

City of Lakewood
Recreation and Community Services

FALL/WINTER 2024

Recreation Catalog



- ▶ Classes and Park Activities Begin Monday, Sept. 30, 2024
- ▶ Register Now at Lakewoodcity.org/ecatalog

Parks Make Life Better!

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

GATHERING PLACES – By providing places for learning and socializing.

FOREVER – Parks enrich our lives by providing memories for a lifetime.

PLAY – By offering safe playgrounds and play spaces.

NATURE – By providing beautiful landscaping and open space.

EXERCISE – By providing opportunities for healthy exercise.

POSITIVE SPACES – By offering supervised places for youth.



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The City of Lakewood Recreation and Community Services Department invites you to "Fall into Fun" with the many exciting activities, programs and classes that have been planned to create a memorable Fall/Winter season.

Celebrate the season at one of our unique special events, from the annual Fest-Of-All event on Saturday, October 12, which celebrates the wide variety of cultures in Lakewood, to the Lollipop Lane Craft Boutique on Saturday, October 19, where you can get a jump on your holiday shopping, to our family-friendly Halloween Carnivals on Thursday, October 31 (back cover).

The Family Programs section (pages 16-17) features information about additional special event opportunities including the Play at Palms series, FUN-Tastic Family Nights and Lakewood's Tree Lighting event.

There is something for everyone this Fall/Winter season, so be sure to explore the entire catalog so that you may discover the countless opportunities to "Fall into Fun!"

FALL/WINTER CALENDAR

Resident Registration begins:
Thursday, August 29

Non-Resident Registration Begins:
Monday, September 9

Most Classes Begin Week Of:
Monday, September 30



Scan Me

Scan the QR code to view the Fall/Winter Catalog online!

Fitness Classes

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

• **Beginning December 2, classes typically scheduled at Weingart Senior Center will be relocated to Mayfair Park.**

28714	M	6:00pm-7:00pm	9/30-10/14	WSC	\$39/3 Mtgs
28716	Th	6:00pm-7:00pm	10/3-10/10	MVP	\$26/2 Mtgs
28721	Th	6:00pm-7:00pm	11/7-11/14	MVP	\$26/2 Mtgs
28718	M	6:00pm-7:00pm	11/11-11/25	WSC	\$39/3 Mtgs
28719	M	6:00pm-7:00pm	12/2-12/16	MAY	\$39/3 Mtgs
28722	Th	6:00pm-7:00pm	12/5-12/19	MVP	\$39/3 Mtgs
28723	Th	6:00pm-7:00pm	1/2-1/23	MVP	\$52/4 Mtgs
28720	M	6:00pm-7:00pm	1/6-1/20	MAY	\$39/3 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.**

28893	T	9:30am-10:30am	10/1-11/5	Off Site	\$54/6 Mtgs
28894	F	9:30am-10:30am	10/4-11/8	Off Site	\$54/6 Mtgs
28895	T	9:30am-10:30am	1/7-1/21	Off Site	\$27/3 Mtgs
28896	F	9:30am-10:30am	1/10-1/24	Off Site	\$27/3 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

• **December classes meet at Mayfair Park.**

28756	W	7:15pm-8:15pm	10/2-10/9	CTR	\$30/2 Mtgs
28757	W	7:15pm-8:15pm	10/30-11/20	CTR	\$60/4 Mtgs
28758	W	7:15pm-8:15pm	12/4-12/18	MAY	\$45/3 Mtgs
28759	W	7:15pm-8:15pm	1/8-1/29	CTR	\$60/4 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

• **Beginning December 2, classes typically scheduled at Weingart Senior Center will be relocated to Mayfair Park.**

28715	M	7:00pm-8:00pm	9/30-10/14	WSC	\$39/3 Mtgs
28717	Th	7:00pm-8:00pm	10/3-10/10	MVP	\$26/2 Mtgs
28727	Th	7:00pm-8:00pm	11/7-11/14	MVP	\$26/2 Mtgs
28724	M	7:00pm-8:00pm	11/11-11/25	WSC	\$39/3 Mtgs
28725	M	7:00pm-8:00pm	12/2-12/16	MAY	\$39/3 Mtgs
28728	Th	7:00pm-8:00pm	12/5-12/19	MVP	\$39/3 Mtgs
28729	Th	7:00pm-8:00pm	1/2-1/23	MVP	\$52/4 Mtgs
28726	M	7:00pm-8:00pm	1/6-1/20	MAY	\$39/3 Mtgs

Zumba

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 October 16 & 23.**

• **December classes will meet at Mayfair Park.**

28701	W	5:45pm-6:45pm	10/2-10/30	CTR	\$30/3 Mtgs
28704	W	5:45pm-6:45pm	11/6-11/27	CTR	\$40/4 Mtgs
28705	W	5:45pm-6:45pm	12/4-12/18	MAY	\$30/3 Mtgs
28706	W	5:45pm-6:45pm	1/8-1/22	CTR	\$30/3 Mtgs

Sports Instruction

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>.**

28955	W	5:45pm-6:25pm	10/2-10/23	Off Site	\$84/4 Mtgs
28958	W	6:30pm-7:10pm	10/2-10/23	Off Site	\$84/4 Mtgs
28961	Th	5:45pm-6:25pm	10/3-10/24	Off Site	\$84/4 Mtgs
28964	Th	6:30pm-7:10pm	10/3-10/24	Off Site	\$84/4 Mtgs
28967	Sa	10:40am-11:20am	10/5-10/26	Off Site	\$84/4 Mtgs
28970	Sa	11:25am-12:05pm	10/5-10/26	Off Site	\$84/4 Mtgs
28973	W	5:45pm-6:25pm	10/30-11/20	Off Site	\$84/4 Mtgs
28975	W	6:30pm-7:10pm	10/30-11/20	Off Site	\$84/4 Mtgs
28981	Sa	10:40am-11:20am	11/2-11/23	Off Site	\$84/4 Mtgs
28983	Sa	11:25am-12:05pm	11/2-11/23	Off Site	\$84/4 Mtgs
28977	Th	5:45pm-6:25pm	11/7-11/21	Off Site	\$63/3 Mtgs
28979	Th	6:30pm-7:10pm	11/7-11/21	Off Site	\$63/3 Mtgs
28974	W	5:45pm-6:25pm	12/4-12/18	Off Site	\$63/3 Mtgs
28976	W	6:30pm-7:10pm	12/4-12/18	Off Site	\$63/3 Mtgs
28978	Th	5:45pm-6:25pm	12/5-12/19	Off Site	\$63/3 Mtgs
28980	Th	6:30pm-7:10pm	12/5-12/19	Off Site	\$63/3 Mtgs
28982	Sa	10:40am-11:20am	12/7-12/21	Off Site	\$63/3 Mtgs
28984	Sa	11:25am-12:05pm	12/7-12/21	Off Site	\$63/3 Mtgs

Pickleball Classes

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 LLC Staff

• **No class November 29.**

28653	W	11:00am-1:00pm	10/2-10/23	MAY	\$165/4 Mtgs
28657	F	1:30pm-3:30pm	11/8-12/6	BOL	\$165/4 Mtgs

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.

Adult Fitness, Sports and Dance

Pickleball: Adult Intermediate

This class is designed for anyone who has completed the Pickleball: Adult Beginning class, or has experience playing pickleball and are in the process of developing their game. 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 and control. Be prepared to elevate your game! Flat outdoor court specific footwear recommended. Instructor: Performance Pickleball LLC Staff

• No class November 27.

28658	F	1:30pm-3:30pm	10/4-10/25	BOL	\$165/4 Mtgs
28654	W	11:00am-1:00pm	11/6-12/4	MAY	\$165/4 Mtgs

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 game strategies, executing advanced tactics, control and advanced play options. Incorporating vital elements of the game in a challenging format. Be prepared to elevate your game! Flat outdoor court specific footwear recommended.

Instructor: Performance Pickleball LLC Staff

• No class November 29.

28656	F	3:30pm-5:30pm	11/8-12/6	BOL	\$165/4 Mtgs
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Pickleball: Match Play - Round Robin Format (All Levels)

Match play in a round robin format is designed for adults with experience playing pickleball games. Experience educational play in a rotating partner team and individual performance challenge. Individual scores are calculated and award winners will be recognized at the end of the class series. Flat outdoor court specific footwear recommended. Instructor: Performance Pickleball LLC Staff

• No class on December 25 and January 1 & 3.

28655	W	11:00am-1:00pm	12/11-1/22	MAY	\$99/5 Mtgs
28659	F	1:30pm-3:30pm	12/20-1/24	BOL	\$99/5 Mtgs

Home Run Dog Park

Attention dog lovers! Home Run Dog Park continues to be a fun destination for Lakewood's canine caregivers. Dogs, and their people alike, simply love the socialization opportunity provided



at Rynerson Park's north end facility. As the days get shorter, this is an ideal way for pet owners to ensure their best friends are able to get their exercise and work off pent up energy. So bring your dogs out and have a great time. **As a reminder, Home Run Dog Park hours are 7 a.m. until 8 p.m. from March through October. November through February hours are 7 a.m. until 6 p.m.** Dogs and their people are kindly asked to respect the posted hours of operation.

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.

28847	F	8:00pm-9:00pm	9/27-10/11	MAY	\$59/3 Mtgs
28863	F	8:00pm-9:00pm	10/18-11/1	MAY	\$59/3 Mtgs
28864	F	8:00pm-9:00pm	11/8-11/22	MAY	\$59/3 Mtgs
28865	F	8:00pm-9:00pm	12/6-12/20	MAY	\$59/3 Mtgs

Beginning Tennis Class (Adult)

This beginner tennis class is your entry point to a world of fun, fitness, and friendly competition. No prior experience? No worries! We'll guide you through the basics, step-by-step, in a supportive and encouraging environment. What you'll learn: the forehand and backhand, the serve, footwork and movement, rallying, scoring and rules. But it's not all about drills and practice. We'll also focus on: making new friends, getting active and boosting your confidence. So, what are you waiting for? Sign up today and unleash your inner champion! We also offer intermediate and advanced classes, so you can keep growing your game as you progress. Instructor: X-Spin Staff

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

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

29026	Sa	9:00am-10:00am	10/5-11/9	Off Site	\$108/6 Mtgs
29028	Sa	9:00am-10:00am	11/16-12/21	Off Site	\$108/6 Mtgs
29029	Sa	9:00am-10:00am	12/28-1/25	Off Site	\$90/5 Mtgs

Intermediate/Advanced Tennis (Adult)

Take your tennis to the next level in this dynamic class designed for intermediate and advanced players. This program is ideal for those who can consistently rally, possess strong strokes, and are eager to refine their game for competitive play. In this class you will sharpen your technique, elevate your strategy, condition for performance and participate in match play and drills. This class is perfect for you if you can confidently rally from the baseline, have a strong foundation in all strokes, are looking to elevate your game and enjoy a challenging and fast-paced environment. Join us and take your tennis to the next level! Instructor: X-Spin Staff

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

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

29027	Sa	10:00am-12:00pm	10/5-11/9	Off Site	\$240/6 Mtgs
29030	Sa	10:00am-12:00pm	11/16-12/21	Off Site	\$240/6 Mtgs
29031	Sa	10:00am-12:00pm	12/28-1/25	Off Site	\$200/5 Mtgs

ARE YOU A LOCAL MOM?

Connect with others through
MOMCODE Lakewood Circle.
For more information email us at
momcodelakewoodcircle@gmail.com



Dance Classes

Belly Dance

Fahtiem, a World-Renowned, Award-Winning Master Instructor and performer shares her vast knowledge and expertise in Belly Dance. With this ancient art, you can look forward to increasing self-esteem, trim and tone your body with graceful movements and get a fun aerobic workout. Visit www.fahtiem.com. All ages welcome.

• **No class October 23 & 30, November 6, December 25 and January 1.**

28754	W	6:30pm-7:30pm	10/2-11/20	BLM	\$49/5 Mtgs
28755	W	6:30pm-7:30pm	12/4-1/15	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.**

• **Classes on October 24 meet at Monte Verde Park.**

• **Classes on January 9 meet at the Lakewood Youth Center.**

28736	Th	7:45pm-8:45pm	10/3-10/24	BLM	\$39/4 Mtgs
28747	Th	7:45pm-8:45pm	11/14-11/21	BLM	\$20/2 Mtgs
28750	Th	7:45pm-8:45pm	1/9-1/23	BLM	\$30/3 Mtgs

Lakewood Garden Club



The Lakewood Garden Club meets the 4th Thursday of the month at 11 a.m., September through May, at the Lakewood Youth Center, 4658 Woodruff Ave. Informative speakers, garden tours, plant sharing and field trips are some of the activities throughout the year. Come join us. Contact: Gwen Travis, 562-867-0516.

Public Funds at Work

to Maintain & Improve Our City of Lakewood

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.

City staff have also worked hard to secure county, state and federal grant funds to further improve Lakewood parks and community centers. Thanks to grant funds secured for new projects from Los Angeles County Measure A and the Los Angeles County Regional Park and Open Space District, and California State Proposition 68. Additionally, your federal and state legislative offices have earmarked tax-payer funds to return to their local districts—California State Assembly Member Anthony Rendon, United States Representative Robert Garcia and United States Representative Nanette Barragan have each earmarked money for Lakewood.

Completed Projects

- New Tot Lot playground and two new picnic shelters at San Martin Park.
- Two renovated restrooms (1-ADA Accessible) at Rynerson Park.
- Disabled parking curb cutouts at Biscailuz, Del Valle & San Martin parks.
- Two new picnic shelters at Rynerson 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 at Biscailuz, Bloomfield and San Martin parks, the Burns Community Center and The Centre
- Remodel and modernization of Weingart Senior Center
- Major upgrade to Palms Park community building
- New Tot Lot playground at Biscailuz Park, and new combination Tot Lot and School Age playgrounds at Boyar and Cherry Cove parks.

The Lakewood City Council and city staff remain committed to ensuring Measure L and as such, the Measure L Citizens Oversight Committee has been appointed to guarantee responsible stewardship of these public funds. Likewise, funds from the county, state and federal government are monitored and spent only on those projects for which they have been approved. Lakewood remains fiscally responsible with all funding sources and ensures our residents benefit directly from these granted funds.

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





Private Room/Athletic Field Rentals and Picnic Shelter Reservations

Lakewood facilities are available for special events, banquets, family gatherings and business meetings.

Lakewood's parks and community centers offer indoor rooms for rent. Rental fees include tables, chairs and other amenities. Soccer fields and premier softball fields such as Mayfair's Lisa Fernandez Field provide an opportunity for sports competition and recreation fun. Picnic shelters are also available for private use by Lakewood residents for small outdoor gatherings.

There are hourly charges for room rentals and athletic fields. Lakewood residents and community based groups can reserve picnic shelters for special outdoor gatherings at no cost. Reservations are accepted two months in advance at the park where each picnic shelter resides.

It's easy to request Lakewood's community centers and park facilities for private use. For more information, call 562-866-9771, ext. 2408; stop by the Recreation and Community Services counter at Lakewood City Hall, 5050 Clark Avenue; or visit us online at www.lakewoodcity.org.

General liability insurance is required for all facility rentals. Coverage must be in an amount not less than \$1,000,000 per occurrence, \$2,000,000 general aggregate, for bodily injury, personal injury and property damage.

Certificate of Insurance must be provided at least 30 days prior to event.

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

LEF CHARITY GOLF TOURNAMENT

The Lakewood Education Foundation (LEF) Golf Tournament will be held on Friday, October 18 teeing off at Lakewood Country Club with a 1 p.m. shotgun start. All golfers can enjoy free on-course beverages and small bites from various restaurants. The LEF tournament will feature a 4-member scramble format with a BBQ lunch before tee off. Participation in this tournament will help benefit Lakewood students by providing cash grants to teachers who serve Lakewood students.

Sponsor opportunities are available from \$100 to \$2,500. Sponsors may choose from different levels of event and program recognition as well as golf and banquet entries. For details and tournament entry forms for golfers and sponsors, call the Lakewood Education Foundation at 562-866-9771 extension 2401 or 562-496-3559 or visit www.lakewoodcity.org/LEFgolf.



Lakewood Women's Club

The Lakewood Women's Club is a gathering of women that support many charities within the community. For more information, and to find out how to get involved, email us at: lakewoodcawomensclub@gmail.com

Volunteers Needed!

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



Women's Volleytennis

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

League play begins on March 10, 2025

Adult Softball

The following adult softball leagues are offered:

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

League play begins on February 21, 2025

Spring Season

Registration dates:

January 6 - 24, 2025

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

Looking for something to do? Come over to the Hoover Middle School Gymnasium and participate in a variety of great programs. School events require occasional changes to scheduled activities at the Hoover Middle School Gym. **Due to LYS volleyball, the gym will be unavailable September 3 - November 13.**

Basketball Free Play*

Come out to the Hoover Middle School Gymnasium and get your game on! Drop in play will be organized by recreation staff.



Mondays, 6:30-8:30 p.m. - Ongoing

Adult/Teen

Wednesdays, 6:30-9 p.m. - Ongoing

Adult/Teen Volleyball Free Play*

Free play volleyball will be held for all levels at the Hoover Middle School Gymnasium. Only one court available for use.

Thursdays, 6:30-9 p.m. - Ongoing

*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
Tuesdays, 6-8 p.m.

Bolivar Park
Fridays, 6-8 p.m.

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

Public Safety Information

Public Safety and Emergency Preparedness Expo

Saturday, Sept. 28
10:30 a.m. - 2 p.m.
Lakewood City Hall



This free event is a chance for families and community members to meet first responders who serve their community and learn about the latest in emergency preparedness. Kids will also enjoy the family fun zone!

The event includes:

- Exciting demonstrations by L.A. County Sheriff's Department and L.A. County Fire Department, including specially trained animals, such as search-and-rescue dogs and mounted posse horses.
- An up-close look at the Sheriff's Department and Fire Department specialized vehicles, and a chance to meet the pilot and see the Robinson-44 Sky Knight helicopter, Lakewood's "eye in the sky."
- A display of emergency service vehicles, including sheriff patrol vehicles and fire trucks that you can explore.
- Booths offering tips to prepare your homes and pets for an emergency.
- Crime prevention strategies for home and auto security.

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! When you're ready to join, or if you'd like more information, call the Public Safety Department's line at 562-866-9771, ext. 2114 or email crimeprevention@lakewoodcity.org.



Want to stay in the know when the Public Safety Department is hosting in person or virtual events? Scan the QR code to the right to follow us on Eventbrite and get notified when an event is posted!



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

EVENTS BY

TGIS

thank goodness
it's sofia



FOOD | EVENTS | WEDDINGS

562-804-4434

Memories

*start here! Plan your
perfect event with us!*

Two incredible event sites

The Centre & Monte Verde Park



 **THE CENTRE**
5000 Clark Avenue



Monte Verde Park | 4626 N. Shadeway Road

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, 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. Ages 13 and up. Instructor: Lenny 'Gee' Giachello

- A \$7 materials fee for drum sticks and folder is due in class.
 - No class October 22 & 29, November 5 and December 24 & 31.
- | | | | | | |
|-------|---|---------------|-----------|-----|-------------|
| 28669 | T | 8:30pm-9:30pm | 10/1-12/3 | BOL | \$75/7 Mtgs |
| 28670 | T | 8:30pm-9:30pm | 12/10-2/4 | BOL | \$75/7 Mtgs |

Workshops & Classes

Basic Dog Obedience

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, 4-6ft. leash and treats.
- | | | | | | |
|-------|----|---------------|------------|----|--------------|
| 28875 | Sa | 1:00pm-2:00pm | 9/14-10/19 | SM | \$150/6 Mtgs |
|-------|----|---------------|------------|----|--------------|

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.
- | | | | | | |
|-------|----|---------------|------|-----|------------|
| 28713 | Sa | 7:30am-2:00pm | 1/11 | BCC | \$37/1 Mtg |
|-------|----|---------------|------|-----|------------|

Holistic Conversational Spanish

This class provides a safe zone to practice Spanish. The goal is to create a shame and judgement-free zone where everyone can relax, breathe, play, practice and learn. Conversation prompts, games and common vocabulary will be available. We will connect, review and share. So bring on the long pauses, the thinking faces, and the Spanish dictionaries. All levels and abilities are welcome. Instructor: Xochitl Brizuela

- No class October 28, November 4 & 11 and December 23 & 30.
 - Please register early! Classes will only be held if minimum registration is met.
- | | | | | | |
|-------|---|---------------|------------|------|--------------|
| 28785 | M | 6:30pm-7:30pm | 9/30-11/25 | PLMS | \$150/6 Mtgs |
| 28793 | M | 6:30pm-7:30pm | 12/2-1/20 | PLMS | \$150/6 Mtgs |

Arts & Crafts

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. Visit www.plumforest.com to see photos of class samples. Ages 14 and up. Instructor: Lakyn Wynn.

- A \$15 materials fee (exact cash only) is due to the instructor at the beginning of class.
 - Refunds will not be issued for same day cancelations.
- | | | | | | |
|-------|---|---------------|-------|-----|------------|
| 28941 | M | 6:30pm-8:00pm | 10/21 | WSC | \$30/1 Mtg |
|-------|---|---------------|-------|-----|------------|

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. Visit www.plumforest.com to see photos of class samples. Ages 14 and up. Instructor: Lakyn Wynn.

- A \$15 materials fee (exact cash only) is due to the instructor at the beginning of class.
 - December and January classes meet at Mayfair Park.
 - October 7: Halloween Theme
 - November 4: Harvest Theme
 - December 2: Christmas Theme
 - January 13: Valentine Theme
 - Refunds will not be issued for same day cancelations.
- | | | | | | |
|-------|---|---------------|------|-----|------------|
| 28940 | M | 6:30pm-8:00pm | 10/7 | WSC | \$30/1 Mtg |
| 28952 | M | 6:30pm-8:00pm | 11/4 | WSC | \$30/1 Mtg |
| 28953 | M | 6:30pm-8:00pm | 12/2 | MAY | \$30/1 Mtg |
| 28954 | M | 6:30pm-8:00pm | 1/13 | MAY | \$30/1 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. Visit www.plumforest.com to see photos of class samples. Instructor: Lakyn Wynn.

- A \$10 materials fee (exact cash only) due in class.
 - Refunds will not be issued for same day cancelations.
- | | | | | | |
|-------|---|---------------|-------|-----|------------|
| 28949 | M | 6:30pm-8:00pm | 12/30 | MAY | \$30/1 Mtg |
|-------|---|---------------|-------|-----|------------|

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. Visit www.plumforest.com to see photos of class sample. Instructor: Lakyn Wynn.

- A \$10 materials fee (exact cash only) due in class.
 - Refunds will not be issued for same day cancelations.
- | | | | | | |
|-------|---|---------------|------|-----|------------|
| 28950 | M | 6:30pm-7:30pm | 1/20 | MAY | \$30/1 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. No experience needed. All supplies for the class will be included. Visit www.plumforest.com to see photos of class samples. For ages 14 and up. Instructor: Lakyn Wynn.

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

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

28943 M 6:30pm-8:00pm 10/28 WSC \$30/1 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 cancelations.**

• **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.**

28942 M 6:30pm-8:00pm 9/30 WSC \$30/1 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 trouble-shooting 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 cancelations.**

• **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.**

28944 M 6:30pm-8:00pm 11/11 WSC \$30/1 Mtg

Knitting for the Holidays

Create some fun and simple projects for gift giving this upcoming holiday season. Learn the basics of knitting, including how to read patterns, and work on a pair of dishcloths or a cozy cowl. No experience needed. Visit www.plumforest.com to see photos of class sample. For ages 14 and up. Instructor: Lakyn Wynn.

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

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

28951 M 6:30pm-8:00pm 10/14 WSC \$30/1 Mtg

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 an extra \$10 fee will be required as well as a minimal copying fee payable to the instructor in class.**

• **No class December 24 & 31.**

28672 T 10:00am-2:00pm 10/1-11/12 CTR \$29

28673 T 10:00am-2:00pm 11/19-1/21 CTR \$29



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 16 and up. Visit www.plumforest.com to see photos of class samples.

Instructor: Lakyn Wynn

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

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

28945 M 6:30pm-8:00pm 11/18 WSC \$30/1 Mtg


Party DIYs - Balloon Centerpieces

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. Visit www.plumforest.com to see photos of class samples. Instructor: Lakyn Wynn.

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

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

28946 M 6:30pm-7:30pm 11/25 WSC \$30/1 Mtg



Blood Drive

Wednesday, Dec. 18
9 a.m. - 3:30 p.m.
 The Centre
 5000 Clark Ave.

Hosted by the
 CITY OF LAKEWOOD

Kindness is in your blood.

To schedule an appointment visit:
www.RedCrossBlood.org
 and enter sponsor code CityofLakewood.

Party DIYs - 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 or anyone who wants to learn the art of paper flower making for a 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. Visit www.plumforest.com to see photos of class samples. Instructor: Lakyn Wynn.

- A \$10 materials fee (exact cash only) due in class.
 - Refunds will not be issued for same day cancellations.
- 28948 M 6:30pm-8:00pm 12/16 MAY \$30/1 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.
- 28873 T 6:45pm-9:00pm 10/15-11/26 CTR \$75/7 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.
- 28874 W 6:45pm-9:00pm 10/16-11/27 CTR \$75/7 Mtgs

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



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! No experience needed. 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 cancellations.
- 28947 M 6:30pm-7:30pm 12/9 MAY \$30/1 Mtg

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

- No class October 10 & 17, November 28, December 19 & 26 and January 2.

28689 Th 10:00am-12:30pm 10/3-11/14 CTR \$29
 28690 Th 10:00am-12:30pm 11/21-1/23 CTR \$29



Patriot Day

CEREMONY

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

**Wednesday,
 September 11
 6:30 to 7 p.m.**

**City Hall (West Parking Lot)
 5050 Clark Ave., Lakewood**

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)

M – F 9 a.m. – 5:30 p.m.

Sat 9 a.m. – 1 p.m.

Closed Thanksgiving Day and Christmas Day

Senior Programs & Class Information

All activities are held at the Weingart Senior Center and are free or low cost, however some classes require a small fee. A complete schedule of programs is available at the Senior Center Office.

Artistic and Special Interest Programs:

Watercolor • Arts & Crafts

Plastic Canvas Needlepoint • Knitting • Crocheting

Educational and Social Engagement Classes:

Lip/Speech Reading • Health Education

Wellness Seminars • Financial • Line Dance

Holiday Parties with live entertainment

Free Fitness Room Hours:

Monday - Friday • 9 a.m.-3 p.m.

Equipment: Stationary bikes, treadmills, multi-weight station, and free weights. Participation form required to use equipment.

Fitness Class Schedule

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



Fall Craft Festival

10 a.m. - 3 p.m.
Weingart Senior Center

On **Saturday, September 28**, from 10 a.m. - 3 p.m., the Weingart Senior Center will host its 42nd Annual Fall Craft Festival. A variety of handmade items will be on sale at reasonable prices. This is a great place to get a jump on your holiday shopping. **Only sellers age 50+ are invited to sign up for table space.** Refreshments will be on sale throughout the day. For table prices and further information, please contact the Weingart Senior Center at 562-630-6141 after August 1st.

Fall Wellness Series

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

• **Beginning January 2025 classes will meet at the Burns Community Center.**

• **No class January 21.**

28881	Th	10:30am-11:30am	10/3-10/24	WSC	\$67/4 Mtgs
28882	Th	10:30am-11:30am	10/31-11/21	WSC	\$67/4 Mtgs
28933	T	11:30am-12:30pm	1/7-2/4	BCC	\$67/4 Mtgs

Benefits Information Fair



The Weingart Senior Center will be hosting its 13th annual Older Adults Benefits Fair on Monday, October 21st from 10 a.m. to 12 noon. During this 2-hour time frame, adults 50+ will be invited to pick up health insurance and benefit related materials and speak with company representatives.

Human Services

DASH Transit

DASH Transit 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. For more information about this free service, or to download the application, visit www.lakewoodcity.org/DASH. For questions, call the DASH office at (562) 924-0149, Mon.- Fri., 7:30 a.m.-5 p.m.



Congregate Lunch Program

Come enjoy a wonderful meal and spend time with friends at the Weingart Senior Center. Lunches are provided by Human Services Association for seniors 60 and older and their spouses for a voluntary contribution of \$3.00 per meal. Persons 59 and younger are required to pay a \$7.00 fee. Everyone is welcome with a reservation made 24 hours in advance.

For more information, please call:
Weingart Senior Center Nutrition Site
5220 Oliva Ave., Lakewood • (562) 630-6210

Additional Offsite Programs

Multipurpose Senior Services Program: Free Social and Health Care Management Program assisting older adults who are at risk of nursing home placement due to frailty or inability to manage without assistance. Services include case management, in-home care, meals, respite, adult day care, and more. Must be 65 or older and be MediCal eligible with no share of cost. Call 626-358-1185 x 508.

Supportive Services Program: Eligible Seniors (60+) receive free ongoing case management, assessments, client advocacy and service coordination. Eligible clients must live within city service area, call **562-806-5400 x 214**.

Meals on Wheels of Long Beach Serving Lakewood residents

Meals on Wheels of Long Beach provides services for Lakewood residents including delivery of nutritious meals to individuals who are unable to shop and cook for themselves and who live alone; allowing the chronically ill, seniors, veterans and disabled to remain independent and safe in their homes for as long as possible.

Meals on Wheels of Long Beach not only provides freshly prepared meals each day, they also provide clients with friendly visitors and a connection to a multitude of needed services that lead to improved quality of life and safety.

For more information, including registration, donations and volunteer opportunities, visit:

www.lakewoodcity.org/mealsonwheels
or call **562-439-5000**



The Weingart Senior Center is scheduled to be **REMODELED IN 2025!** During the remodel most of Weingart Senior Center programming will move to Mayfair Park. Watch for more information to be posted and distributed at Weingart near the end of 2024.



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.



FREE 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.
Thursdays	Walking Club	8:30-9:30 a.m.
	Stretch & Meditate	10-11 a.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 run through Dec. 13

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

AARP Smart Driver Course

Tuesday, Nov. 19 & Wednesday, Nov. 20 from 12 - 4 p.m.
Tuesday, Jan. 21 & Wednesday, Jan. 22 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.

AARP Fee: \$20 for AARP Members
Driver Safety \$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. Cash payments will not be accepted. Must attend both days. AARP Certified Instructor: Jim Jang

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 November 28, December 9, 12, 16 & 19.

Tech Talk ^{FREE}

Every other Thursday, 4-5 p.m.

Dates: October 3 & 17, November 14, December 5 & 26, January 9 & 23.

Do you have a gadget (smartphone, tablet, laptop, 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.

Burns Quilters Club ^{FREE}

One Wednesday per month, 9 a.m. - 3:30 p.m.

Dates: September 25, October 16, November 27 and January 29.

Come join this friendship group to socialize and work on your favorite quilting project. Participants will need to bring their own fabric and supplies. Bring your own lunch as the group works through the lunch hour.

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

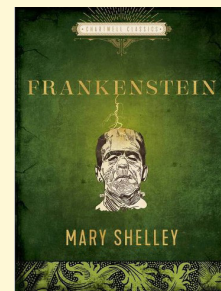
28988 F 5:30pm-8:00pm 10/18 BCC \$5/1 Mtg
28989 F 5:30pm-8:00pm 1/10 BCC \$5/1 Mtg

FREE

Burns Book Club

**October 2, November 6,
December 4 & January 8
1-3 p.m.**

Come have stimulating conversation with others who love to read. Please read Frankenstein by Mary Shelley before the first class. The remaining books will be selected by the class each month.



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 November 15 will be painting a Fall Gnome.
- Class on December 6 will be painting a Christmas Snow Globe.
- Class on January 17 will be painting a Rainy Day Bouquet.

28985	F	6:30pm-8:30pm	11/15	BCC	\$10/1 Mtg
28986	F	6:30pm-8:30pm	12/6	BCC	\$10/1 Mtg
28987	F	6:30pm-8:30pm	1/17	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 November 22 will be decorating Thanksgiving Cookies.
- Class on December 7 will be decorating Holiday Cookies.
- Registration closes the Wednesday prior to class.

28990	F	6:30pm-8:30pm	11/22	BCC	\$10/1 Mtg
28991	Sa	10:00am-12:00pm	12/7	BCC	\$10/1 Mtg

Spooky Signs New

Get your house ready for spooky season by decorating your own wooden Halloween sign. There will be four designs to choose from. Participants will be decorating unfinished wood with acrylic paint, glitter and ribbon. All materials will be provided.

Instructor: City Staff

- A \$5 materials fee is payable to the instructor at the beginning of class.

28939	F	6:00pm-8:00pm	10/4	BCC	\$10/1 Mtg
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Trivia Night

Join us for an evening of fun and friendly competition at Trivia Night! Teams will test their knowledge and battle for the top spot answering a variety of trivia questions. Prizes will be awarded to the team with the most points at the conclusion of the night. Snacks and drinks will be provided. Instructor: City Staff

28937	Th	6:00pm-8:00pm	10/3	BCC	\$5/1 Mtg
28938	Th	6:00pm-8:00pm	1/16	BCC	\$5/1 Mtg



Holiday Assistance Program

Registration Dates: November 4th – 17th

Recipients will receive

Food • Toys • Grocery Gift Card

*This program is open to
Lakewood residents only*

**Make an appointment to register starting
Monday, October 21st**

For an appointment time, call the Burns Community Center Monday through Friday between 7 a.m. and 6 p.m. at 562-925-7512.

Thank you to Project Shepherd's Platinum Sponsors:



Ways to Help Project Shepherd

Donate

- Mail a check to Lakewood Project Shepherd at 5050 Clark Avenue, Lakewood, CA 90712
- Make a donation online at www.lakewoodcity.org/giveprojectshepherd
- Participate in the Teddy Bear Tree Program www.lakewoodcity.org/psamazon

Volunteer

- Volunteer in the month of December packing and distributing food at the Project Shepherd warehouse

For more information on how to contribute or volunteer call the Burns Community Center at 562-925-7512.

FUN-Tastic Family Night

Family and friends of Lakewood, come out and enjoy some time together at our FUN-Tastic Family Night! Get a chance to interact and enjoy one another's company as you watch a fun-filled performance.

Friday, Oct. 25 Spider-Verse Superhero Boot Camp

Our friendly neighborhood Spider-Man and Spider-Gwen will be swinging down to Lakewood to recruit kids to become superheroes! Join them in training exercises to increase your agility, speed, and strength. After boot camp, we will all practice our best superhero poses. With great power, comes great responsibility!

- Seating will be on a first come basis.
 - Doors open at 6 p.m.
 - Last day to register is October 18 or until filled.
 - Cheese Enchiladas with rice and dessert will be served prior to the show.
 - \$15 per person/\$12 children ages 1-3/Children under 1 free
- #28695 F 6:30 - 8 p.m. CTR



Friday, Nov. 15 The Adventure Magic Show

Join California Joe as he takes us on a thrilling journey, featuring magic tricks from around the world. Willing volunteer explorers will have the opportunity to help

- California Joe with interactive tricks from across the globe. Pack your bags and get ready for this spectacular show of adventure and magic!
- Seating will be on a first come basis.
 - Doors open at 6 p.m.
 - Last day to register is November 8 or until filled.
 - Teriyaki chicken skewers with white steamed rice and dessert will be served prior to the show.
 - \$15 per person /\$12 children ages 1-3/Children under 1 free
- #28696 F 6:30 - 8 p.m. CTR

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.
- Be sure to bring your pumpkins, costumes and Halloween décor! We will be having a costume parade, decorating pumpkins and will also have a tent decorating contest.
- The supply list is available online at the Family Camp registration page.

28675 Sa,Su 1:00pm-12:00pm 10/19-10/20 MVP \$10



September Swim Information

Aquatic swim opportunities offered through the month of September:

1. Recreation Swim
2. Swim Lessons
3. Lap Swim

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



Lakewood's

Tree Lighting

Friday, December 6
4:30 - 8 p.m.
Civic Center Plaza
5000 Clark Ave

FEATURING:
Food Trucks ❄️ Carnival Games
Pictures with Santa
Family Holiday Photo Opportunities
and LOTS of Falling Snow!




THANK A SERVICEMEMBER

With September 11 as the campaign kickoff date, writing a heartfelt note or letter of thanks to share with U.S. servicemembers during the holidays has become a tradition for many during the fall and winter months in Lakewood.

Lakewood City Hall will have postcards and a collection box at its Public Information counter. Alternatively, you can print or submit your notes online. Visit www.lakewoodcity.org/TAS to learn more about Thank a Servicemember and to see a list of additional locations and campaign partners. With additional questions, call the city's Community Relations office at (562) 866-9771 ext. 3123

Please take a few minutes to share your appreciation for the sacrifice of our men and women serving our nation overseas. They will receive your greeting during the holiday season.

PLAY at Palms

11
OCTOBER

MOVIE NIGHT UNDER THE STARS

Featuring:
Ghostbusters: Frozen Empire Rated PG-13
Check-in begins at 6 p.m. Movie begins at 7 p.m.
Bring your lawn chairs and blankets. Serving hot chocolate and popcorn, while supplies last.

13
SEPTEMBER

CONCERT IN THE OUTFIELD

Featuring: **The Trip**
Bring the entire family to enjoy an end of summer concert in the outfield at Palms Park. Dinner will be sold, so bring your picnic blanket and have a great time with your friends and neighbors. Live entertainment from 6:30 - 8 p.m.

HARVEST FESTIVAL

6 - 9 P.M.
This annual Fall themed event offers a train ride, inflatable attractions, face painting, petting zoo, games and much more! Bring your family and friends to enjoy a uniquely fun experience!

10
JANUARY

RANGER JACK

Come out for an unforgettable, entertaining, and fun night as Ranger Jack performs amazing educational songs and captivating puppetry! Pre-registration required. Visit www.lakewoodcity.org/ecatalog and register using Activity #28842.
Check-in begins at 6 p.m. and show runs 6:30-7:30 p.m.

08
NOVEMBER

ALL EVENTS ARE FREE

PALMS PARK | 12305 207TH STREET, LAKEWOOD

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.** 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.



Julefest Celebration in Solvang

Voted one of the top 10 most Christmassy towns in America, Solvang is the place to be during the holidays. It's a storybook village out of a Hans Christian Andersen tale, complete with all the sights, sounds and smells of Denmark. We'll get you there in time for the annual Julefest (Yule-Fest) Parade, which features musicians, Danish dancers, colorful costumes, carriages and more. This year's parade is themed "My Favorite Christmas Movie." After the parade, the rest of the day is yours to shop and enjoy the town which is decked out for the holiday season. You'll find one-of-a-kind gifts in the boutique shops, decadent Danish pastries and candies, and traditional Danish fare at the numerous restaurants. Meals, shops and other special activities are on your own. Please arrive at 7 a.m. for check-in. The bus will leave promptly at 7:30 a.m. An adult must accompany children of all ages.

• **Last day to register is Monday, December 2, or until filled.**

28871 Sa 7:00am-8:30pm 12/7 BCC \$48 per person



Desert Hills Premium Outlets & Morongo Casino

We're travelling to Cabazon to spend a morning of shopping for great deals at the Desert Hills Premium Outlets. The afternoon will be spent trying your luck at Morongo Casino Resort & Spa. Enjoy lunch (on your own) at the Outlets or at Morongo Casino. All activities are on your own. Come and share an afternoon of shopping and laughter in Cabazon. Bring your wallet and some good walking shoes! No children allowed on this trip, as participants must be 21 years or older. Please arrive at 8:30 a.m. for check in. The bus will leave promptly at 9 a.m.

• **Last day to register is Monday, September 30, or until filled.**
28870 Sa 8:30am-7:00pm 10/5 BCC \$42 per person

Wicked

Join us as we see the Broadway sensation WICKED at the Pantages Theatre in Los Angeles. WICKED takes a look at what happened in the Land of Oz...but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikely-est of friendships...until the world decides to call one "good," and the other one "wicked." From the first electrifying note to the final breathtaking moment, WICKED—the untold true story of the Witches of Oz—transfixes audiences with its wildly inventive story. Please arrive at 5:30 p.m. for check-in. The bus will leave promptly at 6 p.m. Children under 8 years old not allowed. An adult must accompany children 8 years and older.

• **Last day to register is Monday, January 20, or until filled.**

28872 Th 5:30pm-11:30pm 1/23 BCC \$90 Per person



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 program.

The program will offer a fall session. A small registration fee of \$26 for this session is required.

Fall Session: September 10-December 17

No Meeting on November 19

Activity # 28866

ARP Events FALL 2024

Friday, October 18

ARP Halloween Costume Dance

Bloomfield Park

6-9 p.m. \$5

Activity #28867

Thursday, November 14

ARP Friendsgiving

Bloomfield Park

6:30-8:30 p.m. FREE

Activity #28868

Friday, December 20

ARP Cocoa and Holiday Movie

Bloomfield Park

6-8:30 p.m. FREE

Activity #28869



Special Olympics

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

Three sports seasons are offered:

Spring – Basketball and Bocce Ball

Summer – Bowling*

Fall – Softball, Soccer, Tennis & Golf*

Program registration and medical clearance is required prior to participating.

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



For more information on the Adaptive Recreation or Special Olympics Programs contact Bloomfield Park at 562-865-1717.

Lakewood Youth Center (LYC)

Monday - Friday • 3 - 7 p.m. • 562-429-7472

YOUTH CENTER OPEN HOUSE

Friday, Sept. 13 • 3 - 7p.m.

Come check out the Lakewood Youth Center! Explore the game room and all of its amenities, meet the staff, and learn about upcoming programming, events and volunteer opportunities.

SCARY MOVIE MARATHON

Prepare for thrills and chills every Friday in October from 5-7 p.m. where we'll be screening a spine-tingling selection of the scariest movies to get you in the Halloween spirit!

FUSION FRIDAYS

Every Friday is a FUN Friday at the LYC!
Join us for MOVIE NIGHTS, GAME NIGHTS
and our

FOODIE FRIDAY DESSERT SERIES (\$1)

Teen Volunteer Program

Middle School and High School students can join the **Lakewood Teen Action Committee** and earn community service hours. Meet teens from other schools, gain work experience through volunteering at parks and at special events, learn life skills and plan events for teens.

Join us for our 2024-2025 volunteer kick-off meeting on **Saturday, September 21 from 10 a.m.-12 p.m.** at the Lakewood Youth Center.
Call the Lakewood Youth Center at 562-429-7472 to RSVP or for more information.

Teen Life Skills 101

Monthly sessions teach teens the basics to prepare to be independent, responsible adults.

September 17, 5-6 p.m. - Activity #28778

Budgeting and Money Management

October 15, 5-6 p.m. - Activity #28779

Health and Basic First Aid

LEGO DAYS

10 a.m.-12 p.m.

September 14 - Activity # 28782

November 2 - Activity # 28786

Try out a new set or build a creation of your own.

You bring the ideas, we'll bring the fun!

Canvas & Cocoa

10 a.m.-12 p.m.

September 28 - Activity #28780

November 16- Activity #28781

Participants will create their own artistic masterpiece while enjoying a hot cocoa and treats!

COLLEGE FAIR

October 8 at The Centre • 6-8 p.m.

There will be more than 50 different colleges from around the nation represented at this annual fair. All students in attendance are eligible to win a \$250 scholarship sponsored by the Lakewood Teen Action Committee.

Teen Book Club

Mondays from 5-6 p.m.
Gather to discuss, dissect, and delve into the pages of our latest literary adventures.

Our first book will be:
The Ballad of Songbird and Snake
by Suzanne Collins

Bring your own copy or check one out from the Youth Center, where a limited number of books will be available to borrow.

Teen Resource Center (TRC) at Bloomfield Park

Monday - Friday • 3 - 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!

TRC

FREE!

AIR HOCKEY TOURNAMENT

SATURDAY, OCTOBER 12
4-8 P.M.

Activity #28878

Battle it out with your friends and park staff in a winner takes all tournament. Prizes and snacks to be provided.

Pre-registration required.

FREE!

NOV. 9 Paint Night 4-8 P.M.

Come out for a fun night filled with art & music. All supplies to be provided along with a pizza dinner! Pre-registration required.

Activity # 28879

Christmas Movie Marathon & Pizza!



Dec. 14, 4-8 p.m.

Catch two movies, enjoy some pizza and hang out with friends!

Pre-registration required.
Activity #28880

FREE!

Super Saturdays at the TRC



Teen & Youth Dance

Ballet/Tap Combo (Intermediate)

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 October 31.**

28883	Th	3:45pm-4:45pm	10/3-11/14	Off Site	\$54/6 Mtgs
28913	Sa	11:30am-12:30pm	10/5-11/9	Off Site	\$54/6 Mtgs
28912	Th	3:45pm-4:45pm	1/9-1/23	Off Site	\$27/3 Mtgs
28914	Sa	11:30am-12:30pm	1/11-1/25	Off Site	\$27/3 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 October 22 and November 5 meet at Monte Verde Park.**
- **No class November 26.**

28732	T	6:45pm-7:30pm	10/1-10/22	PLMS	\$35/4 Mtgs
28741	T	6:45pm-7:30pm	11/5-12/10	PLMS	\$43/5 Mtgs
28742	T	6:45pm-7:30pm	1/7-1/21	PLMS	\$27/3 Mtgs

Cutie Pies

Your dancer will learn tap, ballet, jazz and creative movement while having a good time. Ages 5-8. Instructor: Isabel Moses-Caldera

- **Sibling discount available. Contact Recreation & Community Services for more information.**
- **No class December 23 & 30.**

28699	M	6:30pm-7:15pm	9/30-10/21	BLM	\$48/4 Mtgs
28709	M	6:30pm-7:15pm	11/18-12/16	BLM	\$60/5 Mtgs
28710	M	6:30pm-7:15pm	1/6-1/20	BLM	\$36/3 Mtgs

Dancing Divas

Your dancer will learn ballet and jazz while having a good time. Ages 9-12. Instructor: Isabel Moses-Caldera

- **Sibling discount available. Contact Recreation & Community Services for more information.**
- **No class December 23 & 30.**

28700	M	7:15pm-8:00pm	9/30-10/21	BLM	\$48/4 Mtgs
28711	M	7:15pm-8:00pm	11/18-12/16	BLM	\$60/5 Mtgs
28712	M	7:15pm-8:00pm	1/6-1/20	BLM	\$36/3 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 October 31.**

28916	M	3:45pm-4:45pm	9/30-11/4	Off Site	\$54/6 Mtgs
28923	Th	5:45pm-6:45pm	10/3-11/14	Off Site	\$54/6 Mtgs
28927	Sa	9:30am-10:30am	10/5-11/9	Off Site	\$54/6 Mtgs
28920	M	3:45pm-4:45pm	1/6-1/20	Off Site	\$27/3 Mtgs
28925	Th	5:45pm-6:45pm	1/9-1/23	Off Site	\$27/3 Mtgs
28928	Sa	9:30am-10:30am	1/11-1/25	Off Site	\$27/3 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.**
 - **Classes on October 24 meet at Monte Verde Park.**
 - **Classes on January 9 meet at the Lakewood Youth Center.**
- | | | | | | |
|-------|----|---------------|-------------|-----|-------------|
| 28733 | Th | 5:15pm-6:00pm | 10/3-10/24 | BLM | \$35/4 Mtgs |
| 28743 | Th | 5:15pm-6:00pm | 11/14-11/21 | BLM | \$18/2 Mtgs |
| 28744 | Th | 5:15pm-6:00pm | 1/9-1/23 | BLM | \$27/3 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.**
- **Classes on October 24 meet at Monte Verde Park.**
- **Classes on January 9 meet at the Lakewood Youth Center.**

28735	Th	6:45pm-7:45pm	10/3-10/24	BLM	\$39/4 Mtgs
28746	Th	6:45pm-7:45pm	11/14-11/21	BLM	\$20/2 Mtgs
28749	Th	6:45pm-7:45pm	1/9-1/23	BLM	\$30/3 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.**
- **Classes on October 24 meet at Monte Verde Park.**
- **Classes on January 9 meet at the Lakewood Youth Center.**

28734	Th	6:00pm-6:45pm	10/3-10/24	BLM	\$35/4 Mtgs
28745	Th	6:00pm-6:45pm	11/14-11/21	BLM	\$18/2 Mtgs
28748	Th	6:00pm-6:45pm	1/9-1/23	BLM	\$27/3 Mtgs

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.

- **No class October 31, December 26 and January 2.**
- | | | | | | |
|-------|----|---------------|-------------|------|--------------|
| 28807 | Th | 5:30pm-6:30pm | 10/17-11/21 | PLMS | \$92/5 Mtgs |
| 28828 | Th | 5:30pm-6:30pm | 12/5-1/23 | PLMS | \$110/6 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.

• No class November 11 and December 23 & 30.

28796	M	5:30pm-6:30pm	10/14-11/25	PLMS	\$110/6 Mtgs
28818	M	5:30pm-6:30pm	12/2-1/20	PLMS	\$110/6 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@tumblekids.com to schedule a tryout. Ages 7-14. Instructor: Tumble-N-Kids, Inc.

• No class December 25 & January 1.

28806	W	5:00pm-6:00pm	10/16-11/20	PLMS	\$110/6 Mtgs
28837	W	5:00pm-6:00pm	12/4-1/22	PLMS	\$110/6 Mtgs

Gymnastics: Beginner Level 1 & 2

Beginner gymnast (Level 1: ages 5-8/Level 2: ages 9-13) 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! Instructor: Tumble-N-Kids, Inc.

• No class October 31, November 11, December 23, 26 & 30 and January 2.

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

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

28794	M	3:30pm-4:30pm	10/14-11/25	PLMS	\$110/6 Mtgs
28795	M	4:30pm-5:30pm	10/14-11/25	PLMS	\$110/6 Mtgs
28808	Th	4:30pm-5:30pm	10/17-11/21	PLMS	\$92/5 Mtgs
28815	M	3:30pm-4:30pm	12/2-1/20	PLMS	\$110/6 Mtgs
28816	M	4:30pm-5:30pm	12/2-1/20	PLMS	\$110/6 Mtgs
28817	Th	4:30pm-5:30pm	12/5-1/23	PLMS	\$110/6 Mtgs

Gymnastics: Advanced Level 1 & 2

Advanced gymnastics (Level 1: ages 5-8/Level 2: ages 9-13) 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. Instructor: Tumble-N-Kids, Inc.

• No class December 24, 27, 31 and January 3.

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

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

28801	T	4:30pm-5:30pm	10/15-11/19	PLMS	\$110/6 Mtgs
28802	T	5:30pm-6:30pm	10/15-11/19	PLMS	\$110/6 Mtgs
28809	F	4:30pm-5:30pm	10/18-11/22	PLMS	\$110/6 Mtgs
28829	T	4:30pm-5:30pm	12/3-1/21	PLMS	\$110/6 Mtgs
28830	T	5:30pm-6:30pm	12/3-1/21	PLMS	\$110/6 Mtgs
28831	F	4:30pm-5:30pm	12/6-1/24	PLMS	\$110/6 Mtgs

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



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.

• No class December 27 and January 3.

28814	F	3:30pm-4:30pm	10/18-11/22	PLMS	\$110/6 Mtgs
28838	F	3:30pm-4:30pm	12/6-1/24	PLMS	\$110/6 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.

• No class December 25 and January 1.

28840	W	4:15pm-5:00pm	10/16-11/20	PLMS	\$85/6 Mtgs
28841	W	4:15pm-5:00pm	12/4-1/22	PLMS	\$85/6 Mtgs

Trampoline Cardio

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.

• No class December 27 and January 3.

28810	F	5:30pm-6:15pm	10/18-11/22	PLMS	\$85/6 Mtgs
28839	F	5:30pm-6:15pm	12/6-1/24	PLMS	\$85/6 Mtgs

Sports Instruction

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 7-10. 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 October 26 and December 28.

• For more information visit best-sports-usa.com.

29036	Sa	1:20pm-2:05pm	10/12-11/23	RYN	\$111/6 Mtgs
29041	Sa	1:20pm-2:05pm	12/7-1/18	RYN	\$111/6 Mtgs

Teen & Youth Fitness and Sports

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 materials fee for first time students.
 - Discount available if registering for both Tuesday and Thursday class sessions. Contact the Recreation and Community Services Department for details.
 - No class October 8, 17, 24 & 31, November 26 & 28, December 17-31 and January 2.
 - December classes will take place at Mayfair Park.
- | | | | | | |
|-------|----|---------------|------------|-----|-------------|
| 28677 | T | 4:30pm-5:15pm | 10/1-11/12 | CTR | \$57/6 Mtgs |
| 28680 | Th | 4:30pm-5:15pm | 10/3-11/14 | CTR | \$37/4 Mtgs |
| 28683 | T | 4:30pm-5:15pm | 11/19-1/21 | CTR | \$57/6 Mtgs |
| 28684 | Th | 4:30pm-5:15pm | 11/21-1/23 | CTR | \$57/6 Mtgs |

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.
 - No class October 8, 17, 24 & 31, November 26 & 28, December 17-31 and January 2.
 - December classes will take place at Mayfair Park.
- | | | | | | |
|-------|----|---------------|------------|-----|-------------|
| 28678 | T | 5:15pm-6:00pm | 10/1-11/12 | CTR | \$57/6 Mtgs |
| 28681 | Th | 5:15pm-6:00pm | 10/3-11/14 | CTR | \$37/4 Mtgs |
| 28691 | T | 5:15pm-6:00pm | 11/19-1/21 | CTR | \$57/6 Mtgs |
| 28692 | Th | 5:15pm-6:00pm | 11/21-1/23 | CTR | \$57/6 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 10 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.
 - No class October 8, 17, 24 & 31, November 26 & 28, December 17-31 and January 2.
 - December classes will take place at Mayfair Park.
- | | | | | | |
|-------|----|---------------|------------|-----|-------------|
| 28679 | T | 6:00pm-7:00pm | 10/1-11/12 | CTR | \$57/6 Mtgs |
| 28682 | Th | 6:00pm-7:00pm | 10/3-11/14 | CTR | \$37/4 Mtgs |
| 28693 | T | 6:00pm-7:00pm | 11/19-1/21 | CTR | \$57/6 Mtgs |
| 28694 | Th | 6:00pm-7:00pm | 11/21-1/23 | CTR | \$57/6 Mtgs |

D-Up Basketball Ballers

D-Up Ballers will challenge participants mentally and physically in the game of basketball. This program is geared for all levels as it enhances your basketball skills. Participants will be working on dribbling, passing, shooting, defense, footwork and much more. There will be a weekly Player of the Week and prizes will be given out! Ages 7-16. Instructor: James Christian

- Location: Pan Am Park Gym, 5157 E. Centralia St., Long Beach.
 - A \$20 material fee is due at the first class session.
 - Please bring a basketball.
- | | | | | | |
|-------|----|----------------|-------------|----------|--------------|
| 29065 | Su | 12:00pm-1:00pm | 10/20-11/17 | Off Site | \$100/5 Mtgs |
| 29067 | Su | 12:00pm-1:00pm | 12/1-1/5 | Off Site | \$120/6 Mtgs |



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

29055 M 4:20pm-5:05pm 9/23-10/21 RYN \$130/5 Mtgs

Kidz Love Soccer: Soccer 2

A great introduction to competitive soccer, Skillz and Scrimmage 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

29056 M 3:30pm-4:15pm 9/23-10/21 RYN \$130/5 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 www.learnatoskateusa.com.

28957	W	5:45pm-6:25pm	10/2-10/23	Off Site	\$84/4 Mtgs
28960	W	6:30pm-7:10pm	10/2-10/23	Off Site	\$84/4 Mtgs
28963	Th	5:45pm-6:25pm	10/3-10/24	Off Site	\$84/4 Mtgs
28966	Th	6:30pm-7:10pm	10/3-10/24	Off Site	\$84/4 Mtgs
28969	Sa	10:40am-11:20am	10/5-10/26	Off Site	\$84/4 Mtgs
28972	Sa	11:25am-12:05pm	10/5-10/26	Off Site	\$84/4 Mtgs
28992	W	5:45pm-6:25pm	10/30-11/20	Off Site	\$84/4 Mtgs
28994	W	6:30pm-7:10pm	10/30-11/20	Off Site	\$84/4 Mtgs
29000	Sa	10:40am-11:20am	11/2-11/23	Off Site	\$84/4 Mtgs
29002	Sa	11:25am-12:05pm	11/2-11/23	Off Site	\$84/4 Mtgs
28996	Th	5:45pm-6:25pm	11/7-11/21	Off Site	\$63/3 Mtgs
28998	Th	6:30pm-7:10pm	11/7-11/21	Off Site	\$63/3 Mtgs
28993	W	5:45pm-6:25pm	12/4-12/18	Off Site	\$63/3 Mtgs
28995	W	6:30pm-7:10pm	12/4-12/18	Off Site	\$63/3 Mtgs
28997	Th	5:45pm-6:25pm	12/5-12/19	Off Site	\$63/3 Mtgs
28999	Th	6:30pm-7:10pm	12/5-12/19	Off Site	\$63/3 Mtgs
29001	Sa	10:40am-11:20am	12/7-12/21	Off Site	\$63/3 Mtgs
29003	Sa	11:25am-12:05pm	12/7-12/21	Off Site	\$63/3 Mtgs

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

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

29046 F 5:40pm-6:20pm 9/20-10/18 MAY \$95/5 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

29049 M 5:40pm-6:20pm 9/16-10/21 SM \$109/6 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 October 11 & 25, November 1, 8 & 29, December 27 and January 3.

28751 F 5:15pm-5:55pm 9/27-1/17 BOY \$98/10 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 October 11 & 25, November 1, 8 & 29, December 27 and January 3.

28753 F 6:00pm-6:40pm 9/27-1/17 BOY \$98/10 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 October 11 & 25, November 1, 8 & 29, December 27 and January 3.

28752 F 6:45pm-7:25pm 9/27-1/17 BOY \$98/10 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. Participants will receive a complimentary jersey. Instructor: Youth Evolution Basketball Staff

29059 W 3:45pm-4:30pm 10/2-10/30 SM \$109/5 Mtgs

29062 W 3:30pm-4:15pm 11/13-12/4 SM \$89/4 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. Participants will receive a complimentary jersey. Instructor: Youth Evolution Basketball Staff

29058 W 4:30pm-5:15pm 10/2-10/30 SM \$109/5 Mtgs

29063 W 4:15pm-5:00pm 11/13-12/4 SM \$89/4 Mtgs

Pickleball Classes

Pickleball: Youth Academy

This class is designed for youth, ages 9-13, with little-to-no experience playing pickleball. Participants will be introduced to basic FUNdamentals such as court safety, etiquette, sportsmanship, game rules, scoring, underhand serve, dinking, forehand, backhand and volleys. Once completed, players can participate comfortably in games. Paddles and balls are provided. Flat outdoor court specific footwear recommended. Instructor: Performance Pickleball LLC Staff

28660 F 4:00pm-5:00pm 10/4-10/25 BOL \$99/4 Mtgs

Tennis Classes

Beginning Tennis Class (Youth)

Join our beginner-friendly class designed to transform you from a curious newcomer into a confident court commander! Master the fundamentals, learn proper grips, footwork and swing mechanics for forehand, backhand and serve. Expert coaching led by a certified and experienced instructor who will guide you every step of the way. Don't wait! Serve up your chance to learn, have fun and get active with this beginner tennis class. Ages 6-17. Instructor: X-Spin 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.

29017 Sa 9:00am-10:00am 10/5-11/9 Off Site \$108/6 Mtgs

29019 Sa 9:00am-10:00am 11/16-12/21 Off Site \$108/6 Mtgs

29020 Sa 9:00am-10:00am 12/28-1/25 Off Site \$90/5 Mtgs

All-Levels Tennis Class (Youth)

Craving some court action, regardless of your experience? Our all-levels tennis class is the perfect blend of challenge and fun, designed to elevate your game to the next level! Beginners will get personalized guidance to solidify their foundation and build confidence. Intermediate players will hone their strokes, explore advanced techniques and learn to strategize like a pro. Advanced players will sharpen their game through competitive drills, tactical exercises and match play. If you're ready to level up your tennis game, sign up today and join our vibrant community of players who are passionate about pushing their limits and having fun on the court! For ages 6-17. Instructor: X-Spin 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.

• No class November 29.

29023 M 5:00pm-7:00pm 9/30-11/4 Off Site \$198/6 Mtgs

29018 F 4:30pm-6:30pm 10/4-11/8 Off Site \$198/6 Mtgs

29024 M 5:00pm-7:00pm 11/11-12/16 Off Site \$198/6 Mtgs

29021 F 4:30pm-6:30pm 11/15-12/27 Off Site \$198/6 Mtgs

29025 M 5:00pm-7:00pm 12/23-1/20 Off Site \$165/5 Mtgs

29022 F 4:30pm-6:30pm 1/3-1/24 Off Site \$144/4 Mtgs

Teen & Youth Fitness and Sports

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.

28844	F	5:00pm-6:00pm	9/27-10/11	MAY	\$59/3 Mtgs
28852	F	5:00pm-6:00pm	10/18-11/1	MAY	\$59/3 Mtgs
28853	F	5:00pm-6:00pm	11/8-11/22	MAY	\$59/3 Mtgs
28854	F	5:00pm-6:00pm	12/6-12/20	MAY	\$59/3 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.

28845	F	6:00pm-7:00pm	9/27-10/11	MAY	\$59/3 Mtgs
28857	F	6:00pm-7:00pm	10/18-11/1	MAY	\$59/3 Mtgs
28858	F	6:00pm-7:00pm	11/8-11/22	MAY	\$59/3 Mtgs
28859	F	6:00pm-7:00pm	12/6-12/20	MAY	\$59/3 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.

28846	F	7:00pm-8:00pm	9/27-10/11	MAY	\$59/3 Mtgs
28860	F	7:00pm-8:00pm	10/18-11/1	MAY	\$59/3 Mtgs
28861	F	7:00pm-8:00pm	11/8-11/22	MAY	\$59/3 Mtgs
28862	F	7:00pm-8:00pm	12/6-12/20	MAY	\$59/3 Mtgs



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

Fall Supervision Hours:

August 26 - November 2

Monday - Friday • 3 - 6 p.m.

Saturday • 9 a.m. - 6 p.m.

Sun./School Holidays • 12 noon - 6 p.m.

Winter Supervision Hours:

November 3 - March 8

Monday - Friday • 3 - 5 p.m.

Saturday • 9 a.m. - 5 p.m.

Sun./School Holidays • 12 noon - 5 p.m.

January 1 • 12 noon - 5 p.m.

School Vacation Hours

Parks are open for extended hours during school vacation periods.

Check park program schedules for specifics.

All parks are closed on:

Thanksgiving Day • Thursday, November 28

Christmas Eve • Tuesday, December 24

Christmas Day • Wednesday, December 25



LAKEWOOD SPORTSTOWN

Sports Illustrated's
No.1 in California



LYS Basketball Sign-ups

LYS registration will take place online Nov. 23 through Dec. 7. No registration fee for Lakewood residents. Non-resident registration fee, \$20 payable at time of registration. Teams practice and play games weeknights and Saturdays. Practices begin Dec. 23rd. League play will start January 18 and conclude March 8. City championships will conclude March 15.

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



Youth Runner's Retreat

For all you youngsters and teens (ages 6-15) that are just itching to get out, feel the wind in your face and the burn in your muscles, come to our Runner's Retreat and get into the sport of cross country running. A challenging yet serene sport, we'll prepare you for the rigors of competing at the next level by teaching technique and form when participating in distance running. This is a free weekly event.



Wednesdays
4-5 p.m. at Boyar Park
September 4 - December 4
No training on November 27.



Nominations are requested for the 43rd annual Lakewood Youth Hall of Fame sports awards. The Hall of Fame recognizes outstanding athletes, teams, boosters and athletic achievements. The 2024 Athlete of the Year and Performers of the Year for over a dozen sports will be honored at the awards banquet on February 24, 2025.

Nominations may be submitted to the Department of Recreation and Community Services no later than December 5, 2024. Nomination forms are available at Lakewood City Hall and online beginning November 1. Written nominations with complete information including nominee's name, address and phone number and detailed accomplishments must be submitted. Achievements will be considered for sports seasons ending during calendar year 2024.



Youth Special Interest

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 \$25 materials fee is payable to the instructor in class.**
- **No class October 28.**

28674 M 4:15pm-5:15pm 10/7-11/11 CTR \$35/5 Mtgs



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 November 26 & 28.**

28761	T,Th	3:30pm-4:15pm	10/3-10/17	BOY	\$56/5 Mtgs
28772	T,Th	3:30pm-4:15pm	11/12-12/12	BOY	\$89/8 Mtgs
28773	T,Th	3:30pm-4:15pm	1/7-1/30	BOY	\$89/8 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 November 26 & 28.**

28763	T,Th	5:10pm-5:55pm	10/3-10/17	BOY	\$56/5 Mtgs
28776	T,Th	5:10pm-5:55pm	11/12-12/12	BOY	\$89/8 Mtgs
28777	T,Th	5:10pm-5:55pm	1/7-1/30	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 November 26 & 28.**

28762	T,Th	4:20pm-5:05pm	10/3-10/17	BOY	\$56/5 Mtgs
28774	T,Th	4:20pm-5:05pm	11/12-12/12	BOY	\$89/8 Mtgs
28775	T,Th	4:20pm-5:05pm	1/7-1/30	BOY	\$89/8 Mtgs

College Application Essay Assistance (Online & In-Person)

Students will learn how to plan, draft and finish the Common Application and UC (PIQ) Application Questions in a timely manner. In addition to the two in-person sessions, the instructor will conduct individual online sessions to start and finish each student's essays. The instructor will also be available to review and recommend improvements to the essays. Instructor: John Wilson III

- **All class sessions are online with the exception of September 16 and 23 which will meet in-person at the Lakewood Youth Center.**

- **Please note: your student will be assigned to individual online sessions as needed.**

28936 M 6:00pm-7:15pm 9/16-9/23 LYC \$160/2 Mtgs

SAT Prep Course (Online & In-Person)

Students will learn digital SAT test taking strategies and techniques from a certified and skilled teacher using The Princeton Review methodology. Additional review sessions (4 hours) for one future SAT is included. Fee includes course text and access to the Princeton Review practice site. Instructor: John Wilson III

- **Visit www.lakewoodcity.org/ecatalog to view specific dates and times the online classes take place.**

- **All class sessions are online with the exception of September 9 and 30 which will meet in-person at the Lakewood Youth Center.**

- **Class on September 5th is an online Parent & Youth Orientation.**

28935 Various Days & Times 9/5-10/3 LYC \$260/13 Mtgs

Spanish After School

This class is for children 6 and older and is designed as an after-school safe place to practice Spanish with 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 the main focus on social and emotional development. Instructor: Xochitl Brizuela

- **No class October 28, November 4 & 11 and December 23 & 30.**

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

28784	M	3:30pm-5:30pm	9/30-11/25	PLMS	\$300/6 Mtgs
28792	M	3:30pm-5:30pm	12/2-1/20	PLMS	\$300/6 Mtgs

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.**

- **No class October 22 & 29, November 5 and December 24 & 31.**

28668	T	7:30pm-8:30pm	10/1-12/3	BOL	\$75/7 Mtgs
28671	T	7:30pm-8:30pm	12/10-2/4	BOL	\$75/7 Mtgs

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



Halloween Dance Workshop New

Dance and create magic in this one day workshop. Upbeat dance with a focus on jazz and hip hop styles, this one day workshop is great for beginning dancers who love to move and have fun. The workshop will include dance, crafts and a parent show and tell during the last five minutes of the workshop. Ages 4-7.

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.

28892 Sa 1:00pm-2:30pm 10/26 Off Site \$15/1 Mtg

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 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.

• **Performance opportunity in Seussical Jr. for participants enrolled in session one (October 5-December 14).**

• **No class November 30.**

28890 Sa 11:30am-12:30pm 10/5-12/14 Off Site \$90/10 Mtgs
28897 Sa 11:30am-12:30pm 1/11-1/25 Off Site \$27/3 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.

• **Performance opportunity in Seussical Jr. for participants enrolled in session one (October 5-December 14).**

• **No class November 30.**

28891 Sa 10:30am-11:30am 10/5-12/14 Off Site \$90/10 Mtgs
28898 Sa 10:30am-11:30am 1/11-1/25 Off Site \$27/3 Mtgs

Musical Theatre (Advanced)

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 9-14. 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.

• **Performance opportunity in Seussical Jr. for participants enrolled in session one (October 5-December 14).**

• **No class November 30.**

28899 Sa 9:30am-10:30am 10/5-12/14 Off Site \$90/10 Mtgs
28900 Sa 9:30am-10:30am 1/11-1/25 Off Site \$27/3 Mtgs

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

Winter Break

Excursions

Friday, December 27

Sky Zone (Cerritos)

Activity #28931

\$80 resident / \$95 non-resident

Friday, January 3

Boomers (Irvine)

Activity #28932

\$85 resident / \$100 non-resident

Participants, ages 6-12, may come to Mayfair Park as early as 7 a.m. and join in various activities until excursion departure at 9 a.m. Upon arrival back to Mayfair, participants may stay until 6 p.m. and participate in additional activities. The program will provide supervised activities on a 1:12 staff-to-camper ratio.

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.
- Sibling discount available. Contact Recreation & Community Services for more information.

• No class December 23 & 30.

28697	M	5:00pm-5:45pm	9/30-10/21	BLM	\$48/4 Mtgs
28702	M	5:00pm-5:45pm	11/18-12/16	BLM	\$60/5 Mtgs
28703	M	5:00pm-5:45pm	1/6-1/20	BLM	\$36/3 Mtgs

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.
- Sibling discount available. Contact Recreation & Community Services for more information.

• No class December 23 & 30.

28698	M	5:45pm-6:30pm	9/30-10/21	BLM	\$48/4 Mtgs
28707	M	5:45pm-6:30pm	11/18-12/16	BLM	\$60/5 Mtgs
28708	M	5:45pm-6:30pm	1/6-1/20	BLM	\$36/3 Mtgs

Ballet/Tap Combo (Beginning)

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.

28884	T	3:45pm-4:30pm	10/1-11/5	Off Site	\$54/6 Mtgs
28902	W	4:45pm-5:30pm	10/2-11/6	Off Site	\$54/6 Mtgs
28904	F	4:45pm-5:30pm	10/4-11/8	Off Site	\$54/6 Mtgs
28906	Sa	10:30am-11:15am	10/5-11/9	Off Site	\$54/6 Mtgs
28908	Sa	11:15am-12:00pm	10/5-11/9	Off Site	\$54/6 Mtgs
28910	Su	9:45am-10:30am	10/6-11/10	Off Site	\$54/6 Mtgs
28901	T	3:45pm-4:30pm	1/7-1/21	Off Site	\$27/3 Mtgs
28903	W	4:45pm-5:30pm	1/8-1/22	Off Site	\$27/3 Mtgs
28905	F	4:45pm-5:30pm	1/10-1/24	Off Site	\$27/3 Mtgs
28907	Sa	10:30am-11:15am	1/11-1/25	Off Site	\$27/3 Mtgs
28909	Sa	11:15am-12:00pm	1/11-1/25	Off Site	\$27/3 Mtgs
28911	Su	9:45am-10:30am	1/12-1/26	Off Site	\$27/3 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.

28886	F	5:30pm-6:30pm	10/4-11/8	Off Site	\$54/6 Mtgs
28915	F	5:30pm-6:30pm	1/10-1/24	Off Site	\$27/3 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 Oct. 22 and Nov. 5 meet at Monte Verde Park.
- No class November 26.

28730	T	5:15pm-6:00pm	10/1-10/22	PLMS	\$35/4 Mtgs
28737	T	5:15pm-6:00pm	11/5-12/10	PLMS	\$43/5 Mtgs
28738	T	5:15pm-6:00pm	1/7-1/21	PLMS	\$27/3 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 Oct. 22 and Nov. 5 meet at Monte Verde Park.
- No class November 26.

28731	T	6:00pm-6:45pm	10/1-10/22	PLMS	\$35/4 Mtgs
28739	T	6:00pm-6:45pm	11/5-12/10	PLMS	\$43/5 Mtgs
28740	T	6:00pm-6:45pm	1/7-1/21	PLMS	\$27/3 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.

• No class December 24 & 31.

28800	T	3:30pm-4:30pm	10/15-11/19	PLMS	\$110/6 Mtgs
28827	T	3:30pm-4:30pm	12/3-1/21	PLMS	\$110/6 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.

• No class December 24, 28 & 31 and January 4.

28799	T	11:30am-12:30pm	10/15-11/19	PLMS \$110/6 Mtgs
28813	Sa	11:15am-12:15pm	10/19-11/23	PLMS \$110/6 Mtgs
28825	Sa	12:15pm-1:15pm	10/19-11/23	PLMS \$110/6 Mtgs
28823	T	11:30am-12:30pm	12/3-1/21	PLMS \$110/6 Mtgs
28824	Sa	11:15am-12:15pm	12/7-1/25	PLMS \$110/6 Mtgs
28826	Sa	12:15pm-1:15pm	12/7-1/25	PLMS \$110/6 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 4-6. Instructor: Tumble-N-Kids, Inc.

• No class October 31, December 25 & 26 and January 1 & 2.

28804	W	11:00am-12:00pm	10/16-11/20	PLMS \$110/6 Mtgs
28834	Th	3:30pm-4:30pm	10/17-11/21	PLMS \$110/6 Mtgs
28833	W	11:00am-12:00pm	12/4-1/22	PLMS \$110/6 Mtgs
28835	Th	3:30pm-4:30pm	12/5-1/23	PLMS \$110/6 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.

• No class December 25 & January 1.

28805	W	3:30pm-4:15pm	10/16-11/20	PLMS \$85/6 Mtgs
28836	W	3:30pm-4:15pm	12/4-1/22	PLMS \$85/6 Mtgs

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.

• No class December 24, 28 & 31 and January 4.

28797	T	9:45am-10:30am	10/15-11/19	PLMS \$85/6 Mtgs
28811	Sa	9:30am-10:15am	10/19-11/23	PLMS \$85/6 Mtgs
28819	T	9:45am-10:30am	12/3-1/21	PLMS \$85/6 Mtgs
28820	Sa	9:30am-10:15am	12/7-1/25	PLMS \$85/6 Mtgs

Mothers at Work (MAW) Children's Center

MAW Children's Center provides licensed child care for children 2-5 years of age. Located at the Burns Community Center, 5510 N. Clark Ave., MAW has been providing quality child care since 1971. For more information, call 562-867-4083 or email center director Sheila Palmer at spalmermaw@gmail.com.

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.

• No class December 25 & January 1.

28803	W	10:00am-10:45am	10/16-11/20	PLMS \$85/6 Mtgs
28832	W	10:00am-10:45am	12/4-1/22	PLMS \$85/6 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.

• No class December 24, 28 & 31 and January 4.

28798	T	10:30am-11:30am	10/15-11/19	PLMS \$110/6 Mtgs
28812	Sa	10:15am-11:15am	10/19-11/23	PLMS \$110/6 Mtgs
28821	T	10:30am-11:30am	12/3-1/21	PLMS \$110/6 Mtgs
28822	Sa	10:15am-11:15am	12/7-1/25	PLMS \$110/6 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.

• No class November 26 & 28.

28764	T,Th	8:45am-10:15am	10/8-10/17	BOY \$73/4 Mtgs
28765	T,Th	10:30am-12:00pm	10/8-10/17	BOY \$73/4 Mtgs
28766	T,Th	8:45am-10:15am	11/12-12/12	BOY \$145/8 Mtgs
28768	T,Th	10:30am-12:00pm	11/12-12/12	BOY \$145/8 Mtgs
28767	T,Th	8:45am-10:15am	1/7-1/30	BOY \$145/8 Mtgs
28769	T,Th	10:30am-12:00pm	1/7-1/30	BOY \$145/8 Mtgs

Parent and Me Spanish Playgroup

This class offers music, storytime, an activity and sensory play for children ages 2-5 years old, all in Spanish. There will be movement, art, and dramatic play practices. Teacher practices student centered, constructivist, self-guided curriculum, with the main focus on social and emotional development. This is a parent and me class. Instructor: Xochitl Brizuela

• No class December 23, 25 & 30 and January 1.

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

28789	M,W	10:15am-11:15am	9/30-10/21	PLMS \$175/7 Mtgs
28790	M,W	10:15am-11:15am	11/13-12/4	PLMS \$175/7 Mtgs
28791	M,W	10:15am-11:15am	12/9-1/22	PLMS \$250/10 Mtgs

Preschool Programs

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 November 26 & 28

28760	T,Th	2:40pm-3:25pm	10/3-10/17	BOY	\$56/5 Mtgs
28770	T,Th	2:40pm-3:25pm	11/12-12/12	BOY	\$89/8 Mtgs
28771	T,Th	2:40pm-3:25pm	1/7-1/30	BOY	\$89/8 Mtgs

Spanish Music and Storytime

This is a great Spanish introduction for your little ones, ages 4 and under. There will be lots of music, movement, and some cuddle storytime. This is a great way to introduce a new language or reinforce what's already being practiced at home. Gentle and easy going class structure. This is a parent and me class. Instructor: Xochitl Brizuela

- No class December 23, 25 & 30 and January 1.
- Please register early! Classes will only be held if minimum registration is met.

28783	M,W	9:00am-9:30am	9/30-10/21	PLMS	\$88/7 Mtgs
28787	M,W	9:00am-9:30am	11/13-12/4	PLMS	\$88/7 Mtgs
28788	M,W	9:00am-9:30am	12/9-1/22	PLMS	\$125/10 Mtgs

Sports Instruction

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

- 4 p.m. / 3:30 p.m. classes ages 2-3.5.
- 4:50 p.m. / 4:20 p.m. classes ages 3.5-5.
- Parent participation required.
- No class November 11.

29047	M	4:00pm-4:40pm	9/16-10/21	SM	\$109/6 Mtgs
29048	M	4:50pm-5:30pm	9/16-10/21	SM	\$109/6 Mtgs
29050	M	3:30pm-4:10pm	11/4-12/16	SM	\$109/6 Mtgs
29051	M	4:20pm-5:00pm	11/4-12/16	SM	\$109/6 Mtgs

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 / 12:30 p.m. ages 2-4
- No class October 26 and December 28.
- For more information visit best-sports-usa.com.

29032	Sa	9:00am-9:45am	10/12-11/23	RYN	\$111/6 Mtgs
29034	Sa	10:40am-11:25am	10/12-11/23	RYN	\$111/6 Mtgs
29039	Sa	12:30pm-1:15pm	10/12-11/23	RYN	\$111/6 Mtgs
29037	Sa	9:00am-9:45am	12/7-1/18	RYN	\$111/6 Mtgs
29038	Sa	10:40am-11:25am	12/7-1/18	RYN	\$111/6 Mtgs
29040	Sa	12:30pm-1:15pm	12/7-1/18	RYN	\$111/6 Mtgs

BEST Preschool Soccer

During this weekly soccer class, kids will learn the skills of soccer by participating in activities such as: dribbling, kicking, throw-ins, goalie skills and more! The goal and focus is to maintain an energetic and highly active program that will teach, encourage and advance young players regardless of their skill level. Ages 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. / 11:40 a.m. ages 3-6.

• Class will meet near the playground.

• No class October 26 and December 28.

• For more information visit best-sports-usa.com.

29033	Sa	9:50am-10:35am	10/12-11/23	RYN	\$111/6 Mtgs
29035	Sa	11:40am-12:25pm	10/12-11/23	RYN	\$111/6 Mtgs
29042	Sa	9:50am-10:35am	12/7-1/18	RYN	\$111/6 Mtgs
29043	Sa	11:40am-12:25pm	12/7-1/18	RYN	\$111/6 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

29054	M	5:50pm-6:20pm	9/23-10/21	RYN	\$130/5 Mtgs
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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

29057	M	5:10pm-5:45pm	9/23-10/21	RYN	\$130/5 Mtgs
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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

- 4 p.m. / 3:30 p.m. classes ages 2-3.5.
- 4:50 p.m. / 4:20 p.m. classes ages 3.5-5.
- No class November 29.

29044	F	4:00pm-4:40pm	9/20-10/18	MAY	\$95/5 Mtgs
29045	F	4:50pm-5:30pm	9/20-10/18	MAY	\$95/5 Mtgs
29052	F	3:30pm-4:10pm	11/8-12/13	MAY	\$95/5 Mtgs
29053	F	4:20pm-5:00pm	11/8-12/13	MAY	\$95/5 Mtgs

D-Up Basketball Tiny Ballers

D-Up Tiny Ballers is an introduction to the fundamentals of basketball and will focus on basic dribbling, passing, shooting and hand-eye coordination. Children will play games while learning the game of basketball. A Player of the Week will be chosen weekly and prizes will be given out! Ages 3-6. Instructor: James Christian

• Location: Pan Am Park Gym, 5157 E. Centralia St., Long Beach.

• A \$20 material fee is due at the first class session.

• Please bring a basketball.

29066	Su	11:00am-11:45am	10/20-11/17	Off Site	\$100/5 Mtgs
29068	Su	11:00am-11:45am	12/1-1/5	Off Site	\$120/6 Mtgs

Parent & Me Baby Ballers

Introduce your child ages 2-3.5 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. Participants will receive a complimentary jersey. Instructor: Youth Evolution Basketball Staff

29061 W 6:00pm-6:30pm 10/2-10/30 SM \$109/5 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.learnstoskateusa.com>.**

28956	W	5:45pm-6:25pm	10/2-10/23	Off Site	\$84/4 Mtgs
28959	W	6:30pm-7:10pm	10/2-10/23	Off Site	\$84/4 Mtgs
28962	Th	5:45pm-6:25pm	10/3-10/24	Off Site	\$84/4 Mtgs
28965	Th	6:30pm-7:10pm	10/3-10/24	Off Site	\$84/4 Mtgs
28968	Sa	10:40am-11:20am	10/5-10/26	Off Site	\$84/4 Mtgs
28971	Sa	11:25am-12:05pm	10/5-10/26	Off Site	\$84/4 Mtgs
29004	W	5:45pm-6:25pm	10/30-11/20	Off Site	\$84/4 Mtgs
29006	W	6:30pm-7:10pm	10/30-11/20	Off Site	\$84/4 Mtgs
29012	Sa	10:40am-11:20am	11/2-11/23	Off Site	\$84/4 Mtgs
29014	Sa	11:25am-12:05pm	11/2-11/23	Off Site	\$84/4 Mtgs
29008	Th	5:45pm-6:25pm	11/7-11/21	Off Site	\$63/3 Mtgs
29010	Th	6:30pm-7:10pm	11/7-11/21	Off Site	\$63/3 Mtgs
29005	W	5:45pm-6:25pm	12/4-12/18	Off Site	\$63/3 Mtgs
29007	W	6:30pm-7:10pm	12/4-12/18	Off Site	\$63/3 Mtgs
29009	Th	5:45pm-6:25pm	12/5-12/19	Off Site	\$63/3 Mtgs
29011	Th	6:30pm-7:10pm	12/5-12/19	Off Site	\$63/3 Mtgs
29013	Sa	10:40am-11:20am	12/7-12/21	Off Site	\$63/3 Mtgs
29015	Sa	11:25am-12:05pm	12/7-12/21	Off Site	\$63/3 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.johnnyallen-tennis.com. Ages 3-5. Instructor: Johnny Allen Tennis Staff

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

28843	F	4:15pm-5:00pm	9/27-10/11	MAY	\$45/3 Mtgs
28849	F	4:15pm-5:00pm	10/18-11/1	MAY	\$45/3 Mtgs
28850	F	4:15pm-5:00pm	11/8-11/22	MAY	\$45/3 Mtgs
28851	F	4:15pm-5:00pm	12/6-12/20	MAY	\$45/3 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 2-4.

Instructor: Challenger Sports Staff

28876	Su	12:00pm-12:45pm	10/6-11/24	SM	\$140/8 Mtgs
28934	Su	1:00pm-1:45pm	10/6-11/24	SM	\$140/8 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 basketball basic skills. Participants will receive a complimentary jersey. Instructor: Youth Evolution Basketball Staff

29060	W	5:20pm-5:50pm	10/2-10/30	SM	\$109/5 Mtgs
29064	W	3:00pm-3:30pm	11/13-12/4	SM	\$89/4 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 October 31.**

28888	Th	4:00pm-4:45pm	10/3-11/14	Off Site	\$54/6 Mtgs
28889	Sa	8:45am-9:30am	10/5-11/9	Off Site	\$54/6 Mtgs
28929	Th	4:00pm-4:45pm	1/9-1/23	Off Site	\$27/3 Mtgs
28930	Sa	8:45am-9:30am	1/11-1/25	Off Site	\$27/3 Mtgs

Arts & Crafts

Santa's Helpers



Bring your 3 to 6 year old to Santa's Helpers! We will be making gifts for your entire family. Presents will be made and wrapped and ready to go under the tree! Participants will get messy, please wear old clothes. Parents will not be participating. Instructor: April Berg

- **A \$15 materials fee is payable to the instructor in class.**

28676	M	10:00am-11:30am	11/4-11/18	CTR	\$35/3 Mtgs
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Tot Lot Registration Continues at Lakewood Parks

Tot Lot, a parent cooperative program for children 18 months up until kindergarten, is held at Del Valle and Mayfair Parks during the fall, winter and spring. Tot Lots meet Monday - Friday, 9:30 - 11:30 a.m. in the fenced preschool play area of each park. Parents are responsible for each Tot Lot's operation and work a rotating schedule to supervise the play area and planned activities.



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.

A limited number of visitors are allowed in the play area during organized Tot Lot activities, limited to one visit per month. Visitors must follow the Tot Lot rules. For more information, visit www.lakewoodcity.org/TotLot, contact a city park where Tot Lot is scheduled, or call 562-866-9771 ext. 2408.

Registration Information

FALL/WINTER CALENDAR

Resident Registration begins:
Thursday, August 29

Non-Resident Registration Begins:
Monday, September 9

Most Classes Begin Week Of:
Monday, September 30

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 above event/program to ensure that reasonable arrangements can be made to provide accessibility to the event/program or other reasonable auxiliary aids or services may be provided.

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



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



PHONE-IN

562-866-9771, ext. 2408

Credit cards only

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

REFUND POLICY

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

TRANSACTION FEE

A non-refundable \$2.32 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.
562-896-2373
- 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.

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

LIFE Form

(Lakewood Individual & Family Enrollment) Form



CITY OF LAKEWOOD RECREATION & COMMUNITY SERVICES

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

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

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

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

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

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

Activity #	Last Name	First Name	Activity Name	Sex M/F	Birth Date mm/dd/yy	Start Date	Fee
1.							
2.							
3.							
4.							
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	\$2.32
						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
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CITY OF LAKEWOOD

5050 Clark Avenue
Lakewood, CA 90712

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RESIDENTIAL CUSTOMER

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Saturday, Oct. 12

2-8 P.M.

at Lakewood Center



Featuring:

Lakewood's Multicultural Food & Music Festival

Music & Dance - Family Fun Zone - Craft Village - Children's Cultural Booth

www.Lakewoodcity.org/Fest-of-ALL

LAKWOOD'S FEST-OF-ALL



Saturday, Oct. 19

Mayfair Park • 5720 N. Clark Ave.

9 a.m.-3 p.m.

Lakewood's Lollipop Lane craft boutique has three rooms and outdoor spaces with over 100 vendors selling handmade crafts and gift items. Free parking and admission. A free shuttle service will be available from 9 a.m. to 3:30 p.m. and will run every 15 minutes from the City Hall east parking lot, (5050 N. Clark Ave.) to Mayfair Park (5720 Clark Ave.).

HALLOWEEN Carnivals

Thursday, Oct. 31 • 6 - 8:30 p.m.

Game Booths • Special Contests • Prizes & Candy
Haunted House at Bolivar, Del Valle, Palms and San Martin Parks

Volunteers are needed to run carnival booths and assist with the haunted houses.
Sign up at www.lakewoodcity.org/HalloweenVolunteers.