

SPRING, 2010

APRIL, MAY & JUNE

CLASS

Leisure Activities, Sports, After School Classes & Special Events



Department of



Saddleback Valley Unified School District
24701 San Doval Lane, Mission Viejo, CA 92691 — (949) 768-0981, Ext. 3
www.saddlebackrecreation.com

Recreation & Community Services is Going Green!

As a member of our local and world community, the Recreation & Community Services Department recognizes and supports the need to "Go Green". Our new format reflects our commitment to the environment by not only reducing the volume of paper delivered into the community but also by utilizing an easily recyclable product. We are proud of the many learning and activities based opportunities listed in our new larger format brochure and encourage you to visit our web site for a complete listing of offerings through the Recreation Department.

Detailed information on these classes and much more can be found at www.saddlebackrecreation.com.

Frank Manzo, Recreation Manager

Saddleback Valley Unified School District

SUPERINTENDENT
Steven L. Fish, Ed. D.

Don Sedgwick.....President
Nancy W. Kirkpatrick.....Vice President
Suzie R. Swartz.....Clerk
Ginny Fay Aitkens.....Member
Dore J. Gilbert, M.D.....Member
Lexi Marten.....Student Member



Recreation & Community Services Department PROGRAM REGISTRATION FORM

Participant name: _____

Last First MI

Sex: _____ Grade: _____ Birthdate: ____/____/____

Parent or guardian name: _____ Home phone: () _____ Work phone: () _____

Cell Phone () _____

Address: _____

Number Street City Zip Code

Email address: _____

T-Shirt Size: Youth Camps, Clinics & Leagues (circle) YOUTH: M / L - ADULT: S / M / L / XL

Class program #: _____ Class title: _____ Start date: _____ Fee: _____

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I voluntarily agree to participate or for my children to participate in these programs. I realize that every precaution is taken to eliminate any hazards and a competent supervisor is present. However, in the event of any injury to myself or my child, I hereby waive, release and hold harmless from any liability for damages for personal injury, including accidental death, as well as from claims for property damage which may arise in connection with the above named activity, against the employees of the Department of Recreation and Community Services and the Saddleback Valley Unified School District.

Please check here if you would like to contribute \$1.00 to the Mark Feldman Scholarship Fund

Form of payment (circle one): MasterCard _____ Visa Card _____ Check & check number: _____
(Make checks payable to "SVUSD")

Credit card number: [][][][] [][][][] [][][][] [][][][] Expiration date: ____/____/____ TOTAL: _____

If credit card name and/or billing address are different from name and/or home address listed above, please write it here:

Authorized signature: _____ Date: _____

For mail-in registration, please enclose a self-addressed, stamped envelope.

A \$1.00 postage and handling fee will be added to credit card registrations for confirmation.

REFUND POLICY:

1. Full refunds/credits are available for courses cancelled by the Department. If a credit is issued, it is valid for one year from the date of issue.
2. Student requested withdrawals are subject to a \$10 withdrawal processing fee.
3. Requests must be received 3 business days prior to the start of class.
4. NO withdrawals will be accepted after the completion of a class.
5. Payments made by check may take up to 45 days for refunds to process

For further information, please call the SVUSD Department of Recreation & Community Services at (949) 768-0981, extension 3.

Registrations may be faxed to (949) 454-0790, mailed or dropped off at the
SVUSD Recreation & Community Services office, 24701 San Doval, Mission Viejo, CA 92691.

SOCIAL PROGRAMS - PRESCHOOL & YOUTH



Preschool Classes

PRESCHOOL DRAWING

Young students are so eager to learn, and a joy to teach. This is great kindergarten preparedness. All materials are provided - happy, smiling faces guaranteed. All new lessons, each session.

Location: O'Neill School, Room #7

Instructor: Young Rembrandts Staff

Ages: 3 1/2 to 6 years

Fee: \$54/4 weeks

49164	Tue	Apr 06	2:30 - 3:15 PM
49166	Tue	May 04	2:30 - 3:15 PM
49167	Tue	Jun 01	2:30 - 3:15 PM

PAINT PASTE & POUR

Watch your child explore and discover goop, flubber, paint, beans, dough, bubbles and much more. Put on your play clothes and share this special time with your little one. Parent participation required. Material fee of \$20 is paid to the instructor.

Location: O'Neill Elementary, Room K-1

Instructor: Nancy Goldman, K-1

Ages: 1 1/2 - 3 Years and parent

Fee: \$40/5 weeks

48365	Tue	Apr 13	9:30 - 10:15 AM
48366	Tue	May 18	9:30 - 10:15 AM
48368	Wed	Apr 14	9:30 - 10:15 AM
48371	Wed	May 19	9:30 - 10:15 AM

Ages: 2-5 Years and parent

Fee: \$40/5 weeks

48367	Tue	Apr 13	10:30 - 11:15 AM
48370	Tue	May 18	10:30 - 11:15 AM
48372	Wed	Apr 14	10:30 - 11:15 AM
48369	Wed	May 19	10:30 - 11:15 AM

TUNES & TALES

Let's get the wiggles out! Sing-a-longs and "fingerplays" start off this fun-filled class for you and your toddler. After a story, (no story in 1- 1/2 to 2- 1/2 year class), we'll jump into music and movement activities. With the use of bean bags, rhythm sticks, instruments and a parachute, the kids have a great time while developing their listening and social skills. Join Ms. Vivian in her 17th year of offering this fun class.

Location: O'Neill Elementary, MPR

Instructor: Vivian Stapleton

Ages: 1- 1/2 to 2 1/2 Years and parent

Fee: \$48/5 weeks

48988	Thu	Apr 01	9:30 - 10:10 AM*
48991	Thu	May 20	9:30 - 10:10 AM

Ages: 2 1/2 to 4 Years and parent

Fee: \$53/5 weeks

48991	Thu	Apr 01	10:15 - 11:10 AM*
48989	Thu	May 20	10:15 - 11:10 AM

*No class April 8

JUMPING JACKS & JILLS

Bring your preschoolers for this high-energy, action-packed class that combines the fun of popular children's music with lively folk songs. The whole family can join in dancing, imaginative play, exercise fun, tunnels, ball, instrumental jam session and more while learning social skills, motor development and love of music. Parent participation required.

Location: O'Neill School, Room K-2

Instructor: Charlene Jordan

Ages: 1 1/2 to 4 years

Fee: \$34/4 weeks

49171	Thu	Apr 15	10:00 - 10:50 AM
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ICE SKATING - PARENT & ME

Parents...Don't miss this great opportunity to learn to ice skate with your child at the Aliso Viejo Ice Palace. This class offers active 2 and 3 year olds the chance to play games, throw snow and learn to ice skate! Please dress warmly (with gloves) and arrive 20 minutes early to lace up your skates. The tuition includes ice skate rental, 30 minutes of instruction and free practice from 2:15-4:45 on the day of class. Don't forget your gloves!

Location: The Ice Palace, 9 Journey, Aliso Viejo

Instructor: Ice Palace Staff

Ages: 2-3 Years

Fee: \$84/6 weeks

49233	Thu	Apr 15	2:15 - 2:45 PM
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ICE SKATING FOR LITTLE FOLKS

Beginning skaters will learn to skate in the 6-week course. Tuition includes ice skate rental and open skating from 2:15-4:45 on the day of the class. Class meets once a week for 30 minutes. Students will learn fundamentals of skating; gliding, stopping and turning... and a trick or two! Please dress warmly and bring gloves. Arrive at least 20 minutes early to lace your skates.

Instructor: Ice Palace Staff

Location: The Ice Palace, 9 Journey, Aliso Viejo

Ages: 4 - 5 Years

Fee: \$84/6 weeks

49235	Tue	Apr 13	2:45 - 3:15 PM
49236	Thu	Apr 15	2:45 - 3:15 PM

READING, MATH & MORE

Let's get ready for kindergarten! Kids will have FUN in this class. This Sound-Start program incorporates phonics, leveled reading, math, science & art specifically designed for preschoolers. Parent participation is required. Testing fee of \$40 due to the instructor. More info: 949-263-0633.

Location: O'Neill School, Room 8

Instructor: Readwrite Educational Solutions

Ages: 3 1/2 to 5 1/2 years

Fee: \$110/9 weeks

48375	M/W	Mar 15	9:45 - 11:00 AM
48376	M/W	May 17	9:45 - 11:00 AM

Youth/Art

DRAW AMAZING THINGS!

Learn basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

Location: O'Neill School, Room 7

Instructor: Young Rembrandts staff

Ages: 6 - 12 Years

Fee: \$54/4 weeks

49158	Tue	Apr 06	3:30 - 4:30 PM
49160	Tue	May 04	3:30 - 4:30 PM
49163	Tue	Jun 01	3:30 - 4:30 PM

Youth/Music

BEGINNING GUITAR

Learn to play the guitar in just five weeks! This workshop is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several chords, several strum styles and three songs. Students must bring their own acoustic guitar and tuner or electric guitar and small amplifier. Classes are repeatable.

Location: O'Neill School, Room 6

Instructor: Ron Gorman

Ages: 10 Years through adults

Fee: \$90/5 weeks

48979	Mon	Apr 12	5:00 - 6:00 PM
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Fee: \$72/4 weeks

48980	Mon	May 17*	5:00 - 6:00 PM
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*No class on May 31, classes run through June 14

GROUP KEYBOARD / PIANO

Teach children basic keyboard/piano skills so that they will be able to play simple songs on the instrument. Besides learning the piano, other musical instruments will be introduced as well. Furthermore, they will also learn to write their own piano songs! Keyboards are provided by the instructor.

Instructor: Cindy Huang

Location: O'Neill School, Room K-1

Fee: \$87/6 weeks

Ages: 5-6 Years

49190	Tue	Apr 20	3:30 - 4:20 PM
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Ages: 7-9 Years

49192	Tue	Apr 20	4:30 - 5:20 PM
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SELF DEFENSE

KIDS' STREET SMARTS & KUNG FU MOVES

A one-hour training program for boys and girls ages 4 and up. Plain, simple, easy to understand anti-abduction information and techniques. Parent **MUST** attend with child. Wear comfortable clothing. No siblings under 4 years old allowed.

Location: O'Neill School, Room 7

Instructor: Master Russ Williams

Fee: \$15/1 day

49203	Sat	May 15	10:00 - 11:00 AM
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Register On-Line:
saddlebackrecreation.com

SOCIAL PROGRAMS - YOUTH

KARATE

KARATE FOR BEGINNERS

This class is designed to encourage physical fitness and self-improvement, both mentally and physically. Areas covered will include: stretching exercises, basic punch, blocks and kicks, coordination movements, sparring, forms, self-defense, and philosophy of the martial arts.

Location: OC Japan Karate Association

Instructor: Albert Cheah

Ages: 6 Years and up

Fee: \$50/4 weeks

47853 T/Th Jan 05 6:00 - 6:45 PM



Self-Enrichment

MATH DEVELOPMENT / GRADES 2-6

This comprehensive, individualized math program evaluates students and pinpoints skill gaps. The primary building blocks of addition, subtraction, multiplication and division are continually reinforced. Program fee of \$40 is paid to the instructor. For more information and directions, call (949) 263-0633.

Location: O'Neill School, Room 8

Instructor: Readwrite Educational Solutions

Fee: \$110/9 classes

48377 T/Th Apr 13 5:00 - 6:00 PM

48378 T/Th May 18 5:00 - 6:00 PM

SOUND START READING (K-1)

Readwrite's Sound-Start beginning reading program can make the difference between a struggling student and a successful student. Specially trained teachers test and implement individualized PHONICS reading programs for each child. Program fee of \$40 is paid to the instructor. For more information and directions, call (949) 263-0633.

Location: O'Neill School, Room 8

Instructor: Readwrite Educational Solutions

Fee: \$110/9 classes

48373 T/Th Apr 13 3:00 - 4:00 PM

48374 T/Th May 18 3:00 - 4:00 PM

READING DEVELOPMENT / GRADES 2-6

A supplementary reading program designed to allow specially trained teachers to test and implement individualized programs. Parents receive updates on completed work along with test results. Program fee of \$40 is paid to the instructor. For more information and directions, call (949) 263-0633.

Location: O'Neill School, Room 8

Instructor: Readwrite Educational Solutions

Fee: \$110/9 classes

48379 T/Th Apr 13 4:00 - 5:00 PM

47842 T/Th May 18 4:00 - 5:00 PM

COMPUTER KEYBOARDING & TYPING

Do it the right way at the beginning! Exercises are gauged to take the beginning typist from hunt-and-peck to gradually build typing skills with speed, accuracy and control. Instructor provides laptops, software and curriculum to use in class.

Location: O'Neill School, Room 7

Instructor: Kiddie Techie staff

Ages: 7-13 years

Fee: \$140/8 weeks

48992 Wed Apr 14 3:30 - 4:30 PM

DRAMA

PLAYWRIGHT & READERS THEATRE

This class is a great opportunity to enhance your child's reading, writing and public speaking. Children will learn to brainstorm, write, edit memorize and perform their very own play. This is an eight week long class that meets one day a week for one hour.

Location: Arden Reading Academy, Laguna Hills

Instructor: Jill Sousa

Fee: \$78/8 weeks

Grades: 6-8

49270 Sat Apr 10 9:00 - 10:00 AM

Grades: 4-5

49271 Sat Apr 10 10:00 - 11:00 AM

DRAMA CLASS

ACTING & PERFORMING SKILLS

British born actor, Penelope Atkinson, will be teaching all aspects of Theatre! Improvisation is the root component of this class, but added elements include: mime, props, costumes, directing, creating skits, performing skills, voice projection & more! It is the experienced and/or budding actor, or even for the shy, unconfident student. A very fun class. The last class ends with a little "Performance" for parents!

Location: O'Neill School, MPR

Instructor: Penelope Atkinson

Fee: \$80/6 weeks

49264 Tue Apr 13 4:30 - 5:30 PM

VIDEO

VIDEO GAME DESIGN



Design, build and take home your own Windows-based video games. Learn to create your own game storyline, draw or import characters & backgrounds & apply sound effects. Learn the fundamentals of programming & video game design.

Location: O'Neill School, Room 7

Instructor: Kiddie Techie staff

Ages: 8-15 years

Fee: \$175/6 weeks

48994 Fri Apr 02* 3:30 - 5:00 PM

*No class Apr 09

RPG VIDEO GAME DESIGN

Have you played games such as Pokemon, Dragon Quest or other quest-based games? Now you can design and build your very own RPG (role playing game)! Learn how to create a unique storyline, make quests for your characters and have a battle system for your main character and his/her party that will be joining you on your journey through many levels of dungeons, ice lands, oceans, and more!

Location: O'Neill School, Room 7

Instructor: Kiddie Techie staff

Grades: 5-8

Fee: \$175/6 weeks

48995 Fri May 21 3:30 - 5:00 PM

INTRO TO MOVIE MAKING

Learn how to use a video camera to create movies! Use the iMovie program to create simple movies, morphs & slide shows. The iMovie program will allow you to make a movie that looks like a Hollywood masterpiece. There is a \$10 supply fee due to the instructor.

Location: Serrano Intermediate School, Room 308

Instructor: Kathy Schy

Grades: 4th-8th grades

Fee: \$115/5 weeks

49231 Wed Apr 14 4:30 - 6:00 PM

DIGITAL KIDS: FUN WITH PHOTOSHOP

Learn how to make your own original art on the computer. Create your own projects with Photoshop Elements. Learn how to add creative distortions to digital camera photos or enhance class assignments. There is a \$10 supply fee due to the instructor.

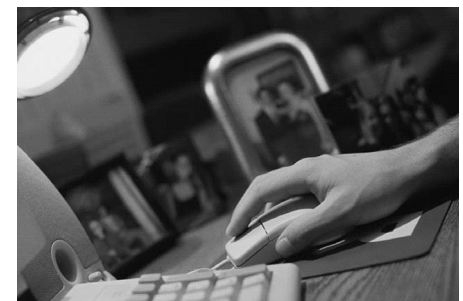
Location: Serrano Intermediate School, Room 308

Instructor: Kathy Schy

Grades: 4th-8th grades

Fee: \$90/4 weeks

49232 Tue Apr 13 4:30 - 6:00 PM



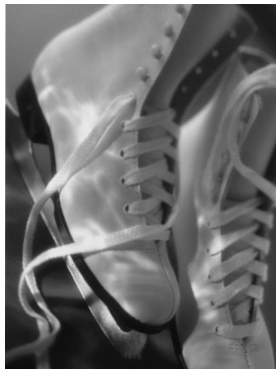
**Look for Map and
Facilities Listing
on line:**

www.saddlebackrecreation.com

Please note that last minute registrations may mean that a class has been cancelled due to low enrollment. We ask that you enroll at least 3 business days prior to the start of class!

No phone registrations are accepted.

SOCIAL PROGRAMS - YOUTH & ADULT



ICE SKATING

ICE SKATING AT ICE PALACE

Ice skating is fun and easy at the Ice Palace! Beginning skaters will learn to skate in this 6-week course of lessons. Ice skate rental and open skating 2:15-4:45 PM on the day of your class. You will learn fundamentals of skating, gliding, stopping, turning...and a fun trick or two! Please dress warm with gloves. Bring gloves and arrive at least 20 minutes early to lace your skates.

Location: Ice Palace, 9 Journey, Aliso Viejo

Ages: 6-8 Years

Fee: \$84/6 weeks

49239 Tue Apr 13 3:30 - 4:00 PM

49240 Thu Apr 15 3:30 - 4:00 PM

Ages: 9-15 Years

49241 Tue Apr 13 4:00 - 4:30 PM

49242 Thu Apr 15 4:00 - 4:30 PM



SPRING RECESS ICE SKATING MINI CAMP

Beginning skaters will learn to skate in this 5 day mini-camp. Class meets each day for 1/2 hour. Ice skate rental and free practice on the day of your lesson from 2:45-5:15 PM is included. You will learn fundamentals of skating, gliding, stopping, turning...and a fun trick or two! Please dress warm with gloves. Bring gloves and arrive at least 20 minutes early to lace your skates.

Location: Ice Palace, 9 Journey, Aliso Viejo

Fee: \$85/5 days

Ages: 6-8 Years

49247 M-W Apr 5-9 2:15 - 2:45 PM

Ages: 4-5 Years

49248 M-W Apr 5-9 2:45 - 3:15 PM

Ages: 9-15 Years

49249 M-W Apr 5-9 3:30 - 4:00 PM

FUNDAMENTALS OF ICE HOCKEY

Get ready to play hockey! This course will teach aspiring hockey players how to skate. You will learn fundamentals of skating; gliding, stopping, turning and fun hockey drills! Please dress warm and bring a helmet. Hockey skates can be rented.

Location: Ice Palace, 9 Journey, Aliso Viejo

Instructor: Ice Palace Staff

Fee: \$120/8 weeks

Ages: 4-6 Years

49252 Mon Apr 26 5:00 - 5:30 PM

Ages: 7-12 Years

49253 Mon Apr 26 5:30 - 6:00 PM

**Register On Line at
www.saddlebackrecreation.com**

JR. JAZZERCISE

A fantastic dance fitness program designed for children, ages 7-12 years. Children will learn dance routines using the latest choreography and pop music. They will also learn the benefits of fitness and basic nutritional facts. Wear comfortable clothing and tennis shoes. 50-minute sessions.

Location: O'Neill School, MPR

Instructor: Carol Shea

Fee: \$45/6 weeks

Ages: 7-12

49046 Thu Apr 15 4:00-5:00 PM

MANNERS MATTER

This course covers manners used daily with parents, siblings, friends, teachers and in public. By learning and reinforcing good manners and socially acceptable behavior, your child will strengthen their interpersonal skill. Each class also includes a lesson in table manners.

Location: De Portola Elementary

Instructor: Michael Mekata

Fee: \$50/4 weeks

Ages: 6-11 years

49269 Wed Apr 14 5:30 - 6:30 PM

SUPER SITTERS

In just a few hours girls and boys 11 years and older will learn how to prevent accidents, what to do in case of an emergency, fun things to do to help the hours go by fast, job hunting and finances. Don't be just a babysitter be a SUPER SITTER! Bring a pen and note pad. Parents: plan to attend the last 15 minutes. Supply fee of \$5 is paid to the instructor and exact change would be appreciated.

Location: SVUSD District Board Room

Instructor: Charlene Jordan

Ages: 11 Years and up

Fee: \$39 for evening class

49172 Fri May 14 6:00 - 9:00 PM

ANIMAL PROGRAMS: MANES & TAILS

MANES & TAILS - BEGINNING LEVEL

This is an excellent program where children can come to ride our horses, meet our other animals, and learn what it's like to work on a farm! Students will be divided into groups of 6 per leader. All kids need to bring a pair of sturdy close-toed shoes, long pants, a bicycle helmet, and a sense of adventure! Please bring a water bottle and a healthy snack.

Location: Trabuco Elementary

Fee: \$100/4 weeks

Ages: 7-13 years (no 6 year olds, please)

49259 Sat Apr 17 8:45 - 11:15 AM

MANES & TAILS

ADDITIONAL ONE HOUR OF RIDING

If your child is enrolled in Beginning Manes & Tails and would like an extra hour of riding only, then this is the class for them. This class is held a half hour directly after Manes & Tails and is not to be taken independently. Bring a lunch.

Location: Trabuco Elementary

Fee: \$50/4 weeks

Ages: 7-13 years (no 6 year olds, please)

49267 Sat Apr 17 11:45 AM - 12:45 PM

MANES & TAILS - INTERMEDIATE



This course is a continuation of the original Manes & Tails. In this class, students will review, build on and add to the skills learned in the first program. Students taking this course must have completed the beginning Manes and

Tails at least once and preferably twice. Children who may still be somewhat fearful of horses or riding should be encouraged to re-take the original Manes and Tails class. All kids need to bring is a pair of sturdy close-toed shoes, long pants, bicycle helmet and a sense of adventure! Please bring a water bottle and a healthy snack.

Location: Trabuco Elementary

Ages: 10-12 Years

Fee: \$115/4 weeks

49260 Sat May 22 8:45 - 11:15 AM



GARDENING

Please join us for the following classes that are offered by Annie Hall.

Fee: \$20/1 day

Location: SVUSD Board Conference Room:

Basic Gardening:

49227 Tue Apr 06 6:00 - 8:00 PM

Location: SVUSD Board Conference Room:

Choosing Great Landscape Plants:

49228 Tue Apr 13 6:00 - 8:00 PM

Location: O'Neill School Gardens:

Growing Edibles

49229 Wed May 05 9:30 - 11:30 AM

**FULL DESCRIPTIONS OF THESE
GARDENING CLASSES CAN BE
FOUND ON OUR WEBSITE AT:
www.saddlebackrecreation.com**

SOCIAL PROGRAMS - TENNIS & DOG OBEDIENCE CLASSES



TENNIS PROGRAMS

Students must provide their own racquet & an unopened can of tennis balls!

Make Up Policy: Up to 2 classes will be made available due to inclement weather.

ELEMENTARY - LEVEL 1

An introduction to basic tennis skills. Simple structure for the forehand, backhand & serve with emphasis on stationary movement. Designed for ages 5-12 years old.

Fee: \$50/4 weeks

Location: Mission Viejo High School Tennis Courts

Coach: Jordan

48961	Sat	Apr 03	8:00 - 9:00 AM
48962	Sat	Apr 03	9:00 - 10:00 AM
48963	Sat	Apr 03	10:00 - 11:00 AM
48969	Sat	May 15	8:00 - 9:00 AM
48970	Sat	May 15	9:00 - 10:00 AM
48971	Sat	May 15	10:00 - 11:00 AM

Location: Laguna Hills High School Tennis Courts

Coach: DeGuzman

48967	Sat	Apr 03	9:00 - 10:00 AM
48968	Sat	May 15	9:00 - 10:00 AM

Location: Trabuco Hills High School Tennis Courts

Coach: Orr

48976	Sat	Apr 03	9:00 - 10:00 AM
48964	Tue	Apr 06	6:00 - 7:00 PM
48965	Tue	Apr 06	7:00 - 8:00 PM
48966	Thu	Apr 08	6:00 - 7:00 PM
48972	Sat	May 15	9:00 - 10:00 AM
48973	Tue	May 18	6:00 - 7:00 PM
48974	Tue	May 18	7:00 - 8:00 PM
48975	Thu	May 20	6:00 - 7:00 PM

ELEMENTARY - LEVEL 2

Continuation of skills with an introduction into simple movement drills. Designed for ages 5-12 years old.

Location: Mission Viejo High School Tennis Courts

Coach: Jordan

48954	Sat	Apr 03	11:00 AM - 12:00 PM
48957	Sat	May 15	11:00 AM - 12:00 PM

Location: Laguna Hills High School Tennis Courts

Coach: DeGuzman

Fee: \$50/4 weeks

48951	Sat	Apr 03	10:00 - 11:00 AM (2&3)
48960	Sat	May 15	10:00 - 11:00 AM (2&3)

Location: Trabuco Hills High School Tennis Courts

Coach: Orr

48952	Sat	Apr 03	8:00 - 9:00 AM
48953	Thu	Apr 08	7:00 - 8:00 PM
48955	Sat	May 15	8:00 - 9:00 AM
48956	Thu	May 20	7:00 - 8:00 PM

ELEMENTARY - LEVEL 3

Continuation of skills with an introduction of volleys and overheads with additional movements and drills. Designed for ages 5-12 years old.

Location: Trabuco Hills High School Tennis Courts

Coach: Orr

Fee: \$50/4 weeks

48923	Mon	Apr 05	6:00 - 7:00 PM
48925	Mon	May 17	6:00 - 7:00 PM

TENNIS DRILL & INSTRUCTION

Continuation of skills with an introduction of volleys and overheads with additional movements and drills. Designed for ages 10-17 years old.

Location: Trabuco Hills High School Tennis Courts

Fee: \$50/4 weeks

48936	Wed	Apr 07	6:00 - 7:00 PM
48938	Wed	Apr 07	7:00 - 8:00 PM
48937	Wed	May 19	6:00 - 7:00 PM
48939	Wed	May 19	7:00 - 8:00 PM

Fee: \$62/4 weeks 1 1/2 hour class

48977	Sat	Apr 03	10:00 - 11:30 AM
48978	Sat	May 15	10:00 - 11:30 AM

TENNIS JR. TOURNAMENT

One day tournament.

Location: Trabuco Hills High School Tennis Courts

Fee: \$62/4 weeks 1 1/2 hour class

48410	Sat	Apr 03	12:00 - 1:30 PM
48411	Sat	May 15	12:00 - 1:30 PM

ADULT BEGINNING TENNIS

Instruction will cover basic forehand, backhand & serves with the volley & overhead optional. Fundamental grips will be developed & basic game strategy with rules will be covered.

Location: Trabuco Hills High School Tennis Courts

Ages: 13 - Adult

Fee: \$50/4 weeks

48934	Mon	Apr 05	7:00 - 8:00 PM
48935	Mon	May 17	7:00 - 8:00 PM

Location: Mission Viejo High School Tennis Courts

48930	Sat	Apr 03	12:00 - 1:00 PM
48931	Sat	May 15	12:00 - 1:00 PM

Location: Laguna Hills High School Tennis Courts

48932	Sat	Apr 03	11:00 AM - 12:00 PM
48933	Sat	May 15	11:00 AM - 12:00 PM

ADULT INTERMEDIATE TENNIS

Previously completed beginner or knowledge of beginner basics. Continuation of skills while adding more stroke production & court placement. Development of new strokes such as overheads & drop shots.

Location: Trabuco Hills High School Tennis Courts

Ages: 13 - Adult

Fee: \$50/4 weeks

48928	Tue	Apr 06	8:00 - 9:00 PM
48929	Tue	May 18	8:00 - 9:00 PM

ADULT TOURNAMENT PREP.

Learn how the skills needed to prepare for a tournament.

Location: Trabuco Hills High School Tennis Courts

Ages: 13 - Adult

Fee: \$50/4 weeks

48926	Wed	Apr 07	8:00 - 9:00 PM
48927	Wed	May 19	8:00 - 9:00 PM

FULL DESCRIPTIONS AND REQUIREMENTS OF THESE DOG OBEDIENCE CLASSES CAN BE FOUND ON OUR WEBSITE AT:

www.saddlebackrecreation.com

DOG TRAINING

For more information on the following classes, please go to www.dogservicesunlimited.com or call (714) 532-3647. All classes are taught by Hacienda Hills Obedience Trainers and staff.

PUPPY KINDERGARTEN

Fee: \$66/6 weeks, plus \$10 insurance fee

Location: Mission Viejo High School:

48383	Mon	Apr 05	6:00 - 7:00 PM
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NOVICE DOG OBEDIENCE

Fee: \$78/8 weeks, plus \$10 insurance fee

Location: Mission Viejo High School:

48396	Mon	Apr 05	7:00 - 8:00 PM
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Location: El Toro High School:

48397	Sat	Apr 17	8:00 - 9:00 AM
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Location: Trabuco Hills High School:

48398	Wed	Apr 28	6:30 - 7:30 PM
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INTERMEDIATE DOG OBEDIENCE

Fee: \$62/5 weeks, plus \$5 insurance fee

Location: Mission Viejo High School:

48399	Mon	Apr 12	7:00 - 8:00 PM
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Location: El Toro High School:

48400	Sat	Apr 17	9:15 - 10:15 AM
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CANINE GAMES AGILITY COURSE

Fee: \$78/8 weeks, plus \$30 equipment fee

Location: Mission Viejo High School:

48402	Mon	Apr 05	6:00 - 7:00 PM
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48403	Mon	Apr 05	7:00 - 8:00 PM
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INTERMEDIATE AGILITY

Fee: \$78/8 weeks, plus \$30 equipment fee

Location: Mission Viejo High School:

48404	Mon	Apr 05	8:00 - 9:00 PM
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"CRASH COURSE" IN BASIC CANINE MANNERS

Fee: \$69/4 weeks, plus \$5 insurance fee

Location: Bear Brand Park, Laguna Niguel

48406	Sat	Apr 24	10:00 - 11:20 AM
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AMERICAN KENNEL CLUB CANINE GOOD CITIZEN TEST

Fee: \$25/2 weeks

Location: Mission Viejo High School:

48405	Mon	May 10	8:00 - 9:00 PM
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CALLING ALL FRISBEE DOGS!

Fee: \$39/1 meeting, plus \$5 insurance fee

Location: Hidden Hills Park, 27802 Springwood, Laguna Niguel

48409	Sun	Apr 18	1:30 - 4:30 PM
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SOCIAL PROGRAMS - ADULT



Fitness & Fun

YOGA - FOR HEALTH

The pleasure of Hatha Yoga is yours through high quality instruction. Learn self awareness, release tension, while you stretch, tone, relax, breathe and meditate your body and mind to new degrees of health.

Location: Glen Yermo Elementary, MPR

Instructor: Marlene Geoghan

Fee: \$110/10 weeks

49212	Hatha - Level 2		
	Mon Jan 04*	6:00 - 7:30 PM	
47237	Hatha - Level 1 & 2		
	Mon Jan 04*	7:45 - 9:15 PM	
47239	Hatha - Level 1 & 2		
	Wed Jan 06	7:00 - 8:30 PM	
Location: O'Neill School, MPR			
49297	Hatha - Level 1 & 2		
	Wed Jan 06	9:00 - 10:30 AM	

YOGA WITH ROZ

Come stretch, tone, breathe and relax in a friendly supportive environment. Class will include basic yoga postures and breathing exercises. Inspiring, uplifting and relaxing. Bring a yoga mat and a large towel or blanket.

Location: Trabuco Mesa Elementary

Instructor: Roz Maissy

Fee: \$100/10 weeks

49173	Wed Apr 14	7:00 - 8:00 PM	
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BELLY DANCING

Learn the basics of Mid-Eastern belly dancing. Mixed levels - beginning and intermediate. A \$20 material fee for cymbals (optional) is paid to the instructor in class.

Location: Montevideo Elementary, MPR

Instructor: Kareema

Fee: \$60/6 weeks

49206	Tue Apr 13	6:30 - 7:30 PM	
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WOMEN'S STREET SMARTS & KUNG FU MOVES

Practical "how to" class designed to guide women & teens through techniques defending against assault and rape. Avoid attack at work, school, while traveling, etc. Techniques to fend off front, side, back attacks. Be aggressive, assertive and mentally prepared.

Location: O'Neill Elementary, Room #6

Instructor: Master Russell Williams

Fee: \$30/1 day

49204	Sat May 22	9:00 AM - 12:00 PM	
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BEAUTY MAKEOVER

Update your current makeup and hair style to create a fresh new image! Learn to be your own makeup artist and master new techniques to flatter and harmonize your makeup with your hair, skin and eyes. Learn an entire makeup application process that can be mastered in just 3 minutes a day.

Location: O'Neill School, MPR

Fee: \$20/1 class

49157	Sat Apr 17	10:00 AM - 2:00 PM	
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Finance

GET RETIREMENT READY

Are you tired of watching your portfolio value drop? Are you wondering if you are making the right decisions with your investments? Are you worried about your retirement nest egg? It is time to learn the strategies that could make the difference for your financial future. In this investment class you will learn how the fixed income market works and how to make money in it. You also will discover how mutual funds work and the fees associated with them. We will discuss how to buy and sell individual stocks and the strategies to prosper consistently. We also will review all the retirement accounts from IRA's to qualified company 401K plans. The class also will focus on annuities, long-term care and estate planning.

Location: District Board Conference Room

Instructor: Charles Goffin

Fee: \$39/2 classes

44990	Wed Apr 21 * 28	6:30 - 9:00 PM	
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Photography

HOW TO USE YOUR 35MM/DIGITAL SLR CAMERA

Whether you just purchased a new camera or need a refresher course on using the one you have...this class is for you! We will cover different camera bodies and flashes, shutter and aperture functions, depth of field, film types, speeds, filters and processes. BRING YOUR CAMERA TO CLASS.

Location: Facilities Conference Room

Instructor: Cheryl Regan

Fee: \$59/1 night

49220	Wed Apr 21	5:30 - 8:30 PM	
49221	Thu May 27	5:30 - 8:30 PM	
49222	Tue Jun 15	5:30 - 8:30 PM	

PUT YOUR 35MM/DIGITAL SLR CAMERA TO WORK

This workshop is the perfect follow up to How to Use Your 35mm SLR or Digital SLR Camera! We will take what we learned and put it into practical use. We will meet at my studio and go to the beach. Bring your camera, accessories, tripod and shutter release. Also, one roll each: color 24 exposure 100, 400 and either 1000 or 1600 ASA film.

Location: Creating a Scene Photography, SJC

Instructor: Cheryl Regan

Fee: \$59/1 night

49368	Sun Apr 28	4:30 - 7:30 PM	
49369	Sun Jun 20	5:15 - 8:15 PM	

Floral



Learn how to create artistic flower arrangement like a professional designer. These classes focus on basic floral design skills along with an introduction to design tools, flower descriptions, and seasonal availability. Each student will design a beautiful floral arrangement using flowers

of the season, which they will be taking home with them. Each workshop focuses on a different aspect of floral design. Student need to bring floral shears, wire cutters, and scissors to class. Note: A \$35 material fee (cash only) is paid to the instructor in class.

Instructor: Theresa Hoefnagels

Fee: \$30/each 1-day workshop

Location: SVUSD District Board Conference Rm.

Wedding Bouquet Class*

49379	Thu Apr 22	6:00 - 8:30 PM	
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Wedding Center Piece Class*

#49380	Thu Apr 29	6:00 - 8:30 PM	
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Party Floral Design Class*

49378	Wed May 26	6:00 - 8:30 PM	
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Basic Floral Design Class*

49376	Wed May 05	6:00 - 8:30 PM	
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Location: O'Neill School, Room 7

Basic Floral Design Class*

49375	Wed May 19	10:00 AM - 12:00 PM	
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Cooking

Please join us for the following one-night workshops and watch as the instructor prepares fantastic menu ideas. All classes taught by Susan Vollmer and held at A Store for Cooks, 30100 Town Center Drive, Laguna Niguel. All classes have a course fee of \$16 with a \$12 material fee that is paid on the night of class.

Easy Elegant Spring Dinner*

48997	Thu Apr 09	6:30 - 8:30 PM	
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Vietnamese Dinner*

49360	Tue Apr 20	6:30 - 8:30 PM	
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A Taco Party*

49361	Thu Apr 29	6:30 - 8:30 PM	
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Mother's Day Lunch*

49362	Tue May 04	6:30 - 8:30 PM	
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Fast & Fabulous Spring Dinner*

48999	Thu May 13	6:30 - 8:30 PM	
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Memorial Day Barbecue*

49363	Tue May 18	6:30 - 8:30 PM	
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Asian Noodles*

49364	Thu May 27	6:30 - 8:30 PM	
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East Meets Southwest*

49365	Tue Jun 08	6:30 - 8:30 PM	
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Dinner in Tuscany*

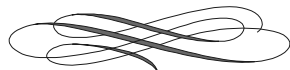
48998	Thu Jun 17	6:30 - 8:30 PM	
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Sauce Basics*

49000	Thu Jun 24	6:30 - 8:30 PM	
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***PLEASE REFER TO OUR WEBSITE FOR FULL DETAILS OF OUR FLORAL & COOKING CLASSES AT: www.saddlebackrecreation.com**

SOCIAL PROGRAMS - ADULT



Home Decor/Arts & Crafts

The following classes will be held at Studio Primrose, 27601 Forbes Road, #34, Laguna Niguel, CA 92677. The following descriptions are just a taste of these amazing classes. Please go to our website at www.saddlebackrecreation for full descriptions and requirements. All material/supply fees are paid to the instructor the day of class, (cash only).

FAUX FINISH BOOTCAMP I

This day begins with three incredible wall finishes. Then students move on to furniture finishes they can use to update their cabinets or furniture pieces at home. Students will take home beautiful samples, and the knowledge and confidence needed to create these finishes at home using the techniques, tools and products taught and used in this workshop. Material fee: \$65 - **Class fee: \$50**
49210 Sat Apr 24 9:30 AM - 4:30 PM
49211 Sat Jun 05 9:30 AM - 4:30 PM

“WALL BLING” WORKSHOP I

This workshop teaches quick and easy trendy metallic paint & plaster finishes. These gorgeous designer finishes are on of the hottest trends! In this hand-on workshop, learn how to apply finishes using metallic plasters, paints and glazes. Material fee: \$45 - **Class fee: \$40**
49207 Sat May 15 9:30 AM - 1:30 PM

INTRO. TO DECORATIVE CONCRETE

This is an introductory demonstration and discussion of the use/layered application process of a DIY-friendly decorative concrete overlay material. Students will learn the techniques to create gorgeous surfaces over existing concrete floors and old tile/Formica countertops and fireplaces. Material fee: \$25 - **Class fee: \$25**
49381 Wed Apr 28 6:00 - 9:00 PM

CREATING COLOR HARMONY

Does choosing paint colors for your home intimidate you? Learn how to coordinate the colors in your home, from floor to ceiling and spaces in between! Please bring any paint/fabric swatches or photos of color “challenges”. Material fee: \$25 - **Class fee: \$25**
49382 Wed Apr 21 6:00 - 9:00 PM

DECORATIVE CONCRETE OVERLAY BOOT CAMP I

If you want a hands on training instead of a lecture, this is the class for you. Using the materials featured in the Intro to Decorative Concrete demo. class, students will actually put the processes to work. This is an information-packed, creative, hands-on workshop, so expect to have fun, learn and get dirty! Material fee: \$80 - **Class fee: \$85**
49383 Sat May 22 9:30 AM - 5:30 PM

ROSES ON EMBELLISHED PICTURE FRAME

Students will learn how to create beautiful clay roses and rose buds. Students will then decorate a painted picture frame. Supply Fee: \$25 - **Class Fee: \$20**
49177 Sat May 01 9:30 AM - 12:30 PM
49178 Thu Apr 22 6:00 - 9:00 PM

“CREATE YOUR DAY” DECORATIVE BOX

Students will create a beautifully decorated box using a variety of papers, ribbons, baubles, etc. The box itself also has a treasure within. Students fill their box with inspiring quotes and words to pull from each day. Supply fee: \$20 - **Class Fee: \$20**
49179 Wed May 19 6:00 - 9:00 PM

MOTHER’S DAY SACHET

Decorate gorgeous organza sachet bags with ribbons, flowers and baubles. Then fill your decorated bags with the custom scented beads and dried flowers. Each student will complete two large sachets! Supply fee: \$20 - **Class fee: \$20**
49180 Wed May 05 6:00 - 8:30 PM

SCENTED “SWEET DREAMS” PILLOW

Use nature’s fragrances that can enhance a restful night’s sleep and embellish this no-sew, refillable pillow with a fabric collage. Students will take home scented oils to refresh the pillow as needed. Supply fee: \$20 - **Class fee: \$20**
49186 Thu Apr 29 6:00 - 9:00 PM

MIXED MEDIA MIRROR FRAME

Create a gorgeous mirror frame that reflects the inner artist in you! On a pre-painted wood frame will be printed collage/decoupage materials. Next layer with gorgeous stencil designs. Other materials available for finishing touches. Supply fee: \$20 - **Class fee: \$20**
49188 Sat Apr 17 9:30 AM - 1:00 PM

MOSAIC BASICS

In this two-session workshop, create your unique masterpiece from a “treasure trove” of broken china, mosaic tiles, glass and unusual glass pieces and tiles. Choose from a funky wooden trivet w/feet, ceramic tray, or stepping stone. Supply fee: \$45 - **Class fee: \$40**
49174 Tues, Jun 8 & 15 6:00 - 9:00 PM

“SPRING IS IN THE AIR” BUTTERFLY HOUSE

Stencil this tall butterfly house with colorful flowers and butterflies and maybe a hummingbird here and there. We will use a special treatment on the removable roof to create an aged copper verdigris finish. A delightful addition to any garden! Supply fee: \$25 - **Class fee: \$20**
49176 Sat May 22 9:30 AM - 2:00 PM

WHIMSICAL BIRD FEEDER

In this two-session workshop, have fun creating a whimsical bird feeder using broken china and glass pieces on a large terra cotta saucer. While the mosaic is drying, paint a whimsical post for your masterpiece to set on. Supply fee: \$25 - **Class fee: \$20**
49176 Sat May 22 9:30 AM - 2:00 PM

“WINTER TURNS TO SPRING” GARDEN SIGN OR PLAQUE

Have fun painting and stenciling this rustic wood piece with whimsical flowers, birds and butterflies. Several samples of ideas will be available to get your creative energy flowing. Join us for a fun workshop! Location (this class only) O’Neill School, Room 7 Supply fee: \$25 - **Class fee: \$25**
49175 Thu, May 20 & 27 6:00 - 9:00 PM

Arts & Crafts/Terri Holtzman

The following descriptions are just a taste of these amazing classes. Please go to our website at www.saddlebackrecreation for full descriptions and requirements. All material/supply fees are paid to the instructor the day of class, (cash only). All classes will be held in the SVUSD Facilities Conference Room.

HEM YOUR OWN CLOTHES

Did you know there are many sturdy ways to hem your clothes with a needle and thread, iron-ons and fabric glues that don’t require a sewing machine? This class will teach you how using various methods and fabrics. Material fee: \$10 - **Class fee: \$25**
49196 Wed May 19 6:15 - 9:00 PM

GLYCERIN SOAPMAKING

Custom made soaps are perfect for those on your list who need a ‘little something’. You will learn how to marblize, add fragrances, colors, and herbs. Please bring a steak knife to class. Material fee: \$18 -- **Class fee: \$25**
49147 Wed Apr 28 6:15 - 9:00 PM

BEADED EARRINGS

Whether you like posts, hoops or dangles, there’s something for you! Materials will include pearls, semi-precious stones and crystals. Bring a chain nose pliers and wire cutters. Material fee: \$18 - **Class fee: \$25**
49198 Wed May 26 6:15 - 9:00 PM

BEADED JEWELRY DESIGN

Using basic techniques (no soldering), you will take cultured pearls, semi-precious stone beads, crystal, and glass beads and turn them into one-of-a-kind creations. Learn to master using beading wire, headpins, eyepins, and crimp beads. Bring a round nose pliers, a chain nose pliers and a wire cutter. Material fee: \$18 - **Class Fee: \$25**
49199 Wed Apr 21 6:15 - 9:00 PM

PEARL KNOTTING

Do you have a strand of pearls that need restringing? Now you can do it yourself and save money! In class you will practice your knotting by creating a new necklace or bracelet. You get everything you need: cultured pearls, cord, sterling silver clasp and knotting tool. Material fee: \$21 - **Class Fee: \$25**
49200 Wed May 12 6:15 - 9:00 PM

WIRE WRAPPED BEADED JEWELRY

Take jewelry making to the next step as you learn to make a necklace using sterling silver wire to link your beads into a secure chain. Then add a pair of earrings to complete the set! Bring small wire cutters, chain nose pliers and round nose pliers for jewelry making. Material fee: \$23 - **Class fee: \$25**
49201 Wed May 05 6:15 - 9:00 PM

WIRE WRAPPED “Y” NECKLACE

This design wraps beads to a delicate sterling silver chain with a drop in the middle, forming a ‘Y’ shape. You will learn to wrap both sides of the bead to make a continuous chain. A pair of earrings completes the set. Please bring a round nose pliers, chain nose pliers and wire cutters. Material fee: \$26 - **Class fee: \$25**
49202 Wed Jun 02 6:15 - 9:00 PM

YOUTH SPORTS

SPRING BEGINNING BASEBALL & SOCCER LEAGUE

(Pre-Registration is Required)

Start Date: Sat, Apr 10th or Sun., Apr 11th
Locations: Glen Yermo Elementary (Sat Baseball)
26400 Trabuco Road, MV
Linda Vista Elementary (Sat Soccer)
25222 Pericia, MV
Cox Media Sports Park (Sun League)
27623 Crown Valley Pkwy, LR

Early Bird Fee: \$75/ 7 games

After Apr 2nd: \$85

Program Days/Times: Times are determined by field availability and number of teams in each division. Saturday league: mornings & early afternoons. Sunday league: afternoons & early evenings. League emphasizes skill development, participation and fun! Shin guards are required for soccer. Teams meet for an hour and a half on Saturdays or Sundays. The first 45 minutes consist of practicing fundamentals followed by a 45 minute game. Games begin Apr 17th and 18th. Uniforms and schedules are distributed on Orientation Day. Same team/coach requests must be made no later than the Wednesday prior to the scheduled orientation. No games scheduled on May 29, 30th. (Orientation times do not reflect game times and game sites are subject to change.) Note: All Saturday Orientations will be held at Linda Vista Elementary.

BASEBALL

Sat Orientation Day (Linda Vista) Apr 10th

48351 Coach Pitch Born 2002-2003 10:00 am

48353 T-Ball Born 2004-2005 9:00 am.*

Sun Orientation Day (Cox Media) Apr 11th

48352 Coach Pitch Born 2002-2003 3:00 pm

48354 T-Ball Born 2004-2005 4:00 pm*.

SOCCER

Sat Orientation Day (Linda Vista) Apr 10th

48355 "C" Born 2000-2001 1:00 pm

48357 "D" Born 2002-2003 12:00 pm

48360 "DD" Born 2004-2005 11:00 am*

Sun Orientation Day (Cox Media) Apr 11th

48356 "C" Born 2000-2001 2:00 pm

48358 "D" Born 2002-2003 1:00 pm

48361 "DD" Born 2004-2005 12:00 pm*

*Children MUST be 4 yrs old by the start of the program.



SPRING BEGINNING BASKETBALL LEAGUE

(Pre-Registration is Required)

Start Dates: Fri, Apr 16th, Sat, Apr 17th, Sun, Apr 18th
Location: RSM Intermediate (Fri D, Sun D, DD)
Serrano Intermediate (Fri DD, Sat D, DD)

Early Bird Fee: \$75/ 7 games, includes uniform

After Apr 2nd: \$85

League emphasizes skill development, participation and fun! Hoops are lowered to 8 feet and junior basketballs are used. The first 30 minutes consist of practicing fundamentals followed by 30 minutes of game play. Games begin Apr 23, 24, 25th. Uniforms and schedules are distributed on Orientation Day. Saturday and Sunday games are played between 8:00 a.m.-12:00 p.m. Friday night games are played between 5:30-7:30 p.m. Times are determined by gym availability and number of teams in each division. Same team/coaches requests must be made no later than the Wednesday prior to the scheduled orientation. (Orientation times do not reflect game times) No games May 28, 29, 30th.

Fri League: Times for Orientation Day: Apr 16th

48347 "D" Born 2002-2003 (RSM) 6:30 pm

48350 "DD" Born 2004-2005*(RSM) 5:30 pm

Sat League: Times for Orientation Day: Apr 17th

48345 "D" Born 2002-2003 (Serrano) 10:00 am

48348 "DD" Born 2004-2005*(Serrano) 9:00 am

Sun League: Times for Orientation Day: Apr 18th

48346 "D" Born 2002-2003 (RSM) 10:00 am

48349 "DD" Born 2004-2005* (RSM) 9:00 am

*Children MUST be 4 years old by the start of the program.

Volunteer Coaches Needed!

Volunteer coaches are what make our leagues successful and affordable. Coaches receive a coach's kit with training materials. Coaches also receive a \$25 coach's credit for future registration. If you are interested in coaching, call the Saddleback Sports Line at 460-2731 for an application or go to our web-site at www.saddlebackrecreation.com for more information.

COAST TO COAST AFTER SCHOOL CLINICS

Fee: \$135/ 8 week program, includes Soccer ball and t-shirt

Ages: 4-7 years old

Location: O'Neill Elementary
24701 San Doval Lane, Mission Viejo

This is a specially designed program geared towards young soccer players. Join us for a fun and relaxed approach to learning the "FUN"amental skills of soccer in a safe and structured environment. Please bring water, shin guards and cleats.

49072 Wed April 7- May 26 4:00 - 5:15 PM

SPRING YOUTH VOLLEYBALL LEAGUE

(Pre-Registration is required)

Start Date: Sat, Mar 27th (Evaluation Day)
(Game site subject to change)

Game Location: RSM Intermediate School gym

Early Bird Fee: ("A", "B" & "C" Divisions) \$95

8 games, includes jersey

("D" Division) \$75

8 sessions, includes jersey

After March 12: Add \$10

"A", "B" and "C" Divisions: These leagues stresses fun and participation, including minimum play requirements. Sportsmanship awards are given. (League does not provide weekday practices) Every week, each team will practice for 45 minutes then play a 45 minute game.

"D" Division: Program emphasizes skill development, participation and fun! The first 45 minutes consists of warm-up exercises led by SVUSD youth sports staff followed by a weekly practice which focuses on teaching and practicing the basic fundamentals of bumping, setting, and serving. Each session will conclude with a 15 minute scrimmage where the players can test their skills! No score is kept.

**PLAYER, TEAM AND COACHES
REQUESTS ARE NOT PERMITTED
DUE TO DRAFT PROCESS**

Times for Evaluation Day: Sat March 27th

46996 "A" Div. Born 1996-1997* 2:00 pm

46992 "B" Div. Born 1998-1999** 1:00 pm

46995 "C" Div. Born 2000-2001*** 12:00 pm

(Orientation Day)

47356 "D" Div. Born 2002-2003 11:00 am

*Children born in 1995 and in 8th grade are eligible.

**Children born in 1997 and in 6th grade are eligible.

***Children born in 1999 and in 4th grade are eligible



If you register for both the Coaches Moot's Spring Volleyball Camp and the Spring Volleyball League, you will receive a \$10 discount off the league fee. (This is not valid for online registration, only valid for mail-in, walk-in or faxed registration.)

SPRING BREAK SPORT CAMPS

COACH MARV LIM'S SPRING MONSTER BASKETBALL CAMP

Fee: \$100/4 Days
(includes Shooting Manual, NBA Sports Memorabilia, Grab Bag, Daily Raffles)
Ages: 5-16 years old
Location: RSM Gym
21931 Alma Aldea, RSM

Coach Marv Lim will head this camp designed to improve defensive and offensive fundamentals for both beginning and advanced players. Campers will be divided into groups according to skill level. Coach Marv has an extensive reputation for developing fundamentally sound basketball players and is endorsed by many youth, varsity, college, as well as NBA players. Coach Marv is a former coach at Santa Margarita Catholic High School and is currently coaching at Mission Viejo High School. Visit www.MonsterGameBasketball.com for detailed information.

49001 Mon-Thurs April 5-8 9:00AM -12:30 PM

COACH MOOT'S SPRING VOLLEYBALL CAMP

Fee: \$110/5 Days
Ages: 7-14
Location: Trabuco Hills High School Gym
27501 Mustang Run, MV

Join former A.V.P. Pro and current head girls coach at Trabuco Hills High School, Craig Moothart for a week of fun instruction and basic fundamentals of volleyball. Campers will learn the rules of the game, proper warm up and stretching techniques as well as individual and team skill development. Fundamentals include: passing, setting, serving and of course spiking. Campers are grouped by age and ability. This is the perfect camp for "newbies" (kids just starting out) or "Young Guns" (those who want to take their game to the next level) and have fun at the same time. T-shirt for the spring camp is not included in camp fee. Shirts will be available for purchase for \$5 at the spring camp site.

47186 Mon-Fri April 5-9 1:00PM - 4:00 PM



SPRING BREAK TRIPLE THREAT "MINI" BASKETBALL CAMPS

Fees: \$85 /3 Days – (includes t-shirt)
Ages: 7 - 13 years old
Location: La Paz Intermediate & Outdoors Courts
25151 Pradera Dr., MV

Join Ed Merk and his Triple Threat Coaching Staff for a great 3 days of basketball over Spring Break. This spring camp is designed to advance the level of play of each player by improving every facet of their game with special emphasis on shooting and scoring. Each day the kids will learn the fundamentals of the game, compete in fun contests, and play competitive games. Price includes a t-shirt and participation awards. Doors open at 8:30am for early drop offs. Please plan on picking your child up promptly at noon. For further questions email Ed at triplethreatbasketball@cox.net

48826 Boys Camp April 5-7 9:00AM - 12:00 PM

48827 Girls Camp April 5-7 9:00AM - 12:00 PM

SPRING BREAK DISCOVERY SOCCER CAMP

Fee : \$125/ 5 days- includes t-shirt
Ages: Boys & Girls, ages 5-11
Location: O Neill Elementary
24701 San Doval Lane, MV

Join Coach Dave McKierman and his staff, who have coached more than 30 teams over the past 20 years. Each session emphasizes the basic skills and pure enjoyment of playing soccer through a variety of fun games. Parents and coaches are welcome to watch.

49073 Mon-Fri April 5-9 9:00AM -12:00 PM

SPRING BREAK SKYHAWKS PLAYGROUND CAMP

Fee: \$90/3 days
Ages: Boys & Girls 7-12 years
Location: O'Neill Elementary
24701 San Doval, MV

This program consists of Capture the Flag, Kickball, Dodgeball, and old school playground games. Campers will learn the fundamentals of each game along with proper rules and strategies! This program is particularly popular with those athletes less interested in traditional sports. Please wear closed toed shoes and bring a snack along with water bottle.

49087 Mon-Wed April 5-7 9:00 AM - 12:00 PM

EARLY CHILD DEVELOPMENT SPORT CLASSES

(Pre-Registration is required)

Fee: \$40/5 weeks
Ages: *3-4 yrs old
Location: O'Neill Elementary

The early childhood sports programs emphasize the basic fundamentals of each sport, fun and sportsmanship in a safe and non-competitive environment. In addition, these classes are a great way to prepare your child for our other beginning sports programs as they get older. No score is kept and parent participation is encouraged. *Children must be 3 by the start of each program.

WILD WORLD OF SPORTS

This class combines fun, participation and the basic fundamentals of a variety of sports. Players will be introduced to t-ball, soccer, basketball and flag football. The final day of class will be a "player vs. parents" t-ball game! This is the perfect opportunity for your child to try each sport at an early age. Parent participation is encouraged.

47179 Wed Mar 3- Mar 31 3:45 - 4:30PM
48767 Tue Apr 20-May 18 4:30 - 5:15 PM

FIRST DOWN FOOTBALL

Players will learn the proper techniques of throwing, catching, running, and "flag-pulling." Our instructors will encourage a non-competitive, fun and safe environment for the players to learn and experience playing each position. Each session will conclude with a brief scrimmage. Parent participation is encouraged. *This program is for children 4-5 years old only.

47784 Tue Mar 2-Mar 30 3:45 - 4:30 PM
47785 Thur April 22-May 20 4:30 - 5:15 PM

BATTER-UP BASEBALL

Players will learn the basic techniques of throwing, fielding, base-running and batting. Each week will begin with warm-up stretches and exercises. The instructors will focus on a variety of skills which will be taught through fun games. Each week will conclude with a brief scrimmage. Parent participation is encouraged.

47781 Thu Mar 4- Apr 1 3:45 - 4:30 PM
48771 Wed April 21-May 19 4:30 - 5:15 PM

MINI HOOPS

Players will learn the basic techniques of dribbling, passing and shooting. Each week will begin with warm-up stretches and exercises. The instructors will focus on a variety of skills which will be taught through fun games. Each week will conclude with a brief scrimmage. Parent participation is encouraged.

47180 Mon Mar 1-Mar 29 3:45 - 4:30 PM
49125 Mon April 19-May 17 4:30 - 5:15 PM

YOUTH SPORTS

SPRING TOP SPIN TENNIS LEAGUE

(Pre-Registration is required)

Start: Sun, April 18th (Evaluation Day)
 Location: Laguna Hills High School
 25401 Paseo De Valencia, LH
 Early-Bird Fee: \$85/7 Weeks
 After Apr 4th: Add \$10
 First Match: April 25th

Join us for great tennis fun through gaining experience in match play and instruction. Players will be grouped by age, gender, and ability. The first five weeks will offer league play in a competitive format. The sixth and seventh week will consist of a tournament championship with awards and prizes. Each session players will be guided through instructional drills consisting of serving, volleying, in game strategy and ground strokes for 45 minutes. Then participants will engage in a 45 minute match supervised by the instructors. During the match, instructors will continue to provide constructive feedback along with support. This is an opportunity for players of all abilities to build on their skills and elevate their game. At the end of each season, each individual will receive a final evaluation from the instructors. No matches on May 30th.

Sun, April 18th (Evaluation Day)

48752 "A" Div. Born 1996-97* 9:00 am
 48753 "B" Div. Born 1998-99** 10:00am
 48754 "C" Div. Born 2000-01*** 11:00 am

*Children born in 1995 and in 8th grade are eligible.

**Children born in 1997 and in 6th grade are eligible.

***Children born in 1999 and in 4th grade are eligible.

Players are required to bring their own racket. League does not provide tennis attire.

ADULT SPORTS

(ALL LEAGUES ARE DESIGNED FOR ADULTS 18 AND OVER)

Adult Basketball Leagues

"Are you ready to hoop it up? Are you over 18?" Men's Leagues are offered Monday – Thursday nights as well as Sunday evenings. League fees are \$360 per team plus \$30 per game to the official.

Adult Volleyball League

"Are you a beginning, intermediate or advanced volleyball player?" Coed leagues are offered on Monday nights. League fees are \$250 per team and \$12 per game to the official.

Adult Softball Leagues

"Batter up! Are you looking to register your softball team in a league?" Men's and Coed leagues are offered Monday – Friday and Sunday mornings. League fees are \$590 per team at THHS and \$690 per team at COX Sports Park and \$15 per game to the umpire.

Adult Flag Football Leagues

"3rd and 10 and the game is on the line! Is your team ready to take home the victory?" Men's leagues are offered on Sunday mornings at ETHS. League fees are \$450 per team and \$30 per game to the official.

For Adult Sports Registration information please call Bill Barry @ (949) 460-2722 or email barryw@svusd.org.

Don't miss out and call today!

MONSTER GAME PRIVATE TRAINING

Fee: \$25 per session
 Beg. Train 5-16 yrs (Wed) 5:00 - 6:30 PM
 Location: Serrano Intermediate School Gym
 24642 Jeronimo, Lake Forest
 Registration: Go to www.saddlebackrecreation.com to check dates, availability and to register.

Coach Marv Lim will personally head these semi-private training sessions. Beginning players will learn advanced defensive and offensive fundamental techniques necessary to establish a good foundation to create fundamentally sound muscle memory. Advanced players will learn fundamental techniques to prepare for high school competition and will learn mental/athletic secrets to compete for playing time. Coach Marv is a former coach at Santa Margarita Catholic High School and is currently coaching at Mission Viejo High School. Visit www.MonsterGameBasketball.com for detailed information.



TRIPLE THREAT BASKETBALL ACADEMY

Fee: \$15 per lesson (*special reduced rate)
 Grades: 3rd-8th
 Beg/Adv Training (Mon) 5:00 - 6:00 PM (Tues) 6:00 -7:00 PM
 Location: La Paz Intermediate School Gym
 25151 Pradera Dr., MV
 Los Alisos Intermediate School Gym
 25171 Moor Ave, MV
 Registration: Go to www.saddlebackrecreation.com to check dates, availability and to register.

The Academy's training advances the level of play for each player by improving every facet of their game with special emphasis on shooting and scoring from all parts of the court. Ed Merk has coached and trained youth and high school players in the Saddleback area for over 20 years, most recently at Mission Viejo High School. Agility and plyometric training will be incorporated into each lesson. For more seasoned players, Triple Threat offers advanced training.

SUMMER BASKETBALL LEAGUE

(Pre-Registration is required)

League Format: League consists of 10 games
 Game Locations: Los Alisos, La Paz, Serrano, RSM Intermediate schools
 Early Bird Fee: \$134 (includes uniform set)
 After May 26th: Add \$10.
 Evaluation Day: Saturday, June 12th
 Location: La Paz Intermediate
 25151 Pradera Dr, MV

League stresses fun and participation, including minimum play requirements. Sportsmanship awards are given. Teams may practice up to three hours per week. Games are always scheduled on Saturdays. Practice time and location determined by coach. Games begin June 26th. (No games on July 3rd and September 4th.) Evaluation times do not reflect game times. All teams will have a scheduled practice on June 19th. All returning players, please wear last season's jersey to the evaluation.

Times for Evaluation: Sat, June 12 (La Paz)

Boy's Basketball Times

48742 "A" Div Born 1996-97* 4:00 p.m.
 48743 "B" Div Born 1998-99** 2:00 p.m.
 48748 "C" Div Born 2000-01*** 12:00 p.m.

Times for Evaluation: Sat, June 12 (La Paz)

Girl's Basketball Times

48749 "A" Div Born 1996-97* 11:00 a.m.
 48750 "B" Div Born 1998-99** 10:00 a.m.
 48751 "C" Div Born 2000-01*** 9:00 a.m.

*Children born in 1995 and in 8th grade are eligible.

**Children born in 1997 and in 6th grade are eligible.

***Children born in 1999 and in 4th grade are eligible.

CARPPOOL, PLAYER, TEAM AND COACH REQUESTS ARE NOT PERMITTED DUE TO DRAFT PROCESS

ADULT SWIM FOR FITNESS

(Ages 14 and Older)

Stroke Technique, Fitness and Fun!

Swim Venture welcomes adult swimmers (experienced and new) and tri-athletes of all levels who desire a coached, group-swim experience. The team will keep you motivated, challenged and invigorated. Structured workouts will focus on skills and drills for good swim technique and interval training for superior cardio and muscular improvement. "ALL" swim abilities are welcome and encouraged. New swimmers – competitive swimmers – fitness swimmers! The workouts are modified to meet your goals. Equipment Needed: Goggles, Swim Cap and Fins

LHHS Pool M/T/W/TH from 7:00 PM – 8:00 PM
 Class Price: \$75.00/mo (16 students per coach)

April	May	June
48816	48817	48818

AQUATIC PROGRAMS



Swim Lessons will be held at:

Esperanza Elementary
25121 Pradera Dr., Mission Viejo, Ca 92691
(This pool is maintained at approximately 80 degrees)

The SVUSD Department of Recreation and Community Services is pleased to offer our 2010 Learn-to-Swim Program. We are proud to offer one of Orange County's most reputable learn-to-swim programs. To select the appropriate class for your child, please read the detailed description of each class. It is important to select the appropriate level in order to ensure that each student receives the exact instruction they require. If you are not sure which level to choose, it is recommended to choose a lower level and have them advance more quickly than it is to place them in too high of a level in which they cannot keep up. For students who have been out of swim lessons for more than six months, it is recommended that they repeat the last level from which they graduated.

POLICIES AND PROCEDURES

Parent Supervision – All parents are responsible for the supervision of their children and must stay throughout the duration of the lesson.

Parent Check in – Parents must sign in each day before class before the student may enter the pool.

Make-up Lessons – Make-up lessons are not guaranteed. For students who have missed a significant amount of lessons, they may be available directly through their instructor for \$5 per lesson; dependent upon availability. Check with the on-deck supervisor for availability.

Pool Closure Policy – Make-up lessons will be available free of charge on a first-come-first-served basis. No refunds will be given.

Water Diapers – In order to prevent pool closures, swimmers who are not yet potty-trained must wear a plastic swim diaper.

For assistance in selecting a level, please call 1-800-576-SWIM

PARENT AND ME PROGRAM (ages 0-2)

A parent and infant/child class in which the parent accompanies the child in the water. This class is designed for the infant/child with none-to-very-little experience in the water. Emphasis on basic water adjustment, holding breath, kicks on front and back, floating, gliding, comfort, songs and fun.

Group Price: \$76.00 (8 thirty-minute classes, 8- 10 students) Monday/Wednesday or Tuesday/Thursday

PRE-SCHOOL PROGRAM (ages 3-4)

The Pre-School Swim Program is designed for children 3-4, levels 1-4. Children will be broken into groups of 4 based on ability. This program is designed to build confidence in and around the water. Your child will learn to retrieve objects under water, back float, front float, back glide, front glide, and propel for a couple of feet.

Group Price: \$84.00 (8 thirty-minute classes, 4 students) Monday/Wednesday or Tuesday/Thursday

JUNIOR PROGRAM (ages 5-8)

The Junior Program is designed for children ages 5-8, levels 1-6. This program teaches young children the independent skills needed to enjoy recreational swimming.

Group Price: \$76.00(8- thirty-minute classes, 6 students)Monday/Wednesday or Tuesday/Thursday
 *Water Play: \$20.00 (4 two-hour sessions Saturday 10:00 AM -12:00 PM

ADULT PROGRAM (Ages 13 and older)

The Adult Program is designed to help adults learn how to swim and (or) enhance their swim skills. The learn-to-swim program is offered two days per week for one month. We also offer a two day per week adult Swim Camp that is designed to help adults learn proper stroke technique and/or enhance their fitness. (see Swim Venture Swim Camp for description.)

Group Price: \$76.00
 (8 thirty-minute classes, 6 – 8 students)
 Tuesday and Thursday @ 7:00 PM

ADAPTED PROGRAM (Ages 5 and older)

This program is a water training class promoting mild-to-moderate exercises as well as individual strengthening, flexibility, cardiovascular endurance and mobility. This class is designed for individuals that have participated in therapy, rehab, have chronic medical conditions or permanent disabilities.

Group Price: \$48.00
 (4, One hour classes, 6 – 8 students)
 Saturdays @ 9:00 AM



“WATER PLAY”

Children learn through play. In our experience, an hour of supervised playtime added onto a swim lesson can have the same benefit as an additional 20-minute lesson. Studies show that with enough water time, kids can develop similar skills as those with more frequent swim lessons. Each of our “Water Play” sessions at Esperanza are two hours long. We developed this concept as a more affordable way for families to help their children learn to be comfortable and independent in the water.

CLASS LEVEL DESCRIPTIONS

LEVELS 1 + 2

Level 1 - Underwater Comfort

Students will learn to become more comfortable under the water, more comfortable in a supported back and front float. At the end of the session, students will review the basic pool safety rules and practice a supported survival float.

Level 2- Floating and Kicking

Students will learn to float on their back and perform a front kicking glide. At the end of the session, students will be able to recite the basic pool safety rules and perform a survival float.

LEVELS 3 + 4

Level 3- Rolling and Breathing

Students will learn how to roll into a back float and to return to the wall from a back float. They will also learn proper breathing techniques. At the end of the session, students will review the pool safety rules and perform a survival float and return to the wall.

Level 4- Front and Back Crawl Stroke

Students will learn the front crawl stroke and back crawl stroke. At the end of the session, students will know safety skills for a survival float with clothes on and reaching assist.

LEVELS 5 + 6 (Available under: Swim Camps)

Level 5 - Swim Stroke Introduction

The swimming skills your child will learn are proper freestyle, backstroke, dolphin kick, breaststroke kick and kneeling dive. At the end of the session, students will review all of the water safety rules.

Level 6- Swim Stroke Reinforcement

The swimming skills your child will learn are 25 yards of each stroke, flip turn, and standing dive. At the end of the session, students will review all of the water safety

PRE-REGISTRATION IS REQUIRED FOR ALL LESSONS!

Mail, fax, on-line and walk-in registration is taken through the registration deadlines listed for each program. No phone registration is accepted. Most classes fill quickly, sometimes before the registration deadline. Please register early! Registration is taken on a first-come-first served basis. If faxing please call to verify your fax has been received.

Mon/Wed Swims Lessons

Class	Time	Session 1 4/19-5/12	Session 2 5/17-6/9*
Junior 1&2	4:30 pm	48436	48433
Preschool	4:30 pm	48674	48675
Parent and Me	5:00 pm	48870	48741
Preschool	5:00 pm	48645	48676
Preschool	5:30 pm	48677	48678
Junior 3&4	5:30 pm	48593	48594
Junior 1&2	6:00 pm	48430	48432
Preschool	6:00 pm	48679	48680
Junior 3&4	6:30 pm	48599	48595
Preschool	6:30 pm	48688	48681

*No Class on May 31st due to the holiday. Class will be made up on June 4th same time and location

AQUATIC PROGRAMS

Tues/Thurs Swims Lessons

Class	Time	Session 1 4/20-5/13*	Session 2 5/18-6/10
Junior 1&2	4:30 pm	48429	48434
Preschool	4:30 pm	48682	48683
Parent and Me	5:00 pm	48871	48734
Preschool	5:00 pm	48689	48684
Preschool	5:30 pm	48690	48685
Junior 3&4	5:30 pm	48596	48597
Junior 1&2	6:00 pm	48435	48431
Preschool	6:00 pm	48691	48686
Junior 3&4	6:30 pm	48600	48488
Preschool	6:30 pm	48692	48687
Adult	7:00 pm	48756	48757

Sat Adapted Aquatics 9:00 am (April 24-48762)
(May 22-48763)

*No Class on May 13th due to a school event. Class will be made up on June 4th same time and location.

Water Play (Saturdays)

will be held at: Esperanza Elementary

25121 Pradera Dr., Mission Viejo, Ca 92691

(This pool is maintained at approximately 80 degrees)

Class	Time	Session 1 4/24-5/15	Session 2 5/22-6/19*
Preschool	10:00 am	48783	48784
Junior	10:00 am	48792	48793

*No Class on May 29th due to the holiday will be made up on June 12 the same time and location.

SWIM CAMP

Swim Camps will be held at:

Laguna Hills High School Pool

25401 Paseo de Valencia, Laguna Hills, Ca 92653

(This pool is maintained at approximately 80 degrees)

SITES AND SCHEDULES SUBJECT TO CHANGE DUE TO SCHOOL AVAILABILITY

Swim Camp is designed for beginners through advanced swimmers ages 5-14 who have completed Level 4 of the learn-to-swim program and would like to learn more about the "sport" of swimming. We teach an easy-to-follow skill progression that teaches the proper swim strokes, starts and turns. Equipment Needed: Goggles, Swim Cap and Fins

Check-in will begin at 6:00 PM.

Classes will run from 6:15 PM – 7:00 PM.

Class Price: \$78.00/month (12-16 students per coach)

Each participant registered may attend

2 classes per week (Mon-Thurs)

of their preference for the entire month registered.

Level	April	May	June
Bronze	48794	48795	48796
Silver	48800	48801	48802
Gold	48810	48813	48814

Bronze Level: Learn to swim 50 yards of freestyle & backstroke with proper start and turn.

Silver Level: After completing Bronze, swimmers graduate to Silver and learn to swim 50 yards of breaststroke & butterfly with proper start and turn.

Gold Level: After completing Silver, swimmers may test out of Swim Camp and graduate to the Swim Team. Swim Team offers conditioning and training for USA Swimming. Workouts are available 5 days

per week and swimmers are grouped by age and ability. Swimmers are invited to attend monthly USA swim meets. A registration with USA Swimming is required for this group.

Swim Meet & Test Out: The meet provides students with an opportunity to test out their swim skills in order to graduate to a higher level or the Swim Team. Once you register, your instructor will provide you more information.



SET SWIM TEAM CONDITIONING

(*Sites Subject to change due to construction)

Rec Swim Level 1 to Level 3 are held at:
El Toro High School Pool

25255 Toledo Way, Lake Forest, CA 92630

SET SWIM CONDITIONING; Directed by 2x Olympic Gold Medalist Bradley Schumacher. The swim conditioning programs below are geared toward young swimmers in transition from swim lessons to swim conditioning. The programs focus on the fundamental aspects of all four strokes, drills, refining starts, dives and turns. The programs continue the skills developed in swimming lessons, increase conditioning, as well great practice for triathlons, surfing, and beach swimming. Stop by EL Toro pool to check it out! If you have any questions regarding this program please email Trevor Rodin - setaquatics@gmail.com.

SET SWIM CONDITIONING Level 1:

Emphasis on the 4 legal strokes (butterfly, backstroke, breaststroke, freestyle, dives and turns). Must come with swimsuit, goggles and cap for those with long hair, especially female swimmers. SWIMMERS MUST BE ABLE TO SAFELY SWIM 25 YARDS (1 LAP) WITHOUT TOUCHING THE SIDE WALLS, LANELINES OR BOTTOM. This is NOT a swim lesson and coaches are rarely in the water.

Fee: \$65/mo Ages: 4-6 years or based on ability

47250	Mar	M/W/F	4:30 - 5:15 PM
47251	April	M/W/F	4:30 - 5:15 PM
47252	*May	M/W/F	4:30 - 5:15 PM

SET SWIM CONDITIONING Level 2:

Swimmers focus on stroke technique for all strokes and should already know all 4 basic strokes as well as dives and turns. We work on pulling with some provided pull gear, kicking, and nightly drills for butterfly, backstroke, breaststroke and freestyle. Must come with swimsuit, goggles and cap for those with long hair, especially female swimmers. EQUIPMENT NEEDED – FINS, PADDLES

Fee: \$70/mo Ages: 7-10 years or based on ability.

47256	Mar	Tu/Th/F	4:30 - 5:30 PM
47257	April	Tu/Th/F	4:30 - 5:30 PM
47258	*May	Tu/Th/F	4:30 - 5:30 PM

SET SWIM CONDITIONING Level 3

Emphasis on the 4 legal strokes (butterfly, backstroke, breaststroke, freestyle including dives and turns). We focus on strength, fine tuning of strokes to become a faster swimmer. Nightly drills include pulling, kicking, and breathing techniques, stroke technique and endurance. Must come with swimsuit, goggles and cap for those with long hair, especially female swimmers. EQUIPMENT NEEDED – FINS, PADDLES

Fee: \$75/mo Ages: 9-13 years or based on ability.

47262	Mar	M/W/F	4:30 - 5:45 PM
47263	April	M/W/F	4:30 - 5:45 PM
47264	*May	M/W/F	4:30 - 5:45 PM

SET WATER POLO

Will be held at:

El Toro High School Pool

25255 Toledo Way, Lake Forest, CA 92630

(*Sites Subject to change due to construction)

SET Water Polo Club (WPC) is the premier water polo club in the country. SET's nationally recognized coaching staff is devoted to instructing athletes, ages 6 to 20, from beginner to national level in the fundamentals, skills and techniques of water polo. The Intro to Polo and Junior Polo programs are geared to beginning athletes with a swimming background, as an introduction to the sport of water polo. Once the athletes establish a strong water polo skill and fundamental foundation, they graduate to the SET Club program. As the athletes progress from age group to age group, their water polo skills and techniques are further developed and refined with the introduction of tactics and game strategy. SET WPC is not a win at all costs club. The SET coaching staff focuses on continuous development of goal setting skills, personal responsibility, strong mental focus and attention to detail. SET's ultimate goal is to motivate and coach athletes to their full potential. We recognize that each athlete is unique; we coach all levels of athletes regardless if their goal is personal fitness, Age Group Nationals, High School Varsity, Division I College or the National Team. We prepare student-athletes of all ages to be disciplined in all aspects of their life, both in and out of the water, so they ultimately reach THEIR next level.

SET Introduction Water Polo is a program open to ages 6 and up. Participants must be able to swim 25 yards using the freestyle stroke. Athletes will be taught the basics of water polo: fundamental egg beater, ball skills, passing, shooting, and earning a foul. Once proficient at these skills the athletes may progress to Junior Water Polo.

SET Junior Water Polo is a program designed for those athletes who have participated in Introduction to Water Polo or have played water polo for 1 year and are ready to take their game to the next level. Athletes will be instructed in the fundamental strategies of the game and will further develop their individual skills in shooting and passing. This program is designed to allow the athletes to transition into club or high school water polo. If you having questions regarding this program please email Trevor Rodin - setaquatic@gmail.com.

YOUTH SUMMER SPORTS CAMP



Skyhawks Mini-Hawk Sports Camp	COX	Ages 4-7	9:30 AM-12:30 PM	June 21-June 25	\$140
Skyhawks Multi Sports Camp	COX	Ages 6-12	9:00 AM-12:00 PM	June 21-June 25	\$140
Skyhawks Tiny Hawk Sports Camp	COX	Ages 3-4	8:00 AM-12:00 PM	June 21-June 25	\$70
R.S.M Summer Sports Camps	RSM	Grades 3-8th	8:00 AM-12:00 PM	June 28-Aug 13	\$125/2 wk \$70/1 wk
Roadrunner All-Sports Camps	RSM	Ages 7-13	1:00 PM-5:00 PM	June 28-Aug 13	\$130/2 wk \$70/1 wk
*Runners Training Camp For Kids	RSM	Ages 9-13	8:00 AM-9:00 AM	June 29-July 22	\$40
*Runners Training Camp For Kids	RSM	Ages 9-13	8:00 AM-9:00 AM	July 27-Aug 19	\$40
Coach Moot's Summer Volleyball Camp	THHS	Ages 7-14	1:00 PM-4:00 PM	Aug 2- Aug 6	\$110
El Toro Baseball Camp	ETHS	Grades 2-8th	9:00 AM-12:00 PM	July 26- July 30	\$150
El Toro Baseball Camp	ETHS	Grades 2-8th	9:00 AM-12:00 PM	Aug 2 - Aug 6	\$150
Set Water Polo Camp	ETHS	Ages 6-Up	3:00 PM-5:00 PM	July 5- July 9	\$195
Skyhawks Beginning Golf	COX	Ages 5-8	9:00 AM-12:00 PM	July 5- July 9	\$150
Skyhawks Beginning Flag Football	COX	Ages 6-12	9:00 AM-3:00 PM	July 5- July 9	\$150
Skyhawks Mini-Hawk Sports Camp	COX	Ages 4-7	9:30 AM-12:30 PM	July 5- July 9	\$70
Skyhawks Lacrosse Camp	COX	Ages 7-10	9:00 AM-12:00 PM	July 12- July 16	\$140
Skyhawks Lacrosse Camp	COX	Ages 10-14	1:00 PM-4:00 PM	July 12- July 16	\$140
Skyhawks Volleyball Camp	SERRANO	Ages 7-14	1:00 PM-4:00 PM	July 12- July 16	\$140
Skyhawks Flag Football Camp	COX	Ages 6-12	1:00 PM-3:00 PM	July 19- July 23	\$90
Skyhawks Mini-Hawk Sports Camp	LINDA VISTA	Ages 4-7	9:30 AM-12:30 PM	July 19- July 23	\$140
Skyhawks Multi Sports Camp	COX	Ages 6-12	9:00 AM-12:00 PM	July 19- July 23	\$140
Skyhawks Beginning Golf	COX	Ages 5-8	9:00 AM-12:00 PM	July 26 -July 30	\$150
Skyhawks Cheerleading	COX	Ages 5-9	9:00 AM-12:00 PM	Aug 2-Aug 6	\$140
Skyhawks Flag Football Camp	COX	Ages 6-12	9:00 AM-3:00 PM	Aug 2-Aug 6	\$150
Skyhawks Lacrosse Camp	COX	Ages 7-10	9:00 AM-12:00 PM	Aug 9-Aug 13	\$140
Skyhawks Lacrosse Camp	COX	Ages 10-14	1:00 PM-4:00 PM	Aug 9-Aug 13	\$140
Skyhawks Volleyball Camp	SERRANO	Ages 7-14	1:00 PM-4:00 PM	Aug 9-Aug 13	\$140
Skyhawks Baseball Camp	COX	Ages 5-8	9:00 AM-12:00 PM	Aug 16-Aug 29	\$140

*8 Sessions Tues/Thurs

Summer Basketball Camps

Mission Viejo Pro Basketball Camp	MVHS	Grades K-8th	8:00 AM-12:00PM	June 28-July 2	**\$175
El Toro Fastbreak Indiv Instruction Camp	ETHS	Ages 7-13	1:00 PM-3:00 PM	July 5- July 8	\$130
Tom McCluskeys Basketball Camp	THHS	Ages 6-13	1:00 PM-4:00PM	July 12- July 16	#\$130
Triple Threat Girls Basketball Camp	LA PAZ	Ages 7-13	9:00 AM-12:00PM	July 12-July 15	\$110
Mission Viejo Pro Basketball Camp	MVHS	Grades K-8th	8:00 AM-12:00PM	July 26-July 30	**\$175
El Toro Fastbreak Basketball Camp	ETHS	Ages 6-14	9:00 AM-12:00 PM	July 26-July 29	\$130
El Toro Adv Fastbreak Basketball Camp	ETHS	Ages 6-14	1:00 PM-3:00 PM	July 26-July 29	\$130
El Toro Fastbreak Shooting Clinic	ETHS	Ages 6-18	9:00 AM-11:00AM	July 30th (1 day)	\$30
Tom McCluskeys Basketball Camp	THHS	Ages 6-13	1:00 PM-4:00 PM	Aug 2- Aug 6	\$130
Monster Game Basketball Camp	SERRANO	Ages 5-15	9:00 AM-12:30 PM	Aug 23-Aug 27	\$120

** Discounts offer for Mission Viejo Pro Basketball Camps, see web-site for more information

July 16th times will be 9:00am-12:00pm

Summer Soccer Camps

Challenger Soccer Camp	CORDILLERA	Ages 3-12	Times Vary	June 28- July 2	Vary
Discovery Soccer Camp	LINDA VISTA	Ages 5-11	9:00 AM-12:00 PM	June 28- July 2	\$125
Discovery Soccer Camp	O NEILL	Ages 5-11	9:00 AM-12:00 PM	July 5- July 9	\$125
Challenger Soccer Camp	CORDILLERA	Ages 3-12	Times Vary	July 5-July 9	Vary
Coast to Coast Coaching Soccer Camp	O NEILL	Ages 4-14	9:00 AM- 2:00 PM	July 12- July 16	\$159
Discovery Soccer Camp	O NEILL	Ages 5-11	9:00 AM-12:00 PM	July 19-July 23	\$125
Coast to Coast Coaching Soccer Camp	O NEILL	Ages 4-14	9:00 AM- 2:00 PM	Aug 2- Aug 6	\$159
Discovery Soccer Camp	CORDILLERA	Ages 5-11	9:00 AM-12:00 PM	Aug 2- Aug 6	\$125
Discovery Soccer Camp	O NEILL	Ages 5-11	9:00 AM-12:00 PM	Aug 16-Aug 20	\$125
Discovery Soccer Camp	O NEILL	Ages 5-11	9:00 AM-12:00 PM	Aug 30-Sept 3	\$125

TO REGISTER AND FOR MORE CAMP INFORMATION, PLEASE GO TO OUR WEBSITE AT
WWW.SADDLEBACKRECREATION.COM

CITY CONTRACTS, SPECIAL EVENTS & CHILD CARE

LAKE FOREST KIDS' FACTORY

Kids' Factory is a FREE drop-in program sponsored by the City of Lake Forest and is designed for elementary school children grades K-6. This program offers recreational activities and is not considered an accredited child care program. Activities include: crafts, sports and games which are held outdoors and are subject to cancellation due to unfavorable weather conditions. If weather conditions are questionable, call the weather hotline, 460-2725, after 11am.

Aliso	2:12 - 4:30 PM (M,W,TH,F) 1:00 - 4:30 PM (T)
Foothill Ranch	2:45 - 4:45 PM (M,W,TH,F) 1:30 - 4:45 PM (T)
Gates	2:45 - 4:45 PM (M-F)
Lake Forest	2:30 - 4:30 PM (M,T,TH,F) 1:15 - 4:30 PM (W)
La Madera	2:50 - 4:45 PM (M-F)
Olivewood	2:30 - 4:30 PM (M,T,TH,F) 1:40 - 4:30 PM (W)
Portola Hills	2:15 - 4:30 PM (M,T,W,F) 12:30 - 4:30 PM (TH)
Rancho Canada	2:30 - 4:30 PM (M-F)
Santiago	2:55 - 4:45 PM (M,W,TH,F) 1:25 - 4:45 PM (T)

Fee: FREE

To register: On-site registration by a parent or legal guardian is required.

For more info call: SVUSD at 768-0981ext. 3

Grades: K-6 Sept. 14-June 18 M-F Times vary by school

LAKE FOREST GOAL ZONE - BASEBALL

Goal Zone is a five-week sports program for kids, grades 1-6. Enjoy the opportunity to gain the skills needed to excel and have fun. Teams will meet once a week for four weeks to practice for one hour directly after school. At the end of four weeks, one team will travel to another school (transportation by school bus is provided) to compete. Children must be picked up immediately following Goal Zone or be a registered participant in the Kids' Factory, after school drop-in recreation program at the school.

48244	Portola Hills	Mon	Apr 19
48249	Foothill Ranch	Mon	Apr 19
48250	La Madera	Tues	Apr 20
48248	Gates	Tues	Apr 20
48252	Olivewood	Wed	Apr 21
48245	Lake Forest	Wed	Apr 21
48246	Aliso	Thu	Apr 22
48247	Rancho Canada	Thu	Apr 22
48251	Santiago	Fri	Apr 23

Fee: \$20/5 weeks (includes t-shirt)

To register: On-site registration by a parent or legal guardian is required.

For more info call: SVUSD at 768-0981ext. 3

Grades: 1-6 Apr. 19 - May 21 Days & Times vary by school.

Don't Forget...
Register for Kid's Factory
and Goal Zone at your school location!
For more information,
please call (949)768-0981 ext. 3

MISSION VIEJO KID'S FACTORY

Kid's Factory is a drop-in program sponsored by the City of Mission Viejo and is designed for elementary school children grades K-6. This program offers recreational activities and is not considered an accredited child care program. Activities include: crafts, sports and games which are held outdoors and are subject to cancellation due to unfavorable weather conditions. If weather conditions are questionable, call the weather hotline, 460-2725, after 11am.

45272	Barcelona	2:05 - 4:00 PM (M,T,TH,F) 12:50 - 4:00 PM (W)
45259	Bathgate	2:20 - 4:30 PM (M,T,TH,F) 1:05 - 4:30 PM (W)
45273	Carl Hankey	2:30 - 4:30 PM (M,T,TH,F) 1:15 - 4:30 PM (W)
45260	Castille	2:05 - 4:00 PM (M,T,TH,F) 12:50 - 4:00 PM (W)
45261	Cordillera	2:00 - 4:00 PM (M-F)
45269	De Portola	2:40 - 4:45 PM (M-F)
45262	Del Cerro	2:30 - 4:30 PM (M,T,TH,F) 1:10 - 4:30 PM (W)
45263	Del Lago	1:55 - 4:00 PM (M-F)
45264	Glen Yermo	3:05 - 4:45 PM (M,W,TH,F) 1:15 - 4:45 PM (T)
45266	Linda Vista	2:15 - 4:30 PM (M,T,TH,F) 1:05 - 4:30 PM (W)
45270	Montevideo	2:00 - 4:00 PM (M-F)
45268	Philip Reilly	2:20 - 4:30 PM (M,T,TH,F) 1:05 - 4:30 PM (W)
45267	Viejo	2:05 - 4:00 PM (M,T,TH,F) 2:50 - 4:00 PM (W)

Fee: FREE

To register: On-site registration by a parent or legal guardian is required.

For more info call: SVUSD at 768-0981ext. 3

Grades: K-6 Sept. 14-June 18 M-F Times vary by school

MISSION VIEJO GOAL ZONE-BASEBALL

Goal Zone is a five-week sports program for kids, grades 1-6. Enjoy the opportunity to gain the skills needed to excel and have fun. Teams will meet once a week for four weeks to practice for one hour directly after school. At the end of four weeks, one team will travel to another school (transportation by school bus is provided) to compete. Children must be picked up immediately following Goal Zone or be a registered participant in the Kids' Factory, after school drop-in recreation program at the school.

45819	Carl Hankey	Mon	Apr 19
45812	Bathgate	Mon	Apr 19
45813	Viejo	Mon	Apr 20
45815	Del Lago	Tues	Apr 20
45820	Barcelona	Tues	Apr 20
45817	Cordillera	Wed	Apr 21
45821	Montevideo	Wed	Apr 21
45822	Philip Reilly	Thu	Apr 22
45824	De Portola	Thu	Apr 22
45816	Castille	Thu	Apr 22
45811	Del Cerro	Fri	Apr 23
45818	Linda Vista	Fri	Apr 23
45814	Glen Yermo	Fri	Apr 23

Fee: \$20/5 weeks (includes t-shirt)

To register: On-site registration by a parent or legal guardian is required.

For more info call: SVUSD at 768-0981ext. 3

Grades: 1-6 Apr. 12 - May 14 Days & Times vary by school.

City of Mission Viejo's BUNNY DAYS

Bring your family and friends to our annual spring event! "Bunny Days" will feature treat stations, carnival game booths, pony rides, hay rides, spring crafts, family games, face painting, refreshments, and photos with the Bunny. This year we have added a "Toddler Town" and Special Needs component to give our little ones their own private area for customized activities. Some items require a minimum charge. Food and refreshments will be available for purchase. Food vendors include: Bagels & Brew, Maui Ice, Kettlemasters Kettle Korn, and Dandy Cotton Candy. Location: Norman P. Murray Community & Senior Center 24932 Veterans Way, Mission Viejo, 92692

Ages: All Ages

Fee: Minimal Charges for Activities

Sat Apr 3 11 AM - 2 PM

Department of Child Care Services

Toddlers to Teens

Saddleback Valley Unified School District

The Department of Child Care Services for the past 25 years has been a division of the Department of Recreation and Community Services. This fall Child Care Services became its own department within SVUSD. We are pleased to serve the families of Saddleback Valley and surrounding communities with quality programs. We offer before and after school child care, preschool programs, and seasonal camps for toddlers to teens. Our new location is on the La Tierra Campus, 24150 Lindley, Mission Viejo.

TLC

The Learning Connection

Before and After School Child Care
Kindergarten - 6th grade
Centers at SVUSD elementary schools.

2010 Fall Registration begins

May 3, 2010 for Kindergarten

June 1, 2010 for all grades

Spring and Summer Camps

for children kindergarten-8th grade

Preschool Programs

For children ages 2.5 to 5 years

**CALL NOW to place child's name on
waiting list for SUMMER and FALL.**

Call our office for info.

949 768-081 ext. 2

24150 Lindley, Mission Viejo, CA
92691

S.V.U.S.D.
Department of Recreation & Community Services
24701 San Doval, Mission Viejo, CA 92691

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RECREATION PROGRAMS

SPRING, 2010

