

City of Lakewood
Recreation and Community Services

SUMMER 2024

Recreation Catalog



in the



- ▶ Classes and Park Activities Begin Monday, June 17, 2024
- ▶ Register Now at Lakewoodcity.org/ecatalog

Parks Make Life Better!



CITY OF LAKEWOOD **RECREATION & COMMUNITY SERVICES**

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

GATHERING PLACES – By providing places for learning and socializing.

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

PLAY – By offering safe playgrounds and play spaces.

NATURE – By providing beautiful landscaping and open space.

EXERCISE – By providing opportunities for healthy exercise.

POSITIVE SPACES – By offering supervised places for our community.

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Park Hours of Operation can be found on page 29.

SUMMER CALENDAR

Resident Registration
is going on now.

Non-Resident Registration Begins:
Monday, June 3

Most Classes Begin Week Of:
Monday, June 17

Summer is here, and once again the City of Lakewood's Recreation and Community Services Department has an exciting schedule of classes, camps and community events planned to make this an unforgettable summer!

The popular Finally It's Friday series of events returns (pg. 38) and is filled with a variety of special events scheduled throughout the summer, including Movie Nights Under the Stars, Parents Night Out/ Kids Night In, Family Scavenger Hunt, and many more that are sure to please the entire family.

Day Camp at Monte Verde Park will make its return this summer. Additionally, the Summer Camp section (pgs. 18-21) features many other opportunities for children of various ages to participate in weekly camps centered around different themes, including sports, fitness, fine arts and science.

For more information on Lakewood's recreation programs and services visit www.lakewoodcity.org/recreation or call the Recreation and Community Services Department at 562-866-9771 ext. 2408.

SUMMER CITY OF LAKEWOOD... CONCERTS IN THE PARK

THURSDAYS
June 13 - Aug. 8
6:30 to 8 p.m.
No concert July 4

<p>JUNE 13</p>  <p>STONE SOUL Motown/Soul</p>	<p>JUNE 20</p>  <p>HOLLYWOOD U2 U2 Tribute</p>	<p>JUNE 27</p>  <p>SMITH COUNTRY BAND Country</p>	<p>JULY 11</p>  <p>SMOKIN' COBRAS Classic Rock</p>
<p>JULY 18</p>  <p>STEVIE NICKS ILLUSION Fleetwood Mac Tribute</p>	<p>JULY 25</p>  <p>THE EAGLES RONSTADT EXPERIENCE Eagles & Linda Ronstadt Tribute</p>	<p>AUG. 1</p>  <p>OC GROOVE Funk/Soul/R&B/Blues</p>	<p>AUG. 8</p>  <p>KNYGT RYDER 80s</p>

DEL VALLE PARK

5939 Henrilee Street
(Woodruff Ave. at Arbor Rd.)

Woodruff service road will remain open until 5:30 p.m. for patron drop-off.

Bring the entire family to enjoy the sounds of summer at the concerts in the park. All season long, Del Valle Park will come alive with fabulous musical acts for your entertainment pleasure. There will be 8 weekly concerts including tributes to U2, Fleetwood Mac, Eagles & Linda Ronstadt, 80s and more!

Dinner and refreshments will be sold at each concert, so bring your picnic blanket and have dinner with your friends and neighbors while listening to fantastic live entertainment. Summer Concerts in the Park are supported by area businesses and concert patrons. Please remember that dogs, alcohol, smoking and barbecues are not allowed.

CONCERT IN THE OUTFIELD Featuring **THE TRIP**
Sept. 13 • 6:30-8 p.m.
PLAY Palms Park
12305 207th St., Lakewood



Special Thanks to our Platinum and Gold Sponsors

PLATINUM

- Kenny's Auto Body & Towing
- LBS Financial Credit Union
- Rotary Club of Lakewood
- Piazza McDonald's Family Restaurant
- Lakewood Family YMCA
- Admiral Pest Control
- Lakewood Pan American Association
- EDCO
- Dave Smith RE/MAX
- Lakewood Heating & Air Conditioning Inc.
- H & H Nursery
- Lakewood LIONS Club

GOLD

- VCA Lakewood Animal Hospital
- Law Office of Sandra Diaz
- Water Replenishment District
- Lakewood Women's Club
- The Rinks - Lakewood Ice
- Metropolitan Water District of Southern California
- Sky Zone Cerritos

Adult Fitness and Sports

Fitness Classes

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

Aqua Aerobics

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

• No class July 2 & 4.

28265	T	6:40pm-7:30pm	6/18-7/30	MPL	\$44/6 Mtgs
28267	Th	6:40pm-7:30pm	6/20-8/1	MPL	\$44/6 Mtgs

Aqua Zumba

Grooving to the beats of salsa, flamenco and merengue music feels more like a dance party than a workout...especially when you add water! This is exactly what makes Aqua Zumba so popular. Easy on the joints and intense on the fun. This is a summer workout that can't be beat! Join the party today! Instructor: Kick It Up Staff

28264	M	6:40pm-7:30pm	7/8-8/26	MCP	\$58/8 Mtgs
28266	W	6:40pm-7:30pm	7/10-8/28	MCP	\$58/8 Mtgs

Basic Yoga

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

28178	M	6:00pm-7:00pm	7/8-7/29	WSC	\$48/4 Mtgs
28180	Th	6:30pm-7:30pm	7/11-8/1	MVP	\$48/4 Mtgs
28182	M	6:00pm-7:00pm	8/5-8/19	WSC	\$36/3 Mtgs
28186	Th	6:30pm-7:30pm	8/8-8/22	MVP	\$36/3 Mtgs
28183	M	6:00pm-7:00pm	9/9-9/23	WSC	\$36/3 Mtgs
28187	Th	6:30pm-7:30pm	9/12-9/26	MVP	\$36/3 Mtgs

Capoeira

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

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

• No class June 26 and September 16.

28150	M,W	7:00pm-8:15pm	6/17-7/10	MAY	\$70/7 Mtgs
28151	M,W	7:00pm-8:15pm	7/15-7/31	MAY	\$60/6 Mtgs
28152	M,W	7:00pm-8:15pm	8/5-8/28	MAY	\$80/8 Mtgs
28153	M,W	7:00pm-8:15pm	9/4-9/25	MAY	\$60/6 Mtgs

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

THE Summer Stampede
~CAR SHOW~
Sunday, Sept. 29
9am - 2pm @ Mayfair Park
For more info call 562-531-9733 or visit: www.lakewoodchamber.com
sponsored by

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

28286	W	7:15pm-8:15pm	6/19-6/26	CTR	\$30/2 Mtgs
28287	W	7:15pm-8:15pm	7/10-7/31	CTR	\$60/4 Mtgs
28288	W	7:15pm-8:15pm	8/7-8/28	CTR	\$60/4 Mtgs
28289	W	7:15pm-8:15pm	9/4-9/25	CTR	\$60/4 Mtgs

Tai Chi for Health & Wellness

Tai Chi is an exercise method coordinating breath, movement and relaxation while improving and increasing the body's energy. Students will learn the Yang Short Form and other health exercises. Tai Chi reduces stress, improves circulation and balance, increases strength and more. Qigong (energy work) will also be practiced. Ages 15 and up. Instructor Richard Mieir-King is certified in his field, practicing since 1971, and is a wellness consultant. Visit www.KingsTaiChi.com.

• No class July 4.

28282	Th	6:00pm-7:00pm	6/20-8/1	WSC	\$60/6 Mtgs
28284	Th	6:00pm-7:00pm	8/8-9/12	WSC	\$60/6 Mtgs

Yin Yoga

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

28179	M	7:00pm-8:00pm	7/8-7/29	WSC	\$48/4 Mtgs
28181	Th	7:30pm-8:30pm	7/11-8/1	MVP	\$48/4 Mtgs
28184	M	7:00pm-8:00pm	8/5-8/19	WSC	\$36/3 Mtgs
28188	Th	7:30pm-8:30pm	8/8-8/22	MVP	\$36/3 Mtgs
28185	M	7:00pm-8:00pm	9/9-9/23	WSC	\$36/3 Mtgs
28189	Th	7:30pm-8:30pm	9/12-9/26	MVP	\$36/3 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.

28115	W	5:45pm-6:45pm	7/3-7/24	CTR	\$40/4 Mtgs
28124	W	5:45pm-6:45pm	7/31-8/21	CTR	\$40/4 Mtgs
28125	W	5:45pm-6:45pm	8/28-9/25	CTR	\$50/5 Mtgs

Sports Instruction

Kung Fu - Health, Self Defense and Martial Arts

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

• No class July 4.

28283	Th	7:00pm-9:00pm	6/20-8/1	WSC	\$60/6 Mtgs
28285	Th	7:00pm-9:00pm	8/8-9/12	WSC	\$60/6 Mtgs

Learn to Ice Skate (Adult)

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

• Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.
• Registration also includes two public session passes that can be redeemed during your class session.

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

• No class July 3, 4 & 6.

28364	W	5:45pm-6:25pm	6/26-7/24	Off Site	\$84/4 Mtgs
28367	W	6:30pm-7:10pm	6/26-7/24	Off Site	\$84/4 Mtgs
28370	Th	5:45pm-6:25pm	6/27-7/25	Off Site	\$84/4 Mtgs
28373	Th	6:30pm-7:10pm	6/27-7/25	Off Site	\$84/4 Mtgs
28376	Sa	10:40am-11:20am	6/29-7/27	Off Site	\$84/4 Mtgs
28379	Sa	11:25am-12:05pm	6/29-7/27	Off Site	\$84/4 Mtgs
28382	W	5:45pm-6:25pm	7/31-8/21	Off Site	\$84/4 Mtgs
28384	W	6:30pm-7:10pm	7/31-8/21	Off Site	\$84/4 Mtgs
28386	Th	5:45pm-6:25pm	8/1-8/22	Off Site	\$84/4 Mtgs
28388	Th	6:30pm-7:10pm	8/1-8/22	Off Site	\$84/4 Mtgs
28390	Sa	10:40am-11:20am	8/3-8/24	Off Site	\$84/4 Mtgs
28392	Sa	11:25am-12:05pm	8/3-8/24	Off Site	\$84/4 Mtgs
28383	W	5:45pm-6:25pm	9/4-9/25	Off Site	\$84/4 Mtgs
28385	W	6:30pm-7:10pm	9/4-9/25	Off Site	\$84/4 Mtgs
28387	Th	5:45pm-6:25pm	9/5-9/26	Off Site	\$84/4 Mtgs
28389	Th	6:30pm-7:10pm	9/5-9/26	Off Site	\$84/4 Mtgs
28391	Sa	10:40am-11:20am	9/7-9/28	Off Site	\$84/4 Mtgs
28393	Sa	11:25am-12:05pm	9/7-9/28	Off Site	\$84/4 Mtgs



These Lakewood facilities have air conditioning

Call for hours of operation

- Bloomfield Park – 21420 Pioneer Blvd. (562) 865-1717
- Mayfair Park – 5720 Clark Ave. (562) 866-4776
- Weingart Senior Center – 5220 Oliva Ave. (562) 630-6141*
- Burns Community Center – 5510 Clark Ave. (562) 925-7512*

*A/C available during normal operating hours.

For information on places to cool down go to www.lakewoodcity.org/cooling or call the Recreation and Community Services Department at (562) 866-9771, ext. 2408.

Transportation is available to those who qualify through the City's DASH Transit program. Call (562) 924-0149 for more information.



The City of Lakewood is in the process of developing a **Parks, Recreation and Community Services Long Range Plan**. As an initiative of the City Council's 2024 Fiscal Year Budget, the Long Range Plan will help guide the city in resource allocation and decision making through the next decade.

To follow along with the progress of the Long Range Plan development, please visit:

www.lakewoodcity.org/ParksLRP

where staff will provide ongoing reports and updates.

The Long Range Plan is anticipated to take 18 months and will be adopted by the City Council near the end of 2024. The plan will ensure the highest level of parks, recreation and community services are delivered to Lakewood residents now and into the future.



Pickleball: Adult Beginning

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

28354 W 11:00am-1:00pm 7/3-7/24 MAY \$165/4 Mtgs

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 Staff

28355 W 11:00am-1:00pm 8/7-8/28 MAY \$165/4 Mtgs

Pickleball: Match Play - *New!* 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 Staff

28356 W 11:00am-1:00pm 9/4-9/25 MAY \$99/4 Mtgs

Adult Fitness and Sports

Tennis Classes

Adult Cardio Tennis Class

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

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

• **No class July 5.**

28158	F	8:00pm-9:00pm	6/21-7/12	MAY	\$49/3 Mtgs
28202	F	8:00pm-9:00pm	7/19-8/2	MAY	\$49/3 Mtgs
28203	F	8:00pm-9:00pm	8/9-8/23	MAY	\$49/3 Mtgs
28204	F	8:00pm-9:00pm	8/30-9/13	MAY	\$49/3 Mtgs

Tennis Clinic - Adult Beginning

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: Lakewood Tennis Center Staff

- **Location: Lakewood Tennis Center, 4212 Clubhouse Dr., Lakewood.**
- **Bring tennis racket and two unopened cans of heavy duty balls.**
- **Proper tennis shoes required - no basketball or running shoes.**
- **Pre-registration required.**

28002	Sa	9:00am-10:00am	6/22-8/10	Off Site	\$99/8 Mtgs
28013	Sa	9:00am-10:00am	8/17-9/28	Off Site	\$88/7 Mtgs

Tennis Clinic - Adult Int./Adv.

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

- **Location: Lakewood Tennis Center, 4212 Clubhouse Dr., Lakewood.**
- **Bring tennis racket and two unopened cans of heavy duty balls.**
- **Proper tennis shoes required - no basketball or running shoes.**
- **Pre-registration required.**

28014	Sa	10:00am-12:00pm	6/22-8/10	Off Site	\$150/8 Mtgs
28015	Sa	10:00am-12:00pm	8/17-9/28	Off Site	\$136/7 Mtgs

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

If class fee is:

\$0 - \$10	no additional fee
\$11 - \$29	add additional \$5 non-resident fee
\$30 - \$59	add additional \$10 non-resident fee
\$60 and over	add additional \$15 non-resident fee

Summer Family Picnics

Lakewood parks are a great place for a summer picnic with family and friends!



Picnic shelters are FREE for Lakewood residents to reserve:

Saturdays from 9 a.m. - 6 p.m.

Sundays & Holidays from Noon - 6 p.m.

Reservations can be made up to two months in advance.

See page 42 for the list of park contact information.

Vets, Pets & Regrets

<p>Please Respect our Veterans</p>	<p>More Pets Go Missing July 4th Than Any Other Day</p>
	
<p>Do Not Use Illegal Fireworks</p>	<p>DO NOT USE ILLEGAL FIREWORKS</p>

Lakewood, like many communities, allows the use of "safe-and-sane" fireworks approved by the State Fire Marshal on the day of July 4th only. These are fireworks that do not explode or go into the air. Their sound does not travel far. And families can enjoy them responsibly as part of a fun... and safe...July 4th celebration.

However, some people make the fateful decision each year to purchase and use fireworks that are illegal in California for personal use. These include skyrockets and explosives...all of which are illegal in California and dangerous to use...especially in highly populated, residential neighborhoods like Lakewood.

If you're thinking of using illegal fireworks, did you know:

- Some combat veterans with Post Traumatic Stress Disorder (PTSD) can be traumatized by illegal fireworks. A Marine veteran of two tours in Iraq said he can prepare for events like the annual fireworks display his hometown puts on at a certain time. But the sudden rat-tat-tat of firecrackers set off by neighbors throughout the night transports him back to Baghdad and sets him on edge.
- Pets can also be traumatized by loud fireworks...and more pets run away from home and are lost on July 4th than on any other day.

LAKWOOD



Fall Season

Registration dates: August 5 - 23

Women's Volleytennis

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

League Dates: September 23 - December 2

Adult Softball

Adult softball leagues are scheduled and organized as follows:

Men's Single Wall Bat - Friday evenings

Senior Men's Single Wall Bat (50+) - Sun. mornings

Co-ed Single Wall Bat - Thu. evenings & Sun. afternoons

League Dates: September 22 - December 13

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.

Adult Pickleball



Mayfair Park
Mondays, Wednesdays & Fridays, 9-11 a.m.
Tuesdays & Thursdays, 6-8 p.m.

Bolivar Park
Wednesdays & Fridays, 6-8 p.m.

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

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 4 - November 14.

Active+/Adult/Teen Basketball

Looking for a comfortable gymnasium to play basketball in on Wednesday evenings? Come out to the Hoover Middle School Gymnasium and get your game on! Drop in play will be organized and monitored by recreation staff.

 **Active+ Free Play***
Mondays

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

Adult/Teen Free Play*
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

*Check for closures at www.lakewoodcity.org/sports

Adult Dance



2-Step/Country Swing

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

27984	W	7:00pm-8:00pm	6/19-7/24	WSC	\$36/6 Mtgs
27987	W	7:00pm-8:00pm	8/14-9/18	WSC	\$36/6 Mtgs

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.

Instructor: Fahtiem

• No class July 3.

28074	W	6:30pm-7:30pm	6/26-7/31	BLM	\$49/5 Mtgs
28075	W	6:30pm-7:30pm	8/28-9/25	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.

• Class on June 20 and August 29 will meet at Palms Park.

• No class on July 4.

28095	Th	7:45pm-8:45pm	6/20-7/11	BLM	\$27/3 Mtgs
28109	Th	7:45pm-8:45pm	7/18-8/8	BLM	\$35/4 Mtgs
28110	Th	7:45pm-8:45pm	8/15-9/5	BLM	\$35/4 Mtgs

Line Dance

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

27983	W	6:00pm-7:00pm	6/19-7/24	WSC	\$36/6 Mtgs
27986	W	6:00pm-7:00pm	8/14-9/18	WSC	\$36/6 Mtgs

Line Dance Workshop

Let's line dance! We will try some new dances and dance the ones we already know. Some experience will help. For ages 18 and up.

Instructor: Janet Karter

27985	W	6:00pm-8:00pm	7/31	WSC	\$14/1 Mtg
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Just **15-30 MINUTES** a day!

Most of us know that exercise plays an important role in weight management and good health. While 15 minutes of exercise a day is a good start, more is better. If you are just starting out, most of the Lakewood parks have a mile-long fitness route. Walking briskly, you can cover a mile in 15 minutes. Do this twice a day and you will be ahead of the game; forging a path towards incorporating fitness into your daily routine. Growing old gracefully requires keeping healthy and staying active. Let Lakewood parks help you in this quest.

Biscailuz Park – The perimeter of the park measures one-third of one mile.

Bloomfield Park – A half-mile route. See map at park for exact route.

Bolivar Park – The sidewalk around the perimeter of the park measures one-half mile.

Boyar Park – A half-mile route uses the perimeter of the park on the south side of Del Amo. See map at the park for exact location.

Del Valle Park – The sidewalk around the perimeter of the park measures 5/8 of one mile. Two laps is 1.25 miles.

Mayfair Park – A route measuring one-half mile has been designed using the south portion of the park. See map at park for exact route.

Palms Park – This fitness loop is 2/3 of one mile. See map at park for exact route.

Rynerson Park – The foot path is 1-mile long.

San Martin Park – The sidewalk around the park's perimeter measures .55 mile. Two laps is 1.1 miles.

The Nature Trail – The trail is 3 miles long (from Candlewood to Carson round trip).

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.

28176 Th 6:30pm-7:30pm 7/11-8/15 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.

28442 Sa 7:30am-2:00pm 8/24 BCC \$37/1 Mtg

Lakewoodcity.org

Click to the city's website for access to Lakewood's 24-hour city hall. You'll find recreation classes, an events calendar, online forms for city services and news about Lakewood.

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

\$0 - \$10
\$11 - \$29
\$30 - \$59
\$60 and over

If class fee is:
no additional fee
add additional \$5 non-resident fee
add additional \$10 non-resident fee
add additional \$15 non-resident fee

Public Safety Information

Public Safety and Emergency Preparedness Expo

Saturday, September 28
10:30 a.m. - 2 p.m.
South East parking lot of
City Hall on Del Amo Blvd



Bring your family and friends to this interactive, educational and fun family event. Live demonstrations by emergency personnel and law enforcement, interactive emergency response vehicles, informational and interactive booths from public safety and emergency service agencies, farmers market and more!

Don't miss out on this free family friendly event! For more information, contact the Public Safety Department at 562-866-9771 x 2114 or email crimeprevention@lakewoodcity.org.

READY TO HELP PREVENT CRIME?

Crime prevention is up to all of us! Make new friends and reconnect with your neighbors by joining Lakewood's Neighborhood Watch program. Block captains and their neighbors are supported in their crime prevention efforts by Lakewood's Public Safety Department and members of Lakewood's Special Assignment Officer (SAO) team. If you and your neighbors are interested, all you have to do is make the call! 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.



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

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



Visit Alert.LACounty.gov
to Register



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

Adult Special Interest

Arts & Crafts

Beginning Crocheting or Knitting

Crocheting and knitting have become popular lately, but it's hard to learn from YouTube, so join this class for personalized instruction and attention! Students will learn the basics of knitting or crocheting while making their choice of a small project, and ideas for the next project will be discussed. Instructor: Candace Broeker

• **Location: Stitches in Time, 16525 Bellflower Blvd, Bellflower.**

• **A \$20 materials fee is due in class.**

28463 Sa 3:00pm-5:00pm 6/22-6/29 Off Site \$45/2 Mtgs

Cake Decorating - Building Buttercream Skills (Course 1)

Fresh inspiration and trendy cake decorating styles are presented in this 4-week class. Learn core buttercream decorating techniques that will give you extraordinary results. Please come prepared by bringing all items listed on the supply list. Supplies not included.

Instructor: Lakyn Wynn.

• **Class supply list available at PlumForest.com/cake-courses.**

• **\$5 materials fee for handouts (exact cash only) due in class.**

• **This class is a prerequisite for Course 2 & 3.**

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

28351 W 6:30pm-8:00pm 6/19-7/10 WSC \$120/4 Mtgs

Cake Decorating - Flowers & Cake Design (Course 2)

This 4-week course builds on skills learned in Building Buttercream Skills (Course 1). Learn how to select colors, arrange flowers, and work with royal icing, which is the ideal icing for creating decorations in advance. Plus you'll learn how to make amazing flowers, such as pansies, lilies and more! By the end of this class you will be able to design a professional-looking cake! Please come prepared by bringing all items listed on the supply list. Instructor: Lakyn Wynn.

• **Class supply list available at PlumForest.com/cake-courses.**

• **A \$5 materials fee for handouts (exact cash only) due in class.**

• **Building Buttercream Skills is a prerequisite for this course.**

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

28352 W 6:30pm-8:00pm 7/17-8/7 WSC \$120/4 Mtgs

Cake Decorating - Gum Paste & Fondant (Course 3)

This course will help you become an accomplished cake decorator! Learn to work with fondant, make gum paste decorations and much more. Please come prepared by bringing all items listed on the supply list. Instructor: Lakyn Wynn.

• **Class supply list available at PlumForest.com/cake-courses.**

• **A \$5 materials fee for handouts (exact cash only) is due in class.**

• **Building Buttercream Skills is a prerequisite for this course.**

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

28353 W 6:30pm-8:00pm 8/14-9/4 WSC \$120/4 Mtgs

ARE YOU A LOCAL MOM?

Connect with others through
MOMCODE Lakewood Circle.

For more information email us at
momcodelakewoodcircle@gmail.com

Exploring Watercolor and Acrylic Painting

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

Instructor: Clyde San Juan

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

• **Please be sure to include your current email address when registering.**

• **No class July 17.**

27956 W 10:00am-11:30am 6/19-8/14 CTR \$160/8 Mtgs

27955 W 1:30pm-3:00pm 6/19-8/14 CTR \$160/8 Mtgs

27959 W 3:30pm-5:00pm 6/19-8/14 CTR \$160/8 Mtgs

27957 W 10:00am-11:30am 8/21-9/25 CTR \$120/6 Mtgs

27958 W 1:30pm-3:00pm 8/21-9/25 CTR \$120/6 Mtgs

27960 W 3:30pm-5:00pm 8/21-9/25 CTR \$120/6 Mtgs

Granny "Square" Mini Christmas Sock and Advent Calendar

Late summer is the perfect time to start making things for Christmas! This mini sock is made using a 5-sided granny motif, easy and quick to make. Make 25 for an Advent Calendar wreath or banner, or use them for individual decorations or gift card holders. In class students will make one sock and discuss finishing ideas for the wreath and/or banner. Instructor: Candace Broeker

• **Location: Stitches in Time, 16525 Bellflower Blvd, Bellflower.**

• **A \$12 materials fee is due in class.**

• **Bring or plan to purchase size H crochet hook.**

28464 Sa 3:00pm-5:00pm 8/17-8/24 Off Site \$35/2 Mtgs

Morning Sewing Circle

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

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

• **No class July 2.**

28053 T 10:00am-2:00pm 6/18-8/6 CTR \$29/7 Mtgs

28054 T 10:00am-2:00pm 8/13-9/24 CTR \$29/7 Mtgs

Low Fire Ceramic Pottery

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

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

• **No class July 5.**

28473 F 6:30pm-8:30pm 6/21-7/12 CTR \$50/3 Mtgs

28474 F 6:30pm-8:30pm 7/19-8/2 CTR \$50/3 Mtgs

28475 F 6:30pm-8:30pm 8/9-8/23 CTR \$50/3 Mtgs

28476 F 6:30pm-8:30pm 9/6-9/20 CTR \$50/3 Mtgs



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.

28459	T	6:45pm-9:00pm	7/9-8/6	CTR	\$55/5 Mtgs
28461	T	6:45pm-9:00pm	8/27-9/24	CTR	\$55/5 Mtgs

Pottery (Int./Adv.)

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

• A \$25 lab fee and \$10 glaze fee are payable to the instructor in class.

28460	W	6:45pm-9:00pm	7/10-8/7	CTR	\$55/5 Mtgs
28462	W	6:45pm-9:00pm	8/28-9/25	CTR	\$55/5 Mtgs

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 July 4.

28161	Th	10:00am-12:30pm	6/20-8/8	CTR	\$29/7 Mtgs
28162	Th	10:00am-12:30pm	8/15-9/26	CTR	\$29/7 Mtgs

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.

28279	T	8:30pm-9:30pm	6/18-7/30	BOL	\$75/7 Mtgs
28281	T	8:30pm-9:30pm	8/6-9/17	BOL	\$75/7 Mtgs

EVENTS BY

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 THE CENTRE
5000 Clark Avenue



Monte Verde Park | 4626 N. Shadeway Road

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.

Senior Programs & Class Information

All classes, programs, and daily activities are held at the Weingart Senior Center. Many classes are free and low cost, however some classes require a nominal fee. A complete schedule of programs and classes can be obtained at the Weingart 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 • Ballroom/Social Dance
• Holiday Parties with live entertainment

Improve Balance, Stamina and more

Fitness Room Hours:

Monday-Friday 9:00 a.m.-3:00 p.m.

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

FREE!

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.

Older Adult Programming Hours:

Weingart Senior Center (WSC)

M – F 9:00 a.m. – 5:30 p.m.
Sat 9:00 a.m. – 1:00 p.m.
Sun Closed



42nd Annual Fall Craft Show

On Saturday, September 28, from 10 a.m. - 3 p.m., the Weingart Senior Center will host its 42nd Annual Fall Craft Show. 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.** A valid seller's permit is required. Refreshments will be on sale throughout the day. For table prices and further information, please contact the Weingart Senior Center after August 5 at (562) 630-6141.

32nd Annual Senior Health Fair

On Friday, June 21, from 10 a.m. – 12 noon, the Weingart Senior Center is hosting its 32nd Annual Senior Health Fair. The fair is free and open to the public. Health related information and free screenings will be available throughout the afternoon. For more information, please call 562-630-6141.



Older Adult Programs & Services

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.



Human Services Association

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**





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

* No Class Thursday, July 4 & Monday, Sept. 2

Active+ Basketball Free Play

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

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

Last day of play will be Monday, Aug. 26.

Play resumes Nov. 18

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

Bunco Party

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

28453 F 5:30pm-8:00pm 7/12 BCC \$5/1 Mtg
28454 F 5:30pm-8:00pm 9/6 BCC \$5/1 Mtg

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 July 19 will be painting an Air Balloon Adventure.

• Class on September 13 will be painting a Sweet and Spooky Pumpkin.

28455 F 6:30pm-8:30pm 7/19 BCC \$10/1 Mtg
28456 F 6:30pm-8:30pm 9/13 BCC \$10/1 Mtg

Patriotic Felt Wreath

New!

Come decorate a fun and festive wreath perfect for the 4th of July. Participants will decorate a foam wreath with red, white and blue felt squares and stars. All materials will be provided. Instructor: City Staff

28427 F 4:00pm-6:00pm 6/28 BCC \$15/1 Mtg

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 July 4 & 29, Aug. 1 & 5, and Sept. 2.

Tech Talk

FREE!

Every other Thursday, 4-5 p.m.

Dates: June 27, July 11 & 25, Aug. 8 & 22, Sept. 5 & 19. Do you have a gadget (smartphone, ipad, etc.) that is making you crazy?

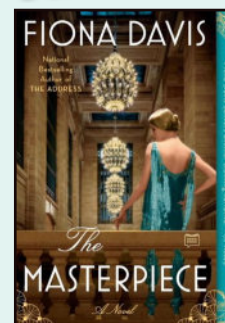
Bring it in and let our technological experts show you some tricks to make life with your gadget easier.

BURNS BOOK CLUB

FREE!

July 3, Aug. 7 and Sept. 4
1-3 p.m.

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





Gentle Yoga

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

• Please bring your own yoga mats, blocks and cushions to class.

28036	M,W	5:00pm-6:00pm	6/17-6/26	BCC	\$48/4 Mtgs
28037	M,W	5:00pm-6:00pm	7/1-7/24	BCC	\$96/8 Mtgs
28038	M,W	5:00pm-6:00pm	8/12-8/28	BCC	\$72/6 Mtgs
28039	M,W	5:00pm-6:00pm	9/4-9/25	BCC	\$84/7 Mtgs

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 July 20 will be decorating Fun in the Sun Cookies.

• Class on August 30 will be decorating Back to School Cookies.

• Registration closes the Wednesday prior to class.

28457	Sa	10:00am-12:00pm	7/20	BCC	\$10/1 Mtg
28458	F	6:30pm-8:30pm	8/30	BCC	\$10/1 Mtg

Trivia Night *New!*

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

28076	Th	6:00pm-8:00pm	6/20	BCC	\$5/1 Mtg
28077	Th	6:00pm-8:00pm	8/15	BCC	\$5/1 Mtg

Lap Swim 50+

For ages 50 and over. One person per lane. Lanes are short width of swimming pool.

• No class July 7.

28082	Su	11:00am-11:50am	6/16-7/21	MPL	\$10/5 Mtgs
28083	Su	11:00am-11:50am	7/28-8/25	MPL	\$10/5 Mtgs

Water Aerobics 50+

It's going to be a long hot summer! Stay healthy and active! Burn fat while doing moves that will shape and sculpt your body with zero stress to the joints! This class is for ages 50 and older. Instructor: City Staff

• No class July 7.

28084	Su	12:00pm-12:50pm	6/16-7/21	MPL	\$30/5 Mtgs
28085	Su	12:00pm-12:50pm	7/28-8/25	MPL	\$30/5 Mtgs

AARP Smart Driver Course

Aug. 20 & 21 • Sept. 17 & 18
12 - 4 p.m.

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

Fee: \$20 for AARP Members
\$25 for Non-AARP Members

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

BACKPACK PROGRAM



TO DONATE

Drop off new backpacks and school supplies to:

- Burns Community Center, 5510 Clark Avenue, M-F, 7 a.m. to 6 p.m. or
- Recreation Department at City Hall, 5050 Clark Avenue, M-F, 7:30 a.m. to 5:30 p.m.
- Visit our Amazon Wish List at www.lakewoodcity.org/backpackwishlist

Please bring donations no later than Monday, July 29

TO REGISTER

- Must be a Lakewood resident
- Children, ages 3-18, (preschool through high school) qualify to receive a backpack
- Call the Burns Community Center to register at 562-925-7512
- Current utility bill or government reward letter with Lakewood address must be shown upon pickup to receive a backpack



Travel Programs

WELCOME TO THE CITY OF LAKEWOOD'S ADULT TRAVEL GUIDE

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

Griffith Observatory

The Griffith Observatory is filled with opportunities to observe, learn, and be inspired. Check out the amazing live programs in the Samuel Oschin Planetarium (nominal fee). See one of the daily or monthly programs in the Leonard Nimoy Event Horizon. Check out the many exhibits, or enjoy the views of Los Angeles and the Hollywood Sign. Enjoy something to eat or drink at the Café at the end of the Universe (on your own) or buy a fun memento at the Stellar Emporium Gift Shop. Volunteers from the Los Angeles Astronomical Society, the Los Angeles Sidewalk Astronomers, and The Planetary Society will be on hand for a public star party to assist visitors with trying out a variety of telescopes and a chance to get a look at the Sun, Moon, visible planets and other objects. These knowledgeable amateur astronomers will also talk to visitors about the sky and their equipment. Please arrive at 2 p.m. The bus will leave promptly at 2:30 p.m. An adult must accompany children of all ages.

• Last day to register is Monday, July 8, or until filled.

28429 Sa 2:00-11:00pm 7/13 BCC \$35 Per person



Los Angeles Sparks Basketball Game

Come watch the LA Sparks at Crypto.com Arena! Cheer on the Sparks as they take on the New York Liberty. See the three-time WNBA champion Sparks as they make a run to the 2024 playoffs! Enjoy concessions and souvenirs (on your own). Please arrive at 5 p.m. for check in. The bus will leave promptly at 5:30 p.m. An adult must accompany children of all ages.

• Last day to register is Friday, August 23, or until filled.

28430 W 5pm-11:30pm 8/28 BCC \$65 Per person



Pageant of the Masters

The 2024 Pageant of the Masters production of *À La Mode: The Art of Fashion* will revisit some of history's grandest spectacles and fashion trends through the magic of living pictures, unforgettable live music, and engaging storytelling. Whether making an entrance or casting a spell, what people have worn through the ages has always been telling. From the splendors of royal courts to today's catwalks, prepare to be dazzled! Your Pageant ticket also gives you unlimited access to the Festival of Arts Fine Art Show all summer long so you can come back on your own as often as you like to listen to some great music or see and purchase some fabulous art. Bring binoculars and a jacket. Bring a small picnic cooler or dine at one of the cafés (on your own). Please arrive at 5 p.m. The bus will leave promptly at 5:30 p.m. An adult must accompany children of all ages.

• Last day to register is Monday, August 12, or until filled.

28431 Th 5:00-11:30pm 8/15 BCC \$85 Per person

Universal CityWalk *New!*

Explore the excitement of Universal CityWalk! Delight in a day filled with entertainment, amazing restaurants, movies, shopping and much more. Shop at some of your favorite stores including the Dodger Clubhouse Store, and the Super Nintendo World™ Store. Enjoy the unique atmosphere of the Toothsome Chocolate Emporium & Savory Feast Kitchen or grab a bite at the other 25 restaurants including Pink's Famous Hot Dogs. Food, shopping, and activities are on your own. Please arrive at 9:30 a.m. for check in. The bus will leave promptly at 10 a.m. An adult must accompany children of all ages.

• Last day to register is Monday, September 9, or until filled.

28432 Sa 9:30am-6pm 9/14 BCC \$32 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 periodically throughout the program.

Summer Session: June 18 – Aug. 27

*No meeting on July 2.

Activity # 28423

***A small registration fee of \$20 per session is required.**

ARP Events Summer 2024

ARP Dinner & Movie

June 21

6-9 p.m. • \$10

Activity # 28424

ARP Pool Party & Summer BBQ

July 20

4-8 p.m. • \$5

Activity # 28425

ARP Summer Luau

Aug. 16

6-9 p.m. • \$5

Activity # 28426



Special Olympics

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

During the Summer, the City of Lakewood offers Bowling, followed by Softball, Soccer, Tennis and Golf in the Fall. Program registration and medical clearance is required prior to participating.

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

Summer Camps



Camp is offered Monday – Friday, June 10 – Aug. 23
4626 Shadeway Rd., Lakewood

Camp Week	Theme Excursion Destination <small>**Weekly Excursions are subject to change</small>	9 a.m. – 4 p.m. Class # and Fee	Extended Care 7 a.m. – 9 a.m. Class # and Fee	Extended Care 4 p.m. – 6:30 p.m. Class # and Fee
Week 1 June 10–14	Popcorn and S'mores "Movies"	Class #28300 \$175	Class #28301 \$20	Class #28302 \$25
Week 2 June 17–21	Gotta Get That Boom, Boom, Boom "Boomers"	Class #28304 \$200	Class #28305 \$20	Class #28306 \$25
Week 3 June 24–28	Soaring and Flying "Knots"	Class #28307 \$200	Class #28308 \$20	Class #28309 \$25
Week 4 July 1–5 <small>*No camp July 4</small>	Jump up, Jump up, and Get Down "Sky Zone"	Class #28310 \$175	Class #28311 \$16	Class #28312 \$20
Week 5 July 8–12	The Circus Has Come to Town "Raging Waters"	Class #28313 \$200	Class #28314 \$20	Class #28315 \$25
Week 6 July 15–19	The Happiest Week on Earth "Disneyland"	Class #28316 \$275	Class #28317 \$20	Class #28318 \$25
Week 7 July 22–26	Happy Birthday to You! "Soak City"	Class #28319 \$200	Class #28320 \$20	Class #28321 \$25
Week 8 July 29–Aug. 2	Opening Ceremonies "Disney's California Adventure"	Class #28322 \$275	Class #28323 \$20	Class #28324 \$25
Week 9 Aug. 5–9	Diving and Dancing "Wild Rivers"	Class #28325 \$200	Class #28326 \$20	Class #28327 \$25
Week 10 Aug. 12–16	Gamers, Unite! "Skate Express"	Class #28328 \$200	Class #28329 \$20	Class #28330 \$25
Week 11 Aug. 19–23	Fun in the Sun "Beach"	Class #28331 \$175	Class #28332 \$20	Class #28333 \$25

Designed for children 6–12 years of age, who can participate in group settings of 1 adult to 10 children. Weekly camp at Monte Verde Park offers a special event or exciting excursion and camp activities centered around a different weekly theme.

- No camp July 4.
- Non-residents, please add \$15 to weekly camp fee.
- One \$10 T-shirt per child for weekly excursions is required (Class #28303).
- A \$20 fee (per camper) will be charged for cancellation of each weekly camp.
- A \$10 fee (per camper) will be charged for each transfer.

Monte Verde Park Summer Day Camp JUNIOR COUNSELOR PROGRAM



Looking for a memorable volunteer experience this summer? If you are 13 or 14 years old, consider being a junior counselor for the MVP Day Camp. We need mature, responsible and ambitious individuals who are eager to gain valuable leadership skills and job experience. Junior counselors will assist the camp staff in the planning, preparation and supervision of activities including crafts, games, sports and special events. **There is limited space available; therefore, prospective junior counselors and one parent or guardian must attend an orientation on Tuesday, May 28 or Wednesday, May 29 from 5 - 6 p.m. at Monte Verde Park.** Each individual who signs up will be guaranteed one week as a junior counselor. The number of additional weeks for each junior counselor will be based on availability and performance. Registration is \$120 per week and includes a program T-shirt and a weekly excursion. Registration for the weeks where the excursion is to Disneyland and California Adventure is \$150. Non-residents, please add \$15 to weekly camp fee.

***All teen volunteers must complete a Live Scan fingerprint and background screening process prior to volunteering in this program. A parent/guardian signed release is required to complete the Live Scan process.**



Dance Camps

Summer Dance Camp

Join us for fun and creative mornings for your dancing star! Children will have fun singing, dancing, crafting and acting in an interactive camp with a Friday performance for all dancers. Ages 4-8.

Instructor: Kick It Up Staff

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

• **Please bring water and a snack each day to camp.**

• **July 8-12: Bluey Theme**

• **July 15-19: Frozen Theme**

• **July 22-26: Trolls Theme**

• **July 29-August 2: Encanto Theme**

28268 M-F 9:00am-11:30am 7/8-7/12 Off Site \$145/5 Mtgs

28296 M-F 9:00am-11:30am 7/15-7/19 Off Site \$145/5 Mtgs

28297 M-F 9:00am-11:30am 7/22-7/26 Off Site \$145/5 Mtgs

28298 M-F 9:00am-11:30am 7/29-8/2 Off Site \$145/5 Mtgs

Superhero Dance Camp

Join us for a fun and creative Superhero Dance Camp! Children will have fun singing, dancing, crafting and acting in an interactive camp with a Friday performance. Ages 6-10. Instructor: Kick It Up Staff

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

• **Please bring water and a snack each day to camp.**

28299 M-F 12:00pm-2:30pm 7/29-8/2 Off Site \$145/5 Mtgs

Science Camps

Mad Science - Crazy Chemworks

Come and discover what it's like to be a real scientist and work in a Mad Science Lab. Each day we will experiment with different chemicals and tools. Students will explore acids and bases, reveal the secret recipe of slime and examine crystallization. By the end of the week, the Jr. Mad Scientists will have their very own chemistry set. Ages 5-12. Instructor: Mad Science Staff

• **\$30 materials fee due the first day of class.**

27948 M-F 9:00am-12:00pm 6/17-6/21 BLM \$175/5 Mtgs

Mad Science - Galaxy Defenders

Prepare to defend the galaxy with Mad Science! Participants will become Astro-Scientists and will make and take home space copters and flying fizzlers, learn about planets and create their own! Discover the fun involved in rockets and experience an awesome rocket launch. Join now and help our Mad Scientists protect the earth from alien invaders! Ages 5-12. Instructor: Mad Science Staff

• **\$30 materials fee due the first day of class.**

27949 M-F 9:00am-12:00pm 7/8-7/12 BLM \$175/5 Mtgs

Mad Science - Secret Agent Lab

Look out, 007! Mad Science's Secret Agent Lab will help you sharpen your secret spy skills as you learn about the science of sleuthing! Step into the shoes of a detective as they learn all about decoding messages, gathering evidence, checking out spy gear and cracking security systems. Secret science agents will make take-home projects each day for their spy kit. Ages 5-12. Instructor: Mad Science Staff

• **\$30 materials fee due the first day of class.**

27950 M-F 9:00am-12:00pm 8/5-8/9 BLM \$175/5 Mtgs

Summer Camps

Mine, Craft, Build Adventure Game using LEGO Materials

Bring Minecraft to life using LEGO bricks! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, and use these resources to build special items to help in our adventures! Build a Zoo, create a Medieval Castle, and design a Tree House Village! This experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without prior experience with Minecraft or the LEGO building system. Ages 6-11 Instructor: Play-Well TEKnologies Staff

• Please send a bottle of water and a nut-free snack with your child.

28086 M-F 1:00pm-4:00pm 7/22-7/26 LYC \$185/5 Mtgs

STEM + Mine, Craft Build Adventure Game using LEGO

Power on your STEM concepts and Minecraft gaming skills for a full day of LEGO fun! First, build projects inspired by cool machines while applying real-world concepts in physics, engineering and architecture. Then, immerse yourself in the Minecraft universe as you Mine, Craft and Build your way to fun in the Adventure mode of our unique Minecraft gaming experience! Ages 6-11 Instructor: Play-Well TEKnologies Staff

• Please send a bottle of water, some nut-free snacks and lunch with your child.

28087 M-F 9:00am-4:00pm 7/22-7/26 LYC \$300/5 Mtgs

STEM FUNDamentals using LEGO Materials

Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas. Ages 6-11 Instructor: Play-Well TEKnologies Staff

• Please send a bottle of water and a nut-free snack with your child.

28088 M-F 9:00am-12:00pm 7/22-7/26 LYC \$185/5 Mtgs

Fine Arts Camps

Kids Summer Art Camp

Students will make a number of projects including fine art, craft decor, upcycled and crafting through nature. Skills learned will be drawing, painting, sculpture, and creative thinking. Ages 7-12. Instructors: Barbara Hass & Kathryn H

• \$40 materials fee is payable to the instructor in class.

28477 M,F 9:00am-11:00am 6/17, 6/21, 6/24, 6/28 CTR \$75/4 Mtgs

28478 M,F 9:00am-11:00am 7/8, 7/12, 7/15, 7/19 CTR \$75/4 Mtgs

Sports Camps

Beginning Golf Camp

Campers will learn the fundamentals of swinging, putting, body positioning, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided. Ages 5-8. Instructor: Skyhawks Sports Academy

28439 M-F 9:00am-12:00pm 7/22-7/26 SM \$189/5 Mtgs

28441 M-F 9:00am-12:00pm 8/5-8/9 SM \$189/5 Mtgs

Flag Football Camp Fueled by USA Football

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment. Ages 7-12. Instructor: Skyhawks Sports Academy

28440 M-F 9:00am-12:00pm 8/12-8/16 SM \$189/5 Mtgs

Challenger Core Soccer Camp (Full Day)

This full day camp has a perfect balance of those just for fun activities, larger sided games for more tactical knowledge, and individual skill elements such as freestyle! Emphasis is placed upon improving individual dribbling, passing, control and shooting. Includes access to a virtual coaching world, motivating players to practice more at home before, during and after their program on the field! Ages 7-14. Instructor: Challenger Sports Staff

• Camp includes a supervised lunch hour. Campers must bring a lunch.

27977 M-F 9:00am-3:30pm 6/24-6/28 SM \$299/5 Mtgs

27978 M-F 9:00am-3:30pm 7/15-7/19 SM \$299/5 Mtgs

Challenger Core Soccer Camp (Half Day)

This half day camp features complete technical player development featuring practices from around the world as part of our international camp curriculum. Children will enjoy the World Cup small-sided game element to our daily camp session as well! Includes access to a virtual coaching world, motivating players to practice more at home before, during and after their program on the field! Ages 5-14. Instructor: Challenger Sports Staff

27979 M-F 9:00am-12:00pm 6/24-6/28 SM \$220/5 Mtgs

27980 M-F 9:00am-12:00pm 7/15-7/19 SM \$220/5 Mtgs

TinyTykes Challenger Soccer Camp

The TinyTykes Challenger Soccer Camp is a fun introduction to soccer influenced by the very popular year-round TinyTykes curriculum. Camp includes games, activities, and adventures to introduce and develop coordination, balance, running, stopping, turning, kicking, dribbling, throwing and catching. Soccer meets smiles, your little one is sure to enjoy their time on the pitch! Includes access to an online library of at home videos, motivating young players to continue learning before, during and after their session! Ages 2-4. Instructor: Challenger Sports Staff

27981 M-F 8:00am-8:45am 6/24-6/28 SM \$140/5 Mtgs

27982 M-F 8:00am-8:45am 7/15-7/19 SM \$140/5 Mtgs

Stay Cool Ice Skating Camp

Beat the summer heat and have fun learning the basics of ice skating. With a combination of on-and-off ice activities, your camper will learn about both figure and hockey skates, basic equipment, how to get on the ice and move comfortably and safely, engage in exercises, art, games and more! Whether shooting a puck for the first time or trying their first spin, your camper will have an opportunity to experience a wide array of new things. By the end of the week your camper will know the fundamentals of ice skating, have an opportunity to show off their new skills and get a special exhibition from an elite skater. Ages 6-16. Instructor: The Rinks Staff

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

• Skates Provided.

• Campers are not required to have a Learn to Skate USA membership.

28418 M-F 8:30am-11:30am 6/17-6/21 Off Site \$375/5 Mtgs

Summer Camps

Youth Evolution Basketball Camp (Level 2)

Using our progressive curriculum and focusing on the whole player, this one-week basketball camp will teach your child the skills they need both on and off the court. Our coaches will focus on respect, teamwork and responsibility. We will start each day with a 'skill of the day' and progress to drills and games, making this an unforgettable camp experience for your young athlete. After a week of passing, shooting, and dribbling, your player will enjoy improved confidence in their basketball skills. Each participant will receive a complimentary jersey. Ages 5-7. Instructor: Youth Evolution Basketball Staff

27961 M-F 9:00am-12:00pm 6/17-6/21 SM \$169/5 Mtgs
27967 M-W 9:00am-12:00pm 7/1-7/3 SM \$105/3 Mtgs

Youth Evolution Basketball Camp (Level 3)

Using our progressive curriculum and focusing on the whole player, this one-week basketball camp will teach your child the skills they need both on and off the court. Our coaches will focus on respect, teamwork and responsibility. We will start each day with a 'skill of the day' and progress to drills and games, making this an unforgettable camp experience for your young athlete. After a week of passing, shooting, and dribbling, your player will enjoy improved confidence in their basketball skills. Ages 8-11. Each participant will receive a complimentary jersey. Instructor: Youth Evolution Basketball Staff

27962 M-F 9:00am-12:00pm 6/17-6/21 SM \$169/5 Mtgs
27968 M-W 9:00am-12:00pm 7/1-7/3 SM \$105/3 Mtgs

Educational Camps

Bilingual Spanish-English Summer Camp

Children ages 6-17 will be in an environment where they will experience joy, feel seen and heard. They will participate in a variety of daily activities: science experiments, art, board games, exploring nature, engineering, and self-directed play. Primarily focused in Spanish but will take the needs of the community into account. No prior knowledge of Spanish or English language is required for this class. Participants will be grouped by age: 6-10, 11-13 and 14-17. Instructor: Xochitl Brizuela

• **Sibling discount available. Please call the Recreation and Community Services Department at 562-866-9771 ext. 2408 for more information.**

• **No class July 4.**

28018	M-F	9:00am-2:00pm	6/17-6/21	BIS	\$375/5 Mtgs
28024	T,Th	9:00am-2:00pm	6/18 & 6/20	BIS	\$180/2 Mtgs
28025	T,Th	9:00am-2:00pm	6/25 & 6/27	BIS	\$180/2 Mtgs
28019	M-F	9:00am-2:00pm	7/1-7/5	BIS	\$300/4 Mtgs
28026	T	9:00am-2:00pm	7/2	BIS	\$90/1 Mtg
28027	T,Th	9:00am-2:00pm	7/9 & 7/11	BIS	\$180/2 Mtgs
28020	M-F	9:00am-2:00pm	7/15-7/19	BIS	\$375/5 Mtgs
28028	T,Th	9:00am-2:00pm	7/16 & 7/18	BIS	\$180/2 Mtgs
28029	T,Th	9:00am-2:00pm	7/23 & 7/25	BIS	\$180/2 Mtgs
28021	M-F	9:00am-2:00pm	7/29-8/2	BIS	\$375/5 Mtgs
28030	T,Th	9:00am-2:00pm	7/30 & 8/1	BIS	\$180/2 Mtgs
28031	T,Th	9:00am-2:00pm	8/6 & 8/8	BIS	\$180/2 Mtgs
28022	M-F	9:00am-2:00pm	8/12-8/16	BIS	\$375/5 Mtgs
28032	T,Th	9:00am-2:00pm	8/13 & 8/15	BIS	\$180/2 Mtgs
28033	T,Th	9:00am-2:00pm	8/20 & 8/22	BIS	\$180/2 Mtgs
28023	M,T	9:00am-2:00pm	8/26 & 8/27	BIS	\$180/2 Mtgs
28034	T	9:00am-2:00pm	8/27	BIS	\$90/1 Mtg

Recreation Scholarships are available through Lakewood Project Shepherd.

Call 562-925-7512 for more information.

Fitness Camps

Smart Fit Girls Camp

Join Smart Fit Girls for our week long summer camp! At Smart Fit Girls we believe it is important for girls to have a positive balance between mental and physical health. During camp, girls participate in activities aimed to improve their self-esteem and body image and are introduced to a variety of exciting physical activities with a focus on resistance training. Ages 10-13. Instructor: Smart Fit Girls Staff

• **Please bring a snack, lunch and water.**

28073 M-F 8:00am-4:30pm 7/8-7/12 LYC \$175/5 Mtgs

Family Camp

Family Camp

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

• **A \$15 per person materials fee for meals is payable to the instructor at camp.**

• **The supply list is available online at the Family Camp registration page.**

28357 Sa,Su 1:00pm-12:00pm 7/20-7/21 MVP \$10

Tennis Camps

Tennis Camp 4 Kids

Join us on the courts this summer for tennis camp! All students will learn basic strokes such as the forehand, backhand, serve and volleys. Players will be able to participate in off-court camp games to add to the fun. We will also be playing popular academy tennis games, while bouncing to the beat, as music is played each camp day. Also, this camp will hold our famous "Hit our Prizes" on the last day of camp. For more information visit www.johnnyallentennis.com. Ages 6-17. Instructor: Johnny Allen Tennis Staff

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

28159 M-Th 9:00am-12:00pm 7/22-7/25 MAY \$119/4 Mtgs
28160 M-Th 9:00am-12:00pm 8/5-8/8 MAY \$119/4 Mtgs

Tennis Summer Camp - All Levels

• **Come out and learn technique, fundamentals and proper form from open level professionals. Class will consist of lecture, drills, footwork, and games for beginners to advanced. Class space will be limited. Ages 5-17. Visit our website at TemsAmazingTennis.com.**

Instructor: Lakewood Tennis Center Staff

• **Location: Lakewood Tennis Center, 4212 Clubhouse Dr., Lakewood.**
• **Bring a tennis racket and two unopened cans of heavy duty balls.**
• **Proper tennis shoes required - no basketball or running shoes.**

28003	M-Th	9:00am-12:00pm	6/17-6/20	Off Site	\$120/4 Mtgs
28004	M-Th	9:00am-12:00pm	6/24-6/27	Off Site	\$120/4 Mtgs
28005	M-Th	9:00am-12:00pm	7/15-7/18	Off Site	\$120/4 Mtgs
28006	M-Th	9:00am-12:00pm	7/22-7/25	Off Site	\$120/4 Mtgs
28007	M-Th	9:00am-12:00pm	7/29-8/1	Off Site	\$120/4 Mtgs
28008	M-Th	9:00am-12:00pm	8/5-8/8	Off Site	\$120/4 Mtgs
28009	M-Th	9:00am-12:00pm	8/12-8/15	Off Site	\$120/4 Mtgs
28010	M-Th	9:00am-12:00pm	8/19-8/22	Off Site	\$120/4 Mtgs

Summer Aquatics at Mayfair & McCormick Pool

Online Summer Swim Lesson Registration – lakewoodcity.org/ecatalog

Class Levels	
Parent & Me	6 months - 3 years
Tiny Tots 1-3	3-5 years
Levels 1- 6 = 6 -15 years	
Tadpole 1-3	Level 1-3
Minnows	Level 4
Swordfish	Level 5
Shark	Level 6
Adult Lessons = 16 & older 4 one-hour lessons for a two-week session M/W at Mayfair & T/Th at McCormick, 6:30 - 7:30 p.m.	

Fee Schedule

No bills larger than \$20 accepted

Swim Lessons	Resident Rates	Non-Resident Rates
M-F	\$26	\$38
**Saturday	\$19	\$31
*Semi Private	\$67	\$79
Adaptive	\$41	\$53
Adult	\$26	\$38
*Private Lessons	\$75	\$87
*Semi Private and Private lessons offered during post Summer ONLY. **Saturdays: 5 classes.		

Youth and Adaptive lessons offered Monday - Friday every morning and afternoon.

- Not all classes are offered every half hour.
- Minimum enrollment required for each class.
- Each session includes 9 days of instruction and 1 Fun Day.
- Students may be moved to the most developmentally appropriate level.
- Classes are subject to cancellation and class schedule is subject to change.

Special Classes
Diving • Ages 6-17 Must have passed a Minnow class or higher.
Adaptive • Ages 3+ Swim lessons for those with special needs, such as hearing, visual, or developmental disabilities.
*Semi Private Tiny Tots 1-3 (post summer only) • Ages 3-5 *Semi Private Tadpole 1-3 • Level 1-3 Max. 3 students per class. Limited classes offered.
*Private Swim Lessons (post summer only) • Ages 3 & older One instructor and one student Monday - Thursday: 8 classes of 20 min. instruction.


Aquatics Refund Policy

- All refunds/withdrawals must be requested prior to the start of the second lesson. Call the pool office or email requests to aquatics@lakewoodcity.org.
- There is a \$5 administrative fee for each participant for refunds, withdrawals and class transfers.
- Refund, withdrawal and transfer requests will be issued at the discretion of the Pool Manager.
- Transfer requests will not be granted after the first class meeting.

Registration Dates

Summer Sessions	Lesson Dates	Resident Online Registration Dates	Non-Resident Registration Dates	Online Registration Ends
Pre-Summer (Mayfair Pool)	May 28 - June 7	May 18 at 7pm	May 21 at 7pm	May 24 at 7pm
Saturday 1	June 15 - July 20 **No Class July 6	June 8 at 7pm	June 11 at 7pm	June 14 at 7pm
Session 1	June 17 - June 28	June 8 at 7pm	June 11 at 7pm	June 14 at 7pm
Session 2	July 1-12 **No Class July 4	June 22 at 7pm	June 25 at 7pm	June 28 at 7pm
Session 3	July 15 - July 26	July 6 at 7pm	July 9 at 7pm	July 12 at 7pm
Saturday 2	July 27 - Aug. 24	July 20 at 7pm	July 23 at 7pm	July 26 at 7pm
Session 4	July 29 - Aug. 9	July 20 at 7pm	July 23 at 7pm	July 26 at 7pm
Session 5	Aug. 12 - Aug. 23	August 3 at 7pm	August 6 at 7pm	August 9 at 7pm
Post Summer Private Lessons	M & W Aug. 26 - Sept. 23* or T & Th Aug. 27 - Sept. 19 *No class Sept. 2	August 17 at 7pm	August 20 at 7pm	August 23 at 7pm

Pool Schedule

Activity	Mayfair Pool (562) 804-4256	McCormick Pool (562) 421-3343	Fee Schedule
Daily Recreation Swim Session 1: 1-2:30 p.m. Session 2: 2:45-4:15 p.m.	Memorial Weekend Only: May 25 - 27 Daily: June 15 - August 25 Weekends Only: Aug. 31 - Sept. 29	Daily: June 15 - August 25 Labor Day Weekend: Aug. 31 - Sept. 2	Lakewood Resident Fee: Ages 17 & Under: \$1.00 Ages 18 & Older: \$1.50 Non-Resident Fee: Ages 17 & Under: \$2.00 Ages 18 & Older: \$3.00
Adult Lap Swim For ages 16 and over. Note: Multiple classes will be operating at the same time, therefore lap swim may go short course (width) of the pool rather than long course (length) of the pool.	June 15 - August 25: Monday/Wednesday: 6:30 - 7:30 p.m. Saturdays: 12 - 12:50 p.m. *No lanes July 13 Sept 7 - Sept 28: Saturdays: 12 - 12:50 p.m.	June 18 - August 22: Tuesday/Thursday: 6:30 - 7:30 p.m.	Lakewood Resident Fee: Adult Lap Swim: \$2.00 Non-Resident Fee: Adult Lap Swim: \$3.00
Lap Swim 50+ For ages 50 and over. *Note: Multiple classes will be operating at the same time, therefore lap swim may go short course (width) of the pool rather than long course (length) of the pool.	June 16 - July 21: *No Class July 7 Sunday: 11 - 11:50 a.m. July 28 - August 25 Sunday: 11 - 11:50 a.m.		Lakewood Resident Fee: 50+ Swim: \$10.00/5 Days Non-Resident Fee: 50+ Lap: \$15.00/5 Days Pre-Registration required

See page 4 for Aqua Aerobics and Aqua Zumba class information.

Pool Rules

- Unaccompanied swimmers are required to be at least 48 inches tall or have a valid Minnow (Level 4) Red Cross swimming card. Youngsters not meeting this requirement MUST be accompanied in the water by an adult (18 years or older) on a one-to-one basis and remain within arm's reach at all times.
 - Swim diapers must be worn by all children four years and younger and are available for purchase at the pool.
 - Entry fee must be paid in order to gain access to the pool deck.
 - At Mayfair Pool, all entry and exit of the facility must be done through the Swim Pavilion.
 - Approved swimsuits are required. No cut off pants, leotards, sweats, basketball shorts or shirts are allowed (rash guards only). Suits and towels are not provided.
 - Only those in proper swimwear may remain on the pool deck. All others must stay in the bleachers or grass area.
 - Swimmers with long hair must tie their hair in a ponytail.
 - A swim test is required for use of diving board. Detailed requirements are posted at each pool location.
 - No toys, inflatables, water wings, or life jackets (except Coast Guard approved) allowed in the pool.
- **As part of ongoing training, City of Lakewood pool personnel may participate in emergency drills during recreational swimming, lap swim, swim lessons and rentals.

FREE!

Save A Life

Save A Life
Saturday, July 13
11 a.m. - 12:30 p.m.
at Mayfair Pool

This FREE event is designed to emphasize water safety for children and parents this summer. Help keep kids safe in and around the pool by learning about the **Water Watcher Program**. All attendees will receive a FREE **Water Watcher** tag along with other safety information prepared by trained professionals. No advance registration is required to attend.

Activities offered:

- Free 30 minute swim lessons are offered at 11 a.m., 11:30 a.m. and 12 p.m. Online pre-registration is recommended and begins June 15. Registration may be taken at the event if space permits. Pool Rules enforced (see page 23)
- Water Safety/CPR Demonstrations
- Activity Stations with games and prizes
- Life Jacket Fittings
- Free admission to Recreation Swim Session 1 from 1-2:30 p.m. on July 13 only.

All ages are encouraged to attend.

Aquatics Amenities

Lockers Available

Coin-operated security lockers are available at Mayfair Pool for storage for \$.25 per entry. Use one of the pool lockers or bring your own lock to secure the locker.

Pool Parties

Host your next celebration at one of our two pools! The pool will be closed exclusively for your event. Call (562) 866-9771 ext. 2408 for pricing and information.

Family Nights at McCormick Pool

Fridays
6:45 - 8:15 p.m.

Fee: \$3 per Lakewood resident
\$5 per non-resident
*Adult ID and proof of residency required.

June 21 – Family Day Special

Kick off the summer season with the whole family. All attendees will be entered into a drawing for a special raffle prize.

June 28 – Dip n’ Dance

Bring your friends and family to this Splish n’ Splash Bash! Take a dip in the pool while listening to some classic tunes.

July 12 – Sundae Fun-Day

Get to the pool as fast as you can for a free ice cream sundae! The first 100 swimmers will receive a free treat!

July 19 – School Supply Splash

Support Project Shepherd and help children receive the items they need to succeed in school. Bring NEW school supplies and receive free admission.

July 26 – Grandparents Appreciation Day

Bring the whole family out for a night at the pool. Grandparents get in free with a paid child admission.

Aug. 2 – It’s All Fun & Games

Join us for an evening of friendly competition! Relay races and sports contests will be held in the battle for bragging rights.

Aug. 9 – Float with Friends

Bring your inflatable raft for some wet n’ wild fun. Single person floats only. All attendees will also receive a root beer float!

Aug. 16 – Popsicle Pool Party

Enjoy a frozen sweet treat with the whole family for a splashing good time.


Aug. 23 – Back to School Swim

Spend one last lazy day in the pool this summer.



Wading Pools

Open June 15 to August 25, 11 a.m. - 4 p.m.
Ages 3-7

Mayfair Park	Daily
Palms Park 	Daily
San Martin Park	Mon/Wed/Fri/Sat/Sun
Del Valle Park	Mon/Wed/Fri/Sat/Sun
Boyar Park	Tue/Th/Sat/Sun
Bloomfield Park	Tue/Th/Sat/Sun

*Pools will also be in operation for the Labor Day holiday weekend, Aug. 31- Sep. 2.

Wading Pool Wednesdays

Cool off into the sunset! The wading pools at Del Valle, Mayfair, Palms and San Martin parks will be open from 5 p.m.-7:30 p.m. June 19 - August 21.



Junior Lifeguard Program



The Lakewood Junior Lifeguard Program provides youth the opportunity to improve swimming skills, receive a basic understanding of water rescues and become certified in CPR and First Aid. The program is geared towards ages 12-16. The goals of the Junior Lifeguard program include enhancing interpersonal skills through training in public contact and teamwork, developing a sense of responsibility, and a strong work ethic. The program provides continuing education in water safety, hazards in aquatic environments, and basic water rescue. Junior Lifeguard candidates should be able to perform the front crawl, breaststroke and backstroke. Daily classes consist of workouts and classroom study. Participants may earn the privilege to assist swim instructors during swim lessons and assist staff at special events. Registration is limited, early registration is encouraged.

In an effort to provide participants with a wide variety of training, this course will take place at Mayfair and McCormick Pools and will include both in-water and classroom learning.

Eligible candidates successfully completing the Junior Lifeguard Program will be invited to participate in an official American Red Cross Lifeguard Certification course offered by City of Lakewood Aquatics Staff. ***Must be 15 years of age to certify.**

Monday – Friday • 8:30 - 10 a.m. • Class #28035

\$80 per student (plus \$15 for non-residents)

Fee waivers available for low-income families through the Project Shepherd Program.

Fee includes: T-Shirt, Beach Field Trip, and Water Park Excursion

Red Cross CPR/First Aid/AED Certification (Optional) – Friday, June 28, 8 a.m.-2 p.m.

\$38 per student – Fees are payable by cash or check on the date of certification.

Week	Dates	Location
1	June 17-21	Mayfair Pool
2	June 24-28	Mayfair Pool
3	July 1-5 (no class July 4)	Mayfair Pool
4	July 8-12 (Beach Excursion: July 11)	Mayfair Pool
5	July 15-19	McCormick Pool
6	July 22-26	McCormick Pool
7	July 29-August 2 (Water Park Excursion: July 31)	McCormick Pool
8	August 5-9	McCormick Pool

*All teen volunteers must complete a Live Scan fingerprint and background screening process prior to volunteering in this program. A parent/guardian signed release is required to complete the Live Scan process

Lakewood Youth Center (LYC)

Monday - Friday • 11 a.m. - 7 p.m. • 562-429-7472

SUMMER KICK-OFF!

Friday, June 7, 4-7 p.m.

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



Teens will explore local activities with experienced recreation staff! Bring a sack lunch and water and meet at the address listed below each activity. Pre-registration required.

Saturday, July 6
9 a.m. - 12 p.m.

Kayak and Beach Day - \$12

Class #28345

Participants will meet at Kayak Rental Hut
5411 E. Ocean Blvd., Long Beach

Saturday, August 3
9 a.m. - 12 p.m.

Paddle Boarding and Beach Day - \$25

Class #28346

Participants will meet at Paddle Board Rental Hut
5411 East Ocean Blvd., Long Beach

FUSION FRIDAYS

Every Friday is a FUN Friday at the LYC!

Join us for extended hours until 8 p.m. and enjoy
movie nights, game nights and our

FOODIE FRIDAY DESSERT SERIES (\$1)
all summer long!

SUPER SUMMER SATURDAYS

Enjoy a morning of fun at the LYC from 10a.m. - 12p.m.
with a variety of different FREE activities.
Pre-registration required.

Saturday, June 22

Staff vs. Teens Basketball Game

Class #28347

Challenge the staff to a game of 3-on-3,
5-on-5 and more to win awesome prizes!

Saturday, July 13

BINGO

Class #28348

Come to the LYC for a fun, fast-paced version
of BINGO and enjoy snacks and prizes!

Saturday, July 20

LEGO Day

Class #28349

Try out a new set or build a creation of your
own. You bring the ideas, we'll bring the fun!

Saturday, August 10

Paint and Sip

Class #28350

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

Teen Resource Center (TRC) at Bloomfield Park
Monday - Friday • 3-7 p.m. • 562-865-1717

Super Saturdays
at the TRC
* Pre-registration required *



JUST Believe IN Yourself

AIR HOCKEY TOURNAMENT
SATURDAY, AUG. 10
5-8 P.M.
Activity #28421
Take on your friends and city staff in this winner takes all competition! Come out to enjoy a night of competition. Snacks & refreshments provided.

JUNE 8 FREE!
GAME NIGHT
5-8 p.m. Activity #28419
Come out and bring your friends for a fun night of board games! Free pizza dinner and refreshments to be provided.

JULY 13
Paint Night
5-8 p.m. Activity #28420
LET OUT THE INNER ARTIST IN YOU & ENJOY PAINTING ALONGSIDE FRIENDS WHILE ENJOYING SWEET TREATS! ALL SUPPLIES TO BE PROVIDED.
FREE!

TRC

TRC FREE!
SHOWCASE
SEPT. 14
5-8 P.M.
Activity #28422
School is back in session! Come check out our programs and enjoy a free pizza dinner!

Youth Special Interest

LTAC - LAKEWOOD TEEN ACTION COMMITTEE

Middle School and High School students can join Lakewood's Teen Volunteer Program 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. Call the Lakewood Youth Center at 562-429-7472 for more information.



The Junior Rec Leader Program provides teens ages 13 - 15 the opportunity to gain work experience volunteering at parks and with special events throughout the City. The six-week program provides training in customer service, park maintenance, program marketing and special events. Participants will assist with daily programs, tasks and events at various parks. Registration is required and space is limited.

\$25 - Activity# 28277

Program dates:

June 24 – Aug. 3 • No program July 4

Registration fee includes:

Shirt, Name Tag, End of Year Party

Participants will be expected to commit to weekly meetings and daily assignments:

Weekly Meetings:

Mondays from 11 a.m. – 2 p.m.
Lakewood Youth Center

Daily Assignments:

Tuesday – Friday from 11 a.m. – 2 p.m. or 2 p.m. – 5 p.m.

Important Dates:

Parent Information Meeting:

Wednesday, June 19 at 6 p.m.
Lakewood Youth Center

Kick-off Training:

Friday, June 21 from 11 a.m. – 2 p.m.
Lakewood Youth Center

End of Year Party:

Monday, Aug. 5 from 11 a.m. – 2 p.m.
Lakewood Youth Center

Park assignment locations may vary. Vacation dates can be honored with advanced notice. Must assist with minimum of one special event; opportunities for more if desired.

All teen volunteers must complete a Live Scan fingerprint and background screening process prior to volunteering in this program. A parent/guardian signed release is required to complete Live Scan process.



Summer Park Hours

Monday, June 17 - Friday, Aug. 23

Monday - Friday • 11 - 8 p.m.

Saturday • 9 a.m. - 6 p.m.

Sunday • 11 a.m. - 6 p.m.

Holidays • 9 a.m. - 8 p.m.

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. 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. Check in with your local park staff to see what other fun opportunities and programs are offered.

Arts & Crafts

Children's Creative Ceramics

Children ages 7-12 will enjoy creating hand built ceramic art through process oriented instruction. Students will learn motor skills, color recognition and creative thinking. Each class is a specific project, and detailed instruction is provided. Instructor: Kathryn H

• \$20 materials fee is payable to the instructor in class.

• June 21-28: Monster

• July 26-Aug. 2: Succulent Pot

• August 16-23: Lidded Container

• September 13-20: Fish Plate

28171	F	5:00pm-5:45pm	6/21-6/28	CTR	\$45/2 Mtgs
28172	F	5:00pm-5:45pm	7/26-8/2	CTR	\$45/2 Mtgs
28173	F	5:00pm-5:45pm	8/16-8/23	CTR	\$45/2 Mtgs
28174	F	5:00pm-5:45pm	9/13-9/20	CTR	\$45/2 Mtgs

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 July 29.

28358	M	4:00pm-5:00pm	7/8-8/12	CTR	\$35/5 Mtgs
28359	M	5:15pm-6:15pm	7/8-8/12	CTR	\$35/5 Mtgs

Learn to Crochet a Jellyfish! *New!*

Crocheting is super popular these days! Join this class to learn the basics while creating this cute and cuddly jellyfish! Ages 7 and up.

Instructor: Candace Broeker

• Location: Stitches in Time, 16525 Bellflower Blvd, Bellflower.

• A \$20 materials fee is due in class.

28467	Sa	3:00pm-5:00pm	7/13-7/27	Off Site	\$65/3 Mtgs
28468	Sa	3:00pm-5:00pm	9/7-9/21	Off Site	\$65/3 Mtgs

Make Tie-Dyed Yarn then Learn to Knit or Crochet *New!*

We will have fun with Kool-Aid as each student will learn to knit or crochet their unique yarn into a scarf or a small bag to hold special treasures. Ages 7 and up. Instructor: Candace Broeker

• Location: Stitches in Time, 16525 Bellflower Blvd, Bellflower.

• A \$30 materials fee is due in class.

• No class July 6 & August 31.

28465	Sa	9:30am-11:30am	6/22-7/20	Off Site	\$75/4 Mtgs
28466	Sa	9:30am-11:30am	8/17-9/14	Off Site	\$75/4 Mtgs

Educational Classes

Chemistry Prep *New!*

This course will prepare youth for a Fall 2024-Spring 2025 Course. The major topics will be: Atoms and Molecules, Periodic Table and how to read it, gram and mole calculations, Avogadro's Number and use, balancing equations, mass and density, online virtual and AI Labs (optional) and more as time allows. Ages 14-18.

Instructor: John Wilson III

• No class July 4.

28472	T,Th	6:00pm-7:20pm	7/2-8/1	MAY	\$40/9 Mtgs
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Algebra I Prep *New!*

This course will prepare youth for a Fall 2024-Spring 2025 Algebra or Integrated 1 Math Course. The instructor will regularly drill in basic math skills that were underdeveloped during the pandemic. In addition, instructors will use real life examples to make the topics appealing and to promote learning. Major topics to be covered will be: basic operation and math facts skills review; 1, 2 and 3 step equations solving, functions and relations, linear functions, quadratic functions graphing, basic exponent rules, introduction to plane geometry with algebra applications. (Practical Topics: area & volumes estimates, planning avacation, trip to mars). Ages 12-16.

Instructor: John Wilson III

• No class July 4.

28469	M-Th	4:30pm-5:45pm	7/1-8/1	MAY	\$50/19 Mtgs
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Recreation Scholarships are available through Lakewood Project Shepherd. Call 562-925-7512 for more information.

Youth Special Interest

Algebra 2 Prep

This course will prepare youth for a Fall 2024-Spring 2025 Algebra or Integrated 2 Math Course. The instructor will regularly drill in basic math skills that were underdeveloped during the pandemic. In addition, instructors will use real life examples to make the topics appealing and to promote learning. Major topics to be covered will be: solving linear equations, solving quadratic equations, graphing linear and quadratic functions, systems of equations, SAT Math solving techniques (The Princeton Review™-based), advanced exponents, word problems, basic trigonometry. Practical Topics: car payment calculations, planning a group trip, basic Excel with formulas. Ages 13-18. Instructor: John Wilson III

• No class July 4.

28470 M-Th 4:30pm-5:45pm 7/1-8/1 MAY \$50/19 Mtgs

Geometry Prep

This course will prepare youth for a fall 2024-spring 2025 geometry course. The instructor will regularly drill in basic math skills that were underdeveloped during the pandemic. In addition, instructors will use real life examples to make the topics appealing and to promote learning. The major topics will be: lines, planes, angles, supplementary and complementary angles, triangles, quadrilaterals, basic proofs, special right triangles and more as time requires. Practical Topics: The Mathematics of Pyramids. Ages 13-18. Instructor: John Wilson III

28471 M,W 6:00pm-7:20pm 7/1-7/31 MAY \$40/10 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.

28129	M,W	5:30pm-6:25pm	6/17-7/3	BOY	\$89/6 Mtgs
28147	M,W	5:30pm-6:25pm	7/8-7/24	BOY	\$89/6 Mtgs
28148	M,W	5:30pm-6:25pm	7/29-8/14	BOY	\$89/6 Mtgs
28149	M,W	5:30pm-6:25pm	9/9-9/25	BOY	\$89/6 Mtgs

Online Driver's Education

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

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

27988	July	\$50
27990	August	\$50
27991	September	\$50

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.

28127	M,W	3:30pm-4:25pm	6/17-7/3	BOY	\$89/6 Mtgs
28141	M,W	3:30pm-4:25pm	7/8-7/24	BOY	\$89/6 Mtgs
28142	M,W	3:30pm-4:25pm	7/29-8/14	BOY	\$89/6 Mtgs
28143	M,W	3:30pm-4:25pm	9/9-9/25	BOY	\$89/6 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.

28128	M,W	4:30pm-5:25pm	6/17-7/3	BOY	\$89/6 Mtgs
28144	M,W	4:30pm-5:25pm	7/8-7/24	BOY	\$89/6 Mtgs
28145	M,W	4:30pm-5:25pm	7/29-8/14	BOY	\$89/6 Mtgs
28146	M,W	4:30pm-5:25pm	9/9-9/25	BOY	\$89/6 Mtgs

Speed Reading & Vocabulary Building

Improve comprehension skills while learning the meaning and spelling of words. This comprehensive course will help students pinpoint and correct reading road blocks and increase vocabulary for reading and spelling. For children ages 11-16. Instructor: Readwrite Educational Solutions Staff

• \$40 materials fee payable to the instructor at the first class meeting.

28132	F	9:00am-11:00am	7/12-8/2	BOY	\$105/4 Mtgs
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Study Skills & Test Taking Techniques

This course will evaluate students study and testing habits while teaching them effective note taking skills, study techniques and smart approaches to test taking. For children ages 11-16. Instructor: Readwrite Educational Solutions Staff

• \$25 materials fee payable to the instructor at the first class meeting.

28133	F	11:15am-12:45pm	7/12-8/2	BOY	\$90/4 Mtgs
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Virtual Driver's Education

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

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

• Registrants will be contacted with login information.

27989	M-F	9:00am-12:00pm	6/17-6/21	\$205/5 Mtgs
27992	M-F	9:00am-12:00pm	7/8-7/12	\$205/5 Mtgs
27993	M-F	9:00am-12:00pm	7/29-8/2	\$205/5 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.**

28278	T	7:30pm-8:30pm	6/18-7/30	BOL	\$75/7 Mtgs
28280	T	7:30pm-8:30pm	8/6-9/17	BOL	\$75/7 Mtgs

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.**

28263	Sa	11:30am-12:30pm	7/13-8/17	Off Site	\$48/6 Mtgs
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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.**

28255	W	3:45pm-4:45pm	7/10-8/14	Off Site	\$48/6 Mtgs
28261	Sa	10:30am-11:30am	7/13-8/17	Off Site	\$48/6 Mtgs



TOT LOT REGISTRATION HELD JULY 26 & AUGUST 2 AT TWO LAKEWOOD PARKS

Tot Lot, a parent cooperative program for 2-5 year olds, is held at Del Valle and Mayfair Parks during the fall, winter and spring. 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.



Registration will be held on Fridays, July 26 & August 2 at Del Valle and Mayfair Parks. Registration time will be between 9:30 and 11:30 a.m. for both parks.

Up-to-date immunization cards, including mandatory TB tests (for adults) and proof of age are required at the time of registration. 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 Tot Lot rules. For more information, contact a city park where Tot Lot is scheduled or call (562) 866-9771, ext. 2408.



LAKEWOOD
Equestrian
CENTER

Open 7 days a week.
Please call for more details.
562-896-2373

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

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

Barnyard Buddies at Lakewood Equestrian Center

Hours: Wed. - Sun., 10 a.m. - 5 p.m. ★ 562-405-1010

- Pony Rides
- ★
- Petting Farm
- ★
- Mommy and Me Pony Interaction
- ★
- Riding lessons & Summer camps ages (3-7)



Follow us for the latest updates. facebook

Teen & Youth Dance

Ballet/Tap Combo (Beginning)

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

- **Location:** Kick It Up, 8129 E. Wardlow Rd., Long Beach.
- **Please note:** parents are to remain outside of the classroom during instruction time.

28292	M	3:45pm-4:45pm	7/8-8/12	Off Site	\$48/6 Mtgs
28262	Sa	11:30am-12:30pm	7/13-8/17	Off Site	\$48/6 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.**

28091	T	6:45pm-7:30pm	6/18-7/9	PLMS	\$35/4 Mtgs
28101	T	6:45pm-7:30pm	7/16-8/6	PLMS	\$35/4 Mtgs
28102	T	6:45pm-7:30pm	8/13-9/3	PLMS	\$35/4 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

- **Multiple course/sibling discount available. Contact Recreation & Community Services for more information.**
- **No class September 2.**

28113	M	6:30pm-7:15pm	7/1-7/22	BLM	\$32/4 Mtgs
28120	M	6:30pm-7:15pm	7/29-8/19	BLM	\$32/4 Mtgs
28121	M	6:30pm-7:15pm	8/26-9/23	BLM	\$32/4 Mtgs

Dancing Divas

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

- **Multiple course/sibling discount available. Contact Recreation & Community Services for more information.**
- **No class September 2.**

28114	M	7:15pm-8:00pm	7/1-7/22	BLM	\$32/4 Mtgs
28122	M	7:15pm-8:00pm	7/29-8/19	BLM	\$32/4 Mtgs
28123	M	7:15pm-8:00pm	8/26-9/23	BLM	\$32/4 Mtgs

Hip Hop (Beginning)

Move and groove to the latest music and maybe some tunes from the past too. Hip Hop is great for having a fun dance party and building rhythm and coordination. Ages 5-8. Instructor: Kick It Up Staff

- **Location:** Kick It Up, 8129 E. Wardlow Rd., Long Beach.
- **Please note:** parents are to remain outside of the classroom during instruction time.

28293	T	3:45pm-4:45pm	7/9-8/13	Off Site	\$48/6 Mtgs
28254	W	3:45pm-4:45pm	7/10-8/14	Off Site	\$48/6 Mtgs
28259	Sa	9:30am-10:30am	7/13-8/17	Off Site	\$48/6 Mtgs

Hip Hop (Intermediate)

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 8-11. 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.

28295	Th	4:45pm-5:45pm	7/11-8/15	Off Site	\$48/6 Mtgs
28294	Sa	9:30am-10:30am	7/13-8/17	Off Site	\$48/6 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.**

• **Class on June 20 and August 29 will meet at Palms Park.**

• **No class on July 4.**

28092	Th	5:15pm-6:00pm	6/20-7/11	BLM	\$27/3 Mtgs
28103	Th	5:15pm-6:00pm	7/18-8/8	BLM	\$35/4 Mtgs
28104	Th	5:15pm-6:00pm	8/15-9/5	BLM	\$35/4 Mtgs

Performing Melia Hula

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

- **Students will need to purchase a costume for performances, dates and cost TBA.**
- **Dance implements (poi balls) may be purchased through the instructor.**

• **Class on June 20 and August 29 will meet at Palms Park.**

• **No class on July 4.**

28094	Th	6:45pm-7:45pm	6/20-7/11	BLM	\$27/3 Mtgs
28107	Th	6:45pm-7:45pm	7/18-8/8	BLM	\$35/4 Mtgs
28108	Th	6:45pm-7:45pm	8/15-9/5	BLM	\$35/4 Mtgs

Performing Okika Hula

This intermediate/advanced Polynesian dance group will be performing at a number of community events. Students will learn dances from Hawaii, New Zealand, Tahiti and more, using various dance implements. An audition will be required to assess readiness for this group. Ages 10-14. Instructors: Ms. Willie Villa-Real and Mrs. Stephanie Fontela

- **Students will need to purchase a costume for performances, dates and cost TBA.**
- **Dance implements (poi balls) may be purchased through the instructor.**

• **Class on June 20 and August 29 will meet at Palms Park.**

• **No class on July 4.**

28093	Th	6:00pm-6:45pm	6/20-7/11	BLM	\$27/3 Mtgs
28105	Th	6:00pm-6:45pm	7/18-8/8	BLM	\$35/4 Mtgs
28106	Th	6:00pm-6:45pm	8/15-9/5	BLM	\$35/4 Mtgs

Teen & Youth Fitness and Sports

Gymnastics Classes

Boys Novice

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

• No class July 4.

• Materials fee included in the cost of the class.

28218	Th	3:30pm-4:30pm	6/27-8/8	PLMS	\$105/6 Mtgs
28249	Th	3:30pm-4:30pm	8/22-9/26	PLMS	\$105/6 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 July 1 and September 2.

• Materials fee included in the cost of the class.

28207	M	5:30pm-6:30pm	6/24-8/5	PLMS	\$105/6 Mtgs
28233	M	5:30pm-6:30pm	8/19-9/30	PLMS	\$105/6 Mtgs

Floor Tumbling, Strength & Conditioning

Aspiring gymnasts benefit from our progressive skill teaching method, promoting confidence and self-esteem! Gymnasts build routines and skills on the floor, fine-tune cartwheels, round-offs, backbends, walkovers, handspring drills, splits and more! Emphasis on conditioning to build strength and flexibility. Ages 7-15. Instructor: Tumble-N-Kids, Inc.

• No class July 3.

• Materials fee included in the cost of class.

28228	W	4:15pm-5:00pm	6/26-8/7	PLMS	\$80/6 Mtgs
28252	W	4:15pm-5:00pm	8/21-9/25	PLMS	\$80/6 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 July 3.

• Materials fee included in the cost of the class.

28217	W	5:00pm-6:00pm	6/26-8/7	PLMS	\$105/6 Mtgs
28248	W	5:00pm-6:00pm	8/21-9/25	PLMS	\$105/6 Mtgs



Jammin' Gymnasts

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

• No class July 6 and August 31.

• Materials fee included in the cost of the class.

28227	Sa	12:30pm-1:30pm	6/29-8/10	PLMS	\$105/6 Mtgs
28251	Sa	12:30pm-1:30pm	8/24-10/5	PLMS	\$105/6 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 July 1 & 4 and September 2.

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

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

• Materials fee included in the cost of the class.

28205	M	3:30pm-4:30pm	6/24-8/5	PLMS	\$105/6 Mtgs
28206	M	4:30pm-5:30pm	6/24-8/5	PLMS	\$105/6 Mtgs
28219	Th	4:30pm-5:30pm	6/27-8/8	PLMS	\$105/6 Mtgs
28220	Th	5:30pm-6:30pm	6/27-8/8	PLMS	\$105/6 Mtgs
28229	M	3:30pm-4:30pm	8/19-9/30	PLMS	\$105/6 Mtgs
28230	M	4:30pm-5:30pm	8/19-9/30	PLMS	\$105/6 Mtgs
28231	Th	4:30pm-5:30pm	8/22-9/26	PLMS	\$105/6 Mtgs
28232	Th	5:30pm-6:30pm	8/22-9/26	PLMS	\$105/6 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 July 2 & 5.

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

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

• Materials fee included in the cost of the class.

28212	T	4:30pm-5:30pm	6/25-8/6	PLMS	\$105/6 Mtgs
28213	T	5:30pm-6:30pm	6/25-8/6	PLMS	\$105/6 Mtgs
28221	F	3:30pm-4:30pm	6/28-8/9	PLMS	\$105/6 Mtgs
28222	F	4:30pm-5:30pm	6/28-8/9	PLMS	\$105/6 Mtgs
28241	T	4:30pm-5:30pm	8/20-9/24	PLMS	\$105/6 Mtgs
28242	T	5:30pm-6:30pm	8/20-9/24	PLMS	\$105/6 Mtgs
28243	F	3:30pm-4:30pm	8/23-9/27	PLMS	\$105/6 Mtgs
28244	F	4:30pm-5:30pm	8/23-9/27	PLMS	\$105/6 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 July 5.

• Materials fee included in the cost of the class.

28223	F	5:30pm-6:15pm	6/28-8/9	PLMS	\$80/6 Mtgs
28250	F	5:30pm-6:15pm	8/23-9/27	PLMS	\$80/6 Mtgs

Teen & Youth Fitness and Sports

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 6-8. 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 July 6 and August 31.

28048	Sa	12:20pm-1:05pm	6/22-8/3	RYN	\$108/6 Mtgs
28049	Sa	12:20pm-1:05pm	8/17-9/28	RYN	\$108/6 Mtgs

Beginning Karate

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

- \$18 one time fee for belts and karate booklet.
- Discount available if registering for both Tuesday and Thursday class sessions. Contact the Recreation and Community Services Department for details.
- No class June 25 & 27 and July 2 & 4.

28055	T	4:30pm-5:15pm	6/18-7/23	CTR	\$38/4 Mtgs
28058	Th	4:30pm-5:15pm	6/20-7/25	CTR	\$38/4 Mtgs
28061	T	4:30pm-5:15pm	8/6-8/27	CTR	\$38/4 Mtgs
28063	Th	4:30pm-5:15pm	8/8-8/29	CTR	\$38/4 Mtgs
28062	T	4:30pm-5:15pm	9/3-9/24	CTR	\$38/4 Mtgs
28064	Th	4:30pm-5:15pm	9/5-9/26	CTR	\$38/4 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 June 25 & 27 and July 2 & 4.

28056	T	5:15pm-6:00pm	6/18-7/23	CTR	\$38/4 Mtgs
28059	Th	5:15pm-6:00pm	6/20-7/25	CTR	\$38/4 Mtgs
28065	T	5:15pm-6:00pm	8/6-8/27	CTR	\$38/4 Mtgs
28067	Th	5:15pm-6:00pm	8/8-8/29	CTR	\$38/4 Mtgs
28066	T	5:15pm-6:00pm	9/3-9/24	CTR	\$38/4 Mtgs
28068	Th	5:15pm-6:00pm	9/5-9/26	CTR	\$38/4 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 June 25 & 27 and July 2 & 4.

28057	T	6:00pm-7:00pm	6/18-7/23	CTR	\$38/4 Mtgs
28060	Th	6:00pm-7:00pm	6/20-7/25	CTR	\$38/4 Mtgs
28069	T	6:00pm-7:00pm	8/6-8/27	CTR	\$38/4 Mtgs
28071	Th	6:00pm-7:00pm	8/8-8/29	CTR	\$38/4 Mtgs
28070	T	6:00pm-7:00pm	9/3-9/24	CTR	\$38/4 Mtgs
28072	Th	6:00pm-7:00pm	9/5-9/26	CTR	\$38/4 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.

27996	F	5:15pm-5:55pm	6/21-9/13	BOY	\$125/13 Mtgs
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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.

27998	F	6:00pm-6:40pm	6/21-9/13	BOY	\$125/13 Mtgs
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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.

27997	F	6:45pm-7:25pm	6/21-9/13	BOY	\$125/13 Mtgs
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BEST Youth Soccer

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

- Please bring an age-appropriate soccer ball with your child's name on it and a water bottle.
- Class will meet near the playground.
- No class July 6 and August 31.

28045	Sa	1:10pm-1:55pm	6/22-8/3	RYN	\$108/6 Mtgs
28052	Sa	1:10pm-1:55pm	8/17-9/28	RYN	\$108/6 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.

- No class July 7 and September 1.

28078	Su	12:00pm-1:00pm	6/23-8/4	Off Site	\$120/6 Mtgs
28079	Su	12:00pm-1:00pm	8/18-9/29	Off Site	\$120/6 Mtgs

Teen & Youth Fitness and Sports

Introduction to Wrestling

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

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

• **No class July 4.**

28443	M,Th	5:30pm-6:30pm	7/1-7/29	Off Site	\$30/8 Mtgs
28444	M,Th	5:30pm-6:30pm	8/1-8/29	Off Site	\$30/9 Mtgs
28445	M,Th	5:30pm-6:30pm	9/5-9/30	Off Site	\$30/8 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

28361	M	4:20pm-5:05pm	6/17-7/29	RYN	\$154/7 Mtgs
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Kidz Love Soccer: Soccer 2

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

28362	M	3:30pm-4:15pm	6/17-7/29	RYN	\$154/7 Mtgs
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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

• **No class July 5.**

28438	F	5:40pm-6:20pm	6/21-8/16	MAY	\$145/8 Mtgs
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Learn to Ice Skate (Youth)

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

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

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

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

• **No class July 3, 4 & 6.**

28366	W	5:45pm-6:25pm	6/26-7/24	Off Site	\$84/4 Mtgs
28369	W	6:30pm-7:10pm	6/26-7/24	Off Site	\$84/4 Mtgs
28372	Th	5:45pm-6:25pm	6/27-7/25	Off Site	\$84/4 Mtgs
28375	Th	6:30pm-7:10pm	6/27-7/25	Off Site	\$84/4 Mtgs
28378	Sa	10:40am-11:20am	6/29-7/27	Off Site	\$84/4 Mtgs
28381	Sa	11:25am-12:05pm	6/29-7/27	Off Site	\$84/4 Mtgs
28394	W	5:45pm-6:25pm	7/31-8/21	Off Site	\$84/4 Mtgs
28396	W	6:30pm-7:10pm	7/31-8/21	Off Site	\$84/4 Mtgs
28398	Th	5:45pm-6:25pm	8/1-8/22	Off Site	\$84/4 Mtgs
28400	Th	6:30pm-7:10pm	8/1-8/22	Off Site	\$84/4 Mtgs
28402	Sa	10:40am-11:20am	8/3-8/24	Off Site	\$84/4 Mtgs
28404	Sa	11:25am-12:05pm	8/3-8/24	Off Site	\$84/4 Mtgs
28395	W	5:45pm-6:25pm	9/4-9/25	Off Site	\$84/4 Mtgs
28397	W	6:30pm-7:10pm	9/4-9/25	Off Site	\$84/4 Mtgs
28399	Th	5:45pm-6:25pm	9/5-9/26	Off Site	\$84/4 Mtgs
28401	Th	6:30pm-7:10pm	9/5-9/26	Off Site	\$84/4 Mtgs
28403	Sa	10:40am-11:20am	9/7-9/28	Off Site	\$84/4 Mtgs
28405	Sa	11:25am-12:05pm	9/7-9/28	Off Site	\$84/4 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

27963	W	4:30pm-5:15pm	6/19-7/10	SM	\$89/4 Mtgs
27973	W	4:30pm-5:15pm	7/24-8/14	SM	\$89/4 Mtgs
27974	W	4:30pm-5:15pm	9/4-9/25	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

27964	W	3:45pm-4:30pm	6/19-7/10	SM	\$89/4 Mtgs
27975	W	3:45pm-4:30pm	7/24-8/14	SM	\$89/4 Mtgs
27976	W	3:45pm-4:30pm	9/4-9/25	SM	\$89/4 Mtgs

Teen & Youth Fitness and Sports

Tennis Classes

Little Aces Tennis Class

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

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

• No class July 5.

28155	F	5:00pm-6:00pm	6/21-7/12	MAY	\$49/3 Mtgs
28193	F	5:00pm-6:00pm	7/19-8/2	MAY	\$49/3 Mtgs
28194	F	5:00pm-6:00pm	8/9-8/23	MAY	\$49/3 Mtgs
28195	F	5:00pm-6:00pm	8/30-9/13	MAY	\$49/3 Mtgs

Junior Aces Tennis Class

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

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

• No class July 5.

28156	F	6:00pm-7:00pm	6/21-7/12	MAY	\$49/3 Mtgs
28196	F	6:00pm-7:00pm	7/19-8/2	MAY	\$49/3 Mtgs
28197	F	6:00pm-7:00pm	8/9-8/23	MAY	\$49/3 Mtgs
28198	F	6:00pm-7:00pm	8/30-9/13	MAY	\$49/3 Mtgs

High School Aces Tennis Class

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

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

• No class July 5.

28157	F	7:00pm-8:00pm	6/21-7/12	MAY	\$49/3 Mtgs
28199	F	7:00pm-8:00pm	7/19-8/2	MAY	\$49/3 Mtgs
28200	F	7:00pm-8:00pm	8/9-8/23	MAY	\$49/3 Mtgs
28201	F	7:00pm-8:00pm	8/30-9/13	MAY	\$49/3 Mtgs



Tem's Amazing Tennis (Beg. Youth)

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

• Location: Lakewood Tennis Center, 4212 Clubhouse Dr., Lakewood.
• Bring tennis racket and two unopened cans of heavy duty balls.

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

28001	Sa	9:00am-10:00am	6/22-8/10	Off Site	\$99/8 Mtgs
28012	Sa	9:00am-10:00am	8/17-9/28	Off Site	\$88/7 Mtgs

Tennis Clinic - All Levels (Youth)

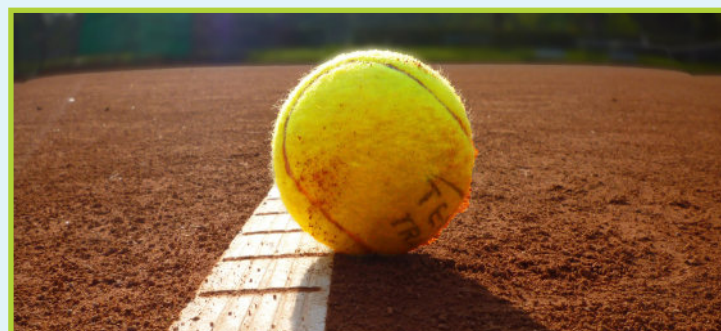
All levels of players will benefit from this class. Beginners will learn fundamentals. Intermediate and advanced players will learn pattern and match play. High school players welcome! Private lessons are available. For ages 6-17. Visit our website TemsAmazingTennis.com. Instructor: Lakewood Tennis Center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

• Location: Lakewood Tennis Center, 4212 Clubhouse Dr., Lakewood.
• Bring tennis racket and two unopened cans of heavy duty balls.

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

• No class September 2.

27999	M	5:00pm-7:00pm	6/17-7/15	Off Site	\$95/5 Mtgs
28000	F	4:00pm-6:00pm	6/21-8/9	Off Site	\$150/8 Mtgs
28016	M	5:00pm-7:00pm	7/22-8/19	Off Site	\$95/5 Mtgs
28011	F	4:00pm-6:00pm	8/16-9/27	Off Site	\$136/7 Mtgs
28017	M	5:00pm-7:00pm	8/26-9/23	Off Site	\$76/4 Mtgs



Finished with this Brochure?

Don't throw it away! Pass it along to a friend.
We rely upon our friends to help us spread the word
about our programs.



FLAG FOOTBALL

Competitive divisions are offered for ages 8-17. Participants will learn the fundamentals of the sport from volunteer coaches. Each team will play 12 regular season games. The Rookie and Smurf divisions, for ages 4-5 & 6-7 are non-competitive, instructional leagues. Rookie/Smurf teams will use a Nerf football with modified rules to gain an introduction to the sport, and will play eight games.

VOLLEYTENNIS/ VOLLEYBALL

Volleytennis is a fast-moving game played like volleyball with a modified format for ages 8-9. Volleyball is offered for ages 10-17. Teams will play 12 regular season games. Volleytennis games will be played at Lakewood parks and Volleyball games will be played at Hoover Middle School Gym and at Lakewood parks.

Flag Football and Volleytennis/Volleyball Registration and League Information

- Online LYS registration will take place Aug. 3-17. To register visit www.lakewoodcity.org/ecatalog.
- No registration fee for Lakewood residents. Non-resident registration fee of \$20 is payable online at time of registration. Players will be required to provide birth certificates at the park prior to the start of play.
- Teams practice and play games weeknights and Saturdays. Practices begin the week of Sept. 3. League play will start Sept. 21 and conclude Nov. 9. City Championships will conclude by Nov. 16.

Volunteer Coaches Needed

Adult volunteers are needed to coach flag football, volleytennis and volleyball. Teams begin practices Sept. 3, regular season dates are Sept. 21 – Nov. 9. Sign up at any Lakewood park.

* All volunteers must complete a Live Scan fingerprint and background screening process prior to volunteering in this program. A parent/guardian signed release is required to complete the Live Scan process for volunteers under 18 years of age.

Family Programs



**JUNE
21**

Movie Night Under the Stars



Featuring **Trolls: We Band Together** (Rated PG)



Monte Verde Park | 4626 N. Shadeway Rd.

Event area opens at 7 p.m. Movie begins at 8:15 p.m.
Bring your lawn chairs and blankets. Pre-show trivia!

**JULY
12**

Movie Night Under the Stars



Featuring **Migration** (Rated PG)



Palms Park | 12305 207th St.

Event area opens at 7 p.m. Movie begins at 8:15 p.m.
Bring your lawn chairs and blankets. Pre-show trivia!

**JULY
19**

FUN-tastic Family Night **FFN** featuring **Mad Science LA: Up, Up and Away**

The Centre | 5000 Clark Ave.

Activity #28271 6:30-8 p.m.

Join us for an academic performance that focuses on demonstrating the incredible qualities of air pressure. A Mad Scientist will offer a dynamic science action show while the audience will have the opportunity to participate in a unique interactive environment that will get them excited for science!

- Seating will be on a first come basis. Doors open at 6 p.m.
- Orange chicken and rice, salad, lemonade, and dessert will be served prior to the show.
- Last day to register is July 11th or until filled.
- \$15 per person / \$12 children ages to 1 - 3 / children under 1 free.

JULY 26



Family Scavenger Hunt

Lakewood Center Mall | 500 Lakewood Center Mall

Activity #28269 6-8:30 p.m.

Bring the whole family to compete in an evening of fun at the Lakewood Center Mall! Your team will be immersed in a race against other teams as you answer Lakewood trivia, locate secret destinations within the mall and compete in fun, family activities. Whether you are in it to win it or just playing for a few hours of family fun, this scavenger hunt is sure to be an unforgettable experience for your whole squad.

- Teams can consist of 2-6 players. Each player must register individually.
- Must have access to a mobile phone with Wi-Fi or cellular data.
- Additional instructions will be sent prior to activity date.

AUG. 2

Parents Night Out, Kids Night In

Lakewood Youth Center | 4658 Woodruff Ave.

Activity #28270 6-10 p.m. \$5 per child

Parents, do you need a date night out? Then bring the kids to us. The highly qualified Youth Center staff will supervise your children while parents get a much needed night out! Enjoy an evening out at your favorite local restaurant or try a new one (and maybe even time for a movie) while the kids have a pizza dinner, snacks, games and more! This event is for ages 3 and older (children must be potty trained). Pre-registration is required.

AUG. 9

Community BBQ



Palms Park | 12305 207th St.

6-9 p.m.



Enjoy free food (while supplies last), fun games, contests, and other attractions. Vendors and giveaways on site. Fun for the whole family!

AUG. 16

Movie Night under the Stars



Featuring **Kung Fu Panda 4** (Rated PG)



Biscailuz Park | 5231 2601 Dollar St.

Event area opens at 7 p.m. Movie begins at 8:15 p.m.

Bring your lawn chairs and blankets. Pre-show trivia!

SEPT. 20



FUN-tastic Family Night

featuring

Paramount Pet Entertainment: Reptile Show

The Centre | 5000 Clark Ave.

Activity #28272 6:30-8 p.m.

Join us for an educational show for all reptile lovers! Your family will have the opportunity to discover more about our fascinating scaly friends through this fun and interactive experience. Get a chance for hands on interaction and take photos with these fantastic creatures.

- Seating will be on a first come basis. Doors open at 6 p.m.
- BBQ chicken skewers, corn on the cob, salad, lemonade, and dessert will be served prior to the show.
- Last day to register is September 12th or until filled.
- \$15 per person / \$12 children ages to 1 - 3 / children under 1 free.

Dance Classes

Baby Doll Dance (Age 2)

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

- **Ballet & Tap shoes recommended. Please purchase slip resistant peels to stick on the bottom of tap shoes.**
- **Multiple course/sibling discount available. Contact Recreation & Community Services for more information.**
- **No class September 2.**

28111	M	5:00pm-5:45pm	7/1-7/22	BLM	\$32/4 Mtgs
28116	M	5:00pm-5:45pm	7/29-8/19	BLM	\$32/4 Mtgs
28117	M	5:00pm-5:45pm	8/26-9/23	BLM	\$32/4 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.**
- **Multiple course/sibling discount available. Contact Recreation & Community Services for more information.**
- **No class September 2.**

28112	M	5:45pm-6:30pm	7/1-7/22	BLM	\$32/4 Mtgs
28118	M	5:45pm-6:30pm	7/29-8/19	BLM	\$32/4 Mtgs
28119	M	5:45pm-6:30pm	8/26-9/23	BLM	\$32/4 Mtgs

Ballet & Tap for Tots

For little tykes who like to dance. This is a fun introduction to ballet & tap, which includes beginning movements, arm and foot positions.

For ages 2-3. Instructor: High Fidelity Entertainment

28273	Sa	9:00am-9:45am	7/6-8/3	BLM	\$45/5 Mtgs
28275	Sa	9:00am-9:45am	8/10-9/7	BLM	\$45/5 Mtgs

Ballet/Tap Combo

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

For ages 4-6. Instructor: High Fidelity Entertainment

28274	Sa	9:45am-10:30am	7/6-8/3	BLM	\$45/5 Mtgs
28276	Sa	9:45am-10:30am	8/10-9/7	BLM	\$45/5 Mtgs

Ballet/Tap Combo at Kick it Up!

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

- **Location: Kick It Up, 8129 E. Wardlow Rd., Long Beach.**
- **Please note: parents are to remain outside of the classroom during instruction time.**

28253	M	4:00pm-4:45pm	7/8-8/12	Off Site	\$48/6 Mtgs
28291	T	4:00pm-4:45pm	7/9-8/13	Off Site	\$48/6 Mtgs
28257	Th	4:00pm-4:45pm	7/11-8/15	Off Site	\$48/6 Mtgs
28258	Sa	10:30am-11:15am	7/13-8/17	Off Site	\$48/6 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.**

28089	T	5:15pm-6:00pm	6/18-7/9	PLMS	\$35/4 Mtgs
28096	T	5:15pm-6:00pm	7/16-8/6	PLMS	\$35/4 Mtgs
28097	T	5:15pm-6:00pm	8/13-9/3	PLMS	\$35/4 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.**

28090	T	6:00pm-6:45pm	6/18-7/9	PLMS	\$35/4 Mtgs
28099	T	6:00pm-6:45pm	7/16-8/6	PLMS	\$35/4 Mtgs
28100	T	6:00pm-6:45pm	8/13-9/3	PLMS	\$35/4 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 July 2.**

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

28211	T	3:30pm-4:30pm	6/25-8/6	PLMS	\$105/6 Mtgs
28240	T	3:30pm-4:30pm	8/20-9/24	PLMS	\$105/6 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 July 2 & 6 and August 31.**

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

28210	T	11:30am-12:30pm	6/25-8/6	PLMS	\$105/6 Mtgs
28226	Sa	11:15am-12:15pm	6/29-8/10	PLMS	\$105/6 Mtgs
28238	T	11:30am-12:30pm	8/20-9/24	PLMS	\$105/6 Mtgs
28239	Sa	11:15am-12:15pm	8/24-10/5	PLMS	\$105/6 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 July 3.**

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

28215	W	11:00am-12:00pm	6/26-8/7	PLMS	\$105/6 Mtgs
28246	W	11:00am-12:00pm	8/21-9/25	PLMS	\$105/6 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 July 3.**

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

28216	W	3:30pm-4:15pm	6/26-8/7	PLMS	\$80/6 Mtgs
28247	W	3:30pm-4:15pm	8/21-9/25	PLMS	\$80/6 Mtgs

Preschool Programs

Teeny Tumblers

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

• No class July 2 & 6 and August 31.

• Materials fee included in the cost of the class.

28208	T	9:45am-10:30am	6/25-8/6	PLMS	\$80/6 Mtgs
28224	Sa	9:30am-10:15am	6/29-8/10	PLMS	\$80/6 Mtgs
28234	T	9:45am-10:30am	8/20-9/24	PLMS	\$80/6 Mtgs
28235	Sa	9:30am-10:15am	8/24-10/5	PLMS	\$80/6 Mtgs

Tootsie Rollers

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

• No class July 3.

• Materials fee included in the cost of the class.

28214	W	10:00am-10:45am	6/26-8/7	PLMS	\$80/6 Mtgs
28245	W	10:00am-10:45am	8/21-9/25	PLMS	\$80/6 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 July 2 & 6 and August 31.

• Materials fee included in the cost of the class.

28209	T	10:30am-11:30am	6/25-8/6	PLMS	\$105/6 Mtgs
28225	Sa	10:15am-11:15am	6/29-8/10	PLMS	\$105/6 Mtgs
28236	T	10:30am-11:30am	8/20-9/24	PLMS	\$105/6 Mtgs
28237	Sa	10:15am-11:15am	8/24-10/5	PLMS	\$105/6 Mtgs

Sports Instruction

3-Sport Multi Sport (Preschool)

During this course, participants will learn the fundamentals of three fantastic sports: soccer, baseball/softball and track. Participants will learn how to kick and control a soccer ball, how to hit, catch, throw and run the bases, and running, jumping and building strength and endurance in track and field. The goal and focus is to maintain an energetic and highly active program that will teach, encourage and advance your young players regardless of their skill level. Ages 2-5. 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 2-3 / 10:40 a.m. ages 3-5.

• No class July 6 and August 31.

28040	Sa	9:00am-9:45am	6/22-8/3	RYN	\$108/6 Mtgs
28042	Sa	10:40am-11:25am	6/22-8/3	RYN	\$108/6 Mtgs
28046	Sa	9:00am-9:45am	8/17-9/28	RYN	\$108/6 Mtgs
28047	Sa	10:40am-11:25am	8/17-9/28	RYN	\$108/6 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.

• No class July 7 and September 1.

28080	Su	11:00am-11:45am	6/23-8/4	Off Site	\$120/6 Mtgs
28081	Su	11:00am-11:45am	8/18-9/29	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

27966	W	6:00pm-6:30pm	6/19-7/10	SM	\$89/4 Mtgs
27969	W	6:00pm-6:30pm	7/24-8/14	SM	\$89/4 Mtgs
27970	W	6:00pm-6:30pm	9/4-9/25	SM	\$89/4 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

27965	W	5:20pm-5:55pm	6/19-7/10	SM	\$89/4 Mtgs
27971	W	5:20pm-5:55pm	7/24-8/14	SM	\$89/4 Mtgs
27972	W	5:20pm-5:55pm	9/4-9/25	SM	\$89/4 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. / 11:30 a.m. ages 3-6.

• Class will meet near the playground.

• No class July 6 and August 31.

28041	Sa	9:50am-10:35am	6/22-8/3	RYN	\$108/6 Mtgs
28043	Sa	11:30am-12:15pm	6/22-8/3	RYN	\$108/6 Mtgs
28050	Sa	9:50am-10:35am	8/17-9/28	RYN	\$108/6 Mtgs
28051	Sa	11:30am-12:15pm	8/17-9/28	RYN	\$108/6 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

28360	M	5:50pm-6:20pm	6/17-7/29	RYN	\$154/7 Mtgs
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Preschool Programs



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

28363 M 5:10pm-5:45pm 6/17-7/29 RYN \$154/7 Mtgs

Skyhawks SoccerTots

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

- 4 p.m. classes ages 2-3.5.
- 4:50 p.m. classes ages 3.5-5.
- No class July 5.

28436 F 4:00pm-4:40pm 6/21-8/16 MAY \$145/8 Mtgs
28437 F 4:50pm-5:30pm 6/21-8/16 MAY \$145/8 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.learntoskateusa.com>.
- No class July 3, 4 & 6.

28365	W	5:45pm-6:25pm	6/26-7/24	Off Site	\$84/4 Mtgs
28368	W	6:30pm-7:10pm	6/26-7/24	Off Site	\$84/4 Mtgs
28371	Th	5:45pm-6:25pm	6/27-7/25	Off Site	\$84/4 Mtgs
28374	Th	6:30pm-7:10pm	6/27-7/25	Off Site	\$84/4 Mtgs
28377	Sa	10:40am-11:20am	6/29-7/27	Off Site	\$84/4 Mtgs
28380	Sa	11:25am-12:05pm	6/29-7/27	Off Site	\$84/4 Mtgs
28406	W	5:45pm-6:25pm	7/31-8/21	Off Site	\$84/4 Mtgs
28408	W	6:30pm-7:10pm	7/31-8/21	Off Site	\$84/4 Mtgs
28410	Th	5:45pm-6:25pm	8/1-8/22	Off Site	\$84/4 Mtgs
28412	Th	6:30pm-7:10pm	8/1-8/22	Off Site	\$84/4 Mtgs
28414	Sa	10:40am-11:20am	8/3-8/24	Off Site	\$84/4 Mtgs
28416	Sa	11:25am-12:05pm	8/3-8/24	Off Site	\$84/4 Mtgs
28407	W	5:45pm-6:25pm	9/4-9/25	Off Site	\$84/4 Mtgs
28409	W	6:30pm-7:10pm	9/4-9/25	Off Site	\$84/4 Mtgs
28411	Th	5:45pm-6:25pm	9/5-9/26	Off Site	\$84/4 Mtgs
28413	Th	6:30pm-7:10pm	9/5-9/26	Off Site	\$84/4 Mtgs
28415	Sa	10:40am-11:20am	9/7-9/28	Off Site	\$84/4 Mtgs
28417	Sa	11:25am-12:05pm	9/7-9/28	Off Site	\$84/4 Mtgs

Tiny Aces Tennis Class

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

Ages 3-5. Instructor: Johnny Allen Tennis Staff

- Students should wear athletic clothing, lace-up tennis shoes and bring a racket and water.
- No class July 5.

28154	F	4:15pm-5:00pm	6/21-7/12	MAY	\$39/3 Mtgs
28190	F	4:15pm-5:00pm	7/19-8/2	MAY	\$39/3 Mtgs
28191	F	4:15pm-5:00pm	8/9-8/23	MAY	\$39/3 Mtgs
28192	F	4:15pm-5:00pm	8/30-9/13	MAY	\$39/3 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 July 4.

28130	T,Th	8:45am-10:15am	6/18-7/16	BOY	\$145/8 Mtgs
28131	T,Th	10:30am-12:00pm	6/18-7/16	BOY	\$145/8 Mtgs
28134	T,Th	8:45am-10:15am	7/23-8/15	BOY	\$145/8 Mtgs
28136	T,Th	10:30am-12:00pm	7/23-8/15	BOY	\$145/8 Mtgs
28135	T,Th	8:45am-10:15am	9/10-9/26	BOY	\$109/6 Mtgs
28137	T,Th	10:30am-12:00pm	9/10-9/26	BOY	\$109/6 Mtgs

Reading, Math and More Preschool

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

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

28126	M,W	2:30pm-3:25pm	6/17-7/3	BOY	\$89/6 Mtgs
28138	M,W	2:30pm-3:25pm	7/8-7/24	BOY	\$89/6 Mtgs
28139	M,W	2:30pm-3:25pm	7/29-8/14	BOY	\$89/6 Mtgs
28140	M,W	2:30pm-3:25pm	9/9-9/25	BOY	\$89/6 Mtgs

Fine Arts Instruction

Little Limelight

This unique Musical Theatre class for children ages 4-6 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.

28256	Th	4:00pm-4:45pm	7/11-8/15	Off Site	\$48/6 Mtgs
28260	Sa	8:45am-9:30am	7/13-8/17	Off Site	\$48/6 Mtgs

Registration Information

SUMMER CALENDAR

Resident Registration is going on now.

Non-Resident Registration Begins:
Monday, June 3

Most Classes Begin Week Of:
Monday, June 17

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

If class fee is:

\$0 - \$10	no additional fee
\$11 - \$29	add additional \$5 non-resident fee
\$30 - \$59	add additional \$10 non-resident fee
\$60 & over	add additional \$15 non-resident fee

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

4

EASY WAYS TO REGISTER



ONLINE

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

lakewoodcity.org/ecatalog
Credit cards only



PHONE-IN

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



MAIL-IN

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



WALK-IN

Lakewood City Hall
From 7:30 a.m. - 5:30 p.m., M-Th and alternating Fridays at Lakewood City Hall.
All payment forms accepted
Class Location
Walk-in registration at class location is based on availability.
Only checks are accepted

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

REFUND POLICY

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

TRANSACTION FEE

A non-refundable \$2.16 transaction fee will be charged per receipt.

SATISFACTION GUARANTEED

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

TRANSFER POLICY

Class transfers must be made before the second class meeting. Any additional class payment must be received at this time.

Only one (1) transfer per class participant is permitted.



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. (BCC)
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.

Call (562) 866-9771, ext. 2408 for more information
www.lakewoodcity.org/recreation

LIFE Form

(Lakewood Individual & Family Enrollment) Form



CITY OF LAKEWOOD RECREATION & COMMUNITY SERVICES

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

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

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

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

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

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

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

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 not 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.

Total of activity fees

Total non-resident fees

Concerts in the Park donation

Camp T-shirt total Size(s) _____

Transaction Fee

\$2.16

Total Paid

_____ 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.

5050 Clark Avenue
Lakewood, CA 90712

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BLOCK PARTY
Lakewood Civic Center

**Saturday
June 29 • 4-9 p.m.**
Civic Center Plaza
5050 Clark Ave.

LIVE ENTERTAINMENT
THE **MVPs** Take Center Stage
5-9 p.m.

"ON THE BLOCK" Food Court
(Showcasing Local Restaurants)

Family Fun Zone
(Games & Inflatable Attractions)

Spectacular Fireworks Show
(Begins at 9:15 p.m.)

For more information visit www.lakewoodcity.org/blockparty

**LAKWOOD'S
FEST-OF-ALL**

SATURDAY, OCTOBER 12
AT LAKEWOOD CENTER

FEATURING
LAKWOOD'S MULTICULTURAL FOOD & MUSIC FESTIVAL
MUSIC & DANCE-FAMILY FUN ZONE-CRAFT VILLAGE-CHILDREN'S CULTURAL BOOTH

WWW.LAKEWOODCITY.ORG/FEST-OF-ALL