.**

• **No class February 19 and May 27.**

26955	M	4:15pm-5:00pm	2/5-3/25	Off Site	\$154/7 Mtgs
26959	M	4:15pm-5:00pm	4/15-6/3	RYN	\$154/7 Mtgs

Kidz Love Soccer: Soccer 2

A great introduction to competitive soccer, Skillz and Scrimmages teaches advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goal-tending. Kids will scrimmage and learn to play together as a team. From defense and mid-field to forward and goalie, kids get exposure to playing every position and have a blast doing it. Appropriate for players of varying skill levels, and best of all, each participant receives a Kidz Love Soccer jersey! Shin guards are required. Ages 7-10. Instructor: Kidz Love Soccer

• **Session 1 (2/5-3/25) Off Site Location: Simms Park Basketball Gym, 16614 Clark Ave., Bellflower**

• **Session 2 (4/15-6/3) Location: Rynerson Park, class meets near the playground.**

• **No class February 19 and May 27.**

26956	M	3:25pm-4:10pm	2/5-3/25	Off Site	\$154/7 Mtgs
26958	M	3:25pm-4:10pm	4/15-6/3	RYN	\$154/7 Mtgs

Learn to Ice Skate (Youth)

This program is a fun introduction to ice skating. With a strong team of coaches, participants will learn the basics of getting up and moving on the ice. Whether interested in ice hockey, figure skating or going around for fun, this class is a great start! Ages 7-16. Instructor: The Rinks Staff

• **Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.**

• **Registration also includes two public session passes that can be redeemed during your class session.**

• **\$18.50 annual Learn to Skate USA Membership required to join classes. To register visit <https://www.learntoskateusa.com>.**

• **No classes February 14, 15 & 17.**

27458	W	5:45pm-6:25pm	2/7-2/28	Off Site	\$63/3 Mtgs
27461	W	6:30pm-7:10pm	2/7-2/28	Off Site	\$63/3 Mtgs
27464	Th	5:45pm-6:25pm	2/8-2/29	Off Site	\$63/3 Mtgs
27467	Th	6:30pm-7:10pm	2/8-2/29	Off Site	\$63/3 Mtgs
27470	Sa	10:40am-11:20am	2/10-3/2	Off Site	\$63/3 Mtgs
27473	Sa	11:25am-12:05pm	2/10-3/2	Off Site	\$63/3 Mtgs
27510	W	5:45pm-6:25pm	3/6-3/27	Off Site	\$84/4 Mtgs
27513	W	6:30pm-7:10pm	3/6-3/27	Off Site	\$84/4 Mtgs
27516	Th	5:45pm-6:25pm	3/7-3/28	Off Site	\$84/4 Mtgs
27519	Th	6:30pm-7:10pm	3/7-3/28	Off Site	\$84/4 Mtgs
27522	Sa	10:40am-11:20am	3/9-3/30	Off Site	\$84/4 Mtgs
27525	Sa	11:25am-12:05pm	3/9-3/30	Off Site	\$84/4 Mtgs
27511	W	5:45pm-6:25pm	4/3-4/24	Off Site	\$84/4 Mtgs
27514	W	6:30pm-7:10pm	4/3-4/24	Off Site	\$84/4 Mtgs
27517	Th	5:45pm-6:25pm	4/4-4/25	Off Site	\$84/4 Mtgs
27520	Th	6:30pm-7:10pm	4/4-4/25	Off Site	\$84/4 Mtgs
27523	Sa	10:40am-11:20am	4/6-4/27	Off Site	\$84/4 Mtgs
27526	Sa	11:25am-12:05pm	4/6-4/27	Off Site	\$84/4 Mtgs
27512	W	5:45pm-6:25pm	5/1-5/22	Off Site	\$84/4 Mtgs
27515	W	6:30pm-7:10pm	5/1-5/22	Off Site	\$84/4 Mtgs
27518	Th	5:45pm-6:25pm	5/2-5/23	Off Site	\$84/4 Mtgs
27521	Th	6:30pm-7:10pm	5/2-5/23	Off Site	\$84/4 Mtgs
27524	Sa	10:40am-11:20am	5/4-5/25	Off Site	\$84/4 Mtgs
27527	Sa	11:25am-12:05pm	5/4-5/25	Off Site	\$84/4 Mtgs

Skyhawks Multi-Sport

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of soccer and baseball, along with vital life lessons such as sportsmanship and teamwork. Ages 6-8. Instructor: Skyhawks Sports Academy

27434 M 5:40pm-6:20pm 4/8-5/13 SM \$115/6 Mtgs

Skyhawks Soccer

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills. Ages 6-8. Instructor: Skyhawks Sports Academy

27432 F 5:40pm-6:20pm 3/29-4/26 MAY \$99/5 Mtgs

27433 F 5:40pm-6:20pm 5/17-6/14 MAY \$99/5 Mtgs

Young Champions Karate (New Students)

This program combines safety awareness with self-defense instruction. Emphasis is placed on the learning of physical and verbal skills for self defense. Students progress in rank and earn their belts! We welcome students from any style. Ages 4-15.

Instructor: Young Champions Staff

• \$35 fee for uniforms.

• No class April 5 and May 10.

26948 F 5:15pm-5:55pm 2/9-6/7 BOY \$152/16 Mtgs

Young Champions Karate (Yellow & Orange Belts)

This program combines safety awareness with self-defense instruction. Emphasis is placed on the learning of physical and verbal skills for self defense. Students progress in rank and earn their belts! We welcome students from any style. Ages 4-18.

Instructor: Young Champions Staff

• \$35 fee for uniforms.

• No class April 5 and May 10.

26950 F 6:00pm-6:40pm 2/9-6/7 BOY \$152/16 Mtgs

Young Champions Karate (Purple Belts & Above)

This program combines safety awareness with self-defense instruction. Emphasis is placed on the learning of physical and verbal skills for self defense. Students progress in rank and earn their belts! We welcome students from any style. Ages 4-18.

Instructor: Young Champions Staff

• \$35 fee for uniforms.

• No class April 5 and May 10.

26949 F 6:45pm-7:25pm 2/9-6/7 BOY \$152/16 Mtgs

Youth Evolution Basketball (Level 2)

This course is designed for children ages 5-7 years and focuses on dribbling, passing, shot technique and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. The sport of basketball will be explored with a variety of activities and games. Each participant will receive a complimentary jersey. Instructor: Youth Evolution Basketball Staff.

• No class April 3.

27049 W 4:30pm-5:15pm 3/20-4/17 SM \$89/4 Mtgs

27053 W 4:30pm-5:15pm 5/8-6/5 SM \$109/5 Mtgs

Youth Evolution Basketball (Level 3)

This course is designed for children ages 8-11 years and is aimed to improve large motor skills, spatial awareness and teamwork. The instructor will focus on agility, as drills become more advanced and teach children how to perform under pressure of the clock and opponents. Drills are focused on complex activities that include fast breaks, coordinated offensive plays and multiple defensive structures. Children will learn explosive plays, improve their footwork, and develop their range and accuracy of shooting. Each participant will receive a complimentary jersey.

Instructor: Youth Evolution Basketball Staff

• No class April 3.

27050 W 3:45pm-4:30pm 3/20-4/17 SM \$89/4 Mtgs

27054 W 3:45pm-4:30pm 5/8-6/5 SM \$109/5 Mtgs



**Lakewood Youth
HALL OF FAME**

The Lakewood Youth Hall of Fame will celebrate its 42nd annual awards banquet on Monday, February 26, 6:30 p.m. at The Centre. The Hall of Fame will honor the 2023 Athlete of the Year. Discounted student tickets are \$30 and adult tickets are \$40 if purchased by February 9 at 12 p.m. After this date, tickets will be \$36 and \$46 respectively. The deadline to purchase tickets is February 15 at 12 p.m.

In addition to the Athlete of the Year award, Performer of the Year awards will be presented for more than a dozen sports, and Special Achievement awards will be presented for academics and other significant contributions to youth sports in Lakewood.



For more information call 562-866-9771, ext. 2408

Teen & Youth Fitness and Sports



Baseball and Softball leagues for children ages 4-17 will play at Lakewood parks this summer.

Children in the 4-5 and 6-7 age divisions will play in non-competitive T-Ball and Coach Pitch leagues, respectively. The T-Ball and Coach Pitch leagues will focus on the development of fundamental baseball skills, and will emphasize participation, fun and individual/team growth. Scores and standings will not be kept in the T-Ball and Coach Pitch leagues. Competitive Baseball and Softball leagues will be offered for children ages 8-17, where scores and standings will be kept. Competitive divisions will be organized into four age groups; 8-9, 10-11, 12-14 and 15-17. While competition will be a part of the 8-17 divisions, the emphasis will still be placed on participation, sportsmanship and enjoyment.

T-Ball, Coach Pitch, Baseball & Softball

SEASON DATES:

Practices Begin: May 28

Opening Day Ceremony at Mayfair Park:
June 15

League Games Played:
June 17 – Aug. 1

Awards Ceremony & Family Day: Aug. 3

*Playoffs for competitive divisions
will conclude by Aug. 10.*



Registrations will run April 27 – May 11, and can be found online at www.lakewoodcity.org/ecatalog. Age divisions will be determined by the player's age before June 1, 2024. There is no registration fee for Lakewood residents. Non-residents will be required to pay a \$20 fee at the time of registration. Player's will be required to provide a birth certificate to park staff on May 18, and cannot participate until their age has been verified.

Pre-Summer Aquatics at Mayfair Pool

Youth and adaptive lessons are offered Monday - Friday every half hour between 4 p.m. and 6 p.m.

Online Pre-Summer Swim Lesson Registration

Pre-Summer Sessions Mayfair Pool Only	Lesson Dates	Priority Resident Online Registration Dates	Non-Resident Registration Dates	Online Registration Ends	Walk-in Registration
Session 1	May 28 - June 7	Begins May 18 at 7 p.m.	Begins May 21 at 7 p.m.	May 24 at 7 p.m.	May 25 1-4 p.m.

- Not all levels are offered every half hour.
- Minimum enrollment required each class.

- Each session includes eight days of instruction and one fun day.
- Classes are subject to cancellation and class schedule is subject to change.
- Students may be moved to the most developmentally appropriate level.

REFUND POLICY

- All refunds/withdrawals must be requested in person at the pool your child is registered or via e-mail to aquatics@lakewoodcity.org prior to the start of the second lesson.
- There is a \$5 processing fee for each participant for refunds, withdrawals and class transfers.
- Refund, withdrawal and transfer requests will be issued at the discretion of the pool manager.
- Transfer requests will not be granted after the first class meeting.

Pre-Summer Recreation Swim

Memorial Weekend
May 25-27 • 1-2:30 p.m. and 2:45-4:15 p.m.
at Mayfair Pool



POOL RULES

- Entry fee must be paid in order to gain access to the pool deck.
- Unaccompanied swimmers are required to be at least 48 inches tall or have a valid Minnow (Level 4) Red Cross swimming card. Youngsters not meeting this requirement must be accompanied in the pool area by an adult (18 years or older) on a one-to-one basis, and remain within arm's distance at all times.
- Swim diapers must be worn by all children four years and younger and are available for purchase at the pool.
- Approved swimsuits are required. No cut off pants, leotards, sweats, baseball shorts or shirts are allowed (rash guards only).
- A swim test is required for use for diving board. Detailed requirements are posted at each pool location.
- Swimmers with long hair must tie their hair in a ponytail.

Complete pool rules available at www.lakewoodcity.org

Water Aerobics (Pre-Summer)

Get a head start on your summer fitness with a splash! Come join the fun at the pool and stay healthy at the same time. Burn fat while doing moves that will shape and sculpt your body with zero stress to the joints! The intensity of this water aerobics class is determined by how hard you decide to work! Instructor: Kick It Up Staff

#27381
 Tu, Th • 6:10 p.m.-7 p.m.
 5/28 - 6/13
 Mayfair Pool • \$44/6 Mtgs



Junior Lifeguard Program

June 17 - August 9, Ages 12-15



More information and registration will be available in the Recreation & Community Services Summer Catalog.

Summer Positions Available Online NOW!

Apply today to join the aquatics staff for the summer season!

Senior Lifeguard/Swim Instructors • Lifeguard/Swim Instructors • Cashiers

Visit <http://www.lakewoodcity.org/jobs> for more information.

Mayfair Pool • 5720 Clark Avenue, Lakewood CA 90712 • 562.804.4256

FREE
 Lifeguard
 Certification



Preschool Programs

Dance Classes

Baby Doll Dance (Age 2)

Does your little one like to dance around when they hear music? Have them learn the basic tap, ballet and creative movements in a fun way that preschoolers can understand. Instructor: Isabel Moses-Caldera

- **Ballet & Tap shoes recommended. Please purchase slip resistant peels to stick on the bottom of tap shoes.**
- **Multiple course/sibling discount available. Contact Recreation & Community Services for more information.**
- **The Spring Recital will be held on June 14. To participate in the recital, students need to be enrolled in all four class sessions and will also need to purchase a costume.**
- **No class February 19, April 1 and May 27.**

27078	M	5:00pm-5:45pm	2/5-3/4	BLM	\$32/4 Mtgs
27081	M	5:00pm-5:45pm	3/11-4/8	BLM	\$32/4 Mtgs
27082	M	5:00pm-5:45pm	4/15-5/6	BLM	\$32/4 Mtgs
27083	M	5:00pm-5:45pm	5/13-6/10	BLM	\$32/4 Mtgs

Tot Lot Registration Continues at Two Lakewood Parks



Tot Lot, a parent cooperative program for 2-5 year olds is held at Del Valle and Mayfair Parks during the fall, winter and spring. Most Tot Lots meet Monday – Friday, 9:30-11:30 a.m. in the fenced preschool area of each park. Parents are responsible for each Tot Lot's operation and members select activities and excursions.

Tot Lot registration is accepted throughout the year (as space permits). Up-to-date immunization cards and proof of age are required at the time of registration. TB testing is mandatory for all new working adults.

Since this is an organized program, a limited number of visitors are allowed in the fenced play area during Tot Lot hours. Visitors limited to one visit per month and Tot Lot rules must be observed.

For more information, contact the Recreation and Community Services Department at 562-866-9771 ext. 2408.

Baby Doll Dance (Ages 3-4)

Does your little one like to dance around when they hear music? Have them learn the basic tap, ballet and creative movements in a fun way that preschoolers can understand. Instructor: Isabel Moses-Caldera

- **Ballet & Tap shoes recommended. Please purchase slip resistant peels to stick on the bottom of tap shoes.**
- **Multiple course/sibling discount available. Contact Recreation & Community Services for more information.**
- **The Spring Recital will be held on June 14. To participate in the recital, students need to be enrolled in all four class sessions and will also need to purchase a costume.**
- **No class February 19, April 1 and May 27.**

27079	M	5:45pm-6:30pm	2/5-3/4	BLM	\$32/4 Mtgs
27084	M	5:45pm-6:30pm	3/11-4/8	BLM	\$32/4 Mtgs
27085	M	5:45pm-6:30pm	4/15-5/6	BLM	\$32/4 Mtgs
27086	M	5:45pm-6:30pm	5/13-6/10	BLM	\$32/4 Mtgs

Baby Kukui Hula

Let your little ones shake their hips in this fun introduction to Polynesian dances. Children ages 2-3 years old will learn grace and balance with hand and foot coordination. Instructors: Ms. Willie Villa-Real and Mrs. Stephanie Fontela

- **Students will need to purchase a costume for performances, dates and cost TBA.**
- **Dance implements (poi balls) may be purchased through the instructor.**
- **Classes on February 27 and March 5 will meet at Mayfair Park.**

27098	T	5:15pm-6:00pm	2/6-2/27	PLMS	\$35/4 Mtgs
27105	T	5:15pm-6:00pm	3/5-3/26	PLMS	\$35/4 Mtgs
27106	T	5:15pm-6:00pm	4/9-4/23	PLMS	\$27/3 Mtgs
27107	T	5:15pm-6:00pm	4/30-5/21	PLMS	\$35/4 Mtgs

Ballet & Tap for Tots

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

- **No class May 18.**

26976	Sa	9:00am-9:45am	2/10-3/23	BLM	\$45/7 Mtgs
26977	Sa	9:00am-9:45am	4/13-6/1	BLM	\$45/7 Mtgs

Ballet/Tap Combo

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

- **No class May 18.**

26975	Sa	9:45am-10:30am	2/10-3/23	BLM	\$45/7 Mtgs
26978	Sa	9:45am-10:30am	4/13-6/1	BLM	\$45/7 Mtgs

Ballet/Tap Combo at Kick it Up!

Have fun exploring both types of dance - ballet and tap. Appropriate shoes required. Ages 3-5. Instructor: Kick It Up Staff

- **Location: Kick It Up, 8129 E. Wardlow Rd., Long Beach.**
- **Please note: parents are to remain outside of the classroom during instruction time.**
- **No class March 29 and April 2-5.**

27368	T	4:00pm-4:45pm	2/6-3/5	Off Site	\$40/5 Mtgs
27399	T	4:45pm-5:30pm	2/6-3/5	Off Site	\$40/5 Mtgs
27369	Th	4:45pm-5:30pm	2/8-3/7	Off Site	\$40/5 Mtgs
27402	F	4:45pm-5:30pm	2/9-3/8	Off Site	\$40/5 Mtgs
27398	T	4:00pm-4:45pm	3/12-4/16	Off Site	\$40/5 Mtgs
27400	T	4:45pm-5:30pm	3/12-4/16	Off Site	\$40/5 Mtgs
27401	Th	4:45pm-5:30pm	3/14-4/18	Off Site	\$40/5 Mtgs
27403	F	4:45pm-5:30pm	3/15-4/26	Off Site	\$40/5 Mtgs

Hip Hop (Preschool - Beginning)

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 4-6. Instructor: Kick It Up Staff

- **Location:** Kick It Up, 8129 E. Wardlow Rd., Long Beach.
- **Please note:** parents are to remain outside of the classroom during instruction time.
- **No class March 29 & April 5.**

27372	F	5:30pm-6:30pm	2/9-3/8	Off Site	\$40/5 Mtgs
27405	F	5:30pm-6:30pm	3/15-4/26	Off Site	\$40/5 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

- **Students will need to purchase a costume for performances, dates and cost TBA.**
- **Dance implements (poi balls) may be purchased through the instructor.**
- **Classes on February 27 and March 5 will meet at Mayfair Park.**

27099	T	6:00pm-6:45pm	2/6-2/27	PLMS	\$35/4 Mtgs
27108	T	6:00pm-6:45pm	3/5-3/26	PLMS	\$35/4 Mtgs
27109	T	6:00pm-6:45pm	4/9-4/23	PLMS	\$27/3 Mtgs
27110	T	6:00pm-6:45pm	4/30-5/21	PLMS	\$35/4 Mtgs

Educational Classes

Parent & Me Pre-K Readiness

Kids and parents will have fun in this class blending audio, visual and kinesthetics to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math and outdoor games and play specifically designed for children 2-4 years old. Parent participation required. Instructor: Readwrite Educational Solutions Staff

- **\$20 materials fee is payable to the instructor in class.**
- **Pre-registration required.**

27324	T,Th	8:45am-10:15am	2/6-2/29	BOY	\$145/8 Mtgs
27325	T,Th	10:30am-12:00pm	2/6-2/29	BOY	\$145/8 Mtgs
27331	T,Th	8:45am-10:15am	3/7-3/28	BOY	\$127/7 Mtgs
27334	T,Th	10:30am-12:00pm	3/7-3/28	BOY	\$127/7 Mtgs
27332	T,Th	8:45am-10:15am	4/9-5/2	BOY	\$145/8 Mtgs
27335	T,Th	10:30am-12:00pm	4/9-5/2	BOY	\$145/8 Mtgs
27333	T,Th	8:45am-10:15am	5/9-6/4	BOY	\$145/8 Mtgs
27336	T,Th	10:30am-12:00pm	5/9-6/4	BOY	\$145/8 Mtgs

Reading, Math and More Preschool

Be ready for kindergarten! Kids and parents have fun blending audio, visual and kinesthetic learning styles to maximize learning. We incorporate phonics and leveled reading, spelling and math instruction specifically designed for preschoolers. Parent participation is required. Ages 3.5-5. Instructor: Readwrite Educational Solutions Staff

- **\$20 materials fee is payable to the instructor in class.**
- **Pre-registration required.**

• No class February 12 & 19 and May 27.					
27326	M,W	2:45pm-3:30pm	2/5-2/28	BOY	\$69/6 Mtgs
27337	M,W	2:45pm-3:30pm	3/6-3/27	BOY	\$79/7 Mtgs
27338	M,W	2:45pm-3:30pm	4/8-5/1	BOY	\$89/8 Mtgs
27339	M,W	2:45pm-3:30pm	5/8-6/5	BOY	\$89/8 Mtgs

Parent and Me Spanish

This class offers music, story time, and sensory play for children ages 3 and under all in Spanish. Teacher practices a student-centered and constructivist self-guided curriculum, with a focus on social and emotional development. Instructor: Xochitl Brizuela

- **No class February 26, March 4 & 11, April 1 and May 13 & 27.**
- **Please register early! Classes will only be held if minimum registration is met.**

27357	M	9:30am-10:30am	2/5-4/22	PLMS	\$144/8 Mtgs
27362	M	9:30am-10:30am	4/29-6/10	PLMS	\$90/5 Mtgs

Spanish Through Play

This class offers music, story time, and sensory play for children ages 3-5. Teacher practices a student-centered and constructivist self-guided curriculum, with a focus on social and emotional development. Instructor: Xochitl Brizuela

- **No class February 26, March 4 & 11, April 1 and May 13 & 27.**
- **Please register early! Classes will only be held if minimum registration is met.**

27359	M	11:30am-1:00pm	2/5-4/22	PLMS	\$180/8 Mtgs
27363	M	11:30am-1:00pm	4/29-6/10	PLMS	\$115/5 Mtgs

Gymnastics Classes

Boys Novice (Preschool)

This beginning level class will introduce boys to basic gymnastics skills and fundamentals in all six Men's Olympic events. Our coaches will focus on developing strength, flexibility and coordination in a positive environment, filled with energy. Gymnastics skills are useful in all sports and build confidence, agility, balance, strength and boost self esteem! Ages 4-6. Instructor: Tumble-N-Kids, Inc.

- **Materials fee included in the cost of class.**

27282	T	3:30pm-4:30pm	2/6-3/26	PLMS	\$139/8 Mtgs
27307	T	3:30pm-4:30pm	4/16-6/11	PLMS	\$156/9 Mtgs

Gymnastic Giants

Students focus on developing gymnastic/tumbling skills, coordination, strength, balance, agility and following direction. Safely led by an experienced instructor, skills include: beginning cartwheels, forward and backward rolls, balance beams plus obstacle courses, movement/exercise games and music! Progressive skill instruction and positive reinforcement encourage confidence, pride, and good attitude while helping your child ages 3-5 become a giant success! Parent participation may be required. Instructor: Tumble-N-Kids, Inc.

- **Materials fee included in the cost of class.**

- **No class March 30 and May 25.**

27281	T	11:30am-12:30pm	2/6-3/26	PLMS	\$139/8 Mtgs
27294	Sa	11:15am-12:15pm	2/10-4/6	PLMS	\$139/8 Mtgs
27305	T	11:30am-12:30pm	4/16-6/11	PLMS	\$156/9 Mtgs
27306	Sa	11:15am-12:15pm	4/20-6/15	PLMS	\$139/8 Mtgs

Junior Olympians

Beginner gymnast curriculum consists of introductory skills including forward rolls, jumps, basic understanding of cartwheels, handstands, and backward rolls. Beginner class includes fundamentals on bars, vault and beam with an emphasis on body shaping, conditioning and flexibility to increase body awareness, build strength and coordination, and boost self-esteem! Ages 4-5. Instructor: Tumble-N-Kids, Inc.

- **Materials fee included in the cost of class.**

27284	W	11:15am-12:00pm	2/7-3/27	PLMS	\$107/8 Mtgs
27315	W	11:15am-12:00pm	4/17-6/12	PLMS	\$120/9 Mtgs

Kartwheel-N-Kids

Girls and boys ages 4-7 learn gymnastics skills including: cartwheels, rolls, jumps, handstands, bridge/backbends, beams, hand-spring barrel, trampoline and more. We focus on beginning tumbling skills while incorporating music, obstacle courses and fun. Progressive skill level instruction creates confidence and success. Instructor: Tumble-N-Kids, Inc.

- **Materials fee included in the cost of class.**

27320	W	3:30pm-4:15pm	2/7-3/27	PLMS	\$107/8 Mtgs
27321	W	3:30pm-4:15pm	4/17-6/12	PLMS	\$120/9 Mtgs

Recreation Scholarships
are available through Lakewood Project Shepherd.
Call 562-925-7512 for more information.

Preschool Programs

Teeny Tumblers

Enjoy special time together in activities fun for both parent and little cruiser. Teeny Tumblers will safely build important motor skills, balance and coordination as they explore tunnels, roll and crawl down the 'big cheese', slides, balls and lots of creative age appropriate tumbling fun. Plus, music makes everything more fun! Parent participation required. For boys and girls ages 12-24 months. Instructor: Tumble-N-Kids, Inc.

• **Materials fee included in the cost of class.**

• **No class March 30 and May 25.**

27279	T	9:45am-10:30am	2/6-3/26	PLMS	\$107/8 Mtgs
27292	Sa	9:30am-10:15am	2/10-4/6	PLMS	\$107/8 Mtgs
27301	T	9:45am-10:30am	4/16-6/11	PLMS	\$120/9 Mtgs
27302	Sa	9:30am-10:15am	4/20-6/15	PLMS	\$107/8 Mtgs

Tootsie Rollers

Let's MOVE! Music, tumbling challenges, introducing simple directions and routines will help your child develop listening and social interaction skills. Tumble Bugs and partners will participate in circle time, obstacle courses, dance to songs, tumble, roll, jump, balance, walk like animals and finish with parachute activities! For ages 1-3 years. This is a great class for siblings! Parent participation required. Instructor: Tumble-N-Kids, Inc.

• **Materials fee included in the cost of class.**

27286	W	10:00am-11:00am	2/7-3/27	PLMS	\$139/8 Mtgs
27314	W	10:00am-11:00am	4/17-6/12	PLMS	\$156/9 Mtgs

Tumble Stars

Girls and boys ages 24-36 months are introduced to safe, age-appropriate tumbling skills: 'Position of the Day' rolls, balance beams, beginning cartwheels - 'monkey jumps!' Led by an experienced instructor using music, games, props, and creative play, kids develop body control, focus, strength, coordination and balance. Progressive skill instruction helps children happily zoom to confidence, pride and skill success! Parent participation is required. Instructor: Tumble-N-Kids, Inc.

• **Materials fee included in the cost of class.**

• **No class March 30 and May 25.**

27280	T	10:30am-11:30am	2/6-3/26	PLMS	\$139/8 Mtgs
27293	Sa	10:15am-11:15am	2/10-4/6	PLMS	\$139/8 Mtgs
27303	T	10:30am-11:30am	4/16-6/11	PLMS	\$156/9 Mtgs
27304	Sa	10:15am-11:15am	4/20-6/15	PLMS	\$139/8 Mtgs

Sports Instruction

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

• **Please bring an age-appropriate soccer ball for the first week of class.**

• **A hitting tee and plastic bat are needed later in the session.**

• **Class will meet near the playground.**

• **9 a.m. ages 2-4 / 10:40 a.m. ages 3-6 / 12:20 p.m. ages 2-4.**

• **No class May 25.**

27007	Sa	9:00am-9:45am	2/10-3/23	RYN	\$125/7 Mtgs
27009	Sa	10:40am-11:25am	2/10-3/23	RYN	\$125/7 Mtgs
27018	Sa	12:20pm-1:05pm	2/10-3/23	RYN	\$125/7 Mtgs
27013	Sa	9:00am-9:45am	4/13-6/1	RYN	\$125/7 Mtgs
27015	Sa	10:40am-11:25am	4/13-6/1	RYN	\$125/7 Mtgs
27019	Sa	12:20pm-1:05pm	4/13-6/1	RYN	\$125/7 Mtgs

BEST Preschool Soccer Skills and Drills

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 16 months-6 years. Instructor: Beginners Edge Sports Staff

• **Please bring an age-appropriate soccer ball with your child's name on it and a water bottle.**

• **9:50 a.m. ages 16 months-2 yrs. / 11:30 a.m. ages 3-6.**

• **Class will meet near the playground.**

• **No class May 25.**

27008	Sa	9:50am-10:35am	2/10-3/23	RYN	\$125/7 Mtgs
27010	Sa	11:30am-12:15pm	2/10-3/23	RYN	\$125/7 Mtgs
27014	Sa	9:50am-10:35am	4/13-6/1	RYN	\$125/7 Mtgs
27016	Sa	11:30am-12:15pm	4/13-6/1	RYN	\$125/7 Mtgs

Kidz Love Soccer: Parent & Me Soccer

The fun happens on the field, 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. A variety of soccer activities are played each week. Ages 2-3.5. Parent participation is required. Instructor: Kidz Love Soccer Staff

• **Session 1 (2/5-3/25) Off Site Location: Simms Park Basketball Gym, 16614 Clark Ave., Bellflower**

• **Session 2 (4/15-6/3) Location: Rynerson Park, class meets near the playground.**

• **No class February 19 and May 27.**

26954	M	5:45pm-6:15pm	2/5-3/25	Off Site	\$154/7 Mtgs
26961	M	5:45pm-6:15pm	4/15-6/3	RYN	\$154/7 Mtgs

Kidz Love Soccer: Tot/Pre Soccer

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game while building self-esteem. Children learn to follow instructions in a nurturing, age appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting. Ages 3.5-5 years. Instructor: Kidz Love Soccer Staff

• **Session 1 (2/5-3/25) Off Site Location: Simms Park Basketball Gym, 16614 Clark Ave., Bellflower**

• **Session 2 (4/15-6/3) Location: Rynerson Park, class meets near the playground.**

• **No class February 19 and May 27.**

26957	M	5:05pm-5:40pm	2/5-3/25	Off Site	\$154/7 Mtgs
26960	M	5:05pm-5:40pm	4/15-6/3	RYN	\$154/7 Mtgs

Learn to Ice Skate (Tot)

This program is a fun introduction to ice skating. With a strong team of coaches, participants will learn the basics of getting up and moving on the ice. Whether interested in ice hockey, figure skating or going around for fun, this class is a great start! Ages 3-6. Instructor: The Rinks Staff

• **Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.**

• **Registration also includes two public session passes that can be redeemed during your class session.**

• **\$18.50 annual Learn to Skate USA Membership required to join classes. To register visit <https://www.learnertoskateusa.com>.**

• **No classes February 14, 15 & 17.**

27457	W	5:45pm-6:25pm	2/7-2/28	Off Site	\$63/3 Mtgs
27460	W	6:30pm-7:10pm	2/7-2/28	Off Site	\$63/3 Mtgs
27463	Th	5:45pm-6:25pm	2/8-2/29	Off Site	\$63/3 Mtgs
27466	Th	6:30pm-7:10pm	2/8-2/29	Off Site	\$63/3 Mtgs
27469	Sa	10:40am-11:20am	2/10-3/2	Off Site	\$63/3 Mtgs
27472	Sa	11:25am-12:05pm	2/10-3/2	Off Site	\$63/3 Mtgs
27492	W	5:45pm-6:25pm	3/6-3/27	Off Site	\$84/4 Mtgs
27495	W	6:30pm-7:10pm	3/6-3/27	Off Site	\$84/4 Mtgs
27498	Th	5:45pm-6:25pm	3/7-3/28	Off Site	\$84/4 Mtgs
27501	Th	6:30pm-7:10pm	3/7-3/28	Off Site	\$84/4 Mtgs
27504	Sa	10:40am-11:20am	3/9-3/30	Off Site	\$84/4 Mtgs
27507	Sa	11:25am-12:05pm	3/9-3/30	Off Site	\$84/4 Mtgs

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27493	W	5:45pm-6:25pm	4/3-4/24	Off Site	\$84/4 Mtgs
27496	W	6:30pm-7:10pm	4/3-4/24	Off Site	\$84/4 Mtgs
27499	Th	5:45pm-6:25pm	4/4-4/25	Off Site	\$84/4 Mtgs
27502	Th	6:30pm-7:10pm	4/4-4/25	Off Site	\$84/4 Mtgs
27505	Sa	10:40am-11:20am	4/6-4/27	Off Site	\$84/4 Mtgs
27508	Sa	11:25am-12:05pm	4/6-4/27	Off Site	\$84/4 Mtgs
27494	W	5:45pm-6:25pm	5/1-5/22	Off Site	\$84/4 Mtgs
27497	W	6:30pm-7:10pm	5/1-5/22	Off Site	\$84/4 Mtgs
27500	Th	5:45pm-6:25pm	5/2-5/23	Off Site	\$84/4 Mtgs
27503	Th	6:30pm-7:10pm	5/2-5/23	Off Site	\$84/4 Mtgs
27506	Sa	10:40am-11:20am	5/4-5/25	Off Site	\$84/4 Mtgs
27509	Sa	11:25am-12:05pm	5/4-5/25	Off Site	\$84/4 Mtgs

Parent & Me Baby Ballers

Introduce your child ages 2.5-3.5 to the best sport on the planet! With parent participation and encouragement, the baby baller will learn the fundamental steps necessary to understand the sport of basketball. Instructor guidance helps facilitate developing movement skills using engaging games and activities with appropriately sized basketball hoops, providing an unforgettable experience. Each participant will receive a complimentary jersey. Instructor: Youth Evolution Basketball Staff

• No class April 3.

27052	W	6:00pm-6:30pm	3/20-4/17	SM	\$89/4 Mtgs
27056	W	6:00pm-6:30pm	5/8-6/5	SM	\$109/5 Mtgs

Skyhawks Multi-SportTots

Introduce your little superstar to sports. This baseball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation required for 2-3.5 age group. Ages 2-5. Instructor: Skyhawks Sports Academy

• Parent participation required.

• 3:30 p.m./4 p.m. classes ages 2-3.5.

• 4:20 p.m./4:50 p.m. classes ages 3.5-5.

• No class February 19.

27422	M	3:30pm-4:10pm	2/5-3/18	SM	\$115/6 Mtgs
27423	M	4:20pm-5:00pm	2/5-3/18	SM	\$115/6 Mtgs
27430	M	4:00pm-4:40pm	4/8-5/13	SM	\$115/6 Mtgs
27431	M	4:50pm-5:30pm	4/8-5/13	SM	\$115/6 Mtgs

Skyhawks SoccerTots

This soccer-themed class focuses on developing motor skills and self-confidence for the younger kids, while the older kids focus more on developing core soccer skills, personal focus and an element of light competition. Ages 2-5. Instructor: Skyhawks Sports Academy

• 3:30 p.m./4 p.m. classes ages 2-3.5.

• 4:20 p.m./4:50 p.m. classes ages 3.5-5.

27424	F	3:30pm-4:10pm	2/9-3/8	MAY	\$99/5 Mtgs
27425	F	4:20pm-5:00pm	2/9-3/8	MAY	\$99/5 Mtgs
27426	F	4:00pm-4:40pm	3/29-4/26	MAY	\$99/5 Mtgs
27428	F	4:50pm-5:30pm	3/29-4/26	MAY	\$99/5 Mtgs
27427	F	4:00pm-4:40pm	5/17-6/14	MAY	\$99/5 Mtgs
27429	F	4:50pm-5:30pm	5/17-6/14	MAY	\$99/5 Mtgs

Tiny Aces Tennis Class

This class is your future tennis star's introduction to the exciting world of tennis, sports and overall athleticism. This class features fun games that are perfectly designed to advance your child's hand-eye coordination, balance and love for tennis. Friendly instructors will provide a fun, creative and positive environment for every child involved. For more information visit www.johnnyallentennis.com. Ages 3-5. Instructor: Johnny Allen Tennis Staff

• Students should wear athletic clothing, lace-up tennis shoes and bring a racket and water.

• No class May 10.

27207	F	4:15pm-5:00pm	2/9-2/23	MAY	\$39/3 Mtgs
27212	F	4:15pm-5:00pm	3/1-3/15	MAY	\$39/3 Mtgs
27213	F	4:15pm-5:00pm	3/22-4/5	MAY	\$39/3 Mtgs
27214	F	4:15pm-5:00pm	4/12-4/26	MAY	\$39/3 Mtgs
27215	F	4:15pm-5:00pm	5/3-5/24	MAY	\$39/3 Mtgs
27216	F	4:15pm-5:00pm	5/31-6/14	MAY	\$39/3 Mtgs



TinyTykes Soccer

TinyTykes is an exciting program that teaches basic soccer skills while focusing on motor skill development, balance, coordination, concentration, listening skills and teamwork of players. Challenger's professional coaches will take your young player on a journey to imaginary destinations of dinosaurs, princesses, dragons and more, through soccer, music, storytelling and games. Ages 2-5. Instructor: Challenger Sports Staff

• 9:15 a.m. class ages 2-3.

• 10:15 a.m. class ages 4-5.

27147	F	9:15am-10:00am	2/9-3/29	SM	\$120/8 Mtgs
27148	F	10:15am-11:00am	2/9-3/29	SM	\$120/8 Mtgs
27149	F	9:15am-10:00am	4/5-5/24	SM	\$120/8 Mtgs
27150	F	10:15am-11:00am	4/5-5/24	SM	\$120/8 Mtgs

Youth Evolution Basketball (Level 1)

This course is designed for children ages 3.5-5 years to learn the fundamental concepts of basketball, movement skills and build overall motor skills. The program focuses on technique through the use of activities that build on each other, helping children to gradually increase their basic basketball skills. Each participant will receive a complimentary jersey. Instructor: Youth Evolution Basketball Staff

• No class April 3.

27051	W	5:20pm-5:50pm	3/20-4/17	SM	\$89/4 Mtgs
27055	W	5:20pm-5:50pm	5/8-6/5	SM	\$109/5 Mtgs

Fine Arts Instruction

Little Limelight

This unique Musical Theatre class for children ages 3-5 will focus on singing, dancing and acting. Learn choreography to age appropriate Broadway songs, build confidence while singing in front of others, and let your imagination run free through foundational drama games and storytelling. Instructor: Kick It Up Staff

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

• Please note: parents are to remain outside of the classroom during instruction time.

• No class March 30 and April 4 & 6.

27375	Th	4:00pm-4:45pm	2/8-3/7	Off Site	\$40/5 Mtgs
27376	Sa	8:45am-9:30am	2/10-3/9	Off Site	\$40/5 Mtgs
27410	Th	4:00pm-4:45pm	3/14-4/18	Off Site	\$40/5 Mtgs
27411	Sa	8:45am-9:30am	3/16-4/27	Off Site	\$40/5 Mtgs

Are you a LOCAL MOM?

Connect with others through MOMCODE Lakewood Circle.

For more information email us at

momcodelakewoodcircle@gmail.com

Registration Information

SPRING CALENDAR

Resident Registration is going on now.

Non-Resident Registration Begins:
Monday, January 22

Most Classes Begin Week Of:
Monday, February 5

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 & 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 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.

4 EASY WAYS TO REGISTER



ONLINE

You're first in line to register for your favorite classes with eCatalog:

lakewoodcity.org/ecatalog

Credit cards only



PHONE-IN

562-866-9771, ext. 2408

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!



WALK-IN

Lakewood City Hall

From 7:30 a.m. - 5:30 p.m., M-Th and alternating Fridays at Lakewood City Hall.

All payment forms accepted

Class Location

Walk-in registration at class location is based on availability.

Only checks are accepted

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 \$2.16 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.

City of Lakewood Parks & Facilities Guide

- Biscailuz Park (BIS)**
2601 Dollar St.
562-634-3348
- Bloomfield Park/TRC (BLM)**
21420 Pioneer Blvd.
562-865-1717
- Bolivar Park (BOL)**
3300 Del Amo Blvd.
562-421-3881
- Boyar Park (BOY)**
6701 Del Amo Blvd.
562-925-6912
- Burns Community Center (BCC)**
5510 Clark Ave.
562-925-7512
- Candleverde Park**
6302 Candlewood St.

- Cherry Cove Park**
2136 Denmead St.
- The Centre (CTR)**
5000 Clark Ave.
562-804-4434
- City Hall**
5050 Clark Ave.
562-866-9771 x 2408
- Community Gardens**
Candlewood St. & Palo Verde Ave.
- Del Valle Park (DV)**
5939 Henrilee St.
562-429-0545
- Home Run Dog Park**
Del Amo & Studebaker
562-866-9771 x 2408

- Hoover Middle School (HVR)**
Gym
3501 Country Club Dr.
562-421-1213
- Iacoboni Library**
4990 Clark Ave.
562-866-1777
- Lakewood Equestrian Center**
11369 Carson St.
562-281-9024
- Lakewood Tennis Center**
4212 Clubhouse Dr.
562-496-3530
- Lakewood Youth Center (LYC)**
4658 Woodruff Ave.
562-429-7472

- Mayfair Park (MAY)**
5720 Clark Ave.
562-866-4776
- Mayfair Pool (MPL)**
5720 Clark Ave.
562-804-4256
- McCormick Pool (MCP)**
3300 Del Amo Blvd.
562-421-3343
- Monte Verde Park (MVP)**
4626 N. Shadeway Rd.
562-429-0598
- Nye Library**
6600 Del Amo Blvd.
562-421-8497

- Palms Park (PLMS)**
12305 207th St.
562-865-6414
- Rynerson Park (RYN)**
Del Amo & Studebaker
562-925-6912
- San Martin Park (SM)**
5231 Ocana Ave.
562-867-1090
- Weingart Senior Center (WSC)**
5220 Oliva Ave.
562-630-6141
- The Nature Trail**
4626 Shadeway Rd.

Call (562) 866-9771 ext. 2408 for more information
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.								
Non-residents add the following fees for each class enrollment, if class fee is: \$0-\$10 no additional fee \$30-\$59 add additional \$10 non-resident fee \$11-\$29 add additional \$5 non-resident fee \$60 and over add additional \$15 non-resident fee							Total of activity fees	
							Total non-resident fees	
							Transaction Fee	\$2.16
							Total Paid	

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.

_____ 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

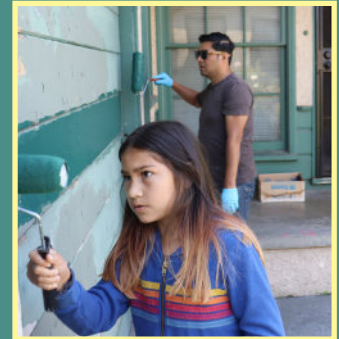
This catalog is 100% recyclable – please recycle

PROJECT SITES NEEDED *for Lakewood Volunteer Day!*

Do you or someone you know need assistance cleaning up the exterior of your home? Project sites are needed for Lakewood Volunteer Day on Saturday, April 13th.

- Project site must be located in Lakewood.
- Special consideration will be given to residents who are not physically able to do yard work, or cannot afford to complete the work themselves.

Refer a site at www.lakewoodcity.org/volunteerdaysite. For more information call the Burns Community Center at 562-925-7512.



CITY OF LAKEWOOD

PanAm

Fiesta

FUN FOR THE WHOLE FAMILY!

MAY 9-12

MAYFAIR PARK | 5720 CLARK AVE. (CLARK AND SOUTH ST.)

ENTERTAINMENT ○ CRAFT SHOW ○ FOOD ○ RIDES

Thursday, May 9th
5 - 9 p.m.
Family Ride Night

Friday, May 10th
5 - 10 p.m.
Rides, Food, Entertainment

Saturday, May 11th
11 a.m. - 10 p.m.
*Rides, Food, Entertainment,
Craft Show, Children's Cultural Booth*

Sunday, May 12th
12 p.m. - 9 p.m.
*Carnival Rides
and Concessions*

Presale ride tickets at reduced prices available starting April 29 at Lakewood City Hall in the Recreation and Community Services Department