

# Adult Classes

## Zumba (Dance & Fitness)

8 Weeks (2 sessions)

Zumba is based on the principle that a workout should be fun and easy to do! The Zumba high energy routine features aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Dance to various Latin and international music including salsa, merengue, reggaeton, hip hop, and much more. No dance experience required.

FEE: \$30      BEGINS: 9/25, 12/4  
(no class 12/25, 1/1)

AGE	DAYS	TIME	LOCATION
14-up	Sat.	11:00 a.m.-12:00 p.m.	SP

## Belly Dancing

8 weeks (2 sessions)

Trim and beautify your body while learning the graceful, sensual movements of belly dancing. Shimmy your way to great abs and reduce stress levels. Redefine your self-image, getting in touch with your inner feminine beauty. Wear loose, comfortable clothing. Recommended accessories may be purchased from the instructor (less than \$20). No kids in class, please.

FEE: \$45      BEGINS: 9/27, 11/29  
(no class 12/27, 1/17)

AGE	DAYS	TIME	LOCATION
14-up	Mon.	7:45-8:45 p.m.	SP

## Aerobic Cardio Training

Continuous

Firm up and lose inches with this low impact, high energy class. Have fun while toning and shaping your body. Various modes of aerobic activity are used including kickboxing, step, weight training and toning exercises. Be sure to wear comfortable shoes and don't forget a hand towel and water. Workout equipment is provided. Join anytime and begin to see and feel the benefits of exercise within just ten workouts. This class is co-ed. No kids in class, please. Classes must be used within two months from day of purchase.

FEE: \$45/15 classes      \$25/5 classes      \$5/1 class

AGE	DAYS	TIME	LOCATION
16-up	T/Th.	6:30-7:30 p.m.	SP

## CPR and First Aid

Provides information on how to recognize and care for life threatening emergencies such as respiratory or cardiac problems, sudden illness or injuries to infants, children and adults. Certification: Adult/Infant/Child CPR, valid 1 year; Community First Aid & Safety, valid 3 years.

**This class is offered at Thompson Park through the American Red Cross. Classes are offered in English only. Cost is \$40 for Infant/Child/Adult CPR and \$50 for CPR and Community First Aid. Fees will increase by \$10 for 2011 classes. Registration is conducted by the American Red Cross via phone or internet; please contact directly for dates and times.**

(562)490-4035 or  
[www.greaterlongbeachrc.org](http://www.greaterlongbeachrc.org)

# FITNESS, SPECIAL INTEREST & SAFETY

## Pilates for Seniors

5 weeks (3 sessions)

The Pilates method changes your body to be fitter, stronger and more attractive. This intermediate course for seniors will slim muscles, increase strength and mobility, improve posture, body alignment and coordination. Bring water and a towel. Mats provided. Previous Pilates experience is required.

FEE: \$35      BEGINS: 9/29, 11/17, 1/5

DAYS	TIME	LOCATION
Wed.	2:00-3:15 p.m.	SP

## Boot Camp Fitness

6 weeks (3 sessions)

The focus of this boot camp is flexibility, stamina, and strength. The program combines cardiovascular and strength training exercises in a regimented form using kick boxing, karate, aerobics and calisthenics. Be prepared to amaze yourself as you will find this is the toughest boot camp you'll ever love! This class is designed for ALL levels of fitness.

FEE: \$45      BEGINS: 9/27, 11/8, 1/3  
(no class 1/17)

AGE	DAYS	TIME	LOCATION
14-up	M/W	7:30-8:30 p.m.	SP

## Total Body Sculpting

4-weeks (5 sessions)

Instructed by a Certified Personal Fitness Trainer, Total Body Sculpting is a complete body workout that exercises every muscle group in a one hour class. The class combines dumbbells, core training, stretching, and cardio. You will experience weight loss, shaping, and toning of your body; building more endurance. This class is for all fitness levels and only requires that you bring 3 lb. weights, a mat, water, and a towel because you will sweat. Community mats provided if you can not bring your own.

FEE: \$30      BEGINS: 10/2, 10/30, 12/4, 1/15, 2/12  
(no class 12/25, 1/1)

AGE	DAYS	TIME	LOCATION
Adult	Sat.	11:30 a.m.-12:30 p.m.	TP



# Adult/Youth Classes

# FITNESS & SPECIAL INTEREST

## Cooking With Chicken

1 day



In this demo class, you will learn how to cook chicken four different ways with perfect results every time. Learn the best ways to cut and use a full chicken, correct cooking temperatures to use, length of cooking times, how to take flavors to the next level using various sauces, and which side dishes to serve. Students will receive a workbook with class materials and recipes. Bring an apron and your appetite! Classes are taught by le cordon chef Freddie J. Sacramento. \$5 materials fee payable to instructor at class.

FEE: \$20      BEGINS: 10/14, 11/18 or 1/13

<u>AGE</u>	<u>DAYS</u>	<u>TIME</u>	<u>LOCATION</u>
18-up	Thurs.	6:00-8:30 p.m.	SP

## Aerobics/Yoga Combo

Continuous

The best of our popular fitness classes combined in one class. Begin with warm-ups and low impact aerobics. Use weights and steps to strengthen and tone muscles then cool down with yoga and the Pilates method. Bring water and a towel. Workout equipment and mats provided. This class is co-ed. No kids in class, please.

FEE: \$45/15 classes      \$25/5 classes      \$5/1 class

<u>AGE</u>	<u>DAYS</u>	<u>TIME</u>	<u>LOCATION</u>
16-up	Fri.	6:30-7:30 p.m.	SP

**The following classes are offered at Stitches in Time, 16525 Bellflower Blvd., Bellflower. Pre-register at Simms Park at least one week prior to class starting date. Both classes are held on the same days and times:**



## Slippers Galore: Learn to Knit or Crochet

3 weeks (1 session)

Just like grandma used to make! Students will learn to make classic styles to keep everybody's feet warm and cozy. Knitted and crocheted styles will be offered and then student will choose one style to make in class. Materials may be purchased from instructor at first class (approximately \$22.00 - \$30.00).

FEE: \$35/each      BEGINS: 10/11, 10/15 or 10/16

\* See below for days and times

## Knit or Crochet Scarf Workshop

2 weeks (2 sessions)

Great for beginners and more advanced students! Students will make small samples of several knit or crochet techniques and then make a scarf using their technique of choice. Materials may be purchased from instructor at first class (approximately \$10.00).

FEE: \$35      BEGINS: 11/1, 11/5 or 11/6,  
12/3, 12/4 or 12/6

<u>AGE*</u>	<u>DAYS*</u>	<u>TIME*</u>
13 & up	Mon.	10:00 a.m.-12:00 p.m.
13 & up	Fri.	6:00 a.m.-8:00 p.m.
13 & up	Sat.	12:00 a.m. - 2:00 p.m.

## Cooking With Beef

1 day



In this demo class, you will learn how to cook beef four different ways with perfect results every time. Learn about various cuts of meat, best cooking methods for various parts, how to take flavors to the next level using various sauces, and which side dishes to serve. Students will receive a workbook with class materials and recipes. Bring an apron and your appetite! Classes are taught by le cordon chef Freddie J. Sacramento. \$5 materials fee payable to instructor at class.

FEE: \$25      BEGINS: 10/28, 12/2 or 1/27

<u>AGE</u>	<u>DAYS</u>	<u>TIME</u>	<u>LOCATION</u>
18-up	Thurs.	5:30-8:30 p.m.	SP

## Youth Soccer Training

4 weeks (1 session)

Youth soccer training will teach kids the fundamentals of soccer, teamwork, spirit of competition and, most importantly, sportsmanship. Self confidence, ball control, coordination and fitness level will greatly improve over the course of instruction. If your goal is to get ahead of the game and get ready for your high school team, or just to have fun, this class is for you!



FEE: \$30      BEGINS: 9/28

<u>AGE</u>	<u>DAYS</u>	<u>TIME</u>	<u>LOCATION</u>
9-14	Tue.	6:00-7:30 p.m.	TP

**The following classes are offered at Practical Magicka, 9741 Flower Street, Bellflower. Pre-register at Simms Park at least one week prior to class starting date:**



## Make Your Own Melt and Pour Soaps

1 day

See how easy and fun it is to make your own melt and pour bath soap bars. Customize your soap using color, fragrance, herbs, and designs. These unique soaps are perfect for personal use or to give as unique gifts.

FEE: \$25      BEGINS: 10/6, 11/3, 12/1, 1/5

<u>AGE</u>	<u>DAYS</u>	<u>TIME</u>
18 & up	Wed.	6:00-7:30 p.m.

## Holistic Remedies with Essential Oils

4 weeks (4 sessions)

This informative class is an introduction to aromatherapy that will provide interesting historical information as well as how essential oils are used in present times. Essential oils have many holistic healing purposes as well as smell good properties. Students will learn about 22 basic oils that aid in everything from foot pain to headaches. Why take a synthetic pill when you can reach for a natural solution?

FEE: \$45      BEGINS: 9/30, 10/28, 12/2, 1/6

<u>AGE</u>	<u>DAYS</u>	<u>TIME</u>
18 & up	Thurs.	5:30-6:30 p.m.

# Youth/Teen Classes

## FITNESS & SPECIAL INTEREST

### Mini Athletes

4 weeks (3 sessions)

Children will team up with their parent as they are introduced to sports, exercise, fitness, obstacle courses, and other activities to begin their journey to a healthy lifestyle. Parent attendance, assistance, and participation is required.

FEE: \$25      BEGINS: 10/2, 10/30, 1/8

AGE	DAYS	TIME	LOCATION
1.5-2.5	Sat.	10:45 - 11:15 a.m.	TP

### Short Sports

4 weeks (1 session)

Children will learn how to use different sports equipment and enjoy a wide variety of activities which all revolve around sports. Parent attendance and assistance is required.

FEE: \$25      BEGINS: 9/30

AGE	DAYS	TIME	LOCATION
2.5-4	Thurs.	5:45 - 6:30 p.m.	TP

### Rookie Soccer

4 weeks (1 session)

Children will be introduced to soccer through a wide variety of fun and active games. Parent attendance, assistance, and participation is required.

FEE: \$25      BEGINS: 1/6

AGE	DAYS	TIME	LOCATION
2.5-4	Thurs.	5:45-6:30 p.m.	TP

### Dance and Tumbling for Tots

4 weeks (3 sessions)

Instructed by Webby Dance Company, students learn basic tumbling skills and simple dance steps, songs, and body coordination. Tumbling exercises taught include somersaults, snakes, balance beam, jump ropes, skipping, crab walk, and spider walk.

FEE: \$38      BEGINS: 10/2, 10/30, 1/8

AGE	DAYS	TIME	LOCATION
3-5	Sat.	10:40 - 11:25 a.m.	TP

### Online Driver's Education

Continuous

Are you tired of asking your parents for a ride? Are you at least 15 years old? If so, this class is for you. This is an interactive, online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. Receive DMV-approved Certificate of Completion (OL 237) -required for teens under 17 ½ years old to obtain a learner's permit and driver's license. A licensed instructor is available to answer any questions. Students must have access to the internet. Registration is ongoing. Sign up anytime at Simms Park.

FEE: \$55      BEGINS: Continuous

AGE	LOCATION
15-up	Your own computer

### Practical Self-Defense

4 weeks (6 sessions)

Learn to defend yourself while improving your strength and cardio, gain self-confidence, self-esteem, and self-control. Training includes stand-up, take-downs, grappling, and submissions. Train using modern and traditional martial arts self-defense methods. This class is for students ages 6 through adult.

FEE: \$25/session

BEGINS: 9/20, 10/18, 11/15, 12/15, 1/12, 2/14  
(no class 11/24, 1/17, 2/21)

AGE	DAYS	TIME	LOCATION
6-up	M/W	5:30-6:30 p.m. (Beg.)	TP
6-up	M/W	6:30-7:30 p.m. (Adv.)	TP

### Karate for Tots

6 weeks (3 sessions)

This class is designed to develop eye-hand coordination, greater motor skills as well as self discipline and respect for others. Children will work on tumbling, coordination and basic techniques through playful games associated with karate. Students must be a minimum of 4 years old to participate. No exceptions! Please note: three classes will be held on Thursdays.

FEE: \$24      BEGINS: 9/29, 11/17\*, 1/5  
\*Five-week session - \$20

AGE	DAYS	TIME	LOCATION
4-5	Wed.	5:45-6:30 p.m.	SP

### Karate

6 weeks (3 sessions)

Karate offers an excellent physical and mental workout, increasing ones' coordination and flexibility. Our well-rounded curriculum includes kickboxing, grappling, katas and weaponry. Whether your goal is to build self-confidence, increase strength or just have fun, this class has something for every member of the family.

FEE: \$45      BEGINS: 9/27, 11/8, 1/3 (no class 1/17)

AGE	DAYS	TIME	LOCATION
6-14	M/W	6:30-7:30 p.m.	SP

### Introduction to Jewelry Making

4 weeks (4 sessions)

Learn the names and application of tools, wires, and findings (clasps and crimps). Learn to make several variations of rings, bracelets and necklaces using beads, wire and crystals. Students will also be introduced to rope, hemp and leather weaving and knotting. Make as many pieces as time will allow during class. Class fee includes instruction only. Students must provide their own tools and materials, or they will be available for purchase at each class meeting (approximately \$5.00 - \$20.00). **Class is offered at Treasure Island Beads, 9737 ½ Flower Street, Bellflower. Pre-register at Simms Park at least one week prior to class starting date.**

FEE: \$35      BEGINS: 9/29, 11/3, 12/8, 1/12

AGE	DAYS	TIME
13-up	Wed.	6:00-8:00 p.m.

# Youth/Teen Classes

# FITNESS & SPECIAL INTEREST

## Beginning Classic Guitar

10 weeks (1 session)

Want to be a guitar virtuoso or just learn how to play some beautiful music on the guitar? Learn proper beginning classical guitar technique using fingerpicking style, learn to read and play standard guitar music notation, and learn basic meters and rhythm. Soon you will be playing beautiful instrumental music on your own, in class, and in front of family and friends. Bring your own acoustic guitar.



FEE: \$100      BEGINS: 10/2  
(no class 11/27)

AGE	DAYS	TIME	LOCATION
7-12	Sat.	9:30-10:00 a.m.	CP
Teen-Adult	Sat.	10:00-10:30 a.m.	CP
Returning Students	Sat.	10:30-11:00 a.m.	CP

## Ice Skating

4 weeks (4 sessions)

Beginning ice skating made easy and fun! Includes skate rental and open skating from 2:45 to 4:00 p.m. for the Thursday class, 7:00 to 7:30 p.m. for the Wednesday class, and 10:45 to 11:15 a.m. for the Saturday class. Learn to skate across the ice forward and backward, glide on one foot and complete a simple jump and spin. Dress warmly in layers and be sure to bring mittens or gloves. Check-in at least 30 minutes prior to class time. Class instruction is 30 minutes and is taught by a qualified instructor at Glacial Garden Skating Arena, 3975 Pixie Avenue, Lakewood (Carson and Paramount). Pre-register at Simms Park.

FEE: \$45      BEGINS: 10/13, 10/14 or 10/16  
11/10, 11/11, 11/13  
1/5, 1/6 or 1/8  
2/2, 2/3 or 2/5\*  
(no class 11/24, 11/25, 11/27)  
\*Three-week session - \$35

AGE	DAYS	TIME
4-6	Thurs.	4:00-4:30 p.m.
4-6	Sat.	10:15-10:45 a.m.
7-14	Wed.	6:30-7:00 p.m.
7-14	Thurs.	4:30-5:00 p.m.
7-14	Sat.	11:15-11:45 a.m.



## Introduction to Chess for Youth

6 weeks (1 session)

Learning chess is a great way to help kids develop their logic, memory and critical thinking skills. This includes learning calculation and comprehension all while practicing concentration. Kids will learn the basic fundamentals and will have fun doing it.

FEE: \$30      BEGINS: 10/1

AGE	DAYS	TIME	LOCATION
6-13*	Fri.	4:30 - 5:30 p.m.	CP
6-13**	Fri.	5:30 - 6:30 p.m.	CP

\*Beginner / \*\*Intermediate

## Youth Indoor Volleyball

4 weeks (1 session)

Youth indoor volleyball will teach kids the fundamentals of volleyball, teamwork, spirit of competition and, most importantly, sportsmanship. Self confidence, hand-eye coordination and fitness level will greatly improve over the course of instruction. If your goal is to get ahead of the game and get ready for your high school team, or just to have fun, this class is for you!

FEE: \$30      BEGINS: 10/3

AGE	DAYS	TIME	LOCATION
9-14	Sun.	2:00-3:30 p.m.	TP

## Parent & Me Creative Movement

4 weeks (3 sessions)

Instructed by Webby Dance Company, classes combine creative movement and imaginative play. Children move to their favorite music and our fun props encourage active participation. This enriching program strengthens coordination and cognitive skills in a positive atmosphere. Parent attendance, assistance, and participation is required.

**NEW**

FEE: \$38      BEGINS: 10/2, 10/30, 1/8

AGE	DAYS	TIME	LOCATION
18 mths.-3 years	Sat.	10:00-10:30 a.m.	TP

## Parent & Me Ice Skating

4 weeks (4 sessions)

Have fun ice skating with your child in a relaxed atmosphere. Class fee includes skate rental for parent and child, half hour of instruction and a free practice session from 11:00 a.m. – 1:00 p.m. for the Tuesday class and 12:00 – 2:00 p.m. for the Saturday class. Dress warmly in layers and bring mittens or gloves. Check-in at least 30 minutes prior to class time. Class instruction is 30 minutes and is taught by a qualified instructor at Glacial Garden Skating Arena, 3975 Pixie Avenue, Lakewood (Carson & Paramount). Pre-register at Simms Park.

FEE: \$45      BEGINS: 10/12 or 10/16, 11/9 or 11/13,  
1/4 or 1/8, 2/1 or 2/5\*  
(no class 11/23, 11/27)  
\*Three-week session - \$35

AGE	DAYS	TIME
2-5	Tues.	11:15-11:45 a.m.
2-5	Sat.	12:15-12:45 p.m.

## Cheer and Hip-Hop Dance

4 weeks (3 session)

Instructed by Webby Dance Company, classes combine popular cheer and hip-hop dance routines with today's most exciting steps. This class will provide basic cheer skills, warm-ups and stretching, splits, bridges, kicks, jumps, formations and choreographed hip-hop/cheer routines to age appropriate music. Students will develop body awareness, concentration, coordination, and self-confidence.

**NEW**

FEE: \$38      BEGINS: 10/2, 10/30, 1/8

AGE	DAYS	TIME	LOCATION
6-10	Sat.	11:35 a.m-12:20 p.m.	TP