

ADULT & TEEN PROGRAMS

Soul Line Dancing

Fee: \$30/6 weeks (10/11 or 10/13 session),
\$25/5 weeks (1/3 or 1/5 session) or \$5 for 1 class

This is a class for anyone who loves to dance, whether you are experienced or new to the dance floor. You'll learn basic fundamentals of line dance and the most common terms used. Join us for a chance to dance to the latest and popular soul line dance songs. Learn more about Soul Line Dancing, and the instructors at www.getwrightcrew.com.

INSTRUCTOR: Tejani & Wilma Wright **BEGINS:** 10/11 or 10/13 (6 weeks)
1/3 or 1/5 (5 weeks)

AGE	LEVEL	DAYS	TIME	LOCATION
14-up	Beginner	Tues.	7:15-8:30 p.m.	Simms Park
14-up	Intermediate	Thurs.	7:15-8:30 p.m.	Simms Park

Advanced Screen Printing

Fee: \$100/4 weeks (\$50 material fee)

This class is for individuals with a good understanding of silk screen fundamentals and teaches the advanced techniques of silkscreen printing. Learn how to create and prepare custom artwork and practice producing your own custom t-shirts.

INSTRUCTOR: Chris Hughes **BEGINS:** 10/27

AGE	DAYS	TIME	LOCATION
18-up	Thurs.	6:30-8:00 p.m.	Thompson Park

Intro to Screen Printing

Fee: \$100/4 weeks (\$50 material fee)

This class teaches the fundamentals of silkscreen printing. Learn how to build a screen printing press, create and prepare custom artwork to produce your own custom t-shirts or tote bags.

INSTRUCTOR: Chris Hughes **BEGINS:** 9/21, 11/2

AGE	DAYS	TIME	LOCATION
18-up	Wed.	6:30-8:00 p.m.	Thompson Park

Online Driver's Education

FEE: \$55/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-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.



INSTRUCTOR: Erika Vieyra

AGE	LOCATION
15-up	Your computer



Urban Ballroom Dancing

Fee: \$35/5 Weeks or \$7 per class

In a series of weekly classes, the instructors will teach basic ballroom dance moves which combines slow dancing, hand dancing and the Cha Cha together. It is danced on the beat of most Urban music; such as Jazz, R&B and Soul. If you are looking for something new, are a couple working to bring back some fun in your relationship, or you just want to get your body moving- this class is the place for you.

INSTRUCTOR: Johnny Key & Joyce King **BEGINS:** 9/24, 10/29, 1/14
(No class 11/26)

AGE	DAYS	TIME	LOCATION
18-up	Sat.	1:30-3:00 p.m.	Simms Park

Thompson Park Garden Club

This free club is looking for adults that share a similar passion for gardening. Meets the 2nd Tuesday of the month (September-June) from 12:30-2:30 p.m. in Room A & B at Thompson Park. Share plant cuttings, garden tips, and display your blooms. Club will also feature occasional guest speakers & demonstrations by professionals. For more information, contact Garden Club President Kay Erns at (562) 920-2983.

SPECIAL NEEDS PROGRAMS

Bellflower Parks & Recreation provides activities for teens and adults who are developmentally disabled or autistic. Call (562) 866-5684 for information on all programs. Must be a Bellflower resident.

SHARE Program

Participants will enjoy recreational activities such as arts and crafts, sports and other recreational games. This program is held once a week at Thompson Park and is free for participants. This program is continuous.

AGE	DAYS	TIME	LOCATION
Teens & Adults	Mon.	6:00-7:45 p.m.	Thompson Park

Recreation Therapy Program

This program is held three times a week and offers fun recreation activities that help participants gain social and independent skills through games, crafts, physical activities, monthly excursions, and special events. Transportation is available. \$12/month. This program is continuous.

AGE	DAYS	TIME	LOCATION
Teens & Adults	T/W/Th	4:00-5:00 p.m.	Caruthers Park

Special Olympics Training - Bowling

Training is held Saturdays 8:30 a.m. - 12:00 p.m. for ages 8 years and older with special needs who would like to participate in sports tournaments. **BEGINS:** 9/3

AGE	DAYS	TIME	LOCATION
Teens & Adults	Sat.	9:00 a.m.-12:00 p.m.	Keystone Lanes

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Zumba® Toning

Fee: \$30/6 weeks

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone all their target zones; including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. Students must bring or purchase a toning stick (available from the instructor for \$20/1lb or \$25/2.5 lbs). Please register at least one week prior to class starting date if you plan to purchase a toning stick from the instructor.

INSTRUCTOR: Elvia Torres **BEGINS:** 9/13, 10/25, 1/10
(No class 11/22)

AGE	DAYS	TIME	LOCATION
14-up	Tues.	6:00-7:00 p.m.	Simms Park

Zumba® (Dance & Fitness)

Fee: \$30/6 weeks

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.

INSTRUCTOR: Elvia Torres **BEGINS:** 9/15, 10/27, 1/12
(No class 11/24)

AGE	DAYS	TIME	LOCATION
14-up	Thurs.	6:00-7:00 p.m.	Simms Park

Table Tennis 1

Fee: \$70/8 weeks

This class will teach the basics of Table Tennis. You will receive fundamentals on proper position, footwork, blocking and serving. Students should wear light tennis shoes and bring water and a towel. Competition paddle will be available for use, but each student will be encouraged to purchase their own after the first class.

INSTRUCTOR: Rey Villablanca **BEGINS:** 9/24

AGE	DAYS	TIME	LOCATION
18-up	Sat.	10:00 a.m.-Noon	Thompson Park

Bellflower Art Association

Holds art demonstrations by professional artists. Will meet 3rd Tuesday every month (September through June) from 5:00 p.m.-8:30 p.m. in Rooms A & B at Thompson Park. Public invited and refreshments will be served. Come join us! For information, call (562) 866-8614.



ZUMBA



Stretch & Strengthen Yoga

Fee: \$55/6 weeks or \$10/1 class

Breathe and stretch into those tense places in your body, so that you can feel open and free. This class is designed to help get you out of your head and into your body by learning to move with your breath. You will learn the fundamentals and proper alignment of beneficial yoga poses to stretch and strengthen your muscles from the inside out. You will leave feeling more in tune with your body and vibrantly alive. All levels welcome.

INSTRUCTOR: Jessica McMaster **BEGINS:** 9/19, 11/7, 1/9
(No class 1/16, 2/20)

AGE	DAYS	TIME	LOCATION
18-up	Mon.	6:00-7:00 p.m.	Simms Park



Boot Camp Fitness

Fee: \$50/6 weeks

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.

INSTRUCTOR: Shihan Gilliland & Staff **BEGINS:** 9/19, 11/7, 1/4
(No class 1/2, 1/16)

AGE	DAYS	TIME	LOCATION
16-up	M/W	7:30-8:30 p.m.	Simms Park

Oil Painting

Fee: \$60/5 weeks

Each student will work on their own project (portrait, landscape, still life, etc.). The instructor will assist each student by teaching different aspects such as composition, value, color, etc. and will provide photos and magazines for further reference. Students must provide their own oil paint, odorless mineral spirit, canvas (no larger than 16" x 20"), brushes, and an easel.

INSTRUCTOR: Manuel Barillas **BEGINS:** 9/20, 11/15, 1/3
(No class 11/22)

AGE	DAYS	TIME	LOCATION
18-up	Tues.	9:00-11:45 a.m.	Thompson Park

Intro to Small Business

Fee: \$40/4 weeks

Learn the basics of bringing a product or service to society's store. Learn about business plans, marketing and how to get started on your own venture.

INSTRUCTOR: Chris Hughes **BEGINS:** 9/20, 11/1*, 1/3
(No class 11/8, 11/22)

AGE	DAYS	TIME	LOCATION
18-up	Tues.	6:30-8:30 p.m.	Thompson Park