

Registration form
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Dance

Ballroom and Latin Dance for Beginners

Instructor: Jamie McCann, MFA, Dance
Register: In office, mail in, fax in or online
Website: ocdanceproductions.com
Location: Crown Valley Park, View Room

Activity #	Age	Date (8 wks)	Day	Time	Cost
3798	18+	Sep 28-Nov 16	Tu	7-7:50pm	\$94/per person

This class is designed as a "sampler" of both rhythm (salsa, swing, etc.) and smooth dances (waltz, tango, etc.) and allows participants to learn the most popular social dances in a non-threatening environment at an affordable cost. NO Partners needed to enjoy this class.

Free, full trial class on Tue., Sep 21 at 7pm. Call OCDP at (714) 389-1933 to reserve your spot.

Belly Dance

Instructor: Christine O'Nan ("Perizad")
Register: ocbelly.com or call 466-0634
Location: Sea Country Center
Cost: \$56*/4 wks
\$84/6 wks
\$16 /drop-in

Level	Date (4 & 6 wks)	Day	Time
Beg	Sep 30-Nov 4	Th	6:30-7:45pm
Beg	Nov 18-Dec 16*	Th	6:30-7:45pm
Int.	Oct 2-Nov 6	Sa	9-10:15am

**No class Nov 25*

Shimmy and undulate your way to a toned body as you learn the beautiful and exotic art of belly dance! These classes focus on belly dance technique and conditioning as we advance to layered combinations. Learn finger cymbals and veil in the intermediate class. Low impact and fun – suitable for all ages and body types! No prior dance experience necessary. Dance in bare/stocking feet or modern dance sandals. Bring a hip scarf or purchase through instructor. (Optional: yoga mat/towel for floor work.)

Music

Guitar Lessons

Instructor: Ron Gorman
Register: In office, mail in, fax in or online
Location: Crown Valley Park, Patio Room

Activity#	Level	Age	Date (5 wks)	Day	Time	Cost
3649	Beg.	10+	Oct 19-Nov 16	Tu	6:30-7:30pm	\$90

No experience necessary! Students will be introduced to several open position chords, single string melodies, time signatures and play popular songs, all in a friendly and inviting environment. Class can be repeated. Students must supply an acoustic guitar or an electric guitar with a small amp.





Dog Services

Dog/Puppy Obedience

Instructor: Hacienda Hills Dog Obedience Club
Register: In office, mail in, fax in or online
Location: Crown Valley Park (CVP) or Bear Brand Park (BBP)

Activity #	Date	Day	Time	Cost	Location
3789	Sep 14-Oct 19	Tu	Puppy 2-5 months (6 wks) 7-8pm	\$68*	CVP
3631	Sep 14-Nov 2	Tu	Dog 6 months (8 wks) 6-7pm	\$79*	CVP
3633	Sep 25-Nov 13	Sa	Dog 6 months (8 wks) 9-10am	\$79*	BBP

*\$5 insurance fee due to instructor at first class.

Classes introduce basic commands (heel, sit, stay, come, down) and offer help with correcting behavior problems (chewing, digging, jumping up, etc). Puppy Kindergarten, ages two-five months, includes socialization exercises and puppy-care topics. Dog Obedience, ages six months and older, includes an introduction to off-leash control and long-distance work. Dog Obedience concludes with a scored graduation. Trophies and certificates will be awarded. Large breeds may sign up for dog obedience at four months and small dogs may enroll for puppy class up to six month's old. First meetings are orientations, held WITHOUT DOGS. Bring a chair, shot records and \$5 insurance fee to first day of class. Tues. orientation meets by Parks & Rec Office, under covered patio; Sat. orientation meets at picnic area in back of park.

Intermediate Dog Obedience

Instructor: Hacienda Hills Dog Obedience Club
Register: In office, mail in, fax in or online
Location: Mission Viejo High School – upper parking lot

Activity #	Date (5 wks)	Day	Time	Cost
3834	Sep 27-Oct 25	M	7-8pm	\$65*

*\$5 insurance fee due to instructor at first class.

Continue your canine's education! Five weeks of intensive practice and drill on all your novice obedience exercises! This class is for anyone who has completed a basic obedience course and wants to continue polishing their dog's skills in a class setting. **Bring your dog to first meeting with leash, training collar, 30" long line and \$5 insurance fee.**

Dog Manners "Crash Course"

Instructor: Hacienda Hills Dog Obedience Club
Register: In office, mail in, fax in or online
Location: Bear Brand Park, picnic area at the back of the park

Activity #	Date (4 wks)	Day	Time	Cost
3793	Oct 16-Nov 6	Sa	10-11:20am	\$69*

*\$5 insurance fee due to instructor at first class.

Accomplish your training goals and get behavior problems under control within a limited period of time. 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 and brought to class. DOGS ATTEND ALL MEETINGS. Please pre-register so instructor can contact you with orientation information prior to first lesson.

Canine Games Agility Course

Instructor: Hacienda Hills Dog Obedience Club
Register: In office, mail in, fax in or online
Location: Mission Viejo High School - upper parking lot

Activity #	Level	Date (8 wks)	Day	Time	Cost
3790	Beg	Sep 20-Nov 8	M	6-7pm	\$79*
3791	Beg	Sep 20-Nov 8	M	7-8pm	\$79*

*\$30 materials fee due to instructor at first class.

This obstacle course offers challenges and fun for you and your dog! Various tunnels, a teeter-totter, hurdles, tire-jump, A-frame, dog walk and weave poles are included. Trophies and certificates will be awarded at a timed agility competition on the last meeting. *Please bring vaccination records, material fee (for maintenance of agility equipment, insurance and awards) and a lawn chair to the first class. First meeting to be held WITHOUT DOGS.

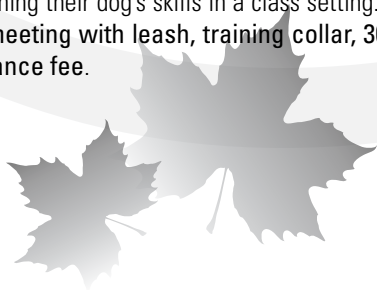
CALLING ALL FRISBEE DOGS!

Instructor: Hacienda Hills Dog Obedience Club
Register: In office, mail in, fax in or online
Location: Hidden Hills Park

Activity #	Date (1 day)	Day	Time	Cost
3792	Oct 3	Su	8:30-11:30am	\$39*

*\$5 materials fee due to instructor at class.

Includes instruction on proper Frisbee throwing techniques, how to get your dog motivated to catch a disc AND bring it back to you and an introduction to some dance moves and stunts, such as spins and weaving between your legs. Please bring a lawn chair, shot records, water, clean-up bags and \$5 materials fee (includes Frisbee.) For dogs over four months who have had basic on-leash obedience.





Community Excursions

Trip Procedures & Rules

Please read before signing up.

- No refunds/credit** will be given unless the trip is cancelled by the City. Trip refunds will be issued only to the individual(s) listed on the sign-up sheet. Online service fees will not be refunded by the City.
- If a trip participant wishes to cancel, the procedures are as follows:
 - Notify the Center of your intent to cancel.
 - Make arrangements for someone to take your place or call the Center to see if a waiting list is available.
 - If replacement is made by the participant, notify the Center of your replacement's name and phone number immediately.

NOTE: Refunds by the City will only be given once payment is secured by your replacement. Reimbursements take 4 weeks to process. Online service fees will not be refunded by the City.
- All trip participants must be self-sufficient and capable of walking and climbing stairs without assistance of others. If unable to do so, a wheelchair and/or trip attendant will be required and prior arrangements need to be confirmed. Please notify staff at the time of sign-up that wheelchair arrangements are being requested.
- Trip participants are encouraged to notify a family member/friend of his/her trip destination and come prepared with emergency and medical information on the day of the trip.
- The completion of a liability release form is required prior to each trip.
- All minors must be accompanied by an adult. For more information, call 425-5151.
- Due to liability concerns, all participants are required to depart and return on the excursion bus. Failure to follow this policy may result in restriction from future excursions.

San Diego Sea & Land Adventure

Register: In office, mail in, fax or online

Location: Sea Country Center

Information: Call 425-5151

Activity #	Date	Day	Time	Cost
3775	Sep 12	Su	9:30am-6pm	\$70

Splash down in San Diego and come experience this city from a totally different perspective...on a "Boat with Wheels!" Our day will begin with lunch "on your own" at Seaport Village, where you'll also have time to browse through a variety of shops before climbing aboard San Diego's original amphibious Sea and Land Adventure. The 90-minute, fully narrated SEAL tour will wind through picturesque San Diego streets before splashing down for a cruise through the waters of San Diego. You won't want to miss this exciting and entertaining adventure... a unique way for the family to spend Grandparent's Day!

DEADLINE FOR SIGN-UPS: AUG. 18

Japanese Gardens & Rancho Los Alamitos w/lunch at Tokyo Wako

Register: In office, mail in, fax or online

Location: Sea Country Center

Information: Call 425-5151

Activity #	Date	Day	Time	Cost
3845	Oct 14	Th	8:45am-4:15pm	\$62

Our day begins with a guided tour of the beautiful Japanese Gardens at Cal State University in Long Beach. After the tour, we'll head to the waterfront for a Teppan style lunch at Tokyo Wako for a deliciously entertaining meal. The menu includes soup, salad, vegetables, rice, your choice of steak, chicken or shrimp and dessert. After lunch, we'll continue on to Rancho Los Alamitos, where we'll have a docent led tour through this historic adobe ranch house. Come join us for a fun fall day!

DEADLINE FOR SIGN-UPS: SEPT. 21

Community Excursions
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Register early—
*if minimum enrollment is not met,
classes are subject to cancellation.*



Community Excursions

Reagan Library/White House Exhibit w/buffet lunch

Register: In office, mail in, fax or online
Location: Sea Country Center
Information: Call 425-5151

Activity #	Date	Day	Time	Cost
3846	Nov 6	Sa	10am-6pm	\$66

Come and enjoy a memorable day at the Reagan Library and learn all about the events that helped to shape our history during Reagan's eight years in office. This guided tour includes the new "White House in Miniature" Exhibit and also features a rotating exhibit of some of the 100,000 gifts received by the Reagan's during their White House years. In addition, we will enjoy a wonderful buffet lunch served under the wings of Air Force One, the private jet used by Reagan, so don't miss out signing up for this exciting trip!

DEADLINE FOR SIGN-UPS: OCT. 12

Mission Inn Festival of Lights Tour w/dinner at the Old Spaghetti Factory

Register: In office, mail in, fax or online
Location: Sea Country Center
Information: Call 425-5151

Activity #	Date	Day	Time	Cost
3847	Dec 7	Tu	1-10pm	\$88

You won't want to miss out on this memorable, festive time of year where we will be exploring the holiday traditions of historic Riverside. We will be joined by a local guide who will take us to several Victorian estates. We'll stop off for a delicious dinner at the Old Spaghetti Factory, which will include a salad, pre-selected choice of entrée, beverage and dessert before continuing on to the world famous Mission Inn. Here we will get to enjoy some free time, while feasting our eyes on over three million lights and more than 350 animated figures adorning the exterior of this National Heritage Landmark. Our evening ends with coffee and holiday cookies before heading home.

DEADLINE FOR SIGN-UPS: NOV. 2

Fitness

Jazzercise

Get a great workout while having fun with the total body-conditioning program. This 60-minute workout develops cardiovascular fitness, increases strength and metabolism through weight training, and increases your flexibility through a fusion of dances, kickboxing, yoga and pilates. Come work out to the best of today's music including pop, jazz, hip-hop, and classic hits. Bring an exercise mat, hand weights, water and wear comfortable clothes and aerobic or cross-training shoes.

M/W/F mornings

Instructor: Deborah Kliegl
Register: Call Deborah at 690-8765 or debjazzergal@aol.com
Website: jazzercise.com (on Facebook at Laguna Niguel – Crown Valley Jazzercise)
Location: Crown Valley Park, View Room
Cost: Joining Fee: \$40, \$45 month (auto draft)
Drop-in: \$15

Date	Day	Time
Sep 1 & 3	W/F	7:30-8:30am
Sep 8-Nov 29*	M/W/F	8-9am

*No class Sep 6, Oct 29 & Nov 26

M-Th evenings, Sa mornings

Instructor: Isabel Zippel
Register: Call Isabel at 433-1862 or visit laguniguelfjazz.com
Location: Sea Country Center
Cost: Joining Fee: \$40, \$64/month (auto draft)

Date	Day	Time
Ongoing*	M-Th	7-8pm
Ongoing*	Sa	8-9am

*No class Sep 4, 6 & Nov 11, 25, 27 & Dec 4
See class description above.

Zumba Fitness

Instructor: Anette Monroe
Register: In office, mail in, fax in or online
Location: Sea Country Center
Cost: \$70 - (10 wk session)
\$10 - Drop in

Activity #	Age	Date (10 wks)	Day	Time
3853	18+	Sep 13-Nov 15	M	6:30-7:30pm
3854	18+	Sep 1-Nov 3	W	6:30-7:30pm

ZUMBA Fitness is a fusion of high energy and motivational Latin and International music/dance themes creating a dynamic, exciting, effective fitness system! Based on the principle that a workout should be "FUN AND EASY". Zumba Fitness is great for the body and mind. Perfect for any fitness level!



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Fitness

Yoga

Instructor: Angie Knight
 Register: Call instructor at 362-7742 or
 email: yogaknights711@aol.com
 Location: Sea Country Center
 Cost: \$182/13wks*
 \$168/12wks**
 \$154/11wks***

Level	Date (11, 12 or 13 wks)	Day	Time
Gentle/Restorative	Sep 13-Dec 13*	M	10-11:30am
Yoga Basics	Sep 14-Dec 14*	Tu	6:30-8pm
Yoga Flow	Sep 16-Dec 16**	Th	6-7:30pm
Level 1	Sep 18-Dec 18***	Sa	10-11:30am

*No class Oct 23 & Nov 22, 23, 25, 27, Dec 4

Enjoy relaxation, breathing, stretching, strengthening and meditation. Pre-registration required for this class. Bring a mat, blanket and/or towel. Pay by Aug. 14 and receive a 5% discount. Returning students receive an additional 5% discount. You are a returning student even if you have not been to class for several seasons.

Specialty

Computer Class for MAC users

Instructor: Nadyne McClurg
 Register: In office, mail in, fax in or online
 Location: Sea Country Center
 Information: Call 425-5151

Activity#	Date	Day	Time	Cost
3868	Oct 13- Nov 3	W	6:30-8:30pm	\$40 per session \$140 for all 4

For those of you new to MAC's this basic series is for you! Each week covers a new topic. Sign up for the whole series or drop in a class on a specific topic. *You must bring your MacBook or MacBook Pro for class with at least 20 photos already downloaded into iPhoto or a CD with photos on it. Your computer must be fully charged for all class meetings!

- Oct 13 **Session One** - The Basics - Navigating your Mac
- Oct 20 **Session Two** - iPhoto - Downloading, Editing, Emailing Photos
- Oct 27 **Session Three** - iMovie - Create CD movies using all media (iPhoto, music, video)
- Nov 3 **Session Four** - iDVD - Create DVD's using all media (iPhoto, music, video)

Specialty

How to Sell on eBay

Instructor: Frances Greenspan
 Register: In office, mail in, fax in or online
 Location: Crown Valley Park, Patio Room

Activity #	Age	Date (2 days)	Day	Time	Cost
3833	18+	Sep 20 & 27	M	6:30-8:30pm	\$55

Clean out and organize your life and make money doing it! Learn how you can sell some of that "stuff" that is crowding your drawers, closets, garages and storage areas. The instructor will discuss organization, categorization, how to write posts, user name set up, Paypal accounts, how to search a category, pricing items, digital pictures, shipping choices, title and description and more. Please bring a pen and paper to class to take notes. THIS IS A LECTURE ONLY CLASS.

Introduction to Digital Photography

Instructor: Nadyne McClurg
 Register: In office, mail in, fax in or online
 Location: Sea Country Center
 Information: Call 425-5151

Activity #	Date	Day (1 day)	Time	Cost
3849	Oct 4	M	6-9pm	\$55
3850	Oct 18	M	6-9pm	\$55
3851	Nov 1	M	6-9pm	\$55
3852	Nov 15	M	6-9pm	\$55

Learn the basic use and functions of your digital camera and download images to your computer with ease. Basic tools of workflow and file management will be introduced. Please bring your digital camera (battery charged), USB cord (that came with your camera for downloading images) and your memory card containing 20 images. This is a "HANDS-ON" class.

Digital Photography

Instructor: Nadyne McClurg
 Register: In office, mail in, fax in or online
 Location: Sea Country Center
 Information: Call 425-5151

Activity #	Date	Day	Time	Cost
3848	Oct 5-Nov 2	Tu	6:30-8:30pm	\$120

Designed for those beginners with an interest in learning the art of photography through the use of a digital camera, preferably a DSLR. Emphasis is on composition, lighting and viewpoint while exploring a variety of forms of photography. Learn basic post-production editing and retouching through the use of Adobe Photoshop Elements 8. Personal laptops (PC or MAC) for your use during class are welcome! Supplies needed for all class meetings are: DSLR camera (battery charged), USB cord for downloading images, minimum 1 GIG memory card containing 20 photos and minimum 1 GIG thumb drive. This is a "HANDS-ON" class!