

Garden Grove Community Services

FOCUS



SUMMER 2007

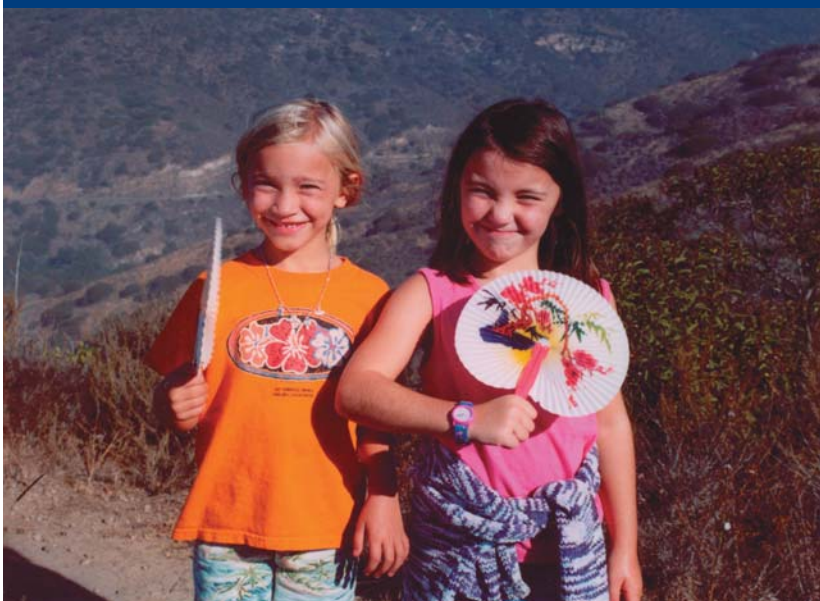
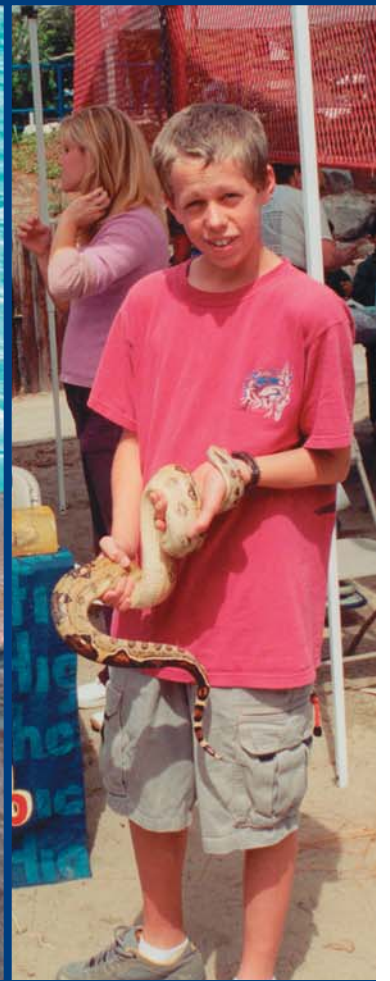
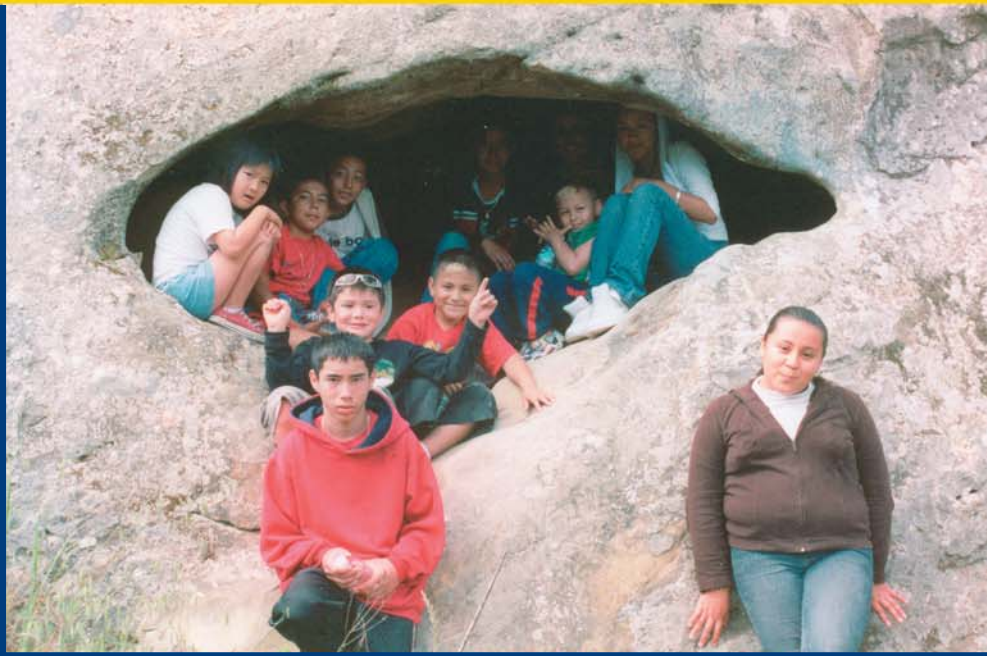
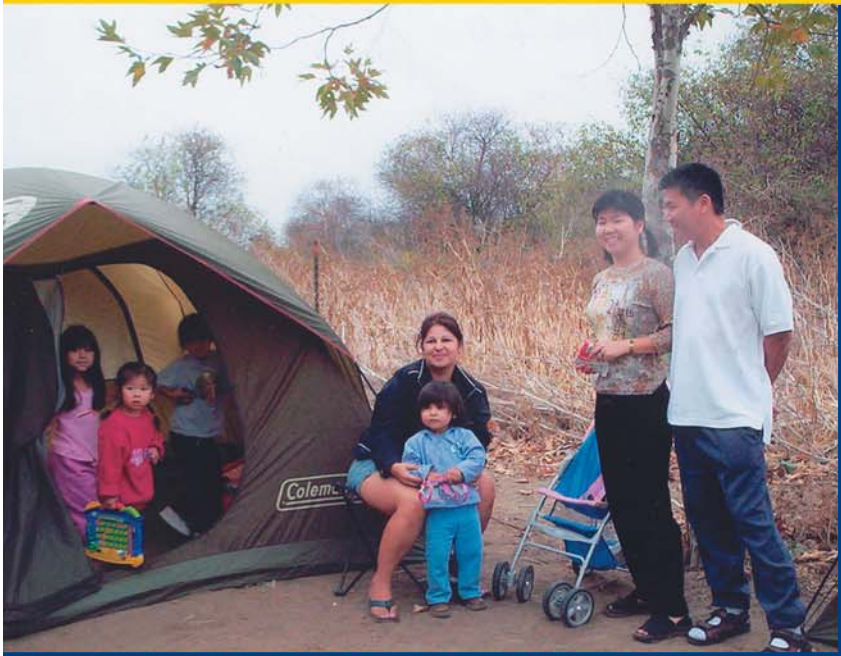


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City of Garden Grove
 Community Services Department
 P.O. Box 3070
 Garden Grove, CA 92842

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G City Information



RECREATION PROGRAMS FOR THE PUBLIC

The Community Services Department offers year-round programs that provide a full range of opportunities for life enrichment, self-improvement, personal growth, and artistic expression. Programs include swim lessons, day camp, leisure classes, parks, the Atlantis Play Center, birthday parties, youth and adult sports, excursions, and activities for senior citizens. Adults and children with disabilities are welcome and encouraged to fully participate in our classes, programs, and activities. If special accommodations are needed for you to participate in one of our recreation programs, please contact the Community Services Department at 741-5200 two weeks prior to the start of a program.

GARDEN GROVE CITY COUNCIL

WILLIAM J. DALTON

Mayor

MARK ROSEN

Mayor Pro Tem

DINA NGUYEN

Council Member

BRUCE A. BROADWATER

Council Member

STEVEN R. JONES

Council Member

To Reach A City Council Member,
Call Garden Grove City Hall at **741-5104**
11222 Acacia Parkway, Garden Grove, CA 92840
<http://www.ci.garden-grove.ca.us>

ON OUR COVER

Summertime is fun time, and Garden Grove has lots of opportunities to get out and play! From swimming to camping to dancing, there's something for everyone.

IMPORTANT CITY PHONE NUMBERS

Adopt-A-Park	741-5372
Animal Services (County)	935-6848
Bicycle Registration	741-5600
Boys & Girls Club	741-5894
Building Inspection	741-5332
Business Licenses	741-5074
Building Permits	741-5307
Cable T.V. (Time Warner)	903-4000
Chamber of Commerce	638-7950
City Clerk	741-5040
Code Violation Information	741-5350
Community Meeting Center	741-5262
Dog Licenses (County)	935-6300
Economic Development	741-5120
Employment Information	741-5000
Fire Department Information	741-5600
Flood Hazard Area Information	741-5312
General Plan Information	741-5312
www.gardengrovefuture.info	
Grove Theater Center	741-9550
Golf Course - Willowick	554-0672
Graffiti Hot Line	741-5381
Housing Rehabilitation Loans	741-5140
Job Line (recorded)	741-5016
Neighborhood Improvement	741-5140
Parks Maintenance	741-5386
Police Department Information	741-5704
Recreation Classes & Programs	741-5200
G.G. Sanitary District	
Solid Waste	741-5375
Sewer Problems	741-5395
Senior Citizens Center & Programs	741-5253
Showmobile Rental	741-5214
Storm Drains	741-5384
Street Repair	741-5385
Street Sweeping	741-5382
Street Light Repair (Edison Co.)	800-611-1911
Traffic Signal Repair	741-5393
Trash Pickup	238-3300
Trees	741-5384
Water Billing	741-5078
Water Service & Repair	741-5395
Zoning Information	741-5312
Fire, Paramedics or Police Emergency	911

Good Old Summertime!

It is finally here! The weather is warm, days are long and we have another summer to enjoy. What will you be doing this summer? I have a few suggestions...

The City of Garden Grove has so many opportunities for everyone to make great memories, enjoy new activities and meet new friends. My friends and I in the Community Services Department have worked to give you an exciting and memorable summer. Jumping into our Aquatics program (page 4) is a great way to beat the summer heat and learn water safety.

Another way to enjoy the great outdoors is with our Garden Grove Outdoor Recreation Program. We will be camping out at three different locations this year. Camping 101 at San Onofre State Beach is for those who are interested in learning the joys of camping, the smell of bacon on the grill in the morning, and the moon shining on you as we sit around a campfire and enjoy our third S'more! The campout at Atlantis Park on July 13 and 14 is always a lot of fun – we'll have games and crafts and a movie! Our most popular campout is at Leo Carrillo State Beach in Malibu. Surf, sun and sand, Cowabunga! These campouts fill up quickly, so register early (page 3). Here are pictures of our past camping adventures.



Finally, summertime means Concerts in the Park! I love those warm evenings at Eastgate Park, hanging out with friends, enjoying a delicious picnic and listening to great music! Check out the back cover to find out the performance schedule.

Come and join us for all kinds of adventures! See you at the Park!



G Community Resources

Magnolia Park Family Resource Center Home of the FOCUS Collaborative "Building healthy communities one family at a time"

Visit us at:

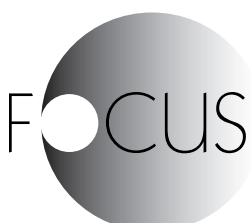
11402 Magnolia Street
Garden Grove, CA 92841
Monday through Friday
9:00 a.m. to 6:00 p.m.

(714) 530-7413 • (714) 530-7617

The Magnolia Park Family Resource Center provides Garden Grove families with educational classes, recreational programs and activities, and assists families in need through the agencies in the FOCUS (Family Opportunities Creating Unity and Support) Collaborative. Services are available in English, Spanish and Vietnamese, and most services are free or low in cost.

Services include:

- ❖ **Information and Referral** – Information about services throughout the area available in English, Spanish and Vietnamese.
- ❖ **Counseling** – Short-term counseling and referrals available in English and Spanish.
- ❖ **Parenting Classes** – Six-week series for parents of elementary school-aged children available in English and Spanish.
- ❖ **Health Services** – Classes, information and insurance enrollment assistance available in English, Spanish and Vietnamese.
- ❖ **Kinship Program** – Provides support for families raising a relative's child, available in English, Spanish and Vietnamese.



The Garden Grove FOCUS Collaborative is a FaCT partner. It receives Federal and State funds and is administered by the County of Orange Social Services Agency.

G Outdoor Recreation Program



Our goal is to provide outdoor activities and programs for youth and families, which include the elements of Discovery, Skill and Service.

Cool summer outdoor activities for the whole family!

Atlantis Family Campout

Bring the whole family out to the famous Atlantis Play Center for a night under the stars. In addition to all the normal fun at Atlantis, we'll have a campfire and games and crafts for the kids. So, bring your tent and sleeping bags and we'll provide the rest. All children must be accompanied by an adult.

\$12

Location: Atlantis Play Center

Ages: 2+

Fri-Sa Jul 13-14 5:00 pm - 9:00 am



Camping 101 at San Onofre State Beach



Do you want to go camping, but aren't sure how to go about it or don't have the time to plan a trip? Well this could be the campout for you and your family.

We are heading south for a one-night stay with the California State Parks' FamCamp program at the San Mateo Campground in San Onofre. All the necessary equipment and food will be provided, in addition to basic instruction in the art of camping. Just bring your clothes, swimsuit and some comfortable shoes and let us do the rest.

\$16

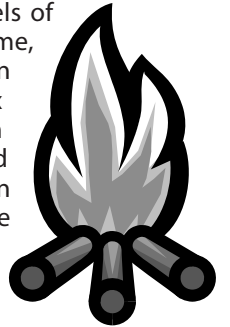
Location: San Mateo Campground, Christianitos Road, San Clemente

Ages: 2+

Fri-Sa Aug 10-11 4:00 pm - 2:00 pm

Family Camp at Leo Carillo State Beach

We are taking our 5th annual trip north to Malibu for a two-night stay at the campground at Leo Carrillo State Beach. All levels of camping experience are welcome, beginners through advanced. Join us for this opportunity to relax and spend some quality time with the family. All food is included and some equipment is available upon request. A pre-trip meeting will be held on Wednesday, August 8, 2007, at 6:00 pm at the Sports and Recreation Center to discuss the specifics.



\$20

Location: Leo Carillo State Beach Campground, Malibu

Ages: 3+

Fri-Su Sep 7-9 4:00 pm - 3:00 pm



Children under 18 must be accompanied by an adult.

REGISTER EARLY, PROGRAMS FILL QUICKLY!

For more information call (714) 741-5200.



TINY TOTS AND KARE BEAR REGISTRATION INFORMATION

The City of Garden Grove will be changing the way registration is done for the Tiny Tot and Kare Bear Fall classes of 2007. To make registration fair for everyone, we will be holding a lottery this year.

The lottery will be held on Saturday, September 8, 2007. From 8:30 to 9:00 a.m., **for Garden Grove residents ONLY**, numbers will be given to everyone present. Beginning at 9:00 a.m., numbers will be draw at random

from a bingo machine. Non-residents may register at 10:00 a.m.

When the machine pulls your number, you may select the class you would like your child to attend. If the class is full, you may go on a waiting list, or pick another class if there are openings.

Further details will be available in August. If you have any questions please call 714-741-5200.

G Aquatics Programs

SWIM PROGRAM (For All Ages)

The 2007 Summer Aquatics Program (June, July, and August) includes American Red Cross swimming lessons and recreational swimming at four pool locations throughout the City. The swimming lessons emphasize the development of swimming skills to promote personal safety, health and exercise, as well as social interaction.

Pools will open Monday, June 25, 2007, for swim lessons and recreational swimming. To schedule a pool rental, or for more information on the summer program call 741-5200.

Registration will be conducted on a first-come, first served basis as class capacity allows. Fees are payable at the time of registration. Swim classes are held Monday through Thursday, forty minutes each day for two weeks. Each session is \$40/43 per student. Checks are made payable to the City of Garden Grove. Visa and MasterCard will be accepted. There will be a \$5.00 processing fee for each refund. **MUST REGISTER IN PERSON.** Class registration for the swimming program will be conducted throughout the swimming season as follows:

CENTRALIZED REGISTRATION

Garden Grove City Hall,
11222 Acacia Parkway
Saturday, June 2, 2007
Residents: 9:00 a.m.-12:00 p.m.
Non-Residents: 10:30 a.m.-12:00 p.m.
Register for any class; any session; any pool.

POOL REGISTRATION

Saturday, June 9, 2007
10:00 a.m.-12:00 p.m.
Registration for any class, any session held at that pool.

NOTE: PACIFICA HIGH SCHOOL REGISTRATION WILL BE HELD AT GARDEN GROVE CITY HALL.

ONGOING REGISTRATION

Beginning June 25, 2007, and throughout the summer at each pool.
Monday through Thursday: 9:00 - 11:30 a.m. and 1:00 - 6:30 p.m.

SESSION SCHEDULE

- SESSION A June 25 - July 6 (No class July 4)
- SESSION B July 9 - July 19
- SESSION C July 23 - August 2
- SESSION D August 6 - August 16
- SESSION E August 20 - August 30
(GARY HALL & WOODBURY PARK POOLS ONLY)
- SESSION F September 4 - September 13
(GARY HALL POOL ONLY)

SWIMMING FACILITIES

- Pacifica High School Pool**
6851 Lampson (Knott & Lampson)
- Gary Hall Pool (Eastgate Park)**
12001 St. Mark (Chapman & Valley View)
- Magnolia Park Pool**
11402 Magnolia (at Orangewood)
- Woodbury Park Pool**
13800 Rosita (near Newhope & Westminster)

NOTICE: Additional charge applies to classes and activities at high school pool.

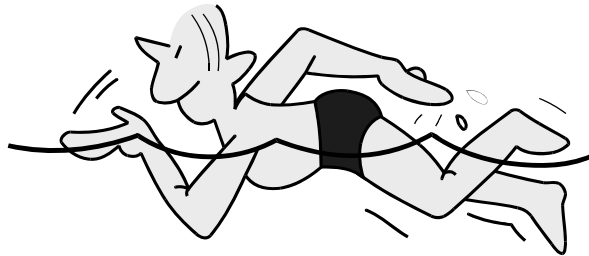
DEFINITION OF SWIM CLASSES

BASIC SWIM CLASSES All pools

PARENT & CHILD (\$40/43)

Ages 6 months-5 years

Designed to develop in your child a high comfort level in and around the water and a readiness to swim. Skills include water adjustment, blowing bubbles, underwater exploration, back float, prone glide, to safety skills. The course does not teach children to be accomplished swimmers or to survive in the water. Use of play as a basic form of learning provides fun and enjoyment in the water. One adult, 18 years of age or older, must accompany the child in the water.



TINY TOTS (\$40/43)

Ages 3-5 years

Introduce swimming and water safety to children of pre-school ages who are comfortable in the water without parental assistance or floatation devices. The class is for new swimmers who need to learn safe water entry, breath control, float on front and back, swim with some support on front and back, and water safety skills.

LEVEL 1 - Introduction to Water Safety (\$40/43)

Age: Not Younger than 5
(without permission of the instructor)

Designed for children with limited swimming experience, but who are comfortable in the water without parental assistance. Helps children build confidence and develop safety skills in and around the water. Some of the skills to be learned are front and back floats, and swim on front and back short distances by themselves.

LEVEL 2 - Fundamental Aquatic Skills (\$40/43)

Age: Not younger than 6
(without permission of the instructor)

For children who can float, put their head under water, and swim short distances by themselves. New skills include learning a combined stroke on front and back, swim on side, glide, roll over, fully submerge to retrieve object, bob, tread water, and water safety skills.

LEVEL 3 - Stroke Development (\$40/43)

(Must have completed and passed Level 2)

For the child who can swim both the front and back strokes at least 5 yards. New skills include the butterfly kick, jump into deep water, tread water, survival float, development of coordinated front and back crawl strokes, reaching assist and other water safety skills.

ADVANCED SWIM CLASSES High School Pool only

LEVEL 4 - Stroke Improvement (\$43)

(Must have completed and passed Level 3)

Child should be comfortable swimming in deep water at least 15 yards using both the front and back crawl. New skills include safe diving, underwater swimming, elementary backstroke, breaststroke, butterfly, improved distance and confidence in the front and back strokes, throwing assist, and other safety skills.

LEVEL 5 - Stroke Refinement (\$43)

(Must have completed and passed Level 4)

Child must be able to swim 25 yards of both the front and back crawl, 15 yards elementary backstroke and breaststroke, and tread water for 1 minute. This class provides further coordination and refinement of strokes along with new skills such as sidestroke, surface dives, flip turns, survival swimming and rescue breathing.

LEVEL 6 - Swimming and Skill Proficiency (\$43)

(Must have completed and passed Level 5)

Child must be able to swim 50 yards of both the front and back crawl, 25 yards elementary backstroke and breaststroke, and tread water for 2 minutes. Student will continue to refine swim technique, do swim conditioning and endurance, safety and survival skills, and basic springboard diving techniques.

SQUAD (\$23)

Ages 4-16 years

Child must be able to swim 25 yards in at least one competitive stroke, such as freestyle or backstroke. Students will work on swim team related techniques, and have the opportunity to enter swim meets.

WATER SAFETY INSTRUCTOR AIDE (\$33)

Ages 10-17 years
(Must have completed and passed Level 4)

Designed for those who want to assist the Water Safety Instructor with swim classes. Students will work on instructional responsibilities, emergency plans, non-swimming rescues. This class is eighty minutes long.

GUARD START (\$33)

Ages 11-14 years
(Must have completed and passed Level 4)

Provides a foundation of life guarding and life skills for youth with good swimming skills, who wish to become Lifeguards. This class is eighty minutes long.

BASIC WATER RESCUE (\$33)

Ages 12 years and older
(Must have completed and passed Level 4)

Provides individuals with the information and skills necessary to prevent, recognize, and respond to aquatic emergencies. Small craft safety will also be discussed.

WATER POLO (\$90, Additional Family Members \$60)

Ages 9 to 14 years

Achieve a better understanding of water polo as you practice and improve fundamental techniques such as ball handling, catching, passing, shooting, offensive and defensive positioning tactics and team concepts. Participants must be able to swim proficiently in deep water and need to have completed a Level 4 swimming class or pass a swimming test. No class on July 4, 2007.

Instructor: Eric Anderson & Associates

Location: Pacifica High School Pool

Session 1:

Mo-Th	Jun 25-Jul 12	9:00-10:30 am
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Session 2:

Mo-Th	Jul 16-Aug 2	9:00-10:30 am
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G Aquatics Programs

ADULT SWIM LESSONS (\$40/43)

Ages 16 years and older

For the beginning and intermediate adults who want to learn to swim or improve on existing skills.

RECREATIONAL SWIM

Dates of Program:

Jun 25 - Aug 16 Pacifica High School Pool and Magnolia Park Pool

Jun 25 - Aug 30 Woodbury Park Pool

Jun 25 - Sep 13 Gary Hall Pool

NOT OPEN ON JULY 4 or SEPTEMBER 3

RECREATIONAL SWIM FEES & HOURS

Fees:

\$1.50/visit - 17 years and under

\$1.75/visit - 18 years and older

\$12.00/10 visits - 17 years and under (child swim pass)

\$15.00/10 visits - 18 years and older (adult swim pass)

\$70.00 summer pass - Immediate family members only (Parents and their children - unlimited visits)

Hours:

Gary Hall:

Monday-Sunday: 2:00 - 4:00 p.m.

Tuesday & Thursday: 7:15 - 8:45 p.m.

Pacifica:

Monday-Thursday: 2:00 - 4:00 p.m.

Magnolia:

Tuesday, Thursday & Sunday: 2:00 - 4:00 p.m.

Woodbury:

Monday, Wednesday, Friday & Saturday:

2:00 - 4:00 p.m.

Wednesday: 7:30 - 9:00 p.m.

(Swim hours subject to change due to low attendance.)

POOL RENTALS

The three city-owned pools, Gary Hall, Magnolia, and Woodbury, are available for rent. These pools will be available to groups and organizations on a reservation basis during the hours they are not open to the public. For available dates and times contact the Community Services Department at 741-5200.

AQUATICS SCHEDULE

CLASS	PACIFICA HIGH SCHOOL POOL	WOODBURY PARK POOL	GARY HALL PARK POOL (EASTGATE)	MAGNOLIA PARK POOL
Parent & Child	10:30; 5:45	6:30	10:30; 4:15; 6:30	5:45
Tiny Tot	9:45; 11:15; 4:15; 5:00	10:30; 1:00; 4:15; 5:45	9:00; 9:45; 10:30; 11:15; 1:00; 4:15; 5:00; 5:45	9:00; 10:30; 4:15; 5:00; 6:30
Level 1	9:45; 10:30; 11:15; 1:00; 4:15; 5:00; 5:45	9:00; 9:45; 10:30; 11:15; 1:00; 4:15; 5:00; 5:45; 6:30	9:00; 9:45; 10:30; 11:15; 1:00; 5:00; 5:45; 6:30	9:45; 10:30; 1:00; 4:15; 5: ; 5:45
Level 2	9:00; 10:30; 11:15; 1:00; 4:15; 5:45; 6:00; 6:30	9:00; 9:45; 10:30; 11:15; 1:00; 4:15; 5:00; 6:30	9:00; 9:45; 11:15; 1:00; 4:15; 5:00; 5:45; 6:30	9:00; 9:45; 1:00; 5:00; 6:30
Level 3	9:00; 10:30; 11:15; 1:00; 4:15; 5:00; 5:45; 6:30	9:45; 11:15; 5:00; 5:45	9:45; 11:15; 1:00; 5:00; 5:45	10:30; 4:15
Level 4	9:00; 9:45; 10:30; 1:00; 4:15; 5:00; 6:30			
Level 5	9:45; 11:15; 1:00; 5:45			
Level 6	9:00; 6:30			
Squad	12:00			
WSI Aide	9:45 Session A			
Guard Start	10:30 Session B			
Basic Water Rescue	10:30 Session C			
Adult	6:30			
Private	To be arranged	To be arranged	To be arranged	To be arranged



Bring a raft and suit up for our **Dive-In Movie** at 7 p.m. on Friday Night, June 29, at the Gary Hall Pool in Eatgate Park! The cost is \$3 for individuals and \$10 for families.



You must pre-register for this event and it is limited to the first 50 participants. Rafts are limited to a two-person capacity. The movie is to be announced, but will be rated G. (Family and individual swim passes will not be valid for this event.)

To register, call Community Services at (714) 741-5200.



G Day Camps

Camp Garden Grove Summer Day Camp

Camp Garden Grove is supervised by trained recreation leaders. The program provides a variety of weekly activities including group games, crafts, sports, music, special excursions, cookouts, and more! A new theme and a major excursion is planned for each of the ten weeks of the program. Mini trips are also included on a weekly basis to add to your child's enjoyment. A calendar of activities will be distributed on Monday of each week with times of departure and arrival for excursions and information on other special activities.

Deposit: For each week of day camp desired, a \$5 non-refundable, non-transferable deposit is required and must be paid by June 21, 2007. After June 21, full payment will be required to register for each week. No exceptions. Payment must be made prior to the first day of camp. No payment is accepted at the camp site.

Counselor-In-Training: This program is designed to promote an interest in camp leadership through structured responsibilities as a Junior Counselor. CITs are assigned to a Counselor and act as a Junior Counselor for a group of up to ten children. Responsibilities include assisting with arts and crafts, games, excursions, and special events. Interested youth, 13 years and older, must submit an application to the Recreation Office and complete the interview process. The fee is \$35 per week. Applications must be received by May 24, 2007, and will not be accepted during the summer months.

Special Events and Outings: Each week's theme is celebrated through a special event day complete with games, a cookout, and a themed event. In addition, each week a variety of recreational experiences are available including swim days at a city pool and special outings in the community.

Every camper is encouraged to participate in Camp Garden Grove's reading program. Each Monday begins with a trip to the local library where campers can check out exciting books to read during the week. At the end of each week, campers are given a special award recognizing their reading progress.



Location: Village Green Park - 12732 Main Street (at Stanford) • Ages: 5-12
\$112 per week (9:00 a.m.-4:00 p.m.) • \$127 per week (7:00 a.m.-6:00 p.m.)

Session	Dates	Theme	Excursion
Week 1	June 25 - June 29	Sun & Surf	The Beach
Week 2	July 2 - July 6*	Camp Wild Wild West	Knott's Berry Farm**
Week 3	July 9 - July 13	Camp Cowabunga	Wild Rivers
Week 4	July 16 - July 20	Lights, Camera, Camp	Universal Studios
Week 5	July 23 - July 27	Camp Monkeyin' Around	L.A. Zoo
Week 6	July 30 - August 3	Camp Happiest Place on Earth	Disneyland
Week 7	August 6 - August 10	Camp Totally Tubular	Raging Waters
Week 8	August 13 - August 17	Camp Fun-n-Games	Boomers
Week 9	August 20-August 24	Camp Skatin' 4 Fun	Anaheim Ice
Week 10	August 27-August 31	Camp Adventure	Adventure Plex

*No camp Wednesday, July 4, 2007 **Excursion on Tuesday, July 3, 2007



Guardettes
DANCE & DRILL TEAM
Come Join Our Team!

- Ages 3 - 18
- Affordable Dance Instruction
- Family Oriented
- Individual Fundraising Opportunities
- Competitive & Non-Competitive Teams Available

Dance Classes

- ★ Jazz
- ★ Hip Hop
- ★ Ballet
- ★ Lyrical
- ★ Songleading
- ★ Dance Technique

Guardettes
 Dance & Drill Team

Try out a class on us!
One class free with this coupon expires 8/31/07

For information call (714) 534-TEAM or check us out online at www.guardettes.org

G Youth and Adult Sports

Youth Sports

Youth Arena Soccer

\$50 / child

Location: Garden Grove Arena Soccer Park

Ages: 18 mos+

This program provides a fun and exciting environment for youth to learn the fundamentals of soccer and overall fitness. The eight-week program runs throughout the year. Registration is available at the Garden Grove Arena Soccer Park, Monday through Friday, 4:00 p.m. to 10:00 p.m., and Saturday and Sunday, 10:00 a.m. to 10:00 p.m. For more information call 890-0259.

VOLUNTEER COACHES... WE NEED YOU!!!

Volunteers are needed to coach and/or assist with teams in our youth sports (basketball and football) programs. Without such volunteers these programs would not exist. If you have a few hours a week, enjoy working with kids, and know something about the game of basketball or football, please inform staff at the time of registration, or call (714) 741-5200.

Adult Sports

Fall Adult

Softball League

(Men's and Co-Ed Slow-Pitch)

\$500 / team (\$45 late fee)

Location: Garden Grove Park

Men's and Co-ed slow-pitch leagues are offered

as part of the fall program. Games will be played weeknights at Garden Grove Park. Registration is accepted on a team basis. Teams with the majority of players residing or employed in the City will receive priority in the event a night fills past capacity. The registration deadline is **Thursday, September 6, 2007, at 5:00 p.m.** The mandatory manager's meeting is Tuesday, September 11, 2007, 7:00 p.m. at the Garden Grove Sports and Recreation Center, 13641 Deodara. Play will begin the week of September 17, 2007. For more information, or to receive an application, please call 741-5200.



Adult Soccer

Location: Garden Grove Arena Soccer Park

Arena Soccer Park is taking registration for men's, women's, and co-ed soccer leagues. Beginner to advanced leagues are forming. The 6 v 6 league is \$55 per individual or \$525 per team. The 3 v 3 league is \$50 per individual or \$240 per team. For additional information, call 890-0259.



F.O.C.U.S. Collaborative

Family Opportunities Creating Unity and Support

Children and Family Services of Orange County has teamed with F.O.C.U.S. Collaborative to assist in the recruitment of foster/ adoptive parents.

If you are interested in becoming a foster/ adoptive parent, call (714) 530-7413.

WE NEED FOSTER & ADOPTIVE HOMES



Orange County Social Services Agency

(714) 530-7413



Join the most exciting game in town!



Adult Foot Hockey Leagues
Youth Roller Hockey Leagues
Adult Roller Hockey Leagues
Rink Rentals

For more information, contact league management at

714-228-1967

or visit our website at

www.socalstreethockey.com

SoCal Street Hockey

- Adult Foot Hockey League
- Adult Roller Hockey League
- \$750/Team - All Leagues
- \$95/Player - Roller League
- \$75/Player - Foot League
- Goalies Play For Free
- Tournaments
- ALL SKILL LEVELS WELCOME

Proud Sponsor of



and

USA WOMEN'S NATIONAL
BALL HOCKEY TEAM

Southern California Youth Roller Hockey Organization (S.C.Y.R.H.O.)

- Youth Roller Hockey League
- Non-profit Organization
- Ages: 5 - 17 year-olds
- \$89.00 (includes jersey)
- New Player & Family Discounts
- Goalie Discounts
- EVERYONE PLAYS

G Sports and Recreation Center



13641 Deodara Drive, Garden Grove, CA 92844



Schedule is subject to change without notice.
For more information, contact: (714) 889-5782.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HOOPS UNLIMITED Adult Men's Basketball League For more information, please call (949) 459-5858	3-5 pm Youth Drop-In Basketball	3-5 pm Youth Drop-In Basketball	3-5 pm Youth Drop-In Basketball	3-5 pm Youth Drop-In Basketball	1-2 pm Qigong For more information, please see page 9	9-12 am Drop-In Volleyball/ Basketball
5-8 pm Drop-In Badminton	HOOPS UNLIMITED 6-10 pm	Adult Volleyball League Entry Fee: \$230 \$12 per match (3 games) For more information, please call (714) 375-5063		6-9 pm Drop-In Badminton	5:40-6:40 pm Pilates For more information, please see page 8	
					6-9 pm Drop-In Basketball	



Fees for all Drop-In programs:

Ages 14 & under	\$1.00
Ages 15-17	\$2.00
Ages 18-54	\$3.00
Ages 55 & Up	\$2.00



theCage

rollerhockey
leagues &
tournaments

12722 Chapman Avenue
Garden Grove, CA 92840
(714) 748-PLAY (7529)

www.CageHockey.com
email: RinkInfo@CageHockey.com

Youth Roller Hockey Weekend Program

- **FREE Equipment Provided!!!**
- **Ages: 5 years old and up**
- **Only \$125 / player**
- **10 games + playoffs**
- **Weekend games, practices and lessons**
- **Experienced Coaches**
- **Pick-Up Games only \$3**

Adult Roller Hockey - 5 Divisions!!!

- **Full Teams - only \$995**
- **Individuals - only \$125**
- **10 games + playoffs**
- **All Levels of play - beginner, intermediate, advanced**
- **Weekly Pick-up Games only \$5**
- **Private Rentals**





Facilities and Parks

Community Meeting Center

So, what kind of function are you having...

A special event such as a wedding, reception or an anniversary party?

A business meeting, seminar or conference?

Whatever the case, the Garden Grove Community Meeting Center is just the place.

Located in central Orange County, freeway close and beautifully designed with a garden atrium, large windows throughout, and a skylight ceiling, the Center serves as an ideal site for any function. Use just one room, or all five, whatever your event requires. We have the versatility to make it happen.

Our Center offers several amenities to add that extra touch. We can provide access to a kitchen, portable bars, a variety of audio-visual equipment, lecterns, and best of all...free parking. In addition, we have a friendly, experienced, well-trained staff team, always willing and able to assist in any way.

With such a great facility and over 25 years experience in the event and meeting business, the Community Meeting Center has a lot to offer. Let us help make your event one that you will always remember.



Butterfield Room

*Receptions! Weddings! Banquets! Parties!
Capacity: 400 banquet/500 theater
Stage, dance floor, sound system, outside patio
Partition wall available to divide room into two

Heritage Room

Perfect for classes or break-out rooms
Capacity: up to 35 people
TV/VCR unit, Garden Grove historic memorabilia

Founders Room

Ideal for executive business meetings
Capacity: up to 20 people
Comfortable high back chairs, fireplace, sink, TV/VCR unit

Constitution Room

Capacity: up to 55 people
TV/VCR unit, sink, partition wall

Park Buildings, Picnic Pavilion & Park Shelters

Looking for the perfect park location to hold an event? Whether you are planning a meeting for ten or a birthday party for 50, the City of Garden Grove has a place to suit your needs. Choose from several different locations that include a picnic pavilion, park buildings, and park shelters. To find out more about renting a park facility, please call (714) 741-5200.

	Total Acres	Play Area	Reservable Buildings (maximum occupancy)	Reservable Picnic Area (maximum occupancy)	Restrooms	Open Field Space	Tennis Courts	Basketball Courts	Volleyball	Ball Diamond	Pool Facility	Horseshoe Pits	Hockey Rink(s)	Exercise Course	Raquetball Courts	Badminton Courts	Seniors
Chapman Sports Complex Chapman and Knott	11				•	•	•	•		•			•		•		
Eastgate 12001 St. Mark	4.5	•		50	•			•			•						
Edgar 12781 Topaz St.	6	•				•						•					
Faylane 11700 Seacrest	2.9	•		50	•							•					
Garden Grove 9301 Westminster	40	•	40	150	•	•		•	•	•							•
Gutosky 9201 Ferris	2.1	•		50	•												
Hare School 12012 Magnolia	14					•		•									
Magnolia 11402 Magnolia	5.9	•	40	50	•		•	•			•				•		
Pioneer 12722 Chapman	4	•				•							•				
Twin Lakes 12952 Lampson	23	•		50	•									•			
Village Green 12732 Main St.	6.3	•		150		•											
West Grove 5372 Cerulean	6.6	•	40	50	•	•		•									•
West Haven 12252 West	10	•		50	•	•											
Woodbury 13800 Rosita Place	3.3	•			•			•			•						



Courtyard Center



What more could you want for your event than a versatile rental facility complete with a meeting room, catering kitchen, activity center and a picturesque, Spanish style courtyard, all located within beautiful park surroundings? The Courtyard Center in the Village Green Park has it all.

Whether it is a small meeting of 15 people, an art exhibit for 60, a reception of 100 or a seminar for 150, the Courtyard Center can accommodate many different sizes and function types. The Courtyard is also wonderfully suited for quaint wedding ceremonies.

For additional information for either the Community Meeting Center or the Courtyard Center, call 741-5262.

Magnolia Park Family Resource Center

The Magnolia Park Family Resource Center is available on a limited basis for community groups and residents. The Center includes restrooms and a kitchen. Activity is limited to events hosting no more than 40 people. Additional information about guidelines, rental fees, and facility availability can be obtained by calling (714) 530-7413.



Atlantis Play Center



13630 Atlantis Way (off Westminster Avenue)



Atlantis ...

The legendary super nation sank beneath the waves of the sea about 3,000 B.C. The mystery of this legend inspired its re-creation in Garden Grove in the form of

a four-acre children's play fantasy. Atlantis Play Center is where your adventure begins ...

General Use

An admission charge of \$1.00 per person allows visitors to enjoy the four-acre site in one of California's most unique habitats. Children two years and under are free, and adults must be accompanied by a child.

Early/Late Openings

Arrangements can be made to have Atlantis Play Center opened before or after regular operating hours for \$15.00 per hour. This is available to schools and non-profit organizations only. Early/late opening reservations may be made up to six months in advance.

Private Parties/Picnics

Tables are available for rent for a private party, to a maximum of ten tables per day, or you can reserve the entire park for a company event or family picnic.

Birthdays (Ages 3-9 years):

Enjoy a birthday party under the 60-foot-wide "Birthday Pavilion." This covered area replicates an inverted seashell resting upon nine Grecian columns providing the central theme for birthday parties

throughout the year. The Pavilion may be rented for \$25.00 for 45 minutes, plus \$1.00 admission for each guest, up to a maximum of 24 guests.

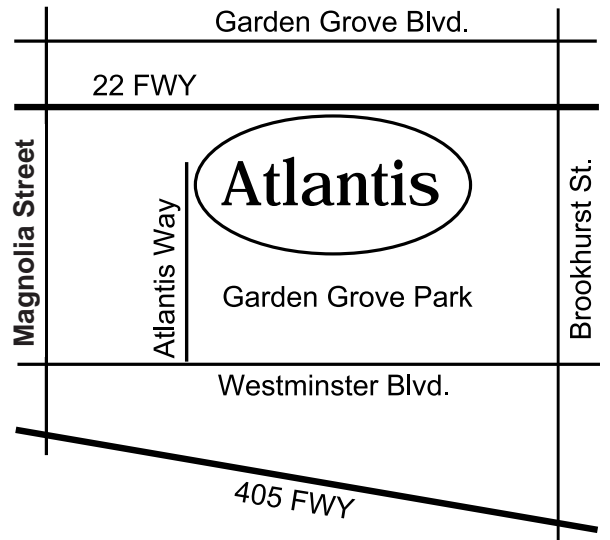
Birthday Party Package

(Ages 3-9 years):

Have your child's birthday party planned for you. All you have to do is sit back and relax. Atlantis Birthday Parties are 45 minutes in length, and are priced for 18 guests, up to a maximum of 24. Birthday Parties are conducted Saturdays and Sundays, excluding holidays, except when Atlantis is closed for private parties.

Birthday Party Package cost is \$90.00, and includes:

- Admission for 18
- Placemat, paper plate, cup, napkin, and fork for each guest
- Punch and ice cream cup
- Decorated 1/4 sheet birthday cake with birthday child's name & candles
- Crown for the birthday child
- Birthday sign in Pavilion announcing child's party
- Eighteen invitations
- Table covers
- Two Recreation Leaders to lead games and conduct party
- Coloring book and balloon for each child
- Goody bag for each child
- Mylar birthday balloon for birthday child
- Extra Adults: \$1.00 (admission only)
- Extra Children: \$3.00 (admission, cake, punch, ice cream and goodie bag)



Atlantis Play Center is located at Atlantis Park, 13630 Atlantis Way, Garden Grove.

Reservations for any of the above may be made by calling the Community Services Department at (714) 741-5200.

Atlantis Play Center Hours:

June 19 through Labor Day Weekend

- Monday: Closed
- Tuesday-Saturday: 10:00 a.m. - 4:00 p.m.
- Sunday: 12:00 p.m. - 4:00 p.m.

1st Tuesday in September to June 17

- Monday: Closed
- Tuesday-Friday: 10:00 a.m. - 2:00 p.m.
- Saturday: 10:00 a.m. - 4:00 p.m.
- Sunday: 12:00 p.m. - 4:00 p.m.



Activities for Adults

Arts and Crafts

Adult Drawing

Learn to draw or increase your drawing skills. All levels are welcome. Lessons will include Betty Edward's, "Drawing on the Right Side of the Brain" exercises. Each student will receive individual help. Instructor is a Disneyland portrait and freelance artist. Bring paper, pencil, tape, eraser, ruler, scissors and thin cardboard to the first class. No class on July 4, 2007.

Instructor: Carole Pomerantz

\$41 / 4 sessions

Location: West Grove Park

Ages: 13+

30274	We	Jun 13-Jul 11	6:00-7:00 pm
30276	We	Jul 18-Aug 8	6:00-7:00 pm

Drawing And Painting The Fun Way

This fun class taught by a professional artist, it is designed to teach students necessary skills to improve their paintings and drawings. Class will be alternated, one week drawing, the next painting. Beginners are welcome. Please pick up supply list at registration.

Instructor: Pati Kent

\$85 / 6 sessions

Location: Westminster Community Center

Ages: 13+

30602	Tu	Jun 19-Jul 24	3:30-5:00 pm
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Mosaic Clay Pot Planter

Create a beautiful mosaic planter for indoor plants. Impress your friends with your artistic ability by using ceramic pieces, glass stones, and tile to make a unique garden ornament. An \$8 supply fee is payable to the instructor.

Instructor: Crafty Chicks

\$17 / 1 session

Location: Senior Center

Ages: Adults

30001	Mo	Jul 30	6:30-9:30 pm
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Etched Mirror Coasters

This glamorous coaster set is fun and easy to make. Students will etch four mirror squares using their choice of stencils and etching solution. Coasters will be packaged and ready for gift giving. Get ready to impress your friends and family with this fabulous project. A \$10.00 supply fee is payable to instructor.

Instructor: Crafty Chicks

\$17 / 1 session

Location: Senior Center

Ages: Adults

30002	Mo	Aug 6	6:30-9:30 pm
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Summer Stamped Candle

Add a little summer sunshine to your decor. Students will stamp a tall pillar candle and then decorate its terra cotta container with shells, sea glass, flat marbles, and other found objects. Enjoy learning the fine art of stamping candles. A \$10.00 supply fee is payable to the instructor.

Instructor: Crafty Chicks

\$17 / 1 session

Location: Senior Center

Ages: Adults

30003	Th	Aug 23	6:30-9:30 pm
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Terra Cotta Mosaic Birdbath

Students will create an awesome terra cotta mosaic birdbath using paint and applying mosaic pieces to the inside bowl area. This special garden focal point will delight birds from the farthest points south. Students will use broken ceramic pieces, tile, flat marble stones and mosaic accent tiles to decorate their birdbath. A \$15.00 supply fee is payable to instructor.

Instructor: Crafty Chicks

\$17 / 1 session

Location: Senior Center

Ages: Adults

30000	We	Jul 18	6:30-9:30 pm
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Dance

Caribbean And Latin-Beginning

Start out on the right foot! Dance your Thursday night away in the Latin manner! Learn Merengue, Cha Cha Cha, Salsa and Cumbia. Individual attention will be given to each student so you can learn the basic steps and moves of each dance. Partners are welcome but not needed. Instruction will be given in English and Spanish.

Instructor: Miguel Figueroa, Jr.

\$57 / 7 sessions

Location: Courtyard Center

Ages: 15+

30451	Th	Jun 14-Jul 26	7:00-8:30 pm
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Caribbean And Latin-Intermediate

Make the move to continue the fun! Now that you have some knowledge of the steps of Merengue, Cha Cha Cha, Salsa and Cumbia take the next step. Learn routines, spins, wraps, and turns. Individual attention will be given to each participant. Partners are welcome but not needed. Instruction will be given in English and Spanish.

Instructor: Miguel Figueroa, Jr.

\$57 / 7 sessions

Location: Courtyard Center

Ages: 15+

30452	Th	Jun 14-Jul 26	8:30-10:00 pm
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DanceXercise

DanceXercise involves movement using social dance steps in a line dance format. This class doesn't require a dance partner. Every activity is done with music that is appropriate to the type of dance movement. Please wear comfortable clothing.

Instructor: Edward Edrosolano

\$48 / 4 sessions

Location: Senior Center

Ages: Adults

30787	Tu	Jun 12-Jul 3	6:30-7:30 pm
30788	Tu	Jul 3-Jul 24	6:30-7:30 pm
30789	Tu	Aug 7-Aug 28	6:30-7:30 pm



Activities for Adults

Dog Obedience

Beginning Flyball

A relay style race that involves jumps and a tennis ball. Flyball is an action dog sport. Your dog must have basic obedience. Bring regular leash, 10-15 feet line, treats, toys, water and baggies for clean up. No class on July 6, 2007.

Instructor: Nicole Myers

\$50 / 6 sessions

Location: Edgar Park

Ages: 14+

30103 Fr Jun 15-Jul 27 6:00-7:00 pm

Flyball Team Strategies

This class is for dogs that already know how to play flyball. Handlers will learn how to time passes, put together line-ups and run a four dog team. No class on July 6, 2007.

Instructor: Nicole Myers

\$50 / 6 sessions

Location: Edgar Park

Ages: 14+

30105 Fr Jun 15-Jul 27 7:00-8:00 pm

Calling All Frisbee Dogs

Have you ever watched the dog frisbee competitions on television or seen the demonstration teams perform at the fair, and thought it might be a fun activity for you and your best friend? Here's your chance to spend an afternoon learning techniques from an avid dog-disc competitor, David Procida. The workshop will include instruction on proper frisbee throwing techniques, how to get your dog motivated to catch a disc and bring it back to you, and introduction to teaching your dog various stunts, such as spins, twists and weaving between your legs. Please bring dog with current vaccination records, water, clean-up bags, a lawn chair and \$5.00 materials fee. A frisbee will be provided for each student. Dogs over six months who have had basic on-leash obedience, and handlers ages 14 years to adult may enroll. Do not feed your dog 3-4 hours prior to class time. Wear tennis shoes and comfortable clothing.

Instructor: Hacienda Hills Dog Obedience Club

\$39 / 1 session

Location: Edgar Park

Ages: 14+

30188 Su Jul 15 2:00-5:30 pm

Crash Course In Basic Canine Manners

This four-week, fast paced course is geared for people who need to accomplish their training goals and get behavior problems under control within a limited period of time. During each 80 minute meeting, several new obedience skills will be introduced and preventative and corrective measures for a variety of bad habits will be discussed. Exercises will include sit and down on command, stay in sit or down position with distractions, come when called, and controlled walking on a leash. For dogs ages four months or older. Vaccinations must be current. Please pre-register and you will be contacted regarding what to bring to first meeting. (Dogs are to be brought to all meetings.)

Instructor: Hacienda Hills Dog Obedience Club

\$62 / 4 sessions

Location: Senior Center

Ages: 12+

30186 Mo Jul 9-Jul 30 7:30-8:50 pm

Dog Obedience

How have you and your canine companion been getting along lately? If you need help in establishing good conduct and curbing bad habits such as destructive chewing, hole digging, or over-exuberance, enroll Fido now! This eight week session is open to all breeds of dogs, ages six months or older (larger breeds accepted at four months). All A.K.C. Novice obedience exercises will be covered, (heel, automatic sit, stay, come, down, stand), as well as hand signals, off-leash techniques, and long-distance work. Trophies and certificates will be awarded at graduation. The first meeting will be an orientation, held WITHOUT DOGS. Equipment for training will be discussed at orientation and will be available for purchase at reasonable prices, if needed. Please bring vaccination records to the first meeting.

Instructor: Hacienda Hills Dog Obedience Club

\$72 / 8 sessions

Location: Parkwest Park

(First meeting will held at the Gazebo)

Ages: 12+

30182 Tu Jun 19-Aug 7 6:15-7:15 pm



Puppy Kindergarten

Establishing good manners at an early age can make your new puppy a more enjoyable family member and a better citizen of his community! This course, geared for young puppies between two and five months of age, will emphasize socialization, and will introduce basic commands such as sit, stay, come, down, and walking on a leash. Also included will be discussions on various puppy-care topics, such as housebreaking, teething problems, health-care pointers, etc. Puppy diplomas will be presented to all students at the end of the six week session. Please DO NOT bring puppies to the first class meeting, which be held INSIDE THE SENIOR CENTER, 11300 Stanford (between 9th & Euclid) in Garden Grove. Equipment for training will be discussed at orientation and will be available for purchase at reasonable prices, if needed.

Instructor: Hacienda Hills Dog Obedience Club

\$60 / 6 sessions

Location: Senior Center (First meeting inside Senior Center)

Ages: 12+

30183 Mo Jun 25-Jul 30 6:30-7:30 pm

In-Home Training For Your Dog Or Puppy

If you need help in canine communication, but would prefer the convenience and privacy of your home rather than attending a group class, this one-on-one training course is designed for you. A professional trainer from Hacienda Hills Dog Obedience Club will be scheduled to meet with you for three lessons, one hour each lesson, at a time convenient to your busy schedule; daytime, evening, or on weekends. The lessons will include introducing you and your dog to basic obedience commands and personalized help with correcting all those annoying bad habits such as jumping on guests, nuisance barking, digging, chewing, escaping from the yard, housebreaking problems, etc. Register through the Community Services Department and you will be contacted to schedule your lessons, or call (714) 532-3647 if you have questions about the training.

Instructor: Hacienda Hills Dog Obedience Club

\$198 / 3 sessions

Location: Classes and times to be determined by dog owner and instructor

Ages: 9+

30187 Su/Mo/Tu/We/Th/Fr/Sa Jun 1-Jun 3 8:00 am-7:30 pm

Fitness

Yoga

Classical Hatha Yoga asanas (poses) with emphasis on precise alignment and form. A great way to build strength, increase flexibility and stamina while developing a sense of well-being. Physically challenging and fun. Bring a long strap or belt to class. A yoga sticky mat is helpful, but not essential.



Instructor: Craig Halbasch

\$50 / 5 sessions

Location: Senior Center

Ages: 18+

30391 We Jun 13-Jul 18 6:00-7:30 pm

30392 We Aug 1-Aug 29 6:00-7:30 pm



Pilates

Whether you are a dancer, an athlete, or simply interested in keeping your body fit, the Pilates method of exercise is designed for you! Pilates works specific muscles in controlled scientific ways in order to increase agility and strength. This revolutionary toning and conditioning system stretches, strengthens, and realigns overused joints and muscles. Participants work at their own level of fitness. Be sure to bring a mat. No class on August 14, 2007.

Instructor: Miss Dawna Ludwig and Christina Prince

Ages: Adults

Location: Senior Center

\$56 / 7 sessions

30393 Tu Jun 12-Jul 24 5:40-6:50 pm

\$45 / 5 sessions

30397 Tu Jul 31-Sep 4 5:40-6:50 pm

Pilates and Yoga

It's here. The perfect combination of two popular skills, Pilates and Yoga. Both increase strength, balance, flexibility and coordination while increasing attention span. The Pilates mind body system is the favored exercise system of top models, dancers and athletes. Combining gentle exercise with mind focus, Pilates puts very little strain on the body, and can be enjoyed by almost anyone of any age and level of fitness. Yoga has its roots in ancient wisdom and has been practiced for over 4000 years. Using physical poses, it is simultaneously energizing and relaxing and is a means of harmonizing the mind body and spirit.

Bring to class 2-5 pound weights and mat.

Instructor: Miss Dawna Ludwig

\$42 / 5 sessions

Location: Sports and Recreation Center

Ages: Adults

30396 Fr Jun 15-Jul 13 5:40-6:50 pm

Scorpiocise

More than just "Tae-Bo." Join Master Shawn in this newly developed method of workout. With a combination of martial arts, aerobics, and weight training, you will soon see the results you have been craving. The exercise consists of abdominal work, body conditioning, toning of the legs and rear, and cardiovascular. All this is done in a fun, caring, and family atmosphere. Two classes per week.

Instructor: Shawn Shilati No Class on July 4, 2007.

\$49 / 8 sessions

Location: Red Scorpion

Ages: 12 and up

30314 Mo/We Jun 4-Jun 27 7:30-8:30 pm

30315 Mo/We Jul 2-Jul 30 7:30-8:30 pm

30316 Mo/We Aug 6-Aug 29 7:30-8:30 pm

Qigong

Five thousands years old, from China, Qigong can be done by adults and seniors of all ages. Unlike aerobics and vigorous exercises these exercises work inside your body to improve blood circulation, reinforce the immune system and increase the flexibility of the joints. Qigong works to strengthen and balance all the internal organs. The exercises are slow, gentle movements done standing up or sitting down. They are known to relieve fatigue and relax the entire body. No class on July 5 and 6, 2007.

Instructor: Rosemarie McGowan

\$35 / 5 sessions

Ages: Adults and Seniors

Location: Sports and Recreation Center

30655 Th Jun 14-Jul 19 6:30-7:30 pm

30656 Th Jul 26-Aug 23 6:30-7:30 pm

Location: Senior Center

30654 Fr Jun 15-Jul 20 1:00-2:00 pm

30657 Fr Jul 27-Aug 24 1:00-2:00 pm

Golf

Beginning Golf

Come and learn the game of golf! Class will focus on the golf swing and its fundamentals. This will benefit beginners and intermediates. Class includes clubs, if needed, and a \$25.00 range card for future practice. \$10.00 golf ball fee payable to the instructor at the beginning of the first class. Please meet at the far end of the driving range by the lesson trailer.

Instructor: Kris Olsen, LPGA

\$69 / 4 sessions

Location: River View Golf Course

Ages: 15+

30382 Sa Jun 30-Jul 21 2:00-3:00 pm

Golf Playing Lesson

This class is thirty minutes of instruction on swing or short game, and going out and applying the lesson for three holes on the golf course with the instructor. Prerequisite: Playing regularly on a golf course for the last three months or more. A \$10.00 ball fee is paid to the instructor on the first day of class.

Instructor: Kris Olsen, LPGA

\$109 / 4 sessions

Location: River View Golf Course

Ages: 15+

30383 Th Jun 28-Jul 29 20 4:00-5:30 pm





Activities for Adults

Martial Arts

Jitsu For Adults

Learn basic throws and how to fall without injury. This class will focus on takedowns and ground techniques. Learn the ability to subdue a larger and stronger opponent through joint locks and leverage. Those who study Ju Jitsu learn tremendous balance and coordination.

Instructor: Shawn Shilati

\$59 / 8 sessions

Location: Red Scorpion

Ages: 13+

30327	Tu/Th	Jun 5-Jun 28	7:30-9:30 pm
30328	Tu/Th	Jul 3-Jul 26	7:30-9:30 pm
30330	Tu/Th	Aug 7-Aug 30	7:30-9:30 pm

Muy Thai Kick Boxing For Teens And Adults

This art comes from Thailand where it is a national sport. A great form of self defense with effective use of the elbows, knees and legs. Develop physical strength, coordination and stamina. We have a full size boxing ring in our facility.

Instructor: Shawn Shilati

\$49 / 8 sessions

Location: Red Scorpion

Ages: 13+

30305	Tu/Th	Jun 5-Jun 28	6:30-7:30 pm
30306	Tu/Th	Jul 3-Jul 26	6:30-7:30 pm
30307	Tu/Th	Aug 7-Aug 30	6:30-7:30 pm

Tae Kwon Do

This form of martial arts is known for its dynamic kicks, punches, and blocks. It enhances physical conditioning and teaches self-defense, self-discipline, self-esteem, self-control, and respect. Classes will also prepare you for Olympic style Tae Kwon Do sparring competitions. Tae Kwon Do students must have uniforms. They can be purchased at the Red Scorpion Studio for \$40.00. No class on July 4, 2007.

Instructor: Shawn Shilati

\$49 / 8 sessions

Location: Red Scorpion

Ages: 13+

30324	Mo/We	Jun 4-Jun 27	6:30-7:30 pm
30325	Mo/We	Jul 2-Jul 30	6:30-7:30 pm
30326	Mo/We	Aug 6-Aug 29	6:30-7:30 pm

Women's Self-Defense Workshop

Are you feeling safe walking to the supermarket from a parking lot at night? Do you feel confident jogging alone at the park? How about protecting yourself from domestic violence? Are you feeling low self-esteem? Learn how to protect yourself from an unexpected attacker. Come and see us and we will help you overcome these obstacles.

Instructor: Shawn Shilati

\$39 / 1 session

Location: Red Scorpion

Ages: 12+

30309	Sa	Aug 18	1:00-2:30 pm
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Music

Adult Play Piano Now

Have you heard the news? Making music makes you smarter, healthier and happier. Music is more than fun. Learn from an instructor who will keep you motivated and excited about playing the piano. Don't wait any longer to begin. A supply fee of \$20 paid to the instructor at the first class.

Instructor: Fountain Valley Music

\$90 / 6 sessions

Location: Fountain Valley Music Center

Ages: Adults

30115	Th	Jun 21-Jul 26	12:00-12:45 pm
30120	Th	Jun 21-Jul 26	8:00-8:45 pm

Special Activities

Become A Non-Smoker With Hypnosis

If your MONEY and HEALTH have been going up in smoke...it's time to claim your RIGHT to be smoke-FREE. This workshop will guide your mind to accomplish this goal for all the important reasons! Optional cassette/CD is \$12, payable in class. Pillow/mat/blanket optional.



Instructor: Pamela J. Schmidt, M.S., C.C.H.

\$25 / 2 sessions

Location: Westminster Community Center

Ages: 18+

30423	Mo	Jul 23-Jul 30	7:30-9:00 pm
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Become Slender With Hypnosis

Release weight and feel great! Through the natural POWER of your own mind, you can create the habits and responses that lead to SUCCESS, COMFORT, and SATISFACTION. An accompanying cassette/CD is suggested and available for \$12 from the instructor in class. Pillow/blanket/mat optional.

Instructor: Pamela J. Schmidt, M.S., C.C.H.

\$48 / 4 sessions

Location: Westminster Community Center

Ages: 18+

30424	Mo	Jun 25-Jul 16	7:30-9:00 pm
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Photo For Fun

This exciting class takes students on a journey each week and focuses on the fun of "picture taking." Capture great digital or film photos using your own equipment. This class is for novice and experienced who want to improve their photos while having fun. Bring your camera, comfortable shoes and fun attire. A supply fee of \$3.00 is payable, at the first class, to the instructor.

Instructor: Brandon Kent

\$85 / 5 sessions

Location: Senior Center

Ages: 13+

30088	Sa	Jun 23-Jul 21	10:00-11:30 pm
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CPR For Adults, Infant And Child

Designed to teach both the lay person and professional how to initially respond to cardiac or respiratory arrest. Learn simple rescue CPR for adults, children and infants as well as foreign object removal techniques for airways. A \$10 First aid manual fee is payable to the instructor in class. NOTE: Sign up for CPR, First Aid and Babysitting Smarts classes on Saturday, July 21, 2007 and get certified all in one day. A \$25.00 material fee will be required for the all day classes.

Instructor: Jack Griswold

\$25 / 1 session

Location: Westminster Community Center

Ages: 12+

30373	Mo	Jun 25	6:00-10:00 pm
30374	Sa	Jul 21	8:00-11:00 am

Super Sitters "Babysitting Smarts"

This is a great common sense course designed for any one caring for children. Meets Girl Scout Merit Badge requirements. Students will have a quick review of basic CPR and first aid and learn to reduce the spread of germs, helping to keep everyone healthy. A \$5 material fee is payable to the instructor in class. NOTE: Sign up for CPR, First Aid and Babysitting Smarts classes on Saturday, July 21, 2007 and get certified all in one day. There is a \$25.00 material fee for the three in one day classes.

Instructor: Jack Griswold

\$30 / 1 session

Location: Westminster Community Center

Ages: 11-Adult

30372	Sa	Jul 21	2:00-5:00 pm
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First Aid

Learn to respond to and assess an injury or illness. Topics covered include vital signs, bleeding, heat and cold emergencies, strokes, and seizures. You will receive state and nationally recognized EMS first aid card and certification. A \$10 first aid manual fee is payable to the instructor in class. NOTE: Sign up for CPR, First Aid and Babysitting Smarts classes on Saturday, July 21, 2007 and get certified all in one day. A \$25.00 material fee is required for the three in one classes.

Instructor: Jack Griswold

\$25 / 1 session

Location: Westminster Community Center

Ages: 12+

30370	Mo	Jul 2	6:00-10:00 pm
30371	Sa	Jul 21	11:00 am-2:00 pm



Activities for Kids

Arts and Crafts

Drawing and Painting the Fun Way for Kids

This fun class taught by a professional artist, it is designed to teach students necessary skills to improve their paintings and drawings. Class will be alternated, one week drawing, the next painting. Beginners are welcome. Please pick up supply list at registration.

Instructor: Pati Kent

\$75 / 5 sessions

Location: Westminster Community Center

Ages: 7-12

30597	Tu	Jun 26-Jul 24	2:00-3:00 pm
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Cartooning Workshop

This workshop will teach character drawing and basic cartooning. Limited enrollment. A materials fee of \$8.00 is payable to the instructor.

Instructor: Pati Kent

\$30 / 1 session

Location: Westminster Community Center

Ages: 7-13

30600	Mo	Jun 18	3:30-5:00 pm
30601	Mo	Jul 16	3:30-5:00 pm

Dance

Jazz Babies

"Warm it up" classes offer the basic composite of jazz techniques presented in the simplest terms and most uncomplicated form of step compositions. All children will be delighted in baby boppin' to "Baloo" and truckin' to "Cruella de Ville." This makes a very fun, exciting, and entertaining jazz baby class.

Instructor: Miss Dawna Ludwig

\$40 / 5 sessions

Location: Sports and Recreation Center

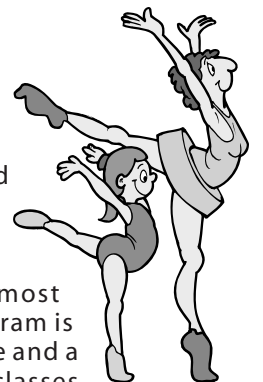
Ages: 3-8

30061	Tu	Jun 12-Jul 10	3:10-3:50 pm
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Classical, Ballet, Tap, Jazz

Ballet develops physical control, strength, balance, and grace. Tap develops a sense of rhythm and timing useful in music study and athletics. Jazz encourages freedom of creative expression. The most rewarding part of this program is that it enhances confidence and a positive self-image. These classes will be a combination of Ballet, Tap & Jazz for the beginner and intermediate dancers. No special shoes are required.



Instructor: Miss Dawna Ludwig

\$40 / 5 sessions

Location: Sports and Recreation Center

Ages: 2-5

30054	Tu	Jun 12-Jul 10	2:00-2:40 pm
30055	Sa	Jun 16-Jul 14	11:40 am-12:20 pm

Ages: 5-12

30058	Sa	Jun 16-Jul 14	12:20-1:00 pm
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G Activities for Kids

Dance One And Two Baby Boogie And You

Children will delight in a sense of movement. Dance is a marvelous introduction for little students to acquire confidence and discipline as well as strength, knowledge, and coordination. Tots especially enjoy singing and dancing. Parent/child participation is required.

Instructor: Miss Dawna Ludwig

\$40 / 5 sessions

Location: Sports and Recreation Center

Ages: 3-14 mos

30047	Sa	Jun 16-Jul 14	1:00-1:30 pm
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Polynesian Dance

Learn the secrets of the fast hip-shaking of the French Polynesians. In this class, students will learn the fundamentals of famous Tahitian dance and a routine that will knock the socks off the spectators at your next island event.

Instructor: Tom Colombel

\$35 / 5 sessions

Location: Westminster Community Center

Ages: 3-12-Beginning

30064	Tu	Jun 26-Jul 24	6:15-6:45 pm
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30900	Tu	Jul 31-Aug 28	6:15-6:45 pm
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Ages: 5-12 -Intermediate

30901	Th	Jun 28-Jul 26	6:15-7:00 pm
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30902	Th	Aug 2-Aug 30	6:15-7:00 pm
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Ages: 13+ -Intermediate

30903	Th	Jun 28-Jul 26	7:15-8:15 pm
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30904	Th	Aug 2-Aug 30	7:15-8:15 pm
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Ages: 13+ -Beginning

30905	Tu	Jun 26-Jul 21	7:00-7:45 pm
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30906	Tu	Jul 31-Aug 25	7:00-7:45 pm
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Hip Hop 'Til You Drop

Learn the hottest dance moves to the latest Hip Hop music. This class is an introduction to beginning Hip Hop. Students will learn basic Hip Hop combinations and a complete dance routine. There will be a class recital at the end of the session.

Instructor: Sarah Gremling

\$40 / 5 sessions

Location: Westminster Community Center

Ages: 6-8

30021	Sa	Jul 7-Aug 4	11:30 am-12:15 pm
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30023	Sa	Aug 18-Sep 22	11:30 am-12:15 pm
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Ages: 9-14

30022	Sa	Jul 7-Aug 4	12:30-1:30 pm
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30024	Sa	Aug 18-Sep 22	12:30-1:30 pm
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Fitness

Scorpiocise

More than just "Tae-Bo." Join Master Shawn in this newly developed method of workout. With a combination of martial arts, aerobics, and weight training, you will soon see the results you have been craving. The exercise consists of abdominal work, body conditioning, toning of the legs and rear, and cardiovascular. All this is done in a fun, caring, and family atmosphere. Two classes per week.

Instructor: Shawn Shilati No Class on July 4, 2007.

\$49 / 8 sessions

Location: Red Scorpion

Ages: 12+

30314	Mo/We	Jun 4-Jun 27	7:30-8:30 pm
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30315	Mo/We	Jul 2-Jul 30	7:30-8:30 pm
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30316	Mo/We	Aug 6-Aug 29	7:30-8:30 pm
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Gymnastics

Rhythmic Gymnastics And Rhythmic

Gymnastics Camp

Olympic sport combining the elegance and beauty of dance with the athleticism of gymnastics. Develop poise, strength, flexibility, agility while having fun learning to dance with colorful ribbons and hoops, shiny balls and fast tuning ropes. Learn a creative routine to music and perform it at school events, functions and family gatherings. A \$35.00 supply fee due to the instructor on the first day of camp and a \$10.00 fee for the first day of class.

Instructor: EuroGymnastics

\$160 / 5 sessions

Location: American Sports Center

Ages: 5-12

\$160 / 5 sessions

35460	Mo-Fr	Jun 25-Jun 29	9:30 am-12:30 pm
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\$75 / 6 sessions

35462	Tu	Jun 26-Jul 31	9:30-10:30 am
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\$160 / 5 sessions

35461	Mo-Fr	Jul 9-Jul 13	9:30 am-12:30 pm
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Gymnastics-New Hope Academy (Co-Ed)

These classes are an introduction to gymnastics. The events include vault, bars, balance beam, tumbling, trampoline, and the pit. These classes are well designed to enhance the student's confidence and self-esteem as they gain strength, flexibility, coordination and balance. FUN FOR KIDS! Sorry, no make-ups for missed classes. No class on July 2 or July 3, 2007.

Instructor: New Hope Academy of Gymnastics

\$89 / 8 sessions

Location: New Hope Academy

Ages: 3-4

30250	Mo	Jun 25-Aug 20	9:00-10:00 am
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30256	Tu	Jun 26-Aug 21	9:30-10:30 am
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Gymnastics-New Hope Academy (Girls Only)

These classes are an introduction to gymnastics. The events include vault, bars, balance beam, tumbling, trampoline, and the pit. These classes are well designed to enhance the student's confidence and self-esteem as they gain strength, flexibility, coordination and balance. FUN FOR KIDS! Sorry, no make-ups for missed classes. No class on July 7, 2007.

Instructor: New Hope Academy of Gymnastics

\$119 / 8 sessions

Location: New Hope Academy

Ages: 5-7

30258	Sa	Jun 30-Aug 25	9:00-10:30 am
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Gymnastics-New Hope Academy (Boys Only)

These classes are an introduction to gymnastics. The events include vault, bars, balance beam, tumbling, trampoline, and the pit. These classes are well designed to enhance the student's confidence and self-esteem as they gain strength, flexibility, coordination and balance. FUN FOR KIDS! Sorry, no make-ups for missed classes. No class July 6, 2007.

Instructor: New Hope Academy of Gymnastics

\$119 / 8 sessions

Location: New Hope Academy

Ages: 5-7

30543	Fr	Jun 29-Aug 24	5:00-6:30 pm
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Gymnastics-New Hope Academy (Parent And Me)

These classes are an introduction to gymnastics. The events include vault, bars, balance beam, tumbling, trampoline, and the pit. These classes are well designed to enhance the student's confidence and self-esteem as they gain strength, flexibility, coordination and balance. FUN FOR KIDS! Sorry, no make-ups for missed classes. No class on July 4, 2007.

Instructor: New Hope Academy of Gymnastics

\$89 / 8 sessions

Location: New Hope Academy

Ages: 2-3

30539	We	Jun 27-Aug 22	6:30-7:30 pm
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Martial Arts

Tae Kwon Do For Kids And Teens

This form of martial arts is known for its dynamic kicks, punches and blocks. It enhances physical conditioning and teaches self-defense, self-discipline, self-esteem, self-control and respect. Classes will also prepare you for Olympic style Tae Kwon Do sparring competitions. No Class on July 4, 2007.

Instructor: Shawn Shilati

\$49 / 8 sessions

Location: Red Scorpion

Ages: 7-15

30333	Mo/We	Jun 4-Jun 27	5:30-6:30 pm
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30334	Mo/We	Jul 2-Jul 30	5:30-6:30 pm
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30335	Mo/We	Aug 6-Aug 29	5:30-6:30 pm
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Ju Jitsu For Kids



Learn basic throws and how to fall without injury. This class will focus on takedowns and ground techniques.

Learn the ability to subdue a larger and stronger opponent through joint locks and leverage. Those who study Ju Jitsu learn tremendous balance and coordination.

Instructor: Shawn Shilati

\$49 / 4 sessions

Location: Red Scorpion

Ages: 7-12

30323	Sa	Jun 9-Jun 30	9:00-10:00 am
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30331	Sa	Jul 7-Jul 28	9:00-10:00 am
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30332	Sa	Aug 4-Aug 25	9:00-10:00 am
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Little Scorpion Tae Kwon Do

This class is specifically designed for the students and parents who are looking for a fun and enjoyable way to get an introduction to the martial arts. All of the training is done on a low intensity level. Students will learn the basic martial arts and self-defense methodology. The class also incorporates the elements of discipline, courtesy and respect. Tae Kwon Do students must have uniforms. They can be purchased at the Red Scorpion studio for \$40.00.

Instructor: Shawn Shilati

\$49 / 8 sessions

Location: Red Scorpion

Ages: 4-12

30311	Tu/Th	Jun 5-Jun 28	4:30-5:15 pm
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30312	Tu/Th	Jul 3-Jul 26	4:30-5:15 pm
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30313	Tu/Th	Aug 7-Aug 30	4:30-5:15 pm
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Muay Thai Kick Boxing For Kids

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

Instructor: Shawn Shilati

\$49 / 8 sessions

Location: Red Scorpion

Ages: 5-12

30320	Tu/Th	Jun 5-Jun 28	5:30-6:15 pm
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30321	Tu/Th	Jul 3-Jul 26	5:30-6:15 pm
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30322	Tu/Th	Aug 7-Aug 30	5:30-6:15 pm
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Music

Music Beginnings

This music class is designed for children ages 18 months to three years, with an accompanying parent. The class meets once a week for a half hour and encourages singing, moving, listening, and playing instruments. A \$5 material fee is payable to instructor at the first class.

Instructor: Ching Liew

\$65 / 12 sessions

Location: West Grove Park

Ages: 18 mos-3 yrs

30041	Mo	Jun 11-Aug 27	9:00-9:30 am
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Music Intermediates

Curriculum is designed for the 3 1/2 to 5 year old, and encourages development of the whole child through music. Class allows the child to experience music through speaking, singing, moving, listening, creating, and playing instruments. Parents are welcome to attend the class. A \$5 material fee is payable to the instructor at the first class.

Instructor: Ching Liew

\$130 / 12 sessions

Location: West Grove Park

Ages: 3.5-5

30042	Mo	Jun 11-Aug 27	9:30-10:30 am
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Activities for Kids

Keys To Music

This is a fun beginning piano or keyboard class for young children. Each class involves the child in learning through many activities, including games, singing, stories, and playing piano. This class is interactive and parent participation is encouraged. Give your child the gift of music, which will benefit them for the rest of their life. A supply fee of \$27.00 is payable to the instructor at the first class.

Instructor: Fountain Valley Music

\$90 / 6 sessions

Location: Fountain Valley Music Center

Ages: 4-5

30108	Mo	Jun 18-Jul 23	10:00-11:00 am
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Ages: 6-9

30109	Sa	Jun 23-Jul 28	9:00-10:00 am
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Pop Piano For Teens

For all of the aspiring pop stars, we have the perfect course for teens with no previous musical experience. We will learn the basics of piano playing along with chords and some current pop music. Our approach will get you playing the music you want to play fast. Supply fee of \$20 paid to the instructor at the first class.



Instructor: Fountain Valley Music

\$90 / 6 sessions

Location: Fountain Valley Music Center

Ages: 13-17

30501	Tu	Jun 19-Jul 24	5:30-6:30 pm
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Got To Sing

This is a fun vocal techniques class. All ages are taught proper breathing, posture and technique. You learn how to train your voice while learning to sing in a group. Music is age appropriate based on group

interest. A supply fee of \$19.95 is payable to instructor at the first class.

Instructor: Fountain Valley Music

\$90 / 6 sessions

Location: Fountain Valley Music Center

Ages: 9-13

30572	Mo	Jun 18-Jul 23	5:00-6:00 pm
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Guitar Made Easy

This class is a more traditional approach to playing guitar. You will learn how to read notation and tab in addition to rhythm and technique. This class will play folk and pop style music. A supply fee of \$12.95 is payable to instructor at the first class. No class on July 4, 2007.

Instructor: Fountain Valley Music Center

\$90 / 6 sessions

Location: Fountain Valley Music Center

Ages: 6-8

30585	Tu	Jun 19-Jul 24	3:30-4:30 pm
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Ages: 9-12

30586	We	Jun 20-Aug 1	5:00-6:00 pm
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Ages: 13-17

30593	We	Jun 20-Aug 1	6:00-7:00 pm
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Beginning Rock Guitar

This class is a great way to learn for anyone who wants to play rock guitar. You will learn to score songs you like, and have a great time in the process. A supply fee of \$9.95 is payable to instructor at the first class.

Instructor: Fountain Valley Music

\$90 / 6 sessions

Location: Fountain Valley Music Center

Ages: 9-12

30119	Tu	Jun 19-Jul 24	5:00-6:00 pm
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Ages: 13-17

30123	Tu	Jun 19-Jul 24	6:00-7:00 pm
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Pianoland

A great traditional course taught in a group setting. This class is a great way to learn fundamentals of piano in a fun environment. Supply fee of \$15 payable to instructor in class.

Instructor: Fountain Valley Music

\$90 / 6 sessions

Location: Fountain Valley Music Center

Ages: 8-13

30114	Tu	Jun 19-Jul 24	4:00-5:00 pm
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30574	Tu	Jun 19-Jul 24	7:30-8:30 pm
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Princess Sing Along

Dress up like your favorite princess and come sing your favorite songs from the movies. We will learn proper vocal techniques, posture and breathing, as well as performance techniques of a princess. This class is a must for all those who love the glamour and drama of being a princess. Materials fee \$14.95.

Instructor: Fountain Valley Music

\$90 / 6 sessions

Location: Fountain Valley Music Center

Ages: 6-10

30606	Mo	Jun 18-Jul 23	4:00-5:00 pm
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Skating

Baby Blades

Learn to skate the fun way - swizzle, wiggle, hop and giggle. Class includes: admission, skate rental, 30 minute lesson and open skate on day of lesson (2-5 pm). Warm clothing, socks and gloves/mittens a must.

Instructor: Westminster Ice Palace

\$25 / 5 sessions

Location: Westminster Ice Palace

Ages: 3-5

30472	Mo	Jun 25-Jul 23	4:00-4:30 pm
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30473	Mo	Jul 30-Aug 27	4:00-4:30 pm
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You And Me Babe Skate

Have fun learning to skate with your child. Skate rental and practice time included. Class is 30 minutes long and practice time is from 9:45 a.m.-10:15 a.m. on day of class. Bring a friend to skate free at the last class. Dress warmly (jackets and gloves).

Instructor: Westminster Ice Palace

\$25 / 5 sessions

Location: Westminster Ice Palace

Ages: 2-5

30470	Sa	Jun 30-Jul 28	9:15-9:45 am
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30471	Sa	Aug 4-Sep 1	9:15-9:45 am
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You Are A Great Skate

Have fun learning to ice skate forward, backward, spin, and hop. Class includes admission, skate rental, 30-minute lesson, and open skating on the day of the lesson (Mondays from 2:00-5:00 p.m.) Students should dress warmly in layers and be sure to bring gloves or mittens. Bring a friend to skate for free at the last class.

Instructor: Westminster Ice Palace

\$25.00/5 sessions

Location: Westminster Ice Palace

Ages: 6-12

30486	Mo	Jun 25-Jul 23	4:30-5:00 pm
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30487	Mo	Jul 30-Aug 27	4:30-5:00 pm
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I Want To Be A Ice Hockey Player

This class is for the beginning skater. Learn basic skating and hockey skills. Helmet is recommended. Skate rental and practice time from 9:45 am-10:15 am is included. No equipment needed. Skaters may advance from this class to the "Little Players" program. Dress warm. Bring a friend to skate free at the last class.

Instructor: Westminster Ice Palace

\$25 / 5 sessions

Location: Westminster Ice Palace

Ages: 5-9

30360	Sa	Jun 30-Jul 28	10:15-10:45 am
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30359	Sa	Aug 4-Sep 1	10:15-10:45 am
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Special Activities

Horse Fun For Tots

Join us for one hour of fun and horseback riding. With their parent, a child will learn how to halter, feed, groom, saddle and basic riding skills on horses and ponies. A \$20.00 mat fee is payable to the instructor at the beginning of first class. No class on July 6, 2007.

Instructor: Cheryl Skidmore

\$55 / 4 sessions

Location: Rancho Del Rio Stables

Ages: 3-6

30674	Fr	Jun 15-Jul 13	1:00-2:00 pm
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30677	Fr	Jul 20-Aug 10	1:00-2:00 pm
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Horse Fun For Kids

Young riders will learn to handle horses. This class will prepare children for individual lessons. Each child will learn to halter, feed, groom, saddle and basic ride. A \$20.00 mat fee is payable to the instructor at the beginning of the first class. No class on July 6, 2007.

Instructor: Cheryl Skidmore

\$55 / 4 sessions

Location: Rancho Del Rio Stables

Ages: 6-12

30668	Fr	Jun 15-Jul 13	2:00-3:00 pm
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30669	Fr	Jul 20-Aug 10	2:00-3:00 pm
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Buckaroo Horse Camp

Young Buckaroo's ages 5-12 years will have a great time at this horsemanship/riding camp. Each camper will make a horse shoe craft to take home to remember summer camp days. Campers should wear boots and long pants. A mat fee of \$20.00 is due to the instructor at the first class.

Instructor: Cheryl Skidmore

\$55 / 2 sessions

Location: Rancho Del Rio Stables

Ages: 5-12

30680	Tu/We	Jun 12-Jun 13	9:00 am-12:00 pm
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30681	Mo/Tu	Jun 18-Jun 19	9:00 am-12:00 pm
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30682	Tu/We	Jun 26-Jun 27	10:00 am-1:00 pm
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30683	Tu/We	Jul 10-Jul 11	10:00 am-1:00 pm
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30684	Tu/We	Jul 17-Jul 18	10:00 am-1:00 pm
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30685	Tu/We	Aug 7-Aug 8	9:00 am-12:00 pm
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Down On The Farm

Come to the farm! We will have such fun learning about fun farm animals. Each week we will do a farm craft to take home. There will be songs and a pony ride. A \$15.00 mat fee payable to the instructor at the beginning of the first class. No class on July 6, 2007.

Instructor: Cheryl Skidmore

\$55 / 4 sessions

Location: Rancho Del Rio Stables

Ages: 18 mos-6 yrs

30676	Fr	Jun 15-Jul 13	9:00-10:00 am
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30686	Fr	Jul 20-Aug 10	9:00-10:00 am
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Buttons and Bows Etiquette for Boys and Girls

This class is designed to teach young children the art of social graces. Good manners are simply polite, kind ways to behave with others. Manners are easy to learn, and they never change. Children will participate in fun and exciting activities, etiquette games, play acting, traditional customs, table manners and more!

Instructor: Miss Dawna Ludwig

\$40 / 5 sessions

Location: Sports and Recreation Center

Ages: 3-8

30052	Tu	Jun 12-Jul 10	2:40-3:10 pm
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Manners For Young Ladies And Gentlemen

Join other boys and girls and learn the niceties of good manners. Including moving in a mannerly way, correct communication and body language, grooming, dressing, party and table manners and table setting. Classes are full of fun and information. Classes build self-esteem and confidence.

Instructor: Miss Dawna Ludwig

\$40 / 5 sessions

Location: Sports and Recreation Center

Ages: 5-12

30048	Tu	Jun 12-Jul 10	4:30-5:00 pm
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Super Sitters "Babysitting Smarts"

This is a great common sense course designed for any one caring for children. Meets Girl Scout Merit Badge requirements. Students will have a quick review of basic CPR and first aid and learn to reduce the spread of germs, helping to keep everyone healthy. A \$5 material fee is payable to the instructor in class. NOTE: Sign up for CPR, First Aid and Babysitting Smarts classes on Saturday, July 21, 2007 and get certified all in one day. There is a \$25.00 material fee for the three in one day classes.

Instructor: Jack Griswold

\$30 / 1 session

Location: Westminster Community Center

Ages: 11+

30372	Sa	Jul 21	2:00-5:00 pm
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First Aid

Learn to respond to and assess an injury or illness. Topics covered include vital signs, bleeding, heat and cold emergencies, strokes, and seizures. You will receive state and nationally recognized EMS first aid card and certification. A \$10 first aid manual fee is payable to the instructor in class. NOTE: Sign up for CPR, First Aid and Babysitting Smarts classes on Saturday, July 21, 2007 and get certified all in one day. A \$25.00 material fee is required for the three in one classes.



Instructor: Jack Griswold

\$25 / 1 session

Location: Westminster Community Center

Ages: 12+

30370	Mo	Jul 2	6:00-10:00 pm
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30371	Sa	Jul 21	11:00 am-2:00 pm
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G City and Foundation News



ANGELS BASEBALL!!

Date: July 15, 2007
 Time: 12:35 pm
 Opponent: Texas Rangers
 Price \$10.00/ticket

Join us for an afternoon ball game at beautiful Anaheim Stadium as we help the Angels celebrate Parks and Recreation Month in July!

To reserve your tickets, come in to City Hall or call us at (714) 741-5200.



July is Parks and Recreation Month

Celebrate with us . . . Friday, July 27, 2007

The National Recreation and Park Association, the California Park and Recreation Society, and the City of Garden Grove proclaim July is Parks and Recreation Month!

Movie in the Park at 7:00 p.m. at Atlantis Play Center, 13630 Atlantis Way. Space is limited.

For additional information call (714) 741-5200.

Or join us at one of our FREE Open Houses:



Atlantis Play Center
 10:00 a.m.—4:00 p.m.
 13630 Atlantis Way

Gary Hall Pool (Eastgate Park)
 Free Swim 2:00 p.m.—4:00 p.m.
 12001 St. Mark Street

Woodbury Park Pool
 Free Swim 2:00 p.m.—4:00 p.m.
 13800 Rosita

Magnolia Park Pool
 Free Swim 2:00 p.m.—4:00 p.m.
 11402 Magnolia

Come out and celebrate with us!



H. Louis Lake Senior Center
 Free Lunch 11:30 a.m.—12:30 p.m.
 11300 Stanford Avenue
 Please call (714) 741-5250 for reservations
 Sports and Recreation Center
 Open Gym 4:00 p.m.—7:00 p.m.
 13641 Deodara



Relay For Life is a 24-hour celebration of hope, progress and answers. In honor of the millions of Americans who have survived cancer, teams of friends, families, and co-workers raise funds to support the continued fight against the disease. You can walk. You can run. You can Relay For Life. This is an American Cancer Society signature activity.



Dates and Times

Saturday, 7/21/2007, 10:00AM
 through Sunday, 7/22/2007, 10:00AM

Participants who raise \$100 for Relay for Life will receive a commemorative t-shirt. Other incentive prizes are also available.

Luminarias

Hope shines the brightest during the Luminaria Ceremony at Relay For Life. Each light honors someone who has battled cancer. Each light, laid out alongside the track and burning through the night, commemorates a treasured relationship. Luminarias light the path of hope. Luminarias are available for purchase for a suggested donation of \$10.00.



Location

Garden Grove High School
 Track & Field
 11271 Stanford
 (Parking/Stadium entrance on 7th St)
 Garden Grove, CA 92845

Registration Information

The registration fee is \$150.00 per participant. A team commitment fee is required by teams for participation. Team members are also asked to raise at least \$100. Survivors attending only for Survivor Lap are very welcome, and no entry fee is required.

We accept cash, check, Visa, MasterCard, or American Express. Make checks payable to "American Cancer Society" with "RFL of Garden Grove" in the memo line.

Mail payment by July 21, 2007 to:

American Cancer Society
 1940 E. Deere Ave., Ste 100
 Santa Ana, CA 92705

For more information, contact:

Taryn McDonald
 (949) 567-0614
 Taryn.McDonald@cancer.org



G City and Foundation News



2007 SUMMER CONCERT SERIES KICK-OFF



Start your summer



right with the Garden Grove Community Foundation as they kick-off the Summer Concert Series and Parks and Recreation Month. This is one family affair you won't want to miss. For one night only, "Hotel California" will take to the stage singing all of your favorite Eagles songs. Plus, there will be a variety of food on-hand to satisfy your appetite,



not to mention bounce-houses, games, and face painting to keep the kids on the go. It all happens Thursday, July 12, 2007 at Eastgate



Park, located at 12001 St. Mark Street. The music starts at 6:30 pm and the fun lasts until 8:30 pm. For more information, please contact the Office of Community Relations at (714) 741-5280.

Summertime Tunes

The GGCF is hosting the 8th Annual Summer Concert Series, beginning Thursday, July 12. A total of eight bands will be taking the stage every Thursday at Eastgate Park, which is located at 12001 St. Mark Street. The concerts start at 6:30 p.m.

Here is the performance schedule:

- July 12** Hotel California
- July 19** The Antix
- July 26** The Silverados
- August 2** Barry Holdship
- August 9** The Fenians
- August 16** Proud Mary
- August 23** The Answer
- August 30** Apple – Tribute to the Beatles

For more information, please call the Office of Community Relations at (714) 741-5280.

Game Time

Love this town? Love games? Then you have to get Garden Grove-opoly! The classic Monopoly game has been customized just for Garden Grove, with local businesses and landmarks on every spot. It comes complete with a bank, dice, and property. Enjoy seeing familiar places and challenging your friends and family to see who can manage the city the best. Stop by City Hall at 11222 Acacia Parkway to purchase your very own Garden Grove-opoly for just \$20.



Lasting Legacy

Leave a permanent mark of remembrance of a family member or friend by purchasing an inscribed brick to be placed along the Main Street Walkway. The brick will accommodate three lines of engraving for your customized message. Each brick is \$125 and includes installation.

For information about the Summer Concert Series, or to purchase a Garden Grove-opoly game or brick, stop by Garden Grove City Hall at 11222 Acacia Parkway or call the Office of Community Relations at (714) 741-5280. The GGCF is a non-profit 501(c) 3 organization working to host free, family-oriented special events to the Garden Grove community. Your support is appreciated.

For more information, please call (714) 741-5280, or visit www.ggcf.com



Do you want to teach a class?

The City of Garden Grove wants to offer new and different recreation classes. If you have a special interest or hobby that you can teach, we would love to hear your idea.

We hire our instructors on a seasonal contract basis.

For additional information, please call (714) 741-5244.

G Senior Activities



"Where Silver is Golden"

11300 Stanford Avenue
Garden Grove, CA 92840

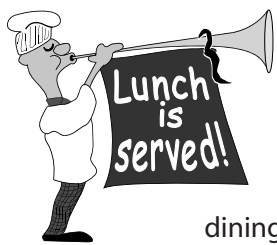
HOURS: Monday, Thursday, Friday
8:00 a.m. to 3:30 p.m.

Tuesday and Wednesday, 8:00 a.m. to 5:00 p.m.

(714) 741-5253

The H. Louis Lake Senior Citizens Center is a wonderful facility that provides numerous leisure, educational, social, and recreational activities for senior citizens. As well as serving a hot lunch Monday through Friday, leisure activities include pool, cards, bingo, art classes, needlecraft, dancing (Line and Ballroom), sewing, exercise classes, Tai Chi, and much more!!

"LET'S DO LUNCH AT THE SENIOR CENTER"



Delicious meals are served five days a week from 12:00 p.m. to 12:30 p.m. Two-day advance reservations are required.

Along with the meals, our dining room is always full of fun, special parties, holiday celebrations, entertainment, and many warm, friendly people.

Garden Grove Adult Wellness and Education Center

at West Grove Community Park
West Grove Park Building, 5372 Cerulean
(West of Valley View), Garden Grove

Current Classes/Meetings

Arthritis/Walking Class

Monday
10:00 am - 12:00 pm
\$2 donation per class

Low Impact Aerobics

Wednesday and Friday
9:00 am - Advanced
10:00 am - Intermediate

Red Hat Society Meeting

Fourth Tuesday of each month, 6:45 pm
Game Night
Second Tuesday of each month, 6:45 pm

Senior Yoga Class

Tuesday and Thursday
9:00 am - 11:00 am
No charge per class

Tuesday

5:30 - 6:30 pm and 7:00 - 8:30 pm

Thursday

5:30 - 6:30 pm and 7:00 - 8:30 pm
\$5 donation per class

Begonia Society

First Wednesday of each month
5:00 pm - 9:00 pm

Possible Future Programs

Computer Classes • Walking Club
Travel Club • Line Dancing • Aerobics/Yoga
Widow/Widower Support Group • Swimming
Emergency Training
Living Wills and Trusts Seminar
Referral Database
Intergenerational Programs
Arthritis Support Group
Daytime Socials/Games Club

If you have expertise or an interest in one of these areas, please give us a call.

For questions or reservations, please call (714) 741-5253.

SERVICES FREE TO SENIORS

Service	Appointment Frequency	Needed
Legal Aid	2nd Tuesday, 12:30 - 2:00 p.m.	Yes
Blood Pressure	2nd Thursday, 9:30 a.m.-11:00 a.m.	No
Preventative Health Care Nurse	1st & 3rd Thursday, 9:00 a.m. - 1:30 p.m.	Yes
HICAP (Medicare/Insurance)	1st Thursday, 10:00 a.m. - 12:00 p.m.	Yes
Notary	By Appointment	Yes
Internet Access and Assistance	Mon. & Thurs., 9:00 a.m. - 12:00 p.m.	No
Haircuts	Alternate Fridays 8:30 a.m. - 1 0:30 a.m.	Yes

COMMUNITY ORGANIZATION MEETINGS

Organization	Day	Times
AARP	3rd Tuesday	12:30 p.m.-2:00 p.m.
50 PLUS	1st Tuesday	11:30 a.m.-2:00 p.m.

H. LOUIS LAKE SENIOR CENTER CLASSES AND ACTIVITIES

Class	Days	Times
Art ***	Friday	1:00 p.m.-3:00 p.m.
Balance and Mobility***	Tuesday	1:00 p.m. - 3:00 p.m.
Balance and Mobility***	Thursday	8:00 a.m. - 9:30 a.m.
Bingo	Tuesday & Thursday	12:45 p.m.-2:30 p.m.
Bocci Ball (Lawn Bowling)	Monday	10:30 a.m.-12:00 p.m.
Bridge	Friday	11:45 a.m.-3:15 p.m.
Ceramics***	Tuesday & Wednesday	9:00 a.m.-12:00 p.m.
Craft Class	Tuesday	9:00 a.m.-12:00 p.m.
Dancing (To Live Band)	Wednesday	10:00 a.m.-11:45 a.m.
English	Monday & Wednesday	10:00 a.m.-11:00 a.m.
Exercise Arthritis***	Thursday	9:15 a.m.-10:30 a.m.
Exercise Class***	Friday	9:15 a.m.-10:30 a.m.
Jewelry	Wednesday	12:45 p.m.-3:30 p.m.
Knit/Crochet***	Wednesday	9:00 a.m.-12:00 p.m.
Longevity Stick	Friday	11:00 a.m.-12:00 p.m.
Low Impact Aerobics***	Monday	9:15 a.m.-10:30 a.m.
Pinochle	Wednesday & Friday	12:30 p.m.-3:15 p.m.
Pokeno ***	Monday	11:00 a.m.-11:45 a.m.
Samoan Health & Wellness	Monday	1:00-3:00 p.m.
Senior Yoga	Tuesday	3:00- 5:00 p.m.
Sewing and Quilting	Thursday	12:45 p.m.-3:15 p.m.
Spanish, Beginning	Tuesday	11:00 a.m. - 12:00 p.m.
Table Tennis	Monday	1:00 p.m.-3:00 p.m.
Tai Chi	Monday & Thursday	10:45 a.m.-11:45 a.m.
Walking Club***	Monday	1:30 - 3:30 p.m.
Western Line Dancing	Wednesday	1:00 p.m.-3:00 p.m.

***DENOTES LINCOLN ADULT EDUCATION CLASSES

G Garden Grove Theaters



**Serving the
Community
with Quality
Productions for
over 30 years!**

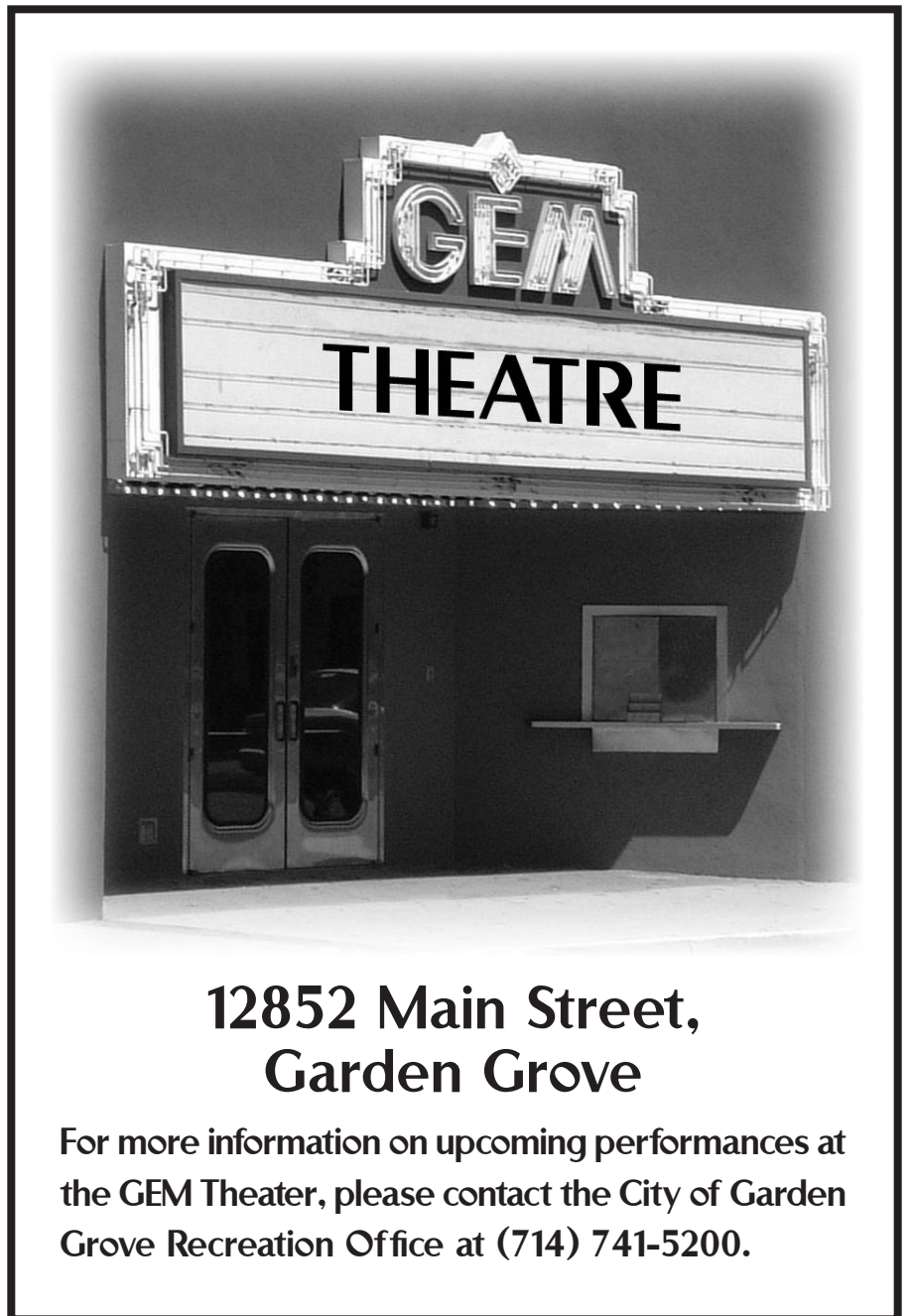
For show details, pricing and volunteer opportunities, please see our website:
www.gardengroveplayhouse.com

Tickets:

General, Senior & Student
pricing available \$12-\$7
(Call for Group Discounts!)

(714) 897-5122

DIRECTIONS: The Garden Grove Playhouse is located at 12001 St. Mark Street in the City of Garden Grove. The playhouse is an intimate 80-seat theater located in Eastgate Park, at the west end of Chapman Avenue just west of Valley View.



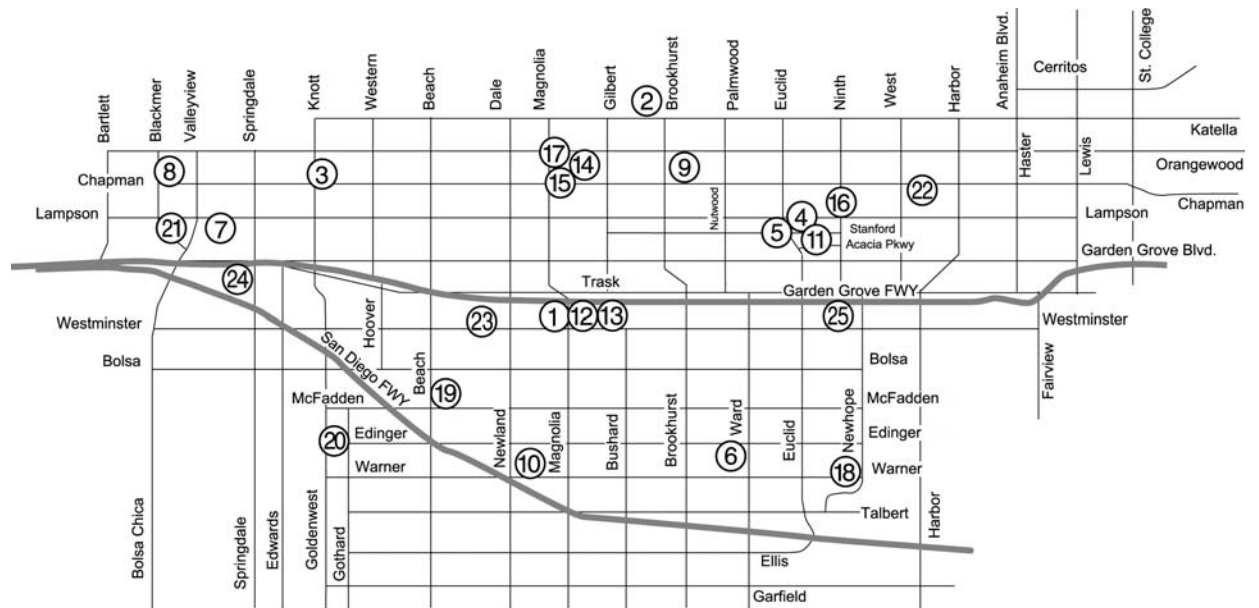
**12852 Main Street,
Garden Grove**

For more information on upcoming performances at the GEM Theater, please contact the City of Garden Grove Recreation Office at (714) 741-5200.

G Location Information

Facility Name

- 1 Atlantis Park**
13630 Atlantis Way (off Westminster Avenue)
- 2 Brookhurst Community Center**
2271 West Crescent, Anaheim
- 3 Chapman Sports Complex**
Corner of Knott & Chapman
- 4 Community Meeting Center**
11300 Stanford (between 9th & Euclid)
- 5 Courtyard Center/Village Green Park**
12732 Main Street (at Stanford)
- 6 David L. Baker Golf Course**
10410 Edinger Avenue, Fountain Valley
- 7 Edgar Park**
12781 Topaz (between Springdale & Valley View)
- 8 Eastgate Park**
12001 St. Mark Street (off Chapman Ave. & Valley View)
- 9 Faylane Park**
11700 Seacrest, Garden Grove
- 10 Fountain Valley Music Center**
8740 Warner Ave., Fountain Valley
- 11 Garden Grove City Hall**
11222 Acacia Pkwy. (off Euclid between G.G. Blvd. & Lampson)
- 12 Garden Grove Park**
9301 Westminster Ave (between Brookhurst & Magnolia)
- 13 Garden Grove Sports and Recreation Center**
13641 Deodara (off Westminster)
- 14 Gutosky Park**
9201 Ferris, Garden Grove
- 15 Hare School Park**
12012 Magnolia Ave (corner of Magnolia & Chapman)



- 16 H. Louis Lake Senior Center**
11300 Stanford (between 9th & Euclid)
- 17 Magnolia Park Neighborhood Center**
11402 Magnolia (corner of Magnolia and Orangewood)
- 18 New Hope Academy**
17270 Newhope Street, Fountain Valley
- 19 Parkwest Park**
8301 McFadden, Westminister (one block east of Beach)
- 20 Surf City Skate Zone**
16091 Gothard St., Huntington Beach (Beach & Edinger)
- 21 West Grove Park**
5372 Cerulean (Valley View & Cerulean)
- 22 West Haven Park**
12252 West (between Chapman & Lampson)
- 23 Westminister Community Center**
8200 Westminster Blvd., Westminister (between Magnolia & Beach)

- 24 Westminister Ice Palace**
13071 Springdale, Westminister (at Garden Grove Blvd.)
- 25 Woodbury Park**
13800 Rosita Place, Garden Grove

Not shown on map:

- Rancho del Rio Stables**
1314 S. Sanderson Ave., Anaheim
- Red Scorpion Martial Arts Studio**
10700 Flower Street, Stanton
- River View Golf Course**
1800 W. 22nd Street, Santa Ana
- American Sports Centers**
1500 S. Anaheim Blvd., Suite 110, Anaheim, CA 92805

GGCF

Garden Grove Community Foundation

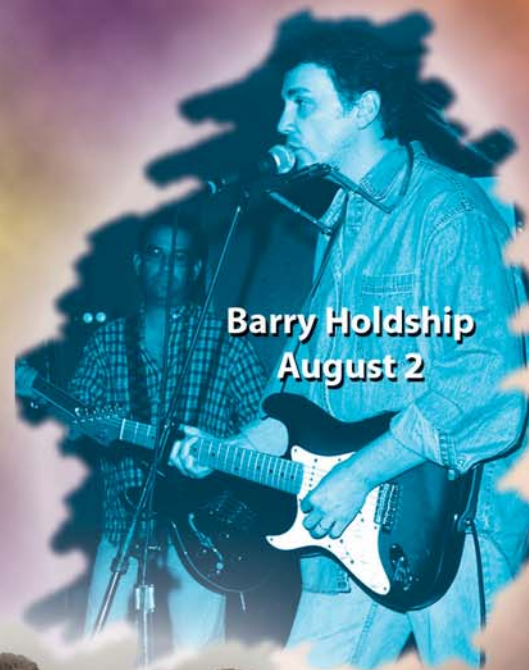
2007 SUMMER CONCERT SERIES

The Garden Grove Community Foundation is hosting the 8th Annual Summer Concert Series, beginning Thursday, July 12, with our spectacular Kick-Off Concert featuring "Hotel California."

Eight bands will take the stage every Thursday night at Eastgate Park, 12001 St. Mark Street. All concerts start at 6:30 p.m.



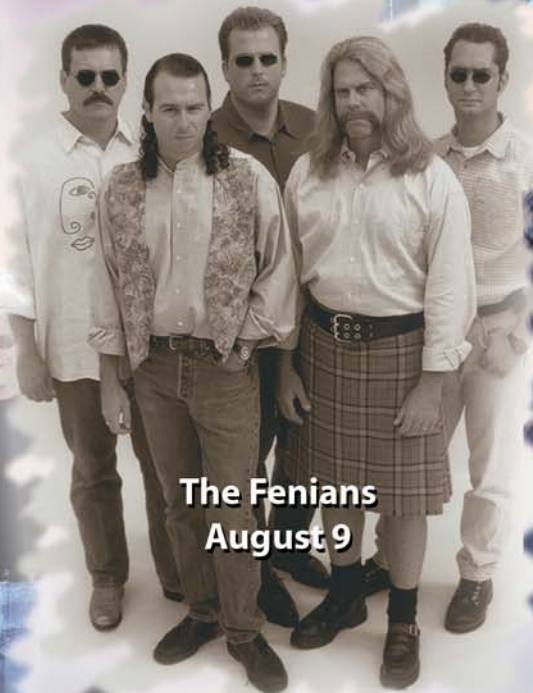
Hotel California
July 12



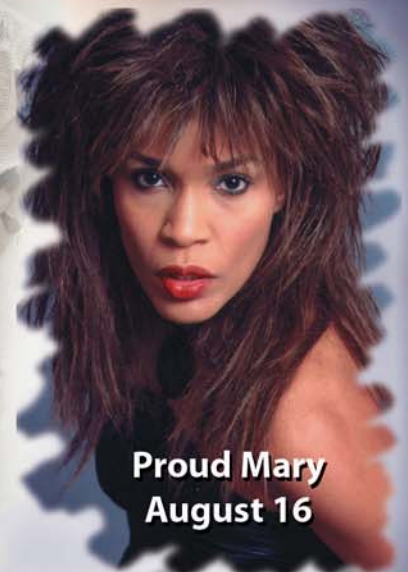
Barry Holdship
August 2



The Antix
July 19



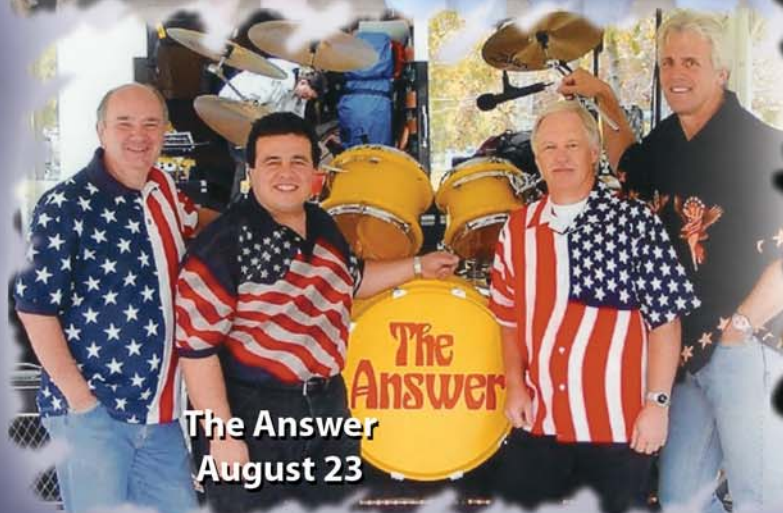
The Fenians
August 9



Proud Mary
August 16



The Silverados
July 26



The Answer
August 23



Apple
August 30

For more information on the Summer Concert Series, including the Kick-Off Concert, featuring bounce houses, games, food and more, see page 16 of this issue of FOCUS, or call the Garden Grove Office of Community Relations at (714) 741-5280.

