

Department of
**Recreation &
 Community Services**

Saddleback Valley Unified School District

CLASS

Leisure Activities, Sports, After School Classes & Special Events



Winter 2009/2010

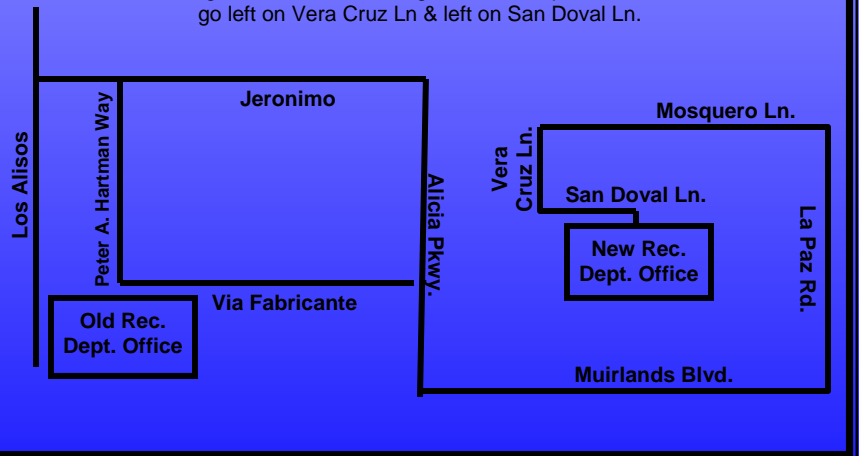
January, February & March



New Location starting on December 10th!

SVUSD Recreation & Community Services Dept.
 24701 San Doval Ln.
 Mission Viejo, CA 92691
 (949) 768-0981 ext. 3

Driving Directions:
 Take Alicia Pkwy. & turn left on Muirlands Blvd., take Muirlands Blvd.
 go left on La Paz Rd., go left of Mosquero Ln.,
 go left on Vera Cruz Ln & left on San Doval Ln.



PROGRAMS OFFERED BY THE CITIES OF LAKE FOREST & MISSION VIEJO

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	2:14 - 4:30 PM (M,W,TH,F) 1:00 - 4:30 PM (T)
Foothill	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	2:15 - 4:30 PM (M,T,W,F) 12:30 - 4:30 PM (TH)
Rancho	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

GOAL ZONE - BASKETBALL

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.

45715	Portola Hills	Mon	Nov 30
45716	Foothill Ranch	Mon	Nov 30
45717	La Madera	Tues	Dec 1
45718	Gates	Tues	Dec 1
45719	Olivewood	Wed	Dec 2
45720	Lake Forest	Wed	Dec 2
45721	Aliso	Thu	Dec 3
45722	Santiago	Thu	Dec 3
45723	Rancho Canada	Fri	Dec 4

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 Nov. 30-Jan.15 Days & Times vary on school

MISSION VIEJO KID'S FACTORY

Kids' 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. All 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, you can check on the status of Kids' Factory sites by calling 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
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)



Don't forget to register for Kids Factory or Goal Zone at the location of the program or at the SVUSD office. For more information please call (949) 768-0981 ext. 3.

PROGRAMS OFFERED BY THE CITY OF MISSION VIEJO

GOAL ZONE - BASKETBALL

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	Nov 30
45812	Bathgate	Mon	Nov 30
45813	Viejo	Mon	Nov 30
45815	Del Lago	Tues	Dec 1
45820	Barcelona	Tues	Dec 1
45817	Cordillera	Wed	Dec 2
45821	Montevideo	Wed	Dec 2
45822	Philip Reilly	Thu	Dec 3
45824	De Portola	Thu	Dec 3
45816	Castille	Thu	Dec 3
45811	Del Cerro	Fri	Dec 4
45818	Linda Vista	Fri	Dec 4
45814	Glen Yermo	Fri	Dec 4

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 768-0981 ext. 3

Grades: 1-6 Nov. 30-Jan. 15 Days & Times vary on school



Don't forget to register for Kids Factory or Goal Zone at the location of the program or at the SVUSD office. For more information please call (949) 768-0981 ext. 3.

A VISIT WITH SANTA

Join our fun festive family event! Santa will visit your table while you enjoy a yummy hot breakfast or dessert. Decorate a holiday cookie before joining Santa around the fireplace to listen to "The Night Before Christmas" story. Children must be accompanied by an adult. Bring your own camera as individual photos will not be available for purchase.

Dessert with Santa:

45835	Fri	Dec 4	Adult	7:00 - 9:00 PM
45836	Fri	Dec 4	Child	7:00 - 9:00 PM

Breakfast with Santa:

45837	Sat	Dec 5	Adult	8:00 - 9:30 AM
45838	Sat	Dec 5	Child	8:00 - 9:30 AM

Brunch with Santa:

45839	Sat	Dec 5	Adult	10:00 - 11:30 AM
45840	Sat	Dec 5	Child	10:00 - 11:30 AM

Fee: \$5/Visit (12yrs & younger) & \$7/Visit (13yrs & older)

Pre-registration is required and limited to one session per participant only!



NORTH POLE CALLING

Santa will be calling youngsters ages 3-7yrs. old in the City of Mission Viejo from December 7th-10th, from 6:30-8:30pm. To reserve your spot for that special call, pick up a request form from the SVUSD Department of Recreation & Community Services office. Phone calls will be made according to the following schedule.

Dates: December 7th-10th

Mon	Dec 7	3 & 4 yrs. old	6:30 - 8:30 PM
Tues	Dec 8	5 yrs. old	6:30 - 8:30 PM
Wed	Dec 9	6yrs. old	6:30 - 8:30 PM
Thu	Dec 10	7yrs. old	6:30 - 8:30 PM

Pre-registration is required for all days! The deadline for registration is Friday, December 4th.



You MUST pre-register in order to participate in either A Visit with Santa or North Pole Calling!

PRESCHOOL PROGRAMS

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
 Instructor: Nancy Goldman
 Ages: 1 1/2 - 3 Years and parent
 Fee: \$40/5 weeks



45785	Tue	Jan 12	9:30 - 10:15 AM
45786	Tue	Feb 16	9:30 - 10:15 AM
45788	Wed	Jan 13	9:30 - 10:15 AM
45791	Wed	Feb 17	9:30 - 10:15 AM

Ages: 2-5 Years and parent
 Fee: \$40/5 weeks

45787	Tue	Jan 12	10:30 - 11:15 AM
45790	Tue	Feb 16	10:30 - 11:15 AM
45789	Wed	Jan 13	10:30 - 11:15 AM
45792	Wed	Feb 17	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.

Location: O'Neill Elementary
 Instructor: Vivian Stapleton
 Ages: 1- 1/2 to 2 1/2 Years and parent
 Fee: \$48/5 weeks

47005	Wed	Jan 06	9:30 - 10:10 AM
47008	Wed	Feb 17	9:30 - 10:10 AM

Ages: 2 1/2 to 4 Years and parent
 Fee: \$53/5 weeks

47006	Wed	Jan 06	10:15 - 11:10 AM
47007	Wed	Feb 17	10:15 - 11:10 AM

CHRISTMAS TUNES & TALES

Join us as we sing and play our way through Christmas carols and holiday music. We'll use jingle bells, instruments, a parachute and more as we sing about Rudolph and Santa. We'll also have time to read a holiday story. Let's get ready for "the most wonderful time of the year" together. Each registered child will receive a small gift. Parent participation required.

Location: O'Neill Elementary
 Instructor: Vivian Stapleton
 Ages: 2-4 Years and parent
 Fee: \$13/ 1 class

47009	Fri	Dec 11	9:30 - 10:25 AM
47010	Fri	Dec 11	10:30 - 11:25 AM



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: \$90/6 weeks

47019	Thu	Jan 14	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: \$90/6 weeks

47015	Tue	Jan 12	2:45 - 3:15 PM
47016	Thu	Jan 14	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
 Instructor: Readywrite Educational Solutions

Ages: 3 1/2 to 5 1/2 years
 Fee: \$110/9 weeks

47861	Mon	Jan 11*	9:45 - 11:00 AM
47862	Wed	Feb 17	9:45 - 11:00 AM

*No Class Jan 18

CREATIVE MOVEMENT

This class will introduce young dancers to the basics of dance positions and music in a way that will spark their creativity. Every class will touch on three dance forms: tap, jazz and ballet.

Location: Dance Palace, Aliso Viejo
 Instructor: Sandra Casado/Staff

Ages: 3-4 years
 Fee: \$75/6 weeks

46811	Thu	Jan 07	10:45 - 11:45 AM
46809	Sat	Jan 09	9:30 - 10:30 AM
46812	Thu	Feb 18	10:45 - 11:45 AM
46810	Sat	Feb 20	9:30 - 10:30 AM

PRESCHOOL PROGRAMS

PRINCESS PLAYTIME

This class is for girls ages 2-3 years. This class gives young toddlers the opportunity to interact with other children while learning coordination and listening skills in a structured environment. This is a dance class that incorporates Ballet, Tap and Tumbling.

Location: OC All-Stars

Ages: 2-3 Years

Fee: \$55/4 weeks

46594	Mon	Jan 04	10:00-10:45 AM
46597	Tue	Jan 05	10:00-10:45 AM
46600	Wed	Jan 06	10:00-10:45 AM
46603	Wed	Jan 06	11:00-11:45 AM
46595	Mon	Feb 01	10:00-10:45 AM
46598	Tues	Feb 02	10:00-10:45 AM
46601	Wed	Feb 03	10:00-10:45 AM
46604	Wed	Feb 03	11:00-11:45 AM
46596	Mon	Mar 01	10:00-10:45 AM
46599	Tues	Mar 02	10:00-10:45 AM
46602	Wed	Mar 03	10:00-10:45 AM
46605	Wed	Mar 03	11:00-11:45 AM

MUSIC & MOVEMENT

A Mommy & Me class in basic movement & music activities. Come learn in a fun, child-friendly environment and experience the joy of music and dance.

Fee: \$55/4 weeks

Location: Mission Viejo Dance & Perform. Arts

Ages: 2-3 Years

47277	Wed	Jan 06	11:00 AM - 12:00 PM
47284	Thu	Jan 07	11:30 AM - 12:30 PM
47278	Fri	Jan 08	11:00 AM - 12:00 PM
47288	Wed	Feb 03	11:00 AM - 12:00 PM
47291	Thu	Feb 04	11:30 AM - 12:30 PM
47285	Fri	Feb 05	11:00 AM - 12:00 PM
47289	Wed	Mar 03	11:00 AM - 12:00 PM
47292	Thu	Mar 04	11:30 AM - 12:30 PM
47290	Fri	Mar 05	11:00 AM - 12:00 PM

Location: Center Stage Dance

Ages: 2-3 years

Fee: \$55/4 weeks

48031	Thu	Jan 07	9:00 - 10:00 AM
48033	Sat	Jan 10	9:00 - 10:00 AM
48032	Thu	Feb 05	9:00 - 10:00 AM
48034	Sat	Feb 07	9:00 - 10:00 AM

PRESCHOOL DRAWING

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

Location: O'Neill School

Instructor: Young Rembrandts

Ages: 3 1/2 to 6 years

Fee: \$54/4 weeks

45771	Tue	Jan 5	2:30 - 3:15 PM
45772	Tue	Feb 2	2:30 - 3:15 PM
45773	Tue	Mar 2	2:30 - 3:15 PM

MY PLAY APPROACH

Learn how organized PLAY is the foundation toddlers need to attain the path for an exceptional education. Preschoolers must have the opportunity for music, dance, and imaginative play to establish their maximum learning potential.

Location: O'Neill Elementary

Instructor: Pat Glavin

Ages: 1- 1/2 - 4 Years

Holiday Fun

Fee: \$33/3 weeks

45843 Mon Dec 07 11:00 - 11:45 AM

Fee: \$55/5 weeks

45841 Mon Jan 11* 11:00 - 11:45 AM

45842 Mon Mar 01 11:00 - 11:45 AM

*No Class Jan 18 & Feb 15



PRINCESS BALLET

This activity packed class is filled with ballet and creative movement with all the imagery that comes with being a fairy tale princess. Class consists of basic dance skills, creative dance and play, crafts and performance. Participants will dress up in the featured princess tutus with wands and music to complete the Princess. For more information, please visit OCDanceProductions.com

Location: O'Neill Elementary, MPR

Ages: 1 1/2-3 years (Parent & Me)

Fee: \$89/8 weeks

47849 Fri Jan 22 10:00 - 10:45 AM

Ages: 3-5 years

447849 Fri Jan 22 10:50 - 11:35 AM

BALLET, JAZZ & TAP COMBO

This class teaches the beginning, basic fundamentals of dance movement and terminology, incorporating the styles of ballet, jazz and tap. Class focuses on providing students with a strong foundation in dance through fun, correct and engaging curriculum. Call studio for dance attire.

Location: Dance Palace, Aliso Viejo

Instructor: Sandra Casado/Staff

Fee: \$75/6 weeks

Ages: 4-5 years

46822 Tue Jan 12 5:00 - 6:00 PM

46823 Tue Feb 23 5:00 - 6:00 PM

Ages: 5-7 years

46824 Thu Jan 07 3:30 - 4:30 PM

46825 Thu Feb 18 3:30 - 4:30 PM

Location: Mission Viejo Dance & Perform Arts

Fee: \$55/ 4 weeks

47309 Mon Jan 04 11:00 AM - 12:00 PM

47332 Wed Jan 06 4:30 - 5:30 PM

47333 Fri Jan 08 3:30 - 4:30 PM

47357 Mon Feb 01 11:00 AM - 12:00 PM

47392 Wed Feb 03 4:30 - 5:30 PM

47394 Fri Feb 05 3:30 - 4:30 PM

47391 Mon Mar 01 11:00 AM - 12:00 PM

47393 Wed Mar 03 4:30 - 5:30 PM

47395 Fri Mar 05 3:30 - 4:30 PM

PRESCHOOL PROGRAMS

PRE-JAZZ

Basic course covering the preparation movements in jazz, specially designed for ages 4-6 which will include basic techniques and terminology of jazz with lots of fun, age-appropriate teaching tools. Instructors have professional dance background. Please check with studio for proper dance attire.

Location: Center Stage Dance

Ages: 4-6 years

Fee: \$55/4 weeks

46124	Mon	Jan 04	10:00 - 11:00 AM
46126	Mon	Feb 01	10:00 - 11:00 AM

BALLET, TAP & TUMBLING COMBO

This class is a beginning dance class that introduces basic dance movements. Students taking this class will learn dance terminology & prepare themselves for more advanced classes in the future.

Location: OC All-Stars

Ages: 4-6 years

Fee: \$55/4 weeks

46411	Mon	Jan 04	11:00 AM - 12:00 PM
46414	Mon	Jan 04	4:00 - 5:00 PM
46417	Wed	Jan 06	3:00 - 4:00 PM
46420	Thu	Jan 07	10:00 - 11:00 AM
46423	Sat	Jan 09	10:00 - 11:00 AM
46412	Mon	Feb 01	11:00 AM - 12:00 PM
46415	Mon	Feb 01	4:00 - 5:00 PM
46418	Wed	Feb 03	3:00 - 4:00 PM
46421	Thu	Feb 04	10:00 - 11:00 AM
46424	Sat	Feb 06	10:00 - 11:00 AM
46413	Mon	Mar 01	11:00 AM - 12:00 PM
46419	Wed	Mar 03	3:00 - 4:00 PM
46422	Thu	Mar 04	10:00 - 11:00 AM
46413	Mon	Mar 01	11:00 AM - 12:00 PM
46416	Mon	Mar 01	4:00 - 5:00 PM
46419	Wed	Mar 03	3:00- 4:00 PM
46422	Thu	Mar 04	10:00 - 11:00 AM
46425	Sat	Mar 06	3:00 - 4:00 PM

Location: Center Stage Dance

Ages: 3-4 years

Fee: \$55/4 weeks

46441	Tue	Jan 05	9:00 - 10:00 AM
46442	Tue	Feb 02	9:00 - 10:00 AM

Ages: 4-5 years

46443	Tue	Jan 05	1:00 - 2:00 PM
46444	Tue	Feb 02	1:00 - 2:00 PM

Ages: 3-5 years

46449	Thu	Jan 07	10:00 - 11:00 AM
46450	Thu	Feb 04	10:00 - 11:00 AM

Ages: 4-6 years

46447	Mon	Jan 04	9:00 - 10:00 AM
46448	Mon	Feb 01	9:00 - 10:00 AM

Ages: 5-8 years

46445	Tue	Jan 05	3:45 - 4:45 PM
46446	Tue	Feb 02	3:45 - 4:45 PM

CREATIVE DANCE

Combination of ballet, tap and exercises that are fun and age-appropriate. Teacher uses a successful, structured curriculum for enhanced learning.

Location: OC All-Stars

Ages: 3-4 years

Fee: \$55/4 weeks

46543	Mon	Jan 04	10:00 - 11:00 AM
46557	Mon	Jan 04	3:00-4:00 PM
46546	Tue	Jan 05	11:00 AM - 12:00 PM
46563	Tue	Jan 05	3:00 - 4:00 PM
46544	Wed	Jan 06	10:00 - 11:00 AM
46545	Thu	Jan 07	11:00AM - 12:00 PM
46548	Sat	Jan 09	9:00 AM - 10:00 AM
46554	Mon	Feb 01	10:00 - 11:00 AM
46562	Mon	Feb 01	3:00 - 4:00 PM
46549	Tues	Feb 02	11:00 AM - 12:00 PM
46608	Tues	Feb 02	3:00 - 4:00 PM
46547	Wed	Feb 03	10:00 - 11:00 AM
46552	Thu	Feb 04	11:00 AM - 12:00 PM
46551	Sat	Feb 06	9:00 - 10:00 AM
46556	Mon	Mar 01	10:00 - 11:00 AM
46606	Mon	Mar 01	3:00 - 4:00 PM
46558	Tue	Mar 02	11:00 AM - 12:00 PM
46607	Tue	Mar 02	3:00 - 4:00 PM
46550	Wed	Mar 03	10:00 - 11:00 AM
46553	Thu	Mar 04	11:00 AM - 12:00 PM
46561	Sat	Mar 06	9:00 - 10:00 AM

Location: Center Stage Dance

Ages: 3-5 years

Fee: \$55/4 weeks

46567	Tue	Jan 05	10:00 - 11:00 AM
46568	Tue	Feb 02	10:00 - 11:00 AM

MOMMY & ME ~ 2 CAN DANCE 2

Join us for a musical movement and exercise class for you and your toddler!

Location: Dance Palace, Aliso Viejo

Instructor: Sandra Casado/Staff

Ages: 18-30 mon.

Fee: \$75/6 weeks

46831	Mon	Jan 11	8:30 - 9:20 AM
46834	Fri	Jan 08	11:00 - 11:50 AM
46833	Mon	Feb 22	8:30 - 9:20 AM
46835	Fri	Feb 26	11:00 - 11:50 AM

Location: Ballet Conservatory

Ages: 2-3 years

Fee: \$80/8 weeks

48019	Tue	Jan 12	9:30 - 10:15 AM
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PRESCHOOL PROGRAMS

CREATIVE DANCE AT MISSION VIEJO DANCE

A combination of ballet, tap & acrobatics. Attire: Leotard, short ballet skirt optional, pink ballet tights, leather ballet slippers, & black tap shoes.

Location: Mission Viejo Dance & Perform Arts

Ages: 3-4 Years

Fee: \$55/4 weeks

47300	Mon	Jan 04	10:00 - 11:00 AM
47301	Tue	Jan 05	3:30 - 4:30 PM
47302	Wed	Jan 06	10:00 - 11:00 AM
47303	Thu	Jan 07	11:00 AM - 12:00 PM
47304	Fri	Jan 08	10:00 - 11:00 AM
47305	Sat	Jan 09	10:00 - 11:00 AM
47306	Sat	Jan 09	10:30 - 11:30 AM
47342	Mon	Feb 01	10:00 - 11:00 AM
47343	Tue	Feb 02	3:30 - 4:30 PM
47344	Wed	Feb 03	10:00 - 11:00 AM
47345	Thu	Feb 04	11:00 AM - 12:00 PM
47346	Fri	Feb 05	10:00 - 11:00 AM
47347	Sat	Feb 06	10:00 - 11:00 AM
47348	Sat	Feb 06	10:30 - 11:30 AM
47349	Mon	Mar 01	10:00 - 11:00 AM
47350	Tue	Mar 02	3:30 - 4:30 PM
47351	Wed	Mar 03	10:00 - 11:00 AM
47352	Thu	Mar 04	11:00 AM - 12:00 PM
47353	Fri	Mar 05	10:00 - 11:00 AM
47354	Sat	Mar 06	10:00 - 11:00 AM
47355	Sat	Mar 06	10:30 - 11:30 AM

PARENT & ME BALLET (BOYS & GIRLS)

Introductory class which will include the development of basic movements, rhythm skills & musicality. Learn to follow directions & function within a group.

Location: Laguna Dance Theatre

Ages: 18 mos. - 2 years

Fee: \$70/6 weeks

47403	Fri	Jan 08	9:15 - 10:00 AM
47402	Sat	Jan 09	8:15 - 9:00 AM

PRE BALLET / TAP COMBO

An introductory class which will include basic techniques & terminology of both tap & ballet with lots of fun!

Location: Laguna Dance Theatre

Ages: 3-5 Years

Fee: \$70/6 weeks

47441	Tue	Jan 12	3:30 - 4:30 PM
47439	Fri	Jan 08	10:00 - 11:00 AM
47440	Sat	Jan 09	9:00 - 10:00 AM

Location: Center Stage Dance

Ages: 3-4 years

Fee: \$55/4weeks

45963	Sat	Jan 09	10:00 - 11:00 AM
45972	Sat	Feb 06	10:00 - 11:00 AM

PRESCHOOL GYMNASTICS GYMNASTICS EXPLORERS

Explorers want to do it themselves. Our program keeps parents within arms reach but gives our Explorers the chance to take risks and succeed at challenging activities and learning new skills.

Location: OC All-Stars

Ages: 8 months - 2 years

Fee: \$60/4 weeks

46668	Thu	Jan 07	9:30 - 10:15 AM
46669	Thu	Feb 04	9:30 - 10:15 AM
46670	Thu	Mar 04	9:30 - 10:15 AM

OPEN GYM

Not quite ready for a structured class yet? Or would you like to do gymnastics and movement with your child in a safe and fun environment? Join us for Open Gym. Children under 4 must have a chaperone present.

Location: Azarian US Gymnastics, Aliso Viejo

Ages: 18 months - 5 years (co-ed)

Fee: \$60/6 weeks

46926	Tue	Jan 19	12:00 - 1:00 PM
46928	Wed	Jan 20	12:00 - 1:00 PM
46930	Thu	Jan 21	11:00 - 12:00 PM

Location: OC All-Stars

Ages: 3 years and up

Fee: \$60/4 weeks

46804	Fri	Jan 08	6:00 - 7:30 PM
46805	Fri	Feb 05	6:00 - 7:30 PM
46806	Fri	Mar 05	6:00 - 7:30 PM

WORLD ELITE GYMNASTICS

These classes are specifically designed for preschool and kindergarten age children. Classes are one hour where children learn the fundamentals of gymnastics using floor, bars, beam, trampoline and much more.

Location: World Elite Gymnastics

Ages: 3 Years

Fee: \$68/4 weeks

47046	Tue	Jan 12	10:00 - 11:00 AM
47048	Wed	Jan 13	10:00 - 11:00 AM
47050	Thu	Jan 14	10:00 - 11:00 AM
47047	Tue	Feb 02	10:00 - 11:00 AM
47049	Wed	Feb 03	10:00 - 11:00 AM
47051	Thu	Feb 04	10:00 - 11:00 AM

Ages: 4 Years

47052	Tue	Jan 12	11:00 AM - 12:00 PM
47054	Wed	Jan 13	11:00 AM - 12:00 PM
47056	Thu	Jan 14	11:00 AM - 12:00 PM
47053	Tue	Feb 02	11:00 AM - 12:00 PM
47055	Wed	Feb 03	11:00 AM - 12:00 PM
47058	Thu	Feb 04	11:00 AM - 12:00 PM

Ages: 5 Years

47062	Tue	Jan 12	1:00 - 2:00 PM
47066	Tue	Feb 02	1:00 - 2:00 PM

PRESCHOOL PROGRAMS

PRESCHOOL TUMBLERS

Tumblers are ready to take their first steps towards individualism. Parents have the option to join their Tumblers for class, but give their children more room to discover and learn new skills on their own while bonding with their fellow Tumblers.

Location: OC All-Stars

Ages: 2-3 Years

Fee: \$60/4 weeks

46671	Mon	Jan 04	10:30-11:15 AM
46674	Tue	Jan 05	11:15-12:00 PM
46677	Tue	Jan 05	3:15 - 4:00 PM
46680	Wed	Jan 06	9:30 - 10:15 AM
46683	Wed	Jan 06	3:15 - 4:00 PM
46686	Thu	Jan 07	10:30-11:15 AM
46689	Sat	Jan 09	10:15-11:00 AM
46672	Mon	Feb 01	10:30-11:15 AM
46675	Tue	Feb 02	11:15-12:00 PM
46678	Tue	Feb 02	3:15 - 4:00 PM
46681	Wed	Feb 03	9:30 - 10:15 AM
46684	Wed	Feb 03	3:15 - 4:00 PM
46687	Thu	Feb 04	10:30-11:15 AM
46690	Sat	Feb 06	10:15-11:00 AM
46673	Mon	Mar 01	10:30-11:15 AM
46676	Tue	Mar 02	11:15-12:00 PM
46679	Tue	Mar 02	3:15 - 4:00 PM
46682	Wed	Mar 03	9:30 - 10:15 AM
46685	Wed	Mar 03	3:15 - 4:00 PM
46688	Thu	Mar 04	10:30-11:15 AM
46691	Sat	Mar 06	10:15-11:00 AM

TINY TUMBLERS

Our Tiny Tumbler class lets the child explore and have fun with varieties of movements, jumping, balancing and swinging to develop coordination. It is designed to develop new motor skills, social skills and creativity through music, movement, self discovery of their own body mechanics and to build self-confidence.

Location: Azarian US Gymnastics, Aliso Viejo

Ages: 6-18 months

Fee: \$62/6 weeks

46919	Tue	Jan 19	9:20 - 10:00 AM
46920	Tue	Jan 19	11:00 - 11:40 AM
46921	Wed	Jan 20	9:20 - 10:00 AM
46923	Thu	Jan 21	9:20 - 10:00 AM



PARENT & ME GYMNASTICS

These classes promote positive motor and development growth in a fun filled stimulating environment. The program introduces and reinforces developmental skills necessary for later scholastic years.

Location: Azarian US Gymnastics, Aliso Viejo

Ages: 18 Months-3 years & Parent

Fee: \$75/4 weeks

46876	Mon	Jan 18	10:30 - 11:20 AM
46880	Mon	Jan 18	11:30 AM - 12:20 PM
46883	Mon	Jan 18	4:30 - 5:20 PM
46877	Tue	Jan 19	9:30 - 10:20 AM
46878	Tue	Jan 19	10:00 - 10:50 AM
46881	Tue	Jan 19	11:00 - 11:50 AM
46890	Wed	Jan 20	10:00 - 10:50 AM
46882	Wed	Jan 20	11:00 - 11:50 AM
46886	Wed	Jan 20	4:30 - 5:20 PM
46879	Thu	Jan 21	10:00 - 10:50 AM
46885	Thu	Jan 21	11:00 - 11:50 AM
46892	Thu	Jan 21	4:30 - 5:20 PM
46887	Fri	Jan 22	9:00 - 9:50 AM
46895	Fri	Jan 22	10:00 - 10:50 AM
46891	Fri	Jan 22	11:00 - 11:50 AM
46888	Sat	Jan 23	9:10 - 10:00 AM
46889	Sat	Jan 23	10:00 - 10:50 AM

Location: World Elite Gymnastics, RSM

Ages: 1-2 years

Fee: \$64/4 weeks

47038	Tue	Jan 12	9:00 - 9:45 AM
47041	Thu	Jan 14	10:00 - 10:45 AM
47040	Tue	Feb 02	9:00 - 9:45 AM
47042	Thu	Feb 04	10:00 - 10:45 AM

MONKEY BUSINESS GYMNASTICS

Gymnastics is a foundation for all other sports. It allows children to set goals, challenge their abilities, develop strength, coordination and skills that help promote a positive self-esteem. Students in this 4 week introductory course will learn trampoline safety and basics, rock climbing as well as fundamental skills on bars, balance beam, tumbling and vault.

Location: Monkey Business Gymnastics

Ages: 24 - 36 months (Parent & Me)

Fee: \$48/4 weeks

47113	Thu	Jan 07	11:15 - 12:00 PM
47114	Thu	Feb 04	11:15 - 12:00 PM
47122	Thu	Mar 04	11:15 - 12:00 PM

Ages: 4-5 years

Fee: \$60/4 weeks

47115	Thu	Jan 07	10:15 - 11:15 AM
47116	Thu	Feb 04	10:15 - 11:15 AM
47117	Thu	Mar 04	10:15 - 11:15 AM

**Bring a friend and sign up
for a preschool program!**

PRESCHOOL / YOUTH SOCIAL PROGRAMS

GYMNASTICS FLIPPERS

Flippers are ready to be introduced to more advanced tumbling & will acquire fine motor skills in an independent environment while parents are nearby observing from our comfortable viewing area.

Location: OC All-Stars

Ages: 4-6 years

Fee: \$60/4 weeks

46692	Mon	Jan 04	9:30 - 10:30 AM
46695	Tue	Jan 05	10:15 - 11:15 AM
46698	Wed	Jan 06	10:30 - 11:30 AM
46701	Thu	Jan 07	1:00 - 2:00 PM
46704	Thu	Jan 07	3:00 - 4:00 PM
46707	Sat	Jan 09	11:15 - 12:15 PM
46693	Mon	Feb 01	9:30 - 10:30 AM
46696	Tue	Feb 02	10:15 - 11:15 AM
46699	Wed	Feb 03	10:30 - 11:30 AM
46702	Thu	Feb 04	1:00 - 2:00 PM
46705	Thu	Feb 04	3:00 - 4:00 PM
46708	Sat	Feb 06	11:15 - 12:15 PM
46694	Mon	Mar 01	9:30 - 10:30 AM
46697	Tue	Mar 02	10:15 - 11:15 AM
46700	Wed	Mar 03	10:30 - 11:30 AM
46703	Thu	Mar 04	1:00 - 2:00 PM
46706	Thu	Mar 04	3:00 - 4:00 PM
46709	Sat	Mar 06	11:15 - 12:15 PM

LITTLE CHAMPIONS GYMNASTICS

This program introduces your little champion to the fundamentals of gymnastics. A variety of skills are taught in a progressive manner, utilizing colorful shapes, bars, beam, tumbling mats, trampoline, tumble track and the foam pit!

Location: Azarian US Gymnastics

Ages: 3-4 Years

Fee: \$84/6 weeks

46896	Mon	Jan 18	9:30 - 10:20 AM
46897	Mon	Jan 18	10:30 - 11:20 AM
46904	Mon	Jan 18	11:30 AM - 12:20 PM
46899	Tue	Jan 19	11:30 AM - 12:20 PM
46912	Wed	Jan 20	10:00 - 10:50 AM
46901	Wed	Jan 20	11:00 - 11:50 AM
46900	Wed	Jan 20	4:30 - 5:20 PM
46910	Thu	Jan 21	9:30 - 10:20 AM
46911	Thu	Jan 21	10:30 - 11:20 AM
46906	Thu	Jan 21	4:30 - 5:20 PM
46902	Fri	Jan 22	9:00 - 9:50 AM
46903	Fri	Jan 22	10:00 - 10:50 AM
46909	Fri	Jan 22	11:00 - 11:50 AM
46907	Fri	Jan 22	3:30 - 4:20 PM
46915	Sat	Jan 23	9:00 - 9:50 AM
46916	Sat	Jan 23	9:30 - 10:20 AM
46917	Sat	Jan 23	10:30 - 11:20 AM
46918	Sat	Jan 23	11:00 - 11:50 AM

GYMNASTICS PUFFERBELLIES

The age of mobility gets our little Pufferbellies moving around the gym. Classes focus on balance, coordination, strength and most importantly, confidence in their newfound abilities.

Location: OC All-Stars

Ages: 8 months - 2 years

Fee: \$60/4 weeks

46662	Tue	Jan 05	9:15 - 10:00 AM
46663	Sat	Jan 09	9:15 - 10:00 AM
46664	Tue	Feb 02	9:15 - 10:00 AM
46666	Sat	Feb 06	9:15 - 10:00 AM
46665	Tue	Mar 02	9:15 - 10:00 AM
46667	Sat	Mar 06	9:15 - 10:00 AM

Youth Dance

HIP HOP BOYS ONLY!

A hip-hop class just for the boys, and with exercises especially designed for boys. Learn the hip-hop basics & tumbling.

Location: Mission Viejo Dance Perform. Arts

Ages: 5-7 years

Fee: \$55/4 weeks

46399	Tue	Jan 05	3:30 - 4:30 PM
46404	Tue	Feb 02	3:30 - 4:30 PM
46405	Tue	Mar 02	3:30 - 4:30 PM

Ages: 8-12 years

46406	Thu	Jan 07	4:00 - 5:00 PM
46407	Thu	Feb 04	4:00 - 5:00 PM
46408	Thu	Mar 04	4:00 - 5:00 PM

Location: OC All-Stars

Ages: 7-13 years

Fee: \$55/4 weeks

46649	Thu	Jan 07	5:00 - 6:00 PM
46650	Thu	Feb 04	5:00 - 6:00 PM
46651	Thu	Mar 04	5:00 - 6:00 PM

Ages: 10-16 years

46652	Thu	Jan 07	6:00 - 7:00 PM
46653	Thu	Feb 04	6:00 - 7:00 PM
46654	Thu	Mar 04	6:00 - 7:00 PM

Location: Center Stage Dance

Ages: 6-9 years

Fee: \$55/4 weeks

46409	Mon	Jan 04	3:45 - 4:45 PM
46410	Mon	Feb 01	3:45 - 4:45 PM

Location: Dance Palace

Instructor: Sandra Casado/Staff

Ages: 6-10

Fee: \$75/6 weeks

46633	Mon	Jan 11	4:30 - 5:30 PM
46637	Mon	Feb 22	4:30 - 5:30 PM

SVUSD Recreation & Community Services Dept.
offers a variety of dance classes!
Please call our recreation office if you
have any questions!
(949) 768-0981 ext. 3

PRESCHOOL/YOUTH SOCIAL PROGRAMS

JAZZ/TUMBLING

Introductory class of basic techniques & terminology of acrobatics, tumbling & jazz movements with lots of fun age-appropriate teaching tools.

Location: Mission Viejo Dance & Perform. Arts

Ages: 5-7 years

Fee: \$55/4 weeks

47595	Mon	Jan 04			4:30 - 5:30 PM
47603	Mon	Feb 01			4:30 - 5:30 PM
47604	Mon	Mar 01			4:30 - 5:30 PM

JAZZ/TAP COMBO

Introductory class which will include basic techniques and terminology of both tap & jazz with lots of fun, age-appropriate teaching tools.

Location: Dance Palace

Instructor: Sandra Casado

Ages: 5-7 years

Fee: \$75/6 weeks

46854	Tue	Jan 12			6:00 - 7:00 PM
46857	Tue	Feb 23			6:00 - 7:00 PM

Ages: 6-8 years

46836	Sat	Jan 09			10:30 - 11:30 AM
46856	Sat	Feb 20			10:30 - 11:30 AM

BALLET / TAP COMBO

Introductory class which will include basic techniques and terminology of both tap and ballet with lots of fun, age appropriate teaching tools.

Location: OC All-Stars

Ages: 6-8 Years

Fee: \$55/4 weeks

46612	Tue	Jan 05			4:00 - 5:00 PM
46615	Wed	Jan 06			4:00 - 5:00 PM
46609	Sat	Jan 09		11:00 AM - 12:00 PM	
46613	Tue	Feb 02			4:00 - 5:00 PM
46616	Wed	Feb 03			4:00 - 5:00 PM
46610	Sat	Feb 06		11:00 AM - 12:00 PM	
46614	Tue	Mar 02			4:00 - 5:00 PM
46617	Wed	Mar 03			4:00 - 5:00 PM
46611	Sat	Mar 06		11:00 AM - 12:00 PM	

Location: Pacific School of Ballet

Ages: 3-4 Years

Fee: \$80/8 weeks

45912	Tue	Jan 12			9:30 - 10:15 AM
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Location: Ballet Conservatory

Ages: 4-5 Years

Fee: \$80/8 weeks

47576	Fri	Jan 15			10:15 - 11:00 AM
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Location: Laguna Dance Theatre

Ages: 5+ years (Combo I/II)

Fee \$70/6 weeks

47577	Fri	Jan 08			3:30 - 4:30 PM
47579	Sat	Jan 09			10:00 - 11:00 AM

Location: Center Stage Dance

Fee: \$55/4weeks

Ages: 5-6 years

45971	Sat	Jan 09			11:00 AM - 12:00 PM
45973	Sat	Feb 06			11:00 AM - 12:00 PM

JAZZ / HIP HOP COMBO

Basic courses covering beginning movements of Hip Hop and Jazz. Class covers the latest hip-hop dance styles. Class is upbeat, fast-paced and fun! music. Wear comfortable clothing and jazz shoes or sneakers. Come prepared to dance at the first class.

Location: OC All-Stars

Ages: 5-8 years

Fee: \$55/4 weeks

46349	Mon	Jan 04			5:00 - 6:00 PM
46380	Thu	Jan 07			3:00 - 4:00 PM
46342	Mon	Feb 01			5:00 - 6:00 PM
46364	Thu	Feb 04			3:00 - 4:00 PM
46350	Mon	Mar 01			5:00 - 6:00 PM
46365	Thu	Mar 04			3:00 - 4:00 PM

Ages: 8-11 years

46366	Fri	Jan 08			5:00 - 6:00 PM
46351	Fri	Feb 05			5:00 - 6:00 PM
46352	Fri	Mar 05			5:00 - 6:00 PM

Location: Laguna Dance Theatre

Ages: 5-8 years

Fee: \$70/6 weeks

46166	Fri	Jan 08			4:30 - 5:30 PM
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Location: Center Stage Dance

Fee: \$55/4 weeks

Ages: 13 & Older

46379	Mon	Jan 04			6:45 - 7:45 PM
46369	Mon	Feb 01			6:45 - 7:45 PM

Ages: 8-12 years

46397	Fri	Jan 08			3:45 - 4:45 PM
46398	Fri	Feb 05			3:45 - 4:45 PM

ZUMBA

Get your heart pumping and hips shaking with a fusion of Latin and international music. Lots of fun & high energy! Exciting and unique moves that utilize the principles of fitness with easy to follow dance steps. Come prepared to dance at the first class. Wear comfortable dance clothing.

Location: Mission Viejo Dance & Perform. Arts

Fee: \$55/4 weeks

Ages: 13-18 years

47755	Tue	Jan 05			7:00 - 8:00 PM
47759	Thu	Jan 07			7:00 - 8:00 PM
47762	Sat	Jan 09		9:00 - 10:00 AM	
47757	Tue	Feb 02			7:00 - 8:00 PM
47760	Thu	Feb 04			7:00 - 8:00 PM
47763	Sat	Feb 06		9:00 - 10:00 AM	
47758	Tue	Mar 02			7:00 - 8:00 PM
47761	Thu	Mar 04			7:00 - 8:00 PM
47764	Sat	Mar 06		9:00 - 10:00 AM	



Saddleback Valley Unified School District

YOUTH SOCIAL PROGRAMS

TAP DANCE

Introductory class which will include basic techniques and terminology of tap with lots of fun, age-appropriate teaching tools.

Location: Mission Viejo Dance & Perform. Arts

Ages: 7-12 years

Fee: \$55/4 weeks

46499 Fri Jan 08 5:30 - 6:30 PM

47605 Fri Feb 05 5:30 - 6:30 PM

47606 Fri Mar 05 5:30 - 6:30 PM

Ages: 13-18 years

46471 Wed Jan 06 6:30 - 7:30 PM (Beg.)

46456 Mon Jan 04 6:30 - 7:30 PM (Adv.)

46486 Wed Jan 06 7:30 - 8:30 PM (Int.)

47745 Wed Feb 03 6:30 - 7:30 PM (Beg.)

47747 Mon Feb 01 6:30 - 7:30 PM (Adv.)

47749 Wed Feb 03 7:30 - 8:30 PM (Int.)

47746 Wed Mar 03 6:30 - 7:30 PM (Beg.)

47748 Mon Mar 01 6:30 - 7:30 PM (Adv.)

47750 Wed Mar 03 7:30 - 8:30 PM (Int.)

Location: Center Stage Dance

Fee: \$55/4 weeks

Ages: 6-10 years

46468 Tue Jan 05 3:45 - 4:45 PM

46502 Tue Feb 02 3:45 - 4:45 PM

Location: Dance Palace

Instructor: Sandra Casado/Staff

Fee: \$75/6 weeks

Ages: 4-6 years

46465 Wed Jan 13 5:00 - 6:00 PM

46828 Wed Feb 24 5:00 - 6:00 PM

Ages: 5-7 years

46829 Fri Jan 15 5:00 - 6:00 PM

46830 Fri Feb 26 5:00 - 6:00 PM

LEAPS & TURNS

This Leaps & Turns is designed for teens and will help you further improve your technique and confidence! Excellent technique class for team auditions and competitions.

Location: OC All Stars

Ages: 12-18 years

Fee: \$55/4 weeks

46659 Tue Jan 05 8:00 - 9:00 PM

46660 Tue Feb 02 8:00 - 9:00 PM

46661 Tue Mar 02 8:00 - 9:00 PM

Location: Laguna Dance Theatre

Ages: 10 + years (Jazz III Level)

46655 Thu Jan 14 5:30 - 6:30 PM

Ages: 12-18 years

Fee: \$55/ 4 weeks (Jazz Adv Level)

46656 Thu Jan 14 7:30 - 8:30 PM

For more information, please call:
949-768-0981 ext. 3

LYRICAL

Fusion of ballet and jazz technique interpreting music and lyrics. Instructors have professional dance background.

Location: OC All-Stars

Ages: 10-15 years (Lyrical/Jazz)

Fee: \$55/4 weeks

46524 Mon Jan 04 6:00 - 7:00 PM

46525 Mon Feb 01 6:00 - 7:00 PM

46526 Mon Mar 01 6:00 - 7:00 PM

Location: Laguna Dance Theatre

Ages: 7+ years (Lyrical I)

Fee: \$70/6 weeks

46518 Wed Jan 13 3:30 - 4:30 PM

Location: Center Stage Dance

Ages: 6-10 years

Fee: \$55/4 weeks

46503 Tue Jan 05 3:45 - 4:45 PM

46534 Tue Feb 02 3:45 - 4:45 PM

Ages: 13 & Older

46507 Tue Jan 05 6:45 - 7:45 PM

46512 Tue Feb 02 6:45 - 7:45 PM

HIP-ICAL

A combination of hip hop and lyrical styles. It is the newest thing in LA!

Location: Mission Viejo Dance & Perform. Arts

Fee: \$55/4 weeks

Ages: 15 + older

47736 Wed Jan 06 7:00 - 8:00 PM

47743 Wed Feb 03 7:00 - 8:00 PM

47744 Wed Mar 03 7:00 - 8:00 PM

TEEN FITNESS & GYMNASTICS CLASSES

This class is designed to give all levels the opportunity to improve their strength, agility and endurance while being in a fun and motivating environment.

Location: World Elite Gymnastics, RSM

Ages: 12+ Years (boys & girls)

Fee: \$88/4 weeks (1 1/2 hours per week)

47102 Tue Jan 12 6:00 - 7:30 PM

47103 Tue Feb 02 6:00 - 7:30 PM

DANCE, DANCE, & EXERCISE

Sport & social dance is a dance and exercise class your child will love. Learn the Chicken dance, the Hokey Pokey, the Macarena, the Electric & Cha-Cha Slide, County Shuffle and more while getting a great work out.

Location: Dance Palace

Instructor: Sandra Casado

Ages: 4-6 years

Fee: \$75/6 weeks

Ages: 7-10 years

46859 Tue Jan 12 4:00 - 5:00 PM

46860 Tue Feb 23 4:00 - 5:00 PM

46858 Fri Jan 08 10:00 - 11:00 AM

46861 Fri Feb 19 10:00 - 11:00 AM

YOUTH SOCIAL PROGRAMS

JAZZ DANCE

Basic courses covering beginning movements of jazz in the classic and musical style. Come prepared to dance at the first class. Please check with the studio for correct dance attire.

Location: Mission Viejo Dance & Perform. Arts

Ages: 8-12 years

Fee: \$55/4 weeks

46137	Wed	Jan 06	5:00 - 6:00 PM
47720	Wed	Feb 03	5:00 - 6:00 PM
47721	Wed	Mar 03	5:00 - 6:00 PM

Ages: 6-8 years

46134	Sat	Jan 09	10:00 - 11:00 AM
47717	Sat	Feb 06	10:00 - 11:00 AM
47718	Sat	Mar 06	10:00 - 11:00 AM

Location: Laguna Dance Theatre

Ages: 7-10 years

Fee: \$70/6 weeks

47445	Fri	Jan 08	5:30 - 6:30 PM
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Location: OC All Stars

Ages: 7-10 years

Fee: \$55/4 weeks

46618	Tue	Jan 05	5:00 - 6:00 PM
46619	Tue	Feb 02	5:00 - 6:00 PM
46620	Tue	Mar 02	5:00 - 6:00 PM

Ages: 10-13 years

46621	Tue	Jan 05	6:00 - 7:00 PM
46622	Tue	Feb 02	6:00 - 7:00 PM
46623	Tue	Mar 02	6:00 - 7:00 PM

Ages: 5-7 years

46624	Fri	Jan 08	4:00 - 5:00 PM
46625	Fri	Feb 05	4:00 - 5:00 PM
46626	Fri	Mar 05	4:00 - 5:00 PM

Location: Center Stage Dance

Ages: 3-4 years

Fee: \$55/4weeks

45963	Sat	Jan 09	10:00 - 11:00 AM
45972	Sat	Feb 06	10:00 - 11:00 AM

Ages: 5-6 years

45971	Sat	Jan 09	11:00 AM - 12:00 PM
45973	Sat	Feb 06	11:00 AM - 12:00 PM

Ages: 6-10 years

46151	Tue	Jan 05	4:45 - 5:45 PM
46152	Tue	Feb 02	4:45 - 5:45 PM

Ages: 11 & Older (Intermediate Jazz)

46129	Tue	Jan 05	5:45 - 6:45 PM
46153	Tue	Feb 02	5:45 - 6:45 PM



BALLET

Basic course covering beginning movements in ballet. Come prepared to dance the first class. Please contact studio for correct dance attire.

Location: Mission Viejo Dance & Perform. Arts

Ages: 5-7 Years

Fee: \$55/4 weeks

46027	Mon	Jan 04	3:30 - 4:30 PM
45981	Fri	Jan 08	4:30 - 5:30 PM
45980	Mon	Feb 01	3:30 - 4:30 PM
47608	Fri	Feb 05	4:30 - 5:30 PM
47607	Mon	Mar 01	3:30 - 4:30 PM
47609	Fri	Mar 05	4:30 - 5:30 PM

Ages: 6-8 years

45991	Sat	Jan 09	9:00 - 10:00 AM
47610	Sat	Feb 06	9:00 - 10:00 AM
47611	Sat	Mar 06	9:00 - 10:00 AM

Ages: 8-12 years

46002	Wed	Jan 06	4:00 - 5:00 PM
47612	Wed	Feb 03	4:00 - 5:00 PM
47613	Wed	Mar 03	4:00 - 5:00 PM

Location: Laguna Dance Theatre

Ages: 5+ years

Fee: \$70/6 weeks

45976	Thu	Jan 14	3:30 - 4:30 PM
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Location: Center Stage Dance

Ages: 6-10 years

Fee: \$55/4 weeks

46025	Mon	Jan 04	3:45 - 4:45 PM
46030	Mon	Feb 01	3:45 - 4:45 PM

Location: Dance Palace, Aliso Viejo

Ages: 4-6 years

Fee: \$75/6 weeks

46818	Wed	Jan 13	4:00 - 5:00 PM
46819	Wed	Feb 24	4:00 - 5:00 PM

Ages: 5-7 years

46820	Sat	Jan 09	12:30 - 1:30 PM
46821	Sat	Feb 20	12:30 - 1:30 PM

Location: Mission Viejo Dance Perform Arts

Ages: 13-18 years

Fee: \$55/4 weeks

46003	Tue	Jan 05	7:30 - 8:30 PM
46004	Thu	Jan 07	7:30 - 8:30 PM
45986	Sat	Jan 09	10:00 - 11:00 AM
47614	Tue	Feb 02	7:30 - 8:30 PM
47616	Thu	Feb 04	7:30 - 8:30 PM
47618	Sat	Feb 06	10:00 - 11:00 AM
47615	Tue	Mar 02	7:30 - 8:30 PM
47617	Thu	Mar 04	7:30 - 8:30 PM
47619	Sat	Mar 06	10:00 - 11:00 AM

For more information
please call the SVUSD Recreation & Community
Services Dept. office at 949-768-0981
or see our website at
www.saddlebackrecreation.com

YOUTH SOCIAL PROGRAMS

HIP HOP

Basic courses covering beginning movements of Hip Hop. Hip Hop will take the latest Hip Hop and Funk moves and put them together into fun routines.

Location: Mission Viejo Dance & Perform. Arts

Fee: \$55/4 weeks

Ages: 5-7 years (Mini Hip-Hop)

47668	Tue	Jan 05	4:00 - 5:00 PM
47673	Sat	Jan 09	11:30 AM - 12:30 PM
47713	Tue	Feb 02	4:00 - 5:00 PM
47715	Sat	Feb 06	11:30 AM - 12:30 PM
47714	Tue	Mar 02	4:00 - 5:00 PM
47716	Sat	Mar 06	11:30 AM - 12:30 PM

Ages: 8-12 years

46631	Tue	Jan 05	5:30 - 6:30 PM
46632	Wed	Jan 06	5:30 - 6:30 PM
47728	Tue	Feb 02	5:30 - 6:30 PM
47730	Wed	Feb 03	5:30 - 6:30 PM
47729	Tue	Mar 02	5:30 - 6:30 PM
47731	Wed	Mar 03	5:30 - 6:30 PM

Ages: 13+ years

46629	Tue	Jan 05	7:30 - 8:30 PM
47732	Tue	Feb 02	7:30 - 8:30 PM
47733	Tue	Mar 02	7:30 - 8:30 PM

Ages: 15 + older

46628	Tue	Jan 05	6:30 - 7:30 PM
47734	Tue	Feb 02	6:30 - 7:30 PM
47735	Tue	Mar 02	6:30 - 7:30 PM

Location: OC All-Stars

Fee: \$55/4 weeks

Ages: 7-13 years (Boys Only)

46649	Thu	Jan 07	5:00 - 6:00 PM
46650	Thu	Feb 04	5:00 - 6:00 PM
46651	Thu	Mar 04	5:00 - 6:00 PM

Ages: 8-11 years

46643	Wed	Jan 06	5:00 - 6:00 PM
46644	Wed	Feb 03	5:00 - 6:00 PM
46645	Wed	Mar 03	5:00 - 6:00 PM

Ages: 12-16 years

46646	Wed	Jan 06	6:00 - 7:00 PM
46647	Wed	Feb 03	6:00 - 7:00 PM
46648	Wed	Mar 03	6:00 - 7:00 PM

Location: Dance Palace

Instructor: Sandra Casado/Staff

Ages: 6-10 (Co-Ed)

Fee: \$75/6 weeks

46640	Mon	Jan 11	5:30 - 6:30 PM
46634	Mon	Feb 22	5:30 - 6:30 PM

Ages: 11-17 (Co-ed)

Fee: \$75/6 weeks

46826	Mon	Jan 11	6:30 - 7:30 PM
46827	Mon	Feb 22	6:30 - 7:30 PM
46641	Wed	Jan 13	6:00 - 7:00 PM
46642	Wed	Feb 24	6:00 - 7:00 PM

Location: Center Stage Dance

Fee: \$55/4 weeks

Ages: 9 & Older

46383	Wed	Jan 06	3:45 - 4:45 PM
46384	Wed	Feb 03	3:45 - 4:45 PM

HIGH SCHOOL MUSICAL CHEERLEADING & POMPON DANCE

Come join us for a fun filled class of cheerleading and HSM fun! Formatted by former NFL cheerleader and professional coach, Kim Esmond. Class is designed for those new to cheerleading and taught with encouragement by professional cheer staff. Participants have the option to participate in the OCDP Expo in November.. A \$10 (cash) material fee is payable to the instructor and used for materials for 2 cheer crafts. Ages 4-7

Fee: \$89/8 weeks

Location: O'Neill Elem., MPR

47852	Wed	Jan 20	5:00 - 5:45 PM
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ACTING AND SINGING

This course will include stage acting and singing fundamentals.

Location: Mission Viejo Dance & Perform. Arts

Ages: 9-14 years

Fee: \$55/4 weeks

47659	Wed	Jan 06	6:30 - 7:30 PM
47660	Wed	Feb 03	6:30 - 7:30 PM
47661	Wed	Mar 03	6:30 - 7:30 PM



Do you have stage fright?
Learn how to act & sing
on stage like your
favorite star!

SONG & DANCE

This course teaches musical theatre style music & dance movements. A performance will be given at the end of the session. Learn to sing & dance to your favorite numbers from Annie, Wizard of Oz, Cinderella & more!

Location: Mission Viejo Dance & Perform. Arts

Ages: 5-8 years

Fee: \$55/4 weeks

47627	Fri	Jan 08	3:30 - 4:30 PM
47632	Sat	Jan 09	9:30 - 10:30 AM
47636	Fri	Jan 05	3:30 - 4:30 PM
47638	Sat	Jan 06	9:30 - 10:30 AM
47637	Fri	Feb 05	3:30 - 4:30 PM
47639	Sat	Feb 06	9:30 - 10:30 AM

YOUTH SOCIAL PROGRAMS

CHILDREN'S THEATRE WORKSHOP

Try our Creative Drama Workshop and have fun portraying different types of people in places you may have never gone. Enjoy freedom of movement, self-expression, mime, reading scripts, acting in scenes and skits, puppetry, clowning and much more. Potpourri of Entertainment is held at the end of the semester. Call Bunny Lawson, Director at 581-5402 for further information.

Instructor: Children's Theatre Workshop staff

Location: Mount of Olives Lutheran Church

Fee: \$100/10 weeks

Ages: 5-6 Years

47221 Tue Jan 26 4:00 - 5:00 PM

Fee: \$110/10 weeks

Ages: 7-9 Years

47222 Tue Jan 26 4:00 - 5:30 PM

Fee: \$125/10 weeks

Ages: 10-15 Years

47223 Mon Jan 25 4:00 - 6:00 PM

MUSICAL THEATRE

Students will learn basic movements of song & dance as performed in Broadway musicals. This fun form of learning is excellent for the 'aspiring performer' or the child who loves to sing and dance.

Location: Mission Viejo Dance & Perform. Arts

Ages: 7-10 years

Fee: \$55/4 weeks

47645 Wed Jan 06 3:30 - 4:30 PM

47641 Fri Jan 08 4:30 - 5:30 PM

47655 Wed Feb 03 3:30 - 4:30 PM

47657 Fri Feb 05 4:30 - 5:30 PM

47656 Wed Mar 03 3:30 - 4:30 PM

47658 Fri Mar 05 4:30 - 5:30 PM

Ages: 8-12 years

47640 Sat Jan 09 10:30 - 11:30 AM

47653 Sat Feb 06 10:30 - 11:30 AM

47654 Sat Mar 06 10:30 - 11:30 AM

MUSICAL THEATRE DANCE PRODUCTION

Students will learn basic movements of song & dance as performed in Broadway musicals. Excellent class for aspiring performer or the child who loves to sing & dance. Full length theatre performance on the last class.

Location: Mission Viejo Dance Perform. Arts

Full Length Junior Production: "Beauty and the Beast"

Ages: 6-15 years

Fee: \$240/11 weeks

48023 Sat Jan 09 1:00 - 4:00 PM

Full Length Junior Production: "Guys & Dolls"

Ages: 6-15 years

Fee: \$240/11 weeks

47876 Sat Jan 09 1:00 - 4:00 PM

MUSICAL THEATRE DANCE

Students will learn basic movements of song & dance as performed in Broadway musicals. Excellent class for aspiring performer or the child who loves to sing & dance.

Location: Center Stage Dance

Ages: 6-10 years

Fee: \$55/4 weeks

46108 Fri Jan 08 3:45 - 4:45 PM

46109 Fri Feb 05 3:45 - 4:45 PM

GROUP ACTING

Learn or improve your acting skills for musical theatre work on stage directions, scene work from shows, acting while singing, projecting your voice, auditioning and more.

Location: Center Stage Dance

Ages: 6-10 years

Fee: \$55/4 weeks

46116 Sat Jan 09 10:00 - 11:00 AM

46117 Sat Feb 06 10:00 - 11:00 AM

Ages: 10 & Older

46118 Wed Jan 06 7:45 - 8:45 PM

46119 Wed Feb 03 7:45 - 8:45 PM

Ages: 11 & Older

46120 Mon Jan 04 6:00 - 7:00 PM

46121 Mon Feb 01 6:00 - 7:00 PM

GROUP VOICE

Using the allard singing method, this voice training class will cover vocal technique, song interpretation, audition songs & other music.

Location: Center Stage Dance

Ages: 6-10 years

Fee: \$55/4 weeks

46389 Sat Jan 09 9:00 - 10:00 AM

46390 Sat Feb 06 9:00 - 10:00 AM

46391 Mon Jan 04 4:00 - 5:00 PM

46393 Mon Feb 01 4:00 - 5:00 PM

Ages: 10 & Older

46392 Wed Jan 06 6:45 - 7:45 PM

46394 Wed Feb 03 6:45 - 7:45 PM

Ages: 11 & Older

46395 Mon Jan 04 5:00 - 6:00 PM

43396 Mon Feb 01 5:00 - 6:00 PM



For more information on any programs
please call 949-768-0981 ext. 3

YOUTH SOCIAL PROGRAMS

Gymnastics/Tumbling GYMNASTICS / TRAMPOLINE & TUMBLING CLASSES

These classes combine the acrobatics of trampoline with the precision of gymnastics. Classes focus on learning basic somersaults and tumbling skills using specially designed tumbling floors and trampolines.

Location: World Elite Gymnastics, RSM

Ages: 5-8 Years (girls only)

Fee: \$68/4 weeks

47076	Mon	Jan 11	6:00 - 7:00 PM
47078	Tue	Jan 12	3:00 - 4:00 PM
47080	Thu	Jan 14	3:00 - 4:00 PM
47082	Fri	Jan 15	3:00 - 4:00 PM
47077	Mon	Feb 01	6:00 - 7:00 PM
47079	Tue	Feb 02	3:00 - 4:00 PM
47081	Wed	Feb 03	3:00 - 4:00 PM
47083	Thu	Feb 04	3:00 - 4:00 PM

Ages: 5-8 Years (boys only)

47085	Mon	Jan 11	5:00 - 6:00 PM
47087	Thu	Jan 14	5:00 - 6:00 PM
47086	Mon	Feb 01	5:00 - 6:00 PM
47088	Thu	Feb 04	5:00 - 6:00 PM

FREE RUNNING AND BREAK DANCING

This class combines the exhilarating floor moves of Break Dancing with the thrilling aerial feats of Free Running. This class will also involve the use of trampolines, advance obstacle courses and spring floor acrobatics.

Location: World Elite Gymnastics, RSM

Ages: 12+ Years (boys & girls)

Fee: \$68/4 weeks

47104	Tue	Jan 12	7:30 - 8:30 PM
47105	Tue	Feb 02	7:30 - 8:30 PM

GYMNASTICS TUMBLING AND ROUTINES

A perfect place to try out the sport of gymnastics. This hands-on instruction will guide your beginning to intermediate gymnast in quality floor skills! Girls - hair in a ponytail and leotard preferred.

Instructor: Marie Corbett

Fee: \$60/6 weeks

Location: O'Neill Elementary - MPR

Ages: 6-11 Years

47917	Sat	Jan 23*	9:00 - 10:00 AM
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*No class Feb 13

Location: Valencia Elementary School, MPR

Ages: 5-7

47919	Mon	Jan 25**	3:15 - 4:15 PM
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Ages: 8-12

47920	Mon	Jan 25**	4:20 - 5:20 PM
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** No class Feb 15

GYMNASTICS HALF DAY CAMP!

Learn or improve your gymnastics skills! Beginners through intermediates welcome! Perfect your aerial or back handspring.

Location: O'Neill School

Ages 6-11 years

Fee: \$90/4 days

47915 M-TH Dec 28 1:00 - 5:00 PM

TRAMPOLINE

All of our Trampoline classes are co-ed, one hour in length, and require cotton socks. All classes include an introduction to Trampoline and double-mini events, as well as the conditioning and flexibility that an aspiring trampolinist needs.

Location: Azarian US Gymnastics, Aliso Viejo

Ages 6-10 years

Fee: \$98/6 weeks

46985 Mon Jan 18 5:30 - 6:30 PM

46986 Mon Jan 18 6:30 - 7:30 PM

Ages: 5-8 years

46987 Wed Jan 20 5:30 - 6:30 PM

46989 Sat Jan 23 11:00 AM - 12:00 PM

RECREATIONAL GYMNASTICS

In addition to learning fundamental skills in a progressive manner, students improve coordination, agility, and general fitness; increase strength and flexibility, and enhance overall athletic skills while building self-confidence and self-esteem.

Location: Azarian US Gymnastics, Aliso Viejo

Ages 5-6 years (Girls & Boys/Separated by gender)

Fee: \$98/6 weeks

46936 Mon Jan 18 3:30 - 4:30 PM

46938 Tue Jan 19 3:30 - 4:30 PM

46940 Wed Jan 20 5:30 - 6:30 PM

Ages: 5-6 years (Girls)

46942 Thu Jan 21 3:30 - 4:30 PM

46943 Thu Jan 21 4:30 - 5:30 PM

46944 Thu Jan 21 5:30 - 6:30 PM

46971 Fri Jan 22 1:30 - 2:30 PM

46972 Fri Jan 22 2:30 - 3:30 PM

46973 Fri Jan 22 3:30 - 4:30 PM

46968 Sat Jan 23 9:00 - 10:00 AM

46969 Sat Jan 23 10:00 - 11:00 AM

46970 Sat Jan 23 11:00 AM - 12:00 PM

Ages: 6-8 Years (Girls)

46945 Fri Jan 22 4:30 - 5:30 PM

46956 Sat Jan 23 10:00 - 11:00 AM

46958 Sat Jan 23 10:00 - 11:00 AM

46959 Sat Jan 23 11:00 AM - 12:00 PM

Ages: 6-8 Years (Boys)

46949 Mon Jan 18 3:30 - 4:30 PM

46951 Tue Jan 19 3:30 - 4:30 PM

46948 Tue Jan 19 4:30 - 5:30 PM

YOUTH SOCIAL PROGRAMS

(REC. GYMNASTICS CONT'D.)

46946	Wed	Jan 20	4:30 - 5:30 PM
46950	Thu	Jan 21	3:30 - 4:30 PM
46947	Fri	Jan 22	4:30 - 5:30 PM
46939	Sat	Jan 23	9:00 - 10:00 AM
46941	Sat	Jan 23	10:00 - 11:00 AM
Ages: 8-12 Years (Girls)			
46937	Mon	Jan 18	5:30 - 6:30 PM
46979	Wed	Jan 20	5:30 - 6:30 PM
46976	Sat	Jan 23	11:00 AM - 12:00 PM

TUMBLING I

This class will teach the basic body positions through various exercises. Students will practice to perfect the handstand, round off and backbend kick over.

Fee: \$60/4 weeks

Location: OC All-Stars

Ages: 7+ Years (Girls & Boys)

46760	Mon	Jan 04	5:00 - 6:00 PM
46759	Mon	Jan 04	6:00 - 7:00 PM
46761	Tue	Jan 05	5:00 - 6:00 PM
46763	Wed	Jan 06	7:00 - 8:00 PM
46765	Fri	Jan 08	3:00 - 4:00 PM
46734	Fri	Jan 08	4:00 - 5:00 PM
46767	Mon	Feb 01	5:00 - 6:00 PM
46758	Mon	Feb 01	7:00 - 8:00 PM
46762	Tue	Feb 02	3:00 - 4:00 PM
46764	Wed	Feb 03	7:00 - 8:00 PM
46766	Fri	Feb 05	3:00 - 4:00 PM
46735	Fri	Feb 05	4:00 - 5:00 PM
46775	Mon	Mar 01	5:00 - 6:00 PM
46768	Mon	Mar 01	7:00 - 8:00 PM
46770	Tue	Mar 02	3:00 - 4:00 PM
46772	Wed	Mar 03	7:00 - 8:00 PM
46757	Fri	Mar 05	3:00 - 4:00 PM
46752	Fri	Mar 05	4:00 - 5:00 PM

Location: Azarian US Gymnastics, Aliso Viejo

Fee: \$98/ 6 weeks

Ages: 8-11 years

46980	Tue	Jan 19	5:30 - 6:30 PM
46981	Tue	Jan 19	6:30 - 7:30 PM
46982	Tue	Jan 19	7:30 - 8:30 PM
46983	Wed	Jan 20	6:30 - 7:30 PM
46984	Thu	Jan 21	6:30 - 7:30 PM

Location: Mission Viejo Dance Perform Arts

Fee: \$55/4 weeks

Ages: 5-7 years

46714	Sat	Jan 09	10:30 - 11:30 AM
47622	Sat	Feb 06	10:30 - 11:30 AM
47623	Sat	Mar 06	10:30 - 11:30 AM

Ages: 8-12 years

46724	Tues	Jan 05	4:30 - 5:30 PM
46710	Sat	Jan 09	9:30 - 10:30 AM
47620	Tues	Feb 02	4:30 - 5:30 PM
47624	Sat	Feb 06	9:30 - 10:30 AM
47621	Tues	Mar 02	4:30 - 5:30 PM
47625	Sat	Mar 06	9:30 - 10:30 AM

TUMBLING II

This class will focus on learning a standing back handspring as well as a round off-back handspring. While continuing to perfect body positions taught in Tumbling I, students will learn the basics & combining skills: standing & running double back handsprings. Must be able to rebound from a round off, handstand to bridge & back bend kick over.

Fee: \$60/4 weeks

Location: OC All-Stars

Ages: 7+ Years (Girls & Boys)

46740	Mon	Jan 04	5:00 - 6:00 PM
46778	Tue	Jan 05	5:00 - 6:00 PM
46780	Wed	Jan 06	5:00 - 6:00 PM
46783	Fri	Jan 08	4:00 - 5:00 PM
46776	Mon	Feb 01	5:00 - 6:00 PM
46779	Tue	Feb 02	5:00 - 6:00 PM
46781	Wed	Feb 03	6:00 - 7:00 PM
46784	Fri	Feb 05	4:00 - 5:00 PM
46774	Mon	Mar 01	5:00 - 6:00 PM
46777	Tue	Mar 02	5:00 - 6:00 PM
46782	Wed	Mar 03	6:00 - 7:00 PM
46791	Fri	Mar 05	4:00 - 5:00 PM

CIRCUS CLASS

Our beginning Circus class offers instruction in ground and aerial acrobatics taught by professionals in the field. The final showcase is not to be missed!

Location: Azarian US Gymnastics, Aliso Viejo

Ages 5-7 years

Fee: \$112/6 weeks

46934	Tue	Jan 19	11:00 AM - 12:00 PM
46932	Thu	Jan 21	5:30 - 6:30 PM

JR. JAZZERCISE

A fantastic dance fitness program designed for children, ages 6-12 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: Valencia Elementary - Laguna Hills.

Instructor: Carol Shea

Fee: \$75/10 weeks

47921	Tues	Jan 05	2:30 - 3:20 PM
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YOUTH SOCIAL PROGRAMS

CHEERNASTICS

Introductory class which will include basic techniques and terminology combining Dance and Tumbling. Instructors will use lots of fun, age-appropriate teaching tools. Come prepared to dance at the first meeting wearing comfortable clothing.

Location: Mission Viejo Dance & Perf. Arts

Ages: 5-7 Years

Fee: \$55/4 weeks

47722	Tue	Jan 05	5:00 - 6:00 PM
47723	Tue	Feb 02	5:00 - 6:00 PM
47724	Tue	Mar 02	5:00 - 6:00 PM

Ages: 7-11 Years

47725	Tue	Jan 05	6:00 - 7:00 PM
47726	Tue	Feb 02	6:00 - 7:00 PM
47727	Tue	Mar 02	6:00 - 7:00 PM

47897	M/W	Mar 01	3:00 - 4:00 PM
47898	T/TH	Jan 05	4:00 - 5:00 PM
47899	T/TH	Feb 02	4:00 - 5:00 PM
47900	T/TH	Mar 02	4:00 - 5:00 PM

Ages: 10-15 years (Kung Fu II)

47901	M/W	Jan 04	4:00 - 5:00 PM
47902	M/W	Feb 01	4:00 - 5:00 PM
47903	M/W	Mar 01	4:00 - 5:00 PM
47904	T/TH	Jan 05	3:00 - 4:00 PM
47905	T/TH	Feb 02	3:00 - 4:00 PM
47906	T/TH	Mar 02	3:00 - 4:00 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

Instructor: Readwrite Educational Solutions

Fee: \$110/9 classes

48839	T/Th	Jan 12	5:00 - 6:00 PM
47840	T/Th	Feb 16	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

Instructor: Readwrite Educational Solutions

Fee: \$110/9 classes

47843	T/Th	Jan 12	3:00 - 4:00 PM
47844	T/Th	Feb 16	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

Instructor: Readwrite Educational Solutions

Fee: \$110/9 classes

47841	T/Th	Jan 12	4:00 - 5:00 PM
47842	T/Th	Nov 10	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

Instructor: Kiddie Techie staff

Ages: 7-13 years

Fee: \$140/8 weeks

47275	Wed	Jan 13	4:00 - 5:30 PM
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TUTORING / HOMEWORK CLUB

We believe in the abilities of all children - and this class is designed to help children individually with the subjects they struggle in. The ratio of children to teachers is 5 to one - NEVER any more. We understand that homework is a large part of learning and developing good study skills. We also understand that each child has different study habits and learning styles. Our homework and study skills program can help your child improve his/her study habits, and is also essential to maintain your child's positive attitude and self-confidence.

Location: O'Neill School

Instructor: WLD Staff

Fee: \$100/6 weeks

Ages: Grades 1-3:

48035	Wed	Jan 13	3:35 - 4:35 PM
48037	Wed	Jan 13	3:45 - 4:35 PM

Ages: Grades 4-6:

48036	Wed	Feb 24	4:45 - 5:45 PM
48038	Wed	Feb 24	4:45 - 5:45 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

47036	Wed	Jan 20	5:30 - 6:30 PM
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YOUTH SOCIAL PROGRAMS

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: \$90/6 weeks

47021	Tue	Jan 12	3:30 - 4:00 PM
47022	Thu	Jan 14	3:30 - 4:00 PM

Ages: 9-15 Years

47023	Tue	Jan 12	4:00 - 4:30 PM
47024	Thu	Jan 14	4:00 - 4:30 PM

WINTER BREAK ICE SKATING MINI CAMP

Beginning skaters will learn to skate in this 3 day mini-camp. Class meets each day for 1/2 hour at 2:15pm. 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

Ages: 4-5 Years

Fee: \$50/3 days

47029	M-W	Dec 21-23	2:15 - 2:45 PM
47030	M-W	Dec 28-30	2:15 - 2:45 PM

Ages: 6-8 Years

47031	M-W	Dec 21-23	2:15 - 2:45 PM
47032	M-W	Dec 28-30	2:15 - 2:45 PM

Ages: 9-15 Years

47033	M-W	Dec 21-23	2:15 - 2:45 PM
47034	M-W	Dec 28-30	2:15 - 2:45 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

47011	Mon	Jan 04	5:00 - 5:30 PM
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Ages: 7-12 Years

47012	Mon	Jan 04	5:30 - 6:00 PM
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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

Instructor: Ron Gorman

Ages: 10 Years through adults

Fee: \$90/5 weeks

45864	Mon	Jan 11*	5:00 - 6:00 PM
45865	Mon	Mar 1	5:00 - 6:00 PM

*No class on 1/18 or 2/15 . Last class will be Feb. 22

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

Fee: \$87/6 weeks

Ages: 5-6 Years

47771	Tue	Jan 12	3:30 - 4:20 PM
47772	TuE	Mar 02*	3:30 - 4:20 PM

*No class Apr 06

Ages: 7-9 Years

47773	TuE	Jan 12	4:30 - 5:20 PM
47774	TuE	Mar 02*	4:30 - 5:20 PM

*No class Apr 06



YOUTH SOCIAL PROGRAMS

Movie Making / Video Design

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

48039 Thu Jan 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

48040 Tue Jan 05 4:30 - 6:00 PM

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. A program fee of \$30 is paid to the instructor on the first day of class.

Location: O'Neill School

Instructor: Kiddie Techie staff

Ages: 8-15 years

Fee: \$159/6 weeks

47274 Fri Jan 15* 3:30 - 5:00 PM

***No class Feb 12**

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

Instructor: Young Rembrandts staff

Ages: 6 - 12 Years

Fee: \$54/4 weeks

45778 Tue Jan 05 3:30 - 4:30 PM

45780 Tue Feb 02 3:30 - 4:30 PM

45784 Tue Mar 09 3:30 - 4:30 PM

MARTIAL ARTS

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: Recreation Conference Room

Instructor: Master Russ Williams

Fee: \$15/1 day

45845 Sat Jan 16 10:00 - 11:00 AM

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

KUNG FU FOR KIDS I & II

Kung Fu stresses self-discipline, self-defense and personal growth. Students will learn that Kung Fu is about balance and personal cultivation. Classes focus on enrichment and tolerance for others. This will encourage self-control and respect for others. Bonus: we will tire them out!

Location: Lau Kune Do School of Martial Arts

Instructor: Matthew Carver

Ages: 5-9 years (Kung Fu I)

Fee: \$50/8 classes

47895 M/W Jan 04 3:00 - 4:00 PM

47896 M/W Feb 01 3:00 - 4:00 PM

BABY SITTING

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

47220 Fri Jan 29 6:00 - 9:00 PM

For online program registration go to:
www.saddlebackrecreation.com

ADULT SOCIAL PROGRAMS

Fitness

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: Recreation Conference Room

Instructor: Marlene Geoghan

Fee: \$110/10 weeks

47231	Hatha - Level 2		
	Mon Jan 04*	6:15 - 7:50 PM	
47237	Hatha - Level 1 & 2		
	Mon Jan 04*	7:50 - 9:30 PM	
47239	Hatha - Level 1 & 2		
	Wed Jan 06	7:00 - 8:30 PM	
47240	Hatha - Level 1 & 2		
	Wed Jan 06	9:00 - 10:30 AM	

*No Class on Jan 18

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

46991	Wed Jan 13	7:00 - 8:00 PM	
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HATHA YOGA

Hatha Yoga exercises are intended to ease tense muscles, to tone up the internal organs and to improve the body flexibility. The aim of accurate Yoga exercise is to improve flexibility and strength of the body. When practiced in combination with breathing techniques, Hatha Yoga postures stimulate circulation, digestion, nervous and endocrine systems of the body.

Location: Laguna Dance Theatre

Fee: \$70/6 weeks

47462	Mon Jan 11	7:00 - 8:00 PM	
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Location: Center Stage Dance

Fee: \$40/4 weeks

47463	Tue Jan 05	9:00 - 10:00 AM	
47909	Tue Feb 05	9:00 - 10:00 AM	
47907	Tue Jan 05	7:45 - 8:45 PM	
47908	Tue Feb 05	7:45 - 8:45 PM	
47910	Thu Jan 07	10:00 - 11:00 AM	
47911	Thu Feb 04	10:00 - 11:00 AM	
47912	Thu Jan 09	9:00 - 10:00 AM	
47913	Thu Feb 06	9:00 - 10:00 AM	

Please refer to our website
to register for classes at
www.saddlebackrecreation.com

LATIN AEROBICS

Dance to Salsa, Cha-Cha, Merengue, Bachata and Samba music in this exciting class! Get your hips moving and your heart pumping in this non-partner workout class and learn the basics in these 4 fabulous Latin dances.

Dress for the gym and bring a water bottle and towel.

Location: Dance Palace

Instructor: Sandra Casado

Fee: \$75/6 weeks

45889	Sat Jan 09	8:30 - 9:30 AM	
45890	Mon Jan 11	7:30 - 8:30 PM	
45891	Sat Feb 20	8:30 - 9:30 AM	
45892	Mon Feb 22	7:30 - 8:30 PM	

Location: O'Neill School

Instructor: Sandra Casado

46978	Thu Jan 14	10:30 - 11:30 AM	
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HIP HOP HUSTLE

So you think you can't dance? This class is based on very easy to follow dance steps with non-stop energy and movement. You will have so much fun you will forget your are getting a great workout!

Location: Total Woman Fitness, Mission Viejo

Fee: \$54/6 weeks (Women only, please)

47398	Mon Jan 11	4:30 - 5:30 PM	
47399	Mon Feb 22	4:30 - 5:30 PM	

BALLISTIC BOUNCE

Groove, tone, move, trim. It's a blast! Bounce to the beat combining dance, aerobics, Pilates and Yoga moves and exercises. This is an explosive total body workout using resistive equipment and because you are bouncing on a ball it is low impact (no stress on your knees or back). Equipment is needed so reserve yours now! Contact Joyce Goodman at (949) 322-4381 or at dnce4you@cox.net

Location: SVUSD Recreation Conference Room

Instructor: Kareema

Fee: \$60/4 weeks

47229	Tue Jan 12	7:30 - 8:30 PM	
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KICKBOXING WITH HEAVY BAGS

A workout for all fitness levels. Traditional cardio kickboxing moves are combined with bag drills to help you reduce stress, increase cardiovascular endurance, and have a lot of fun. Gloves and wraps required to hit bags. Hitting bags optional.

Location: Total Woman Fitness, Mission Viejo

Fee: \$54/6 weeks (Women only, please)

47376	Mon Jan 11	5:30 - 6:30 PM	
47377	Mon Feb 22	5:30 - 6:30 PM	

ADULT SOCIAL PROGRAMS

TURBO KICKBOXING

Self-defense moves, boxing, kicks, are all incorporated into this intense cardio class!

Location: Total Woman Fitness, Laguna Hills

Ages: 13 years & older

Fee: \$54/6 weeks (Women only, please)

47880 Thu Jan 07 9:30 - 10:30 AM
47881 Thu Feb 18 9:30 - 10:30 AM

Location: Center Stage Dance

Fee: \$40/4 weeks

47942 Tue Jan 05 5:45 - 6:45 PM
47944 Sat Jan 09 11:00 AM - 12:00 PM
47943 Tue Feb 02 5:45 - 6:45 PM
47945 Sat Feb 06 11:00 AM - 12:00 PM

PILATES

Improve flexibility and stability of the abdominal muscles and limbs while increasing the combined power of the body and mind. Taught by BASI certified pilates instructor.

Location: Laguna Dance Theatre

Fee: \$70/6 weeks

47456 Mon Jan 11 6:00 - 7:00 PM

Location: Center Stage Dance

Fee: \$40/4 weeks

47455 Mon Jan 04 9:00 - 10:00 AM
47914 Mon Jan 01 9:00 - 10:00 AM

MAT PILATES

Strengthen & lengthen your body without added stress to your joints. Come join this fun empowering experience.

Location: Total Woman Fitness, Mission Viejo

Fee: \$54/6 weeks (Women only, please)

47396 Wed Jan 13 7:30 - 8:30 PM
47397 Wed Feb 24 7:30 - 8:30 PM

Location: Art Form Studio

Fee: \$40/1 month

47949 Mon Jan 04 6:00 - 7:00 PM
47950 Mon Feb 01 6:00 - 7:00 PM
47951 Mon Mar 01 6:00 - 7:00 PM
47952 Wed Jan 06 6:00 - 7:00 PM
47953 Wed Feb 03 6:00 - 7:00 PM
47954 Wed Mar 03 6:00 - 7:00 PM
47955 Fri Jan 08 6:00 - 7:00 PM
47956 Fri Feb 05 6:00 - 7:00 PM
47957 Fri Mar 05 6:00 - 7:00 PM
47958 Sat Jan 09 10:00 - 11:00 AM
47959 Sat Feb 06 10:00 - 11:00 AM
48024 Sat Mar 06 10:00 - 11:00 AM

Location: Pacific School of Ballet

Fee: \$80/8 weeks

48018 Thu Jan 14 6:00 - 6:45 PM

Location: Ballet Conservatory

Fee: \$80/ 8 weeks

48020 Sat Jan 09 9:30 - 10:15 AM

MAT PILATES REFORMER

Beginner course on the Pilates Reformer machine with stretching & strengthening to tone & increase flexibility.

Location: Art Form Studio

Fee: \$100/4 weeks

47961 Fri Jan 08 8:00 - 9:00 AM
47962 Fri Feb 05 8:00 - 9:00 AM
47963 Fri Mar 05 8:00 - 9:00 AM
47964 Thu Jan 07 4:00 - 5:00 PM
47965 Thu Feb 04 4:00 - 5:00 PM
47966 Thu Mar 04 4:00 - 5:00 PM
47967 Thu Jan 07 11:00 AM - 12:00 PM
47968 Thu Feb 04 11:00 AM - 12:00 PM
47969 Thu Mar 04 11:00 AM - 12:00 PM
47970 Wed Jan 06 9:00 - 10:00 AM
47971 Wed Feb 03 9:00 - 10:00 AM
47972 Wed Mar 03 9:00 - 10:00 AM

PILATES BASED CONDITIONING

Participate in movements designed to stretch, condition and tone. Develop strength & flexibility through exercises. Wear comfortable clothing & bring a mat or towel.

Location: Trabuco Mesa Elementary, MPR

Fee: \$108/9 weeks

47768 Mon Jan 25 5:00 - 6:00 PM

*No class on Feb 15

BUMP (PRE-NATAL) PILATES

Tailored for the well-being of pregnant women, taught by our experienced instructors. This class aids in faster recovery & effective restoration of pre-baby fitness.

Location: Art Form Studio

Fee: \$100/4 weeks

47979 Thu Jan 07 5:00 - 5:00 PM
47980 Thu Feb 04 5:00 - 5:00 PM
47981 Thu Mar 04 5:00 - 5:00 PM
47982 Tue Jan 05 5:00 - 5:00 PM
47983 Tue Feb 02 5:00 - 5:00 PM
47984 Tue Mar 02 5:00 - 5:00 PM

CANDLELIGHT YOGA/PILATES FUSION

Incorporates tranquility within a fusion of pilates & yoga movements. Exercises to guide you through a sense of calm centeredness & full body awareness.

Location: Art Form Studio

Fee: \$40/1 month

48025 Wed Jan 06 7:00 - 8:00 PM
48026 Wed Feb 03 7:00 - 8:00 PM
48027 Wed Mar 04 7:00 - 8:00 PM
48028 Mon Jan 04 8:00 - 9:00 PM
48029 Mon Feb 01 8:00 - 9:00 PM
48030 Mon Mar 01 8:00 - 9:00 PM

ADULT SOCIAL PROGRAMS

STEP AEROBICS

Low impact movements performed on and off platform, geared to optimizing your ability to burn fat! Combinations are designed to ensure success for all fitness levels.

Location: Total Woman Fitness, Laguna Hills

Ages: 13 years & older

Fee: \$54/6 weeks (Women only, please)

47879 Mon Jan 04 7:30 - 8:30 PM
47882 Mon Feb 15 7:30 - 8:30 PM

BODY CODE

Body Key & Masterstretch equipment to strengthen & lengthen muscles & tendons. Promotes flexibility, balance, & control. This class is great for dancers. Please wear sneakers for masterstretch boots.

Location: Art Form Studio

Fee: \$40/1 month

47973 Wed Jan 06 5:00 - 6:00 PM
47974 Wed Feb 03 5:00 - 6:00 PM
47975 Wed Mar 03 5:00 - 6:00 PM
47976 Mon Jan 04 5:00 - 6:00 PM
47977 Mon Feb 01 5:00 - 6:00 PM
47978 Mon Mar 01 5:00 - 6:00 PM

STEP & PUMP AEROBICS

Experience the ultimate workout with this awesome class! Alternating sets of step combinations and muscle resistance exercises will give you an overall body workout.

Location: Total Woman Fitness, Laguna Hills

Ages: 13 years & older

Fee: \$54/6 weeks (Women only, please)

47883 M/F Jan 04 8:30 - 9:30 AM
47884 M/F Feb 15 8:30 - 9:30 AM

STRETCH & CONDITIONING

This class will strengthen muscles in a relaxing environment.

Location: Mission Viejo Dance Perform Arts

Fee: \$55/4 weeks

47751 Tue Jan 05 6:30 - 7:30 PM
47752 Tue Feb 02 6:30 - 7:30 PM
47753 Tue Mar 02 6:30 - 7:30 PM



ZUMBA

Get your heart pumping and hips shaking with a fusion of Latin and international music. Lots of fun and meets high energy needs. Exciting and unique moves that utilize the principles of fitness with easy to follow dance steps. Come prepared to dance at the first class. Wear comfortable dance clothing.

Location: Mission Viejo Dance & Perform. Arts

Fee: \$55/4 weeks

47378 Tue Jan 05 7:00 - 8:00 PM
47384 Thu Jan 07 7:00 - 8:00 PM
47379 Sat Jan 09 9:00 - 10:00 AM
47823 Tue Feb 02 7:00 - 8:00 PM
47825 Thu Feb 04 7:00 - 8:00 PM
47827 Sat Feb 06 9:00 - 10:00 AM
47824 Tue Mar 02 7:00 - 8:00 PM
47826 Thu Mar 04 7:00 - 8:00 PM
47828 Sat Mar 06 9:00 - 10:00 AM

Location: Total Woman Fitness, Mission Viejo

Fee: \$54/6 weeks (Women only, please)

47382 Wed Jan 13 6:30 - 7:30 PM
47383 Wed Jan 24 6:30 - 7:30 PM

Martial Arts

TAI CHI CHUAN

Tai Chi Chuan is an ancient Chinese martial art, which is primarily for health, stress relief & coordination of the mind & body. This beginner class will increase flexibility through simple stretching.

Location: OC Japan Karate Association

Instructor: Albert Cheah

Ages: 14 Years and up

Fee: \$50/4 weeks

47854 M/W Jan 04 6:00 - 6:45 PM

Location: Lau Kune Do School of Martial Arts

Instructor: Mathew Carver

Ages: 18 years & up

Fee: \$40/4 weeks

47885 T/TH Jan 05 7:00 - 8:00 PM
47890 T/TH Feb 02 7:00 - 8:00 PM
47891 T/TH Mar 02 7:00 - 8:00 PM

KARATE FOR TEENS-ADULTS

The introductory course includes stretching exercises, basic techniques, forms, sparring, self-defense applications and the philosophy of the martial arts.

Location: OC Japan Karate Association

Ages: 14 years and up

Instructor: Albert Cheah

Fee: \$50/4 weeks

47855 M/W Jan 04 6:45 - 7:30 PM

ADULT SOCIAL PROGRAMS

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: SVUSD Recreation Conference Room
 Instructor: Master Russell Williams
 Fee: \$30/1 day
45846 Sat Jan 23 9:00 AM - 12:00 PM

KUNG FU: SELF-DEFENSE

We will focus on self-defense, fitness and self-knowledge. Kung Fu is a Chinese martial art and philosophy. It is a way of life that emphasizes hard work, patience and the extreme possibilities of human potential.
 Location: Lau Kune Do School of Martial Arts
 Ages: 18 years & older
 Instructor: Mathew Carver
 Fee: \$50/4 weeks
47892 M/W Jan 04 7:00 - 8:00 PM
47893 M/W Feb 01 7:00 - 8:00 PM
47894 M/W Mar 01 7:00 - 8:00 PM

Dance

JAZZ DANCE

Course covering fundamental movements of Jazz Dance. Jazz dance routines will be taught.
 Location: Ballet Conservatory
 Fee: \$80/8 weeks
46161 Tue Jan 12 11:00 - 12:00 PM
 Location: Pacific School of Ballet
 Fee: \$80/8 weeks
47992 Thu Jan 14 9:30 - 10:45 AM

BEGINNING / INTERMEDIATE JAZZ

Basic course covering beginning Jazz movements. Instructors have professional background experience
 Location: Center Stage Dance
 Fee: \$55/4 weeks
46159 Mon Jan 04 10:00 - 11:00 AM
46160 Mon Feb 01 10:00 - 11:00 AM

JAZZ / HIP HOP

Basic course covering beginning Jazz & Hip Hop movements. Fun dance routines will be taught.
 Location: Center Stage Dance
 Fee: \$55/4 weeks
46385 Tue Jan 05 7:45 - 8:45 PM
46388 Tue Feb 02 7:45 - 8:45 PM

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: SVUSD Recreation Conference Room
 Instructor: Kareema
 Fee: \$60/6 weeks
47230 Tue Jan 12 6:30 - 7:30 PM

BEGINNING BALLET TEEN/ADULT

Basic course covering beginning movements in ballet. Instructors have professional dance background.
 Location: Mission Viejo Dance & Perform. Arts
 Fee: \$55/4 weeks
46104 Tue Jan 05 7:30 - 8:30 PM
46105 Thu Jan 07 7:30 - 8:30 PM
46801 Sat Jan 09 10:00 - 11:00 AM
47776 Tue Feb 02 7:30 - 8:30 PM
47778 Thu Feb 04 7:30 - 8:30 PM
47786 Sat Feb 06 10:00 - 11:00 AM
47777 Tue Mar 02 7:30 - 8:30 PM
47783 Thu Mar 04 7:30 - 8:30 PM
47787 Sat Mar 06 10:00 - 11:00 AM

Location: Pacific School of Ballet
 Fee: \$80/8 weeks (Intermediate)
47985 Mon Jan 11 10:00 - 11:15 AM
 Location: Ballet Conservatory
 Fee: \$80/8 weeks
46093 Mon Jan 11 7:00 - 8:00 PM
46106 Fri Jan 15 10:00 - 11:00 AM

Location: Center Stage Dance
 Ages: 12 & Older
 Fee: \$55/4 weeks
46031 Mon Jan 04 5:45 - 6:45 PM
46032 Mon Feb 01 5:45 - 6:45 PM
46075 Mon Jan 04 7:00 - 8:00 PM
46107 Mon Feb 01 7:00 - 8:00 PM

BEGINNER LINE DANCING

Learn the basic line dances and steps that will get you out on the dance floor. Great social fun and exercise for everyone! Please wear leather or soft-soled shoes.
 Location: Laguna Rhythm Dance Studio
 Instructor: Kimberly
 Fee: \$70/6 weeks
47931 Thu Jan 07 7:00 - 8:00 PM
47932 Thu Feb 18 7:00 - 8:00 PM



ADULT SOCIAL PROGRAMS

INTERMEDIATE LINE DANCING

Learn the latest and most popular line dances being played in country western clubs that will make you look like a pro on the dance floor. Great social fun and exercise for everyone! Please wear leather or soft-soled shoes.

Location: Laguna Rhythm Dance Studio

Instructor: Kimberly

Fee: \$70/6 weeks

47927	Tue	Jan 05	7:00 - 8:00 PM
47928	Tue	Feb 16	7:00 - 8:00 PM

BEGINNER 2 STEP AND COUPLES DANCING

Learn basic patterns, footwork, lead and follow with the 2step. Plus learn current couples dances popular at country western clubs - including "Cowboy Cha Cha" and more. Even those with "2 left feet" can learn! Partners are welcome, but not required. Please wear leather or soft-soled shoes.

Location: Laguna Rhythm Dance Studio

Instructor: Kimberly

Fee: \$70/6 weeks

47933	Thu	Jan 07	8:00 - 9:00 PM
47934	Thu	Feb 18	8:00 - 9:00 PM

INTERMEDIATE 2STEP

"How experienced" does a dancer need to be for this class? Do you feel fairly confident with the basic step - quick, quick, slow, slow? Do you have the basic understanding of leading (for men) and following (for ladies)? Do you feel comfortable with basic turns? Want to learn new turns to add to your 2step? Then this is the class for you! Learn fun patterns to take your 2step "up a notch". Partners are welcome, but not required. Please wear leather or soft-soled shoes.

Location: Laguna Rhythm Dance Studio

Instructor: Kimberly

Fee: \$70/6 weeks

47929	Tue	Jan 05	8:00 - 9:00 PM
47930	Tue	Feb 16	8:00 - 9:00 PM

CARDIO ROCK

A high energy work out using a variety of dance styles and conditioning moves set to run rockin' music to keep your energy up and a smile on your face as your tone & sculpt your body.

Location: Mission Viejo Dance & Perform Arts

Fee: \$40/4 weeks

47829	Mon	Jan 04	9:00 - 10:00 AM
47832	Wed	Jan 06	9:00 - 10:00 AM
47830	Mon	Feb 01	9:00 - 10:00 AM
47833	Wed	Feb 01	9:00 - 10:00 AM
47831	Mon	Mar 01	9:00 - 10:00 AM
47834	Wed	Mar 01	9:00 - 10:00 AM

HIP HOP

Basic courses covering beginning movements of Hip Hop and put them together into fun routines. Please dress comfortably and bring tennis shoes.

Location: Mission Viejo Dance & Perform. Arts

Fee: \$55/4 weeks

Beginning:

47811	Tue	Jan 05	7:30 - 8:30 PM
47815	Tue	Feb 02	7:30 - 8:30 PM
47816	Tue	Mar 02	7:30 - 8:30 PM
47813	Wed	Jan 06	8:00 - 9:00 PM
47819	Wed	Feb 03	8:00 - 9:00 PM
47820	Wed	Mar 03	8:00 - 9:00 PM

Intermediate:

47810	Tue	Jan 05	6:30 - 7:30 PM
47817	Tue	Feb 02	6:30 - 7:30 PM
47818	Tue	Mar 02	6:30 - 7:30 PM

HIP-ICAL

A combination of hip hop and lyrical styles. It is the newest thing in LA!

Location: Mission Viejo Dance & Perform. Arts

Fee: \$55/4 weeks

47736	Wed	Jan 06	7:00 - 8:00 PM
47821	Wed	Feb 03	7:00 - 8:00 PM
47822	Wed	Mar 03	7:00 - 8:00 PM

TAP - TEEN & ADULT

Course covering the basic techniques and simple routines of tap dancing.

Location: Mission Viejo Dance & Perform Arts

Fee: \$55/4 weeks

47788	Wed	Jan 06	6:30 - 7:30 PM
47801	Wed	Jan 06	7:30 - 8:30 PM
47789	Mon	Jan 04	6:30 - 7:30 PM
47803	Wed	Feb 03	6:30 - 7:30 PM
47805	Wed	Feb 03	7:30 - 8:30 PM
47807	Mon	Feb 01	6:30 - 7:30 PM
47804	Wed	Mar 03	6:30 - 7:30 PM
47806	Wed	Mar 03	7:30 - 8:30 PM
47808	Mon	Mar 01	6:30 - 7:30 PM

Location: Laguna Dance Theatre

Fee: \$70/6 weeks (Beginning/Intermediate)

47453 **Thu** **Jan 14** **7:30 - 8:30 PM**

Location: Pacific School of Ballet

Fee: \$80/8 weeks (Intermediate)

47987 **Tue** **Jan 12** **10:30 - 11:30 AM**

HUSTLE

Do you like Swing or Salsa? This is not a line dance, but a dance done with a partner. Dance to Disco & contemporary music! Partners are not required all ages are welcome.

Location: Dance Palace

Instructor: Sandra Casado

Fee: \$75/6 weeks

45882 **Fri** **Feb 26** **6:00 - 7:00 PM**

ADULT SOCIAL PROGRAMS

STRETCH CONDITIONING

Do you need to increase your flexibility? Then this is the class for you. This class will incorporate many different stretches in order to develop better flexibility. It will also incorporate conditioning skills that will target different muscle groups.

Location: Mission Viejo Dance & Perform Arts

Fee: \$40/4 weeks

46576	Tue	Jan 05	10:00 - 11:00 AM
46577	Thu	Jan 07	10:00 - 11:00 AM
47835	Tue	Feb 02	10:00 - 11:00 AM
47837	Thu	Feb 04	10:00 - 11:00 AM
47836	Tue	Mar 02	10:00 - 11:00 AM
47838	Thu	Mar 04	10:00 - 11:00 AM

SLOW DANCING 101

This class is perfect for couples. Learn to dance to various beautiful, contemporary slow dances. It's easy to learn and very useful in social dance situations. Perfect class for bride and groom.

Location: Mission Viejo Dance & Perf. Arts

Instructor: Debbie Nadon

Fee: \$150/couple /7 weeks

Night Club Two Step:

47400	Tue	Jan 12	8:00 - 9:00 PM
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BALLROOM COMBO

Enjoy learning to Dance Like the Stars! In this class you will learn the basics in Waltz, Foxtrot and Tango while working on your lead/follow, balance, footwork and frame. Singles, couples and teens are welcome and partners are not required.

Location: Dance Palace

Instructor: Sandra Casado

Fee: \$75/6 weeks

45873	Thu	Jan 07	7:00 - 8:00 PM
45874	Thu	Feb 18	7:00 - 8:00 PM

COUNTRY COMBO

Learn Country Shuffle, Country 10 Step and Country 2 Step. The first 2 dances can be done as a line dance or with a partner. Have fun, get some exercise and learn to dance in the country clubs. Partners are not required. Singles, couples and teens are welcome in class.

Location: Dance Palace

Instructor: Sandra Casado

Fee: \$75/6 weeks

45894	Fri	Feb 19	7:00 - 8:00 PM
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For more information please call:
949-768-0981 ext. 3
Please register online at:
www.saddlebackrecreation.com

ARGENTINE TANGO

Experience the Magic of this Dance! Learn to dance Tango and let your feet tell the story. The emotion of this dance will move you and I will help you to move around the dance floor! Singles and couples welcome, partners are not required.

Location: Dance Palace

Instructor: Sandra Casado

Fee: \$75/6 weeks

45876	Thu	Feb 18	8:00 - 9:00 PM
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SALSA DANCING

Hot, Hot, Hot! Salsa music is so exciting and uplifting to dance to and is the most popular Latin dance to learn. Partners are not required. Couples, singles and teens welcome.

Location: Dance Palace

Instructor: Sandra Casado

Fee: \$75/6 weeks

45884	Tue	Jan 12	7:00 - 8:00 PM
45886	Tue	Feb 23	7:00 - 8:00 PM

BALLROOM DANCING 101

Learn the basics of Ballroom Dancing in this beginner friendly class. Fun, upbeat and high energy class. By the end of the 4 weeks you'll have lots of fun moves.

Location: Mission Viejo Dance & Perf. Arts

Instructor: Debbie Nadon

Fee: \$100/per couple/4 weeks

Foxtrot/Swing:

47182	Fri	Jan 08	8:00 - 9:00 PM
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Waltz/Cha-Cha:

47181	Fri	Feb 05	8:00 - 9:00 PM
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SALSA CUBANA LEVEL I

Get ready to spice up your life while learning the Salsa. Women love this class (hello...calling all men), and men seem to improve their social life considerably after learning few salsa moves. Whatever your motive, the class is fun, upbeat and definitely SPICY. No partners required.

Location: Mission Viejo Dance & Perf. Arts

Instructor: Debbie Nadon

Fee: \$50/person/4 weeks

47183	Thu	Jan 07	8:00 - 9:00 PM
47184	Thu	Feb 04	8:00 - 9:00 PM

SWING COMBO

Do you like the Big Band sound and the Slow Bluesy ones too? Learn the basics in East Coast and West Coast Swing in this combo class. There are many places to dance these two incredibly popular dances. Partners are not required. Singles, couples and teens are welcome.

Location: Dance Palace

Instructor: Sandra Casado

Fee: \$75/6 weeks

45893	Fri	Jan 08	7:00 - 8:00 PM
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ADULT SOCIAL PROGRAMS

ROMANTIC COMBO

Slow Dance, Nightclub 2 Step and Swingin' the Blues. Learn these beautiful and romantic dances that can be done almost anywhere! Partners are not required.

Location: Dance Palace
Instructor: Sandra Casado
Fee: \$75/6 weeks

45877 Thu Jan 07 8:00 - 9:00 PM

LATIN COMBO

Merengue, Cha-Cha & Rhumba. The first two are fast and fun, the third slow and romantic! Partners are not required.

Location: Dance Palace
Instructor: Sandra Casado
Fee: \$75/6 weeks

45887 Tue Jan 12 8:00 - 9:00 PM

WEST COAST SWING

Come join the fun & learn basic footwork for one of today's most popular dances. No partner required. Please wear leather or soft soled shoes.

Location: Impulse Dance Productions
Instructor: Cindy Donaldson
Fee: \$52/4 weeks

**Level I
46863 Wed Jan 06 8:00 - 9:00 PM**

**Level II
46866 Wed Feb 03 8:00 - 9:00 PM**

BEGINNING WALTZ

Waltz is a beautiful, elegant slow dance, used often for first wedding dance, great dance to know for weddings, cruises and parties. Couples only! No rotation.

Location: Impulse Dance Productions
Instructor: Cindy Donaldson
Fee: \$52/4 weeks

46869 Wed Mar 03 7:00 - 8:00 PM

BEGINNING CHA CHA

A sensual, fun dance that originated in Latin America. Cha cha is danced in both Ballroom & Country Western Dancing. Couples only! No rotation.

Location: Impulse Dance Productions
Instructor: Cindy Donaldson
Fee: \$52/4 weeks

46872 Wed Mar 03 8:00 - 9:00 PM

BEGINNING NIGHT CLUB TWO STEP

Night club is slow, beautiful and fluid, danced to most popular slow ballads. Perfect class for wedding dance! No partner required. Please wear leather or soft soled shoes.

Location: Impulse Dance Productions
Instructor: Cindy Donaldson
Fee: \$52/4 weeks

**Level I
46874 Wed Jan 06 7:00 - 8:00 PM**

**Level II
46875 Wed Feb 03 7:00 - 8:00 PM**

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

45848 Tue Jan 12 5:30 - 8:30 PM

45849 Thu Feb 25 5:30 - 8:30 PM

45850 Tue Mar 23 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

45855 Sun Jan 17 2:45 - 5:45 PM

45856 Sun Feb 28 3:00 - 6:00 PM

45857 Sun Mar 28 3:30 - 6:30 PM

Arts & Crafts

ART: ONE STROKE METHOD

Learn simple strokes to create beautiful touches for your home or to make a gift. Each student is to bring a project to work on such as a photo frame, old window or small piece of furniture. A great opportunity to take a piece and add your own personal flair! \$10 material fee due to instructor on the day of class (cash please).

Location: O'Neill Science Lab
Instructor: Cindy Babuscio
Fee: \$25/1 day

48046 Tue Jan 19 9:00 AM - 12:00 PM

48047 Thu Feb 11 9:00 AM - 12:00 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. You will learn to master using beading wire, headpins, eyepins, and crimp beads. Please bring a round nose pliers, a chain nose pliers and a wire cutter. A supply fee of \$18 (cash) is paid to the instructor and covers all supplies.

Location: SVUSD Recreation Conference Room
Instructor: Terri Holtzman
Fee: \$25/1 night

47191 Thu Feb 04 6:15 - 9:00 PM

ADULT SOCIAL PROGRAMS

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. A supply fee of \$21 (cash) is paid to the instructor.

Location: SVUSD Recreation Textbook Conference Room

Instructor: Terri Holtzman

Fee: \$25/1 night

47192 Thu Jan 21 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. All students should bring small wire cutters, chain nose pliers and round nose pliers for jewelry making. A material fee of \$23 (cash) is paid to the instructor.

Location: SVUSD Recreation Textbook Conference Room

Instructor: Terri Holtzman

Fee: \$25/1 night

47193 Thu Feb 18 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 marbleize, add fragrances, colors, and herbs. Please bring a steak knife to class. Material fee of \$18.00 (cash only) is payable to the teacher in class.

Location: SVUSD Recreation Conference Room

Instructor: Terri Holtzman

Fee: \$25/1 night

47188 Thu Dec 10 6:15 - 9:00 PM

ELEGANT GIFT WRAPPING

Make your gifts the prettiest packages they can be! In addition to learning how to fold and tuck gift paper, you will create beautiful bows and roses out of wired ribbon. Please bring scissors, clear, double sided tape. A material fee of \$15 (cash) is paid to the instructor.

Location: SVUSD Textbook Conference Room

Instructor: Terri Holtzman

Fee: \$25/1 night

47187 Tue Dec 08 6:15 - 9:00 PM

HAND & FOOT SPA TREATMENTS

Are your hands and nails dry & in need of a moisturizing treatment? Sugar & salt scrubs, milk hand soaks, peppermint & lavender foot soaks & shea butter lotion will be mixed up using sweet fragrances & natural ingredients. A material fee \$20 (cash) is paid to the instructor.

Location: SVUSD Recreation Textbook Conference Room

Instructor: Terri Holtzman

Fee: \$25/1 night

47189 Wed Jan 20 6:15 - 9:00 PM

A NEW YOU FOR THE NEW YEAR

A new year, a new you! 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: Recreation Conference Room

Fee: \$20/1 class

45794 Sat Dec 12 10:00 AM - 2:00 PM

Self-Enrichment

INTRO TO UNDERSTANDING

NATURE'S REMEDIES FOR PERSONAL WELL BEING

Learn how to integrate the use of flowers essences, essential oils, and basic homeopathic remedies into your personal mind and body care and how they can enhance and work with your body's own natural healing abilities. Students will be introduced to homeopathic remedies (available at health food stores) to aid in digestion, headaches, muscle aches, and more. Join us for a fun informative workshop!

Fee: \$35/1 day

47858 Wed Mar 03 6:00 - 9:00 PM

NOTARY

This intensive one-day seminar is designed to prepare you to become a knowledgeable Notary Public. You will learn the procedures for proper notarization, information on how to start your Notary career. The State Exam will be given after the seminar. A \$45 material fee is payable to the instructor. A \$40 check payable to the Secretary of State is required with proper photo ID and a 2" x 2" passport photo.

Location: Recreation Conference Room

Fee: \$70 + material fees

45770 Sat Feb 27 8:30 AM - 5:00 PM

Finance

GET RETIREMENT READY

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. The class also will focus on annuities, long-term care and estate planning.

Location: District Board Conference Room

Instructor: Charles Goffin

Fee: \$39/3 classes

46862 Wed Jan 27 6:30 - 9:00 PM

ADULT SOCIAL PROGRAMS

CPR

AMERICAN RED CROSS ADULT, CHILD, INFANT CPR

This course is designed to teach lay person participants how to recognize & respond to breathing/cardiac emergencies for an adult, child & infant. This certification meets state requirements for teachers and OSHA. Upon successful completion, participants will receive an American Red Cross Adult, Child & Infant CPR certificate valid for one year. Please bring a \$15 material fee & self-addressed stamped envelope to class for your CPR certification cards.

Location: Textbook Conference Room

Instructor: Amy Alexander

Fee: \$45/1 day

45766	Thu	Jan 28	5:00 - 8:30 PM
45769	Tue	Mar 09	5:00 - 8:30 PM

First Aid

AMERICAN RED CROSS STANDARD 1ST AID

This course is designed to teach lay person participants how to recognize & care for patients with injuries & sudden illnesses. Upon successful completion, participants will receive an American Red Cross Standard First Aid certificate valid for 3 years. This certification meets state requirements for teachers & OSHA. Please bring a \$15 material fee & self-addressed stamped envelope to class for your First Aid certification cards.

Location: Textbook Conference Room

Instructor: Amy Alexander

Fee: \$45/1day

45768	Thu	Feb 04	5:00 - 8:30 PM
45769	Tue	Mar 23	5:00 - 8:30 PM

Home Decor Classes

Instructor: Laura Brewer. All classes held at Studio Primrose, 27071 Cabot Road, #116, Laguna Hills, CA 92653. www.studioprimrose.com

QUICK AND EASY DECORATIVE WALL FINISHES - WORKSHOP I

Enhance & add value to your home with these beautiful decorative wall finishes! These finishes become the backdrop to a variety of decorating styles, from "old world" to contemporary. Learn how to use a variety of the "tools of the trade" to make the job easier. A material fee of \$40 is paid to the instructor the day of class.

Fee: \$40/1 day

47664	Tue	Jan 26	6:00 - 9:00 PM
47665	Sat	Mar 06	9:30 AM - 12:30 PM

WALL BLING - WORKSHOP I

Quick and Easy Trendy Metallic Paint & Plaster Finishes. These gorgeous finishes are one of the current trends in wall finishes and add beauty, value and texture to your home! In this hands-on workshop, learn how to apply finishes using metallic paints/glazes to create 'faux' wallpaper looks and a DIY-friendly metallic plaster finish. Again, this workshop will include Eco-Friendly products. A \$45 supply fee is paid to the instructor the day of class.

Fee: \$40/1 day

47666	Sat	Mar 20	9:30 AM - 1:30 PM
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FINISH IT! CABINET AND FURNITURE FINISHES WORKSHOP

Update your existing cabinets and/or furniture with painted wood finishes featured in magazines and decorative furnishings stores. Great for crown molding, mirror frames, furniture and cabinetry, etc. Students will finish samples on pieces of wood molding and a small mirror frame using various crackling, antiquing, staining and distressing techniques to create some really great finishes. Supply fee of \$40 is paid to the instructor.

Fee: \$40/1 day

47765	Sat	Feb 20	9:30 AM - 1:30 PM
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MOSAIC BASICS

This two-session workshop, creating your unique masterpiece from a 'treasure trove' of broken china, mosaic tiles, glass and us usual glass pieces and tiles. Chose from one of the following project to complete in this workshop: funky wooden trivet w/feet, ceramic tray, picture frame, or stepping stone. See www.studioprimrose.com for photos of student projects! Supply fee of \$45 is paid to the instructor the day of class.

Fee: \$40/2 days

47754	Wed	Mar 24 & 31	6:00 - 9:30 PM
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CHERRIES, LADYBUGS & AFTERNOON TEA FLOWER POTS

Have fun painting and stencilling these and many more whimsical designs on a large flower pot. Several themes to choose from! These are great for entertaining - use them for decorative pieces to hold utensils, snacks, etc. A supply fee of \$25 is paid to the instructor the day of class.

Fee: \$10/1 day

47857	Mon	Mar 01	5:30 - 9:30 PM
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FRENCH FLORAL TIN VASE

Combining custom floral decoupage papers, stamping, paint, plaster and more, students will create a gorgeous project on a tall "French Floral Tin". A material fee of \$45 is paid to the instructor

Fee: \$20/1 day

47766	Sat	Feb 13	9:30 AM - 2:30 PM
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ADULT SOCIAL PROGRAMS

INTRO TO DECORATIVE CONCRETE

A trendy and economical method to create gorgeous surfaces over existing concrete floors and old tile/Formica countertops and fireplace facades! This introductory demonstration and discussion of the use/layered application process finishes/processes are more DIY-friendly than others. A supply fee of \$25 is paid to the instructor the day of class.

Fee: \$25/1 day

47767 Tue Feb 23 6:00 - 9:00 PM

"SPRING IS IN THE AIR" BUTTERFLY HOUSE

Stencil this two-foot tall house with colorful flowers & butterflies & maybe a hummingbird here and there. Supply fee of \$30 is paid to the instructor the day of class.

Fee: \$15/1 day

47859 Wed Mar 10 5:30 - 9:30 PM

STRIPES MADE EASY!

There are so many gorgeous finish combinations using stripes to accent your walls. Striping is usually very time consuming & colors can bleed into one another. Come learn an innovative striping system that can cut the measuring & striping time sometimes in half.

Fee: \$15/1 day

47846 Wed Feb 10 6:00 - 8:00 PM

"WELCOME FRIENDS" SIGN

Have fun painting & stenciling this rustic wood piece. Lots of designs to choose from... holiday & nature themes, etc. Supply fee of \$15 paid to the instructor.

Location: O'Neill School

Fee: \$10/1 day

47860 Thu Mar 4 9:30 AM - 12:00 PM

WHIMSICAL BIRD FEEDER

Create a whimsical bird feeder using broken china & glass pieces. Once the mosaic is complete, paint a colorful post for your masterpiece to set on. An eye-catching piece for your garden. Supply fee of \$35 is paid to the instructor.

Fee: \$15/1 day

47848 Thu Feb 11 & 18 6:00 - 9:00 PM

GARDENING

Please join us for the following classes that are offered by Annie Hall. All classes are held at the O'Neill Gardens. An excellent opportunity to get a hands-on gardening experience.

Location: O'Neill School Garden

Fee: \$20/1 day

47947 Wed Jan 13 (Roses) 9:30 - 11:30 AM

47946 Wed Feb 10 (Soil) 9:30 - 11:30 AM

47948 Wed Mar 3 (Veggies) 9:30 - 11:30 AM

Cooking A STORE FOR COOKS!

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 WINTER DINNER

Green Bean Salad with Almonds, Goat Cheese & Salsa Dressing, Roast Pork Tenderloin with Pumpkin Seed Sauce. Roasted Potatoes with Chiles and Chocolate Mousse Cake with Raspberry Sauce.

Fee: \$16/class \$12 material fee paid to instructor

47194 Thu Jan 07 6:30 - 8:30 PM

FAST & FABULOUS WINTER DINNER

Roasted Eggplant Soup with Goat Cheese Dumplings, Breaded Snapper with Lemon Parsley Sauce. Potato Souffle' with Gruyere Cheese and Apricot, Almond & Brown Butter Tart.

Fee: \$16/class \$12 material fee paid to instructor

47214 Tue Feb 09 6:30 - 8:30 PM

ONE DISH MEALS

Mac and Cheese with Spicy Chicken Strips, Pan Fried Sausages with Apples & Cabbage on Mashed Potatoes. Roasted Red Peppers Stuffed with Whole Wheat Pasta, Mushrooms, Fire-Roasted Tomatoes, Citrus-Marinade Tilapia with Bell Pepper Couscous.

Fee: \$16/class \$12 material fee paid to instructor

47211 Tue Jan 12 6:30 - 8:30 PM

WINTER STEWS

Chili Pork Stew with Tomatoes, Corn & Sour Cream Chicken & Peanut Stew with Eggplant and Squash, Beef Stew with Sweet Potatoes, Corn & Pears, Shrimp & Andouille Sausage Stew with Lemon, Corn & Tomato.

Fee: \$16/class \$12 material fee paid to instructor

47212 Thu Jan 21 6:30 - 8:30 PM

A THAI DINNER

Crunchy Shrimp Cakes with Cucumber & Peanuts, Pork Lettuce Wraps with Grapefruit, Ginger & Mint Eggplant Salad with Orange-Soy-Peanut Butter Dressing, Grilled Tofu & Chicken Pad Thai with Rice Noodles, Cilantro, Cashews & Lime.

Fee: \$16/class \$12 material fee paid to instructor

47213 Tue Jan 26 6:30 - 8:30 PM

Try one of our Cooking classes!
Sign up online at:
www.saddlebackrecreation.com

ADULT SOCIAL PROGRAMS

COMFORT FOOD

Spinach Salad with Swiss Cheese, Mushrooms & Bacon with Mustard-Tarragon Vinaigrette, Braised Beef & Pork Meatballs in a Tomato Sauce with Fresh Herbs. Creamy Blue Cheese Polenta & Goopy Molten Chocolate Cakes with Peanut Butter Filling.

Fee: \$16/class \$12 material fee paid to instructor

47215 Thu Feb 18 6:30 - 8:30 PM

SUNDAY DINNER

Bibb Lettuce with Fresh Tarragon Vinaigrette, Roasted Chicken with Lemon & Garlic, Lemon Roasted Fingerling Potatoes & Strawberry Lemon Pudding.

Fee: \$16/class \$12 material fee paid to instructor

47216 Tue Feb 23 6:30 - 8:30 PM

SW FLAVORS

Cream of Tomato Soup with Green Chiles & Cilantro Pesto, Lime & Tequila Marinated Grilled Flank Steak with Guacamole & Chipotle Mayonnaise, Sauteed Bell Peppers and Margarita Flan Cake with Caramel Glaze.

Fee: \$16/class \$12 material fee paid to instructor

47217 Thu Mar 18 6:30 - 8:30 PM

EASTER BRUNCH

Turkey Hash with Smoked Paprika & Poached Eggs, Cheesy Potatoes with Tomato, Avocado & Sour Cream, Walnut Bundt Cake with Cinnamon Glaze, Fruit Salad with Lime Yogurt Dressing.

Fee: \$16/class \$12 material fee paid to instructor

47218 Tue Mar 23 6:30 - 8:30 PM

BACK TO BASICS

Mixed Greens with Creamy Vinaigrette Dressing, Coq au Vin with Red Wine & Mushrooms, Noodles Romanoff with Parmesan Cheese, Raspberry Bavarian Pie.

Fee: \$16/class \$12 material fee paid to instructor

47219 Wed Mar 31 6:30 - 8:30 PM

FLORAL BASIC FLORAL DESIGN

Learn to design artistic floral arrangements like a pro. Also includes flower & foliage identification and flower handling. Students provide floral shears, scissors and wire cutters. All other materials will be provided. A \$35 material fee (cash only) is payable to the instructor in class.

Location: O'Neill School

Instructor: Theresa Hoefnagels

Fee: \$30/1 night

47916 Wed Jan 20 10:00 AM - 12:00 PM

Location: SVUSD Recreation Conference Room

47941 Tue Dec 08 6:00 - 8:30 PM

PARTY FLORAL DESIGN

Learn how to create floral designs for parties or special events that coordinate with a specific party theme. Students provide floral shears, scissors and wire cutters. A \$35 material fee (cash only) is paid to the instructor in class.

Location: SVUSD Recreation Conference Room

Instructor: Theresa Hoefnagels

Fee: \$30/1 night

47923 Thu Feb 18 6:00 - 8:30 PM

WEDDING DESIGN PERSONAL FLOWERS

Design a bridal bouquet, coordinating corsage & boutonniere using colors & flowers of the season. Students provide floral shears, scissors and wire cutters. A \$35 material fee (cash only) is paid to the instructor in class.

Location: SVUSD Recreation Conference Room

Instructor: Theresa Hoefnagels

Fee: \$30/1 night

47924 Thu Jan 21 6:00 - 8:30 PM

WEDDING DESIGN TABLE ARRANGEMENTS

Design a table centerpiece using colors & flowers of the season. There will be a demo of a large flower arrangement that would be appropriate for a ceremony or reception. Students provide floral shears, scissors and wire cutters. A \$35 material fee (cash only) is paid to the instructor in class.

Location: SVUSD Recreation Conference Room

Instructor: Theresa Hoefnagels

Fee: \$30/1 night

47925 Thu Jan 28 6:00 - 8:30 PM



EVENT / PARTY PLANNING

Learn how to plan like a pro! This class will give you the skills to coordinate unique & memorable occasions. You will receive special worksheets & workbooks.

Location: SVUSD Recreation Conference Room

Instructor: Theresa Hoefnagels

Fee: \$30/1 night

47926 Thu Dec 03 6:00 - 8:30 PM

ADULT SOCIAL PROGRAMS

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

Pups ages 2-5 months will learn important socialization skills and will be introduced to basic commands. We'll also discuss puppy-care topics, housebreaking, teething, etc. **NO DOGS AT THE FIRST MEETING** - But bring a chair & \$10 insurance fee.

Location: Mission Viejo High School

Fee: \$66/6 weeks

47125 Mon Jan 11 6:00 - 7:00 PM

NOVICE DOG OBEDIENCE

If you need help with canine communication and correcting your dog's bad habits, enroll Fido now! All breeds of dogs, ages six months or older (larger breeds, 4 months). All Novice Obedience exercises will be covered, (heel, automatic sit, sit-stay, down-stay, stand for inspection, and come), and hand signals, long-distance, and off-leash work. Behavioral problems will also be addressed. **NO DOGS AT THE FIRST MEETING. BRING A CHAIR AND A \$10 INSURANCE FEE.**

Instructor: Dog Services Unlimited Staff

Location: Mission Viejo High School

Fee: \$78/8 weeks

47138 Mon Jan 11 7:00 - 8:00 PM

Location: El Toro High School

47139 Sat Jan 23 8:00 - 9:00 AM

Location: Trabuco Hills High School

47140 Wed Jan 27 6:30 - 7:30 PM

INTERMEDIATE DOG OBEDIENCE

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 Dogs To First Meeting With Leash, Training Collar, 30' Long Line and \$5 insurance fee.**

Location: Mission Viejo High School

Fee: \$62/5 weeks

47142 Mon Jan 25 7:00 - 8:00 PM

Location: El Toro High School

47144 Sat Jan 23 9:15 - 10:15 AM



DOG GOTCHA DOWN?

ASK THE TRAINER

Paul Thurner, with several thousand well mannered dogs to his credit, is now presenting an informative lecture on a variety of behavior problems. **MEET WITHOUT DOGS** in the upper parking lot, MVHS. Please bring a chair. Additional family members who wish to attend pay only \$15.00. This is an informative lecture on a variety of behavior problems including nipping/biting, destructive chewing, house-soiling and territorial marking, jumping up on people, digging holes, and taking off out the front door.

Location: Mission Viejo High School

Fee: \$25/1 night

47145 Mon Feb 08 8:00 - 9:20 PM

CANINE GAMES AGILITY COURSE

Treat your dog to an entertaining hour of fun, exercise and new challenges as you guide him through a wide variety of intriguing obstacles, including open and blind tunnels, teeter-totter, hurdles, tire jump, A-frame and many more. Some basic obedience is helpful. Please bring a lawn chair, current vaccination records and \$30 equipment maintenance fee to first meeting to be held **WITHOUT DOGS.**

Location: Mission Viejo High School

Fee: \$78/8 weeks

47146 Mon Jan 11 6:00 - 7:00 PM

47147 Mon Jan 11 7:00 - 8:00 PM

INTERMEDIATE AGILITY

This is a class reserved for dogs who are ready for new challenges and advanced strategies. Bring dog and \$30 equipment maintenance fee.

Location: Mission Viejo High School

Fee: \$78/8 weeks

47149 Mon Jan 11 8:00 - 9:00 PM

"CRASH COURSE" IN BASIC CANINE MANNERS

This fast-paced course is geared for people who need to accomplish their training goals and get behavior problems under control within a limited period of time. Exercises will include: sit and down on command, stay, sit or down position with distractions, come when called, and controlled walking on a leash. For dogs ages 4 months or older; vaccinations must be current. Please bring a \$5 insurance fee to the first class. You will be contacted regarding what to bring to first meeting. (Dogs are to be brought to all meetings).

Location: Bear Brand Park, Laguna Niguel

Fee: \$69/4 weeks

47150 Sat Feb 6 10:00 - 11:20 AM

ADULT & ANIMAL PROGRAMS

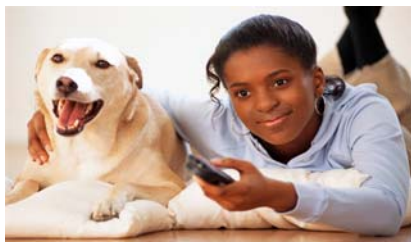
AMERICAN KENNEL CLUB CANINE GOOD CITIZEN TEST

Is your dog a good citizen when he's out in public? Your dog will be tested in 10 skill areas, and those who pass will be given paperwork to obtain their official certificate from American Kennel Club. Please call (714) 532-3647 to request a list of the skills tested or see them at www.dogservicesunlimited.com. **Bring dog with vaccination records to first meeting. Previous training required.**

Location: Mission Viejo High School

Fee: \$25/2 weeks

47161 Mon Feb 22 8:00 - 9:00 PM



CALLING ALL FRISBEE DOGS!

Here's your chance to spend an afternoon learning this fun sport, including proper Frisbee throwing techniques and how to get your dog motivated to catch a disc AND bring it back to you, and various stunts, such as weaving between your legs. Bring current vaccination records, water, clean-up bags and \$5 insurance/materials fee. (This includes a Frisbee). Dogs over six months and handlers 14 years to adult may enroll.

Location: Hidden Hills Park, 27802 Springwood, Laguna Niguel

Fee: \$39/1 meeting (3 hr. workshop)

47162 Sun Jan 17 1:30 - 4:30 PM

ICE SKATING

This class gives adults the opportunity to learn to skate without any kids around! The course begins and includes 30 minutes of group instruction followed by 15 minutes of practice time AND comfy skate rentals. Please dress warm, bring gloves and arrive at least 20 minutes early to lace your skates.

Instructor: Ice Palace Staff

Fee: \$84/6 weeks

47013 Thu Jan 07 1:15 - 2:00 PM



MANES & TAILS

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 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)

47108 Sat Jan 16 8:45 - 11:15 AM

47109 Sat Mar 06 8:45 - 11:15 AM

***NO online registration will be accepted due to the high attendance of this program.**



MANES & TAILS ADDITIONAL ONE HOUR OF RIDING

If your child is enrolled in 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)

47106 Sat Jan 16 11:45 AM - 12:45 PM

47107 Sat Mar 06 11:45 AM - 12:45 PM

***NO online registration will be accepted due to the high attendance of this program.**



YOUTH SPORTS

EARLY CHILD DEVELOPMENT SPORTS 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.**

47123 Thu Jan 14-Feb 11 3:45 - 4:30 PM

47179 Wed Mar 3- Mar 31 3:45 - 4:30 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.**

47163 Wed Jan 13-Feb 10 3:45 - 4:30 PM

47784 Tue Mar 2-Mar 30 3:45 - 4:30 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.**

47165 Mon Jan 11- Feb 8 3:45 - 4:30 PM

47781 Thu Mar 4- Apr 1 3:45 - 4:30 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.**

47782 Tue Jan 12-Feb 9 3:45 - 4:30 PM

47180 Mon Mar 1-Mar 29 3:45 - 4:30 PM

WINTER BEGINNING BASEBALL & SOCCER LEAGUE (Pre-Registration is Required)

Start Date: Sat, Jan 9th or Sun., Jan 10th

Game 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

(Location subject to change due to field availability)

Early Bird Fee: \$75/ 7 games

After Dec 18th: \$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 Jan 23rd and Jan 24th. 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 Jan 16th, 17th and Feb 13th, 14th. (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

Times for Orientation Day (Linda Vista): Sat, Jan 9th

44933 Coach Pitch Born 2002-2003 10:00 AM

44956 T-Ball Born 2004-2005 9:00 AM*

Times for Orientation Day (Cox Media): Sun, Jan 10th

44934 Coach Pitch Born 2002-2003 3:00 PM

44957 T-Ball Born 2004-2005 4:00 PM*

SOCCER

Times for Orientation Day (Linda Vista): Sat, Jan 9th

44958 "C" Born 2000-2001 1:00 PM

44975 "D" Born 2002-2003 12:00 PM

44979 "DD" Born 2004-2005 11:00 AM*

Times for Orientation Day (Cox Media): Sun, Jan 10th

44959 "C" Born 2000-2001 2:00 PM

44976 "D" Born 2002-2003 1:00 PM

44980 "DD" Born 2004-2005 12:00 PM*

***Children MUST be 4 yrs 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 download an application at saddlebackrecreation.com**

PLEASE GO TO OUR WEB-SITE
AT WWW.SADDLEBACKRECREATION.COM
FOR MORE INFO. REGARDING
THE SPRING BASEBALL & SOCCER SEASON
(STARTING APRIL 10th & 11th)

YOUTH SPORTS

WINTER BEGINNING BASKETBALL LEAGUE (Pre-Registration is Required)

Start Dates: Fri, Jan 22th, Sat, Jan 23rd
Sun, Jan 24th

Game Sites: RSM Intermediate (Fri D, Sun D, DD)
Serrano Intermediate (Fri DD, Sat D, DD)

Early Bird Fee: \$75/ 7 games, includes uniform
After Jan 8th: \$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 Jan 29th, 30th and 31st. 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 request must be made no later than the Wednesday prior to the scheduled orientation. (Orientation times do not reflect game times) No games Feb 12th, 13th and 14th.

ALL ORIENTATIONS WILL BE HELD AT RSM

Fri Night League: Times for Orientation Day: Jan. 22

44985 "D" Born 2002-2003 (RSM) 6:30 PM

44993 "DD" Born 2004-2005*(RSM) 5:30 PM

Sat League: Times for Orientation Day: Sat, Jan. 23

44983 "D" Born 2002-2003 (RSM) 10:00 AM

44991 "DD" Born 2004-2005*(RSM) 9:00 AM

Sun League: Times for Orientation Day: Jan. 24

44984 "D" Born 2002-2003 (RSM) 10:00 AM

44992 "DD" Born 2004-2005*(RSM) 9:00 AM

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

PLEASE GO TO OUR WEB-SITE
AT WWW.SADDLEBACKRECREATION.COM
FOR MORE INFORMATION REGARDING
THE SPRING BASEBALL & SOCCER SEASON
(STARTING APRIL 16th, 17th & 18th)

SVUSD FALL VOLLEYBALL CAMP

Date: Friday, November 27th

Early Bird Fee: \$50, Includes t-shirt

After Nov 13th Add \$10

Ages: Boys & Girls 7-14 yrs old

Time: 8:00am-12:00pm

Location: RSM Intermediate

Improve Volleyball Skills with this great instructional one day camp. The Camp will cover basic fundamentals such as passing, setting, serving, etc. Campers are grouped by age and ability. Wear comfortable clothing and tennis shoes.

45276 Fri Nov 27 8:00 AM -12:00 PM

For more information
please go to our website at:
www.saddlebackrecreation.com

WINTER YOUTH VOLLEYBALL LEAGUE (Pre-Registration is required)

Start Date: Sat, Jan 23rd (Evaluation Day)
(Game site subject to change)

Game Location: RSM Intermediate School gym

Early Bird Fee: ("A", "B" & "C" Divisions) \$75
6 games, includes jersey
("D" Division) \$75
6 games, includes jersey

After Jan 8th: 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: Each team will practice for 30 minutes then play a 30 minute game every week. There is no draft for the "D" Division. All Games are always scheduled on Saturdays. Games will begin on Jan. 30th. No games on Feb. 13th. (Evaluation and Orientation times do not reflect game times). D Division will have modified rules to give players a fun & exciting first experience with volleys.

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

Times for Evaluation Day: Sat Jan 23rd

47937 "A" Div. Born 1996-1997* 2:00 PM

47938 "B" Div. Born 1998-1999** 1:00 PM

47939 "C" Div. Born 2000-2001*** 12:00 PM

(Orientation Day)

47940 "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.

COACH MOOT'S VOLLEYBALL CAMPS

Fee: \$75/3 Days (Winter Camp)
\$110/5 Days (Spring Camp)

Ages: 7-14

Location: Trabuco Hills High School Gym

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.

47166 *Mon-Wed Dec 21-23 1 - 4:00 PM

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

*includes t-shirt for winter camp only

YOUTH SPORTS

MONSTER GAME BASKETBALL STRICTLY SHOOTING CAMP

Fee: \$40
 Ages: Boys & Girls, 5-15 years old
 Location: Serrano Intermediate
 24642 Jeronimo, Lake Forest

Learn how to play "FUN"da"MENTAL"ly sound basketball in this one day camp focusing on the fundamentals of shooting, team defense, and offensive moves. Players will execute basketball drills in a high energy teamwork environment. Players will focus on critical areas that players need to master in order to succeed on the court with confidence. This camp is for both the beginning and advanced player as players will be divided according to skill level. Coach Marv is the current head boys JV and varsity assistant basketball coach at Mission Viejo High School

45588 Fri Nov 27 9:00 AM - 12:00 PM

COAST TO COAST FALL SOCCER CAMP

Fee: \$59
 Ages: Boys & Girls 4-14 yrs old
 Date/Time: November 27th, 8:00am-1:00pm
 Location: O Neill Elementary
 24701 San Doval Lane, MV

Coast 2 Coast are proud to present our one day soccer festival for the Saddleback Valley Unified School District. Our highly qualified and professional soccer coaches will deliver a unique and creative soccer program to future soccer stars. Players will learn to play soccer free from pressure and will be given the opportunity to learn new skills and play the world's greatest game, Irish style! All campers will receive a free Soccer Jersey, Soccer Ball, certificate and wristband.

45325 Fri Nov 27 8:00am-1:00pm

WINTER BREAK DISCOVERY SOCCER CAMP

Fee : \$95/ 3 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.

47153 Mon-Wed Dec 21-23 9:00 AM - 1:00 PM



MONSTER GAME BASKETBALL WINTER CAMP

Fee: \$75
 Ages: 5-15 years old
 Location: RSM Intermediate
 21931 Alma Aldea, RSM

Learn how to play "FUN"da"MENTAL"ly sound basketball in this 3 day camp focusing on the fundamentals of shooting, team defense, and offensive moves. Players will execute basketball drills in a high energy teamwork environment. Players will focus on critical areas that players need to master in order to succeed on the court with confidence. This camp is for both the beginning and advanced player as players will be divided according to skill level. Coach Marv is the current head boys JV and varsity assistant basketball coach at Mission Viejo High School.

45589 Mon-Wed Dec 21-23 8:30 AM - 12:00 PM

TEE IT UP TGA "LEARN TO PLAY GOLF"

Fees: \$120/6 Weeks
 Grades: K-6
 Location: Del Lago Elementary (upper fields)(Sat)
 27181 Entidad, MV
 O Neill Elementary (Mon)
 24701 San Doval Lane, MV

TGA is bringing the golf course to your school! Students learn all aspects of golf, from swing fundamentals to game rules, etiquette and life values, while advancing through a 5-Level Program. TGA maintains a safe, nurturing environment with a maximum 10:1 ratio of students per professional golf instructor. TGA provides all equipment including real irons and woods. First time students receive a hat plus a specialized achievement award. No classes on Feb 13th and Feb 15th.

45825 Sat Jan 16 - Feb 27 (K-3) 10:00 - 11:00 AM

45826 Sat Jan 16 - Feb 27 (4-6) 11:00 AM - 12:00 PM

45827 Mon Jan 25 - Mar 8 (K-6) 3:30 - 4:30 PM



YOUTH SPORTS

SPRING FOOTBALL LEAGUE

(Pre-Registration is Required)

Start Date: Sat, March 6th (Evaluation Day)

Game Sites: Cordillera Elementary

25952 Cordillera, MV

O Neill Elementary

24701 San Doval Lane, MV

Early-Bird Fee ("A", "B" & "C" Divisions): \$105

8 games/includes uniform set

Fee "D": \$85 7 games/includes uniform set

After Feb 19th: Add \$10

Approx Range of Game Times on Saturdays:

"A" Div. 8:00 AM - 2:30 PM

"B" Div. 11:00 AM - 5:00 PM

"C" Div. 11:00 AM - 5:00 PM

"D" Div. 9:00 AM - 1:00 PM

"A", "B" and "C" Divisions: League stresses fun and participation, including minimum play requirements. Sportsmanship awards are given. Teams may practice up to three hours per week. Practice time and location determined by coach. A practice will be held Saturday, March 13th. Uniforms and schedules are distributed that day. Games begin March 20th. (No games on April 3rd.)

"D" Division: League emphasizes skill development, participation and fun! The first 45 minutes consist of practicing fundamentals followed by a 45 minute game. Teams practice and play Saturday mornings only. Schedules and uniforms are distributed on Orientation Day. Games begin March 13th. (No games on April 3rd.) Fields Subject to Change due to availability.

Times for Evaluation: Sat, Mar 6 (Cordillera)

46832 "A" Div. Born 1996-97* 3:00 PM

46870 "B" Div. Born 1998-99
(A-Mc Last Names) 12:00 PM
(Md-Z Last Names) 1:30 PM**

46873 "C" Div. Born 2000-2001* 10:00 am
(Orientation Day)**

46925 "D" Div. Born 2002-2003 9:00 AM

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

*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.

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 download an application at www.saddlebackrecreation.com**

UNITED ATHLETICS 15TH ANNUAL SADDLEBACK VALLEY WINTER YOUTH FLAG FOOTBALL CAMP

Registration Fee: \$80/4 Weeks

Days: Sat- Jan 16th, 23rd, 30th, Feb 6th

Location: Cordillera Elementary
25952 Cordillera, Mission Viejo

Get ready for the SVUSD Youth Flag Football League. Coaches Chris and Craig Watkins and their coaching staff will help participants improve their flag football skills through drills and expert instruction. Each day includes scrimmage play. Participants are grouped by age and ability.

46993 Session I Born 1996-99 1:00 - 3:00 PM

46994 Session II Born 2000-03 3:00 - 5:00 PM

If you register for both the Winter Football Camp and the Spring Flag Football 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.)

TOP SPIN TENNIS LEAGUE

(Pre-Registration is required)

Start: Sun, Jan 31st (Evaluation Day)

Location: Laguna Hills High School
25401 Paseo De Velencia, LH

Early-Bird Fee \$85/7 Weeks

After Jan 15th: Add \$10

First Match: Feb 7th

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 of 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 Feb 14th.

Sun, Jan 31st (Evaluation Day)

46998 "A" Div. Born 1996-97* 9:00 AM

46999 "B" Div. Born 1998-99 10:00 AM**

47000 "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.

YOUTH SPORTS

MONSTER GAME PRIVATE TRAINING

Fee: \$25 per session
Beg. Train 5-10 yrs (Wed) 5:00 - 6:30 PM
Adv. Train 10-16 yrs (Wed) 6:30 - 8:00 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 coach each session. With each session, players will build fundamentally sound muscle memory both in offense and defense through challenging drills and techniques. For over 10 years, his IDEA system (Introduction, Demonstration, Explanation, Application) is a proven teaching method that has elevated hundreds of basketball players to the next level. Coach Marv is the current head boys JV and varsity assistant basketball coach at Mission Viejo High School.

TRIPLE THREAT ACADEMY

Fee: \$15 per lesson (*special reduced rate)
Grades: 3rd-8th
Beg. Training (Mon): 5:00 - 6:00 PM
Adv. Training (Mon): 6:00 - 7:00 PM
Location: La Paz Intermediate School Gym
25151 Pradera Dr., MV
Registration: 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.

SKYHAWKS PLAYGROUND CAMP

Fee: \$90/3 days
Ages: Boys & Girls 7-12 years
Location: O'Neill School
24701 San Doval, MV
Registration: www.saddlebackrecreation.com
to check dates, availability and to register.

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.
48021 Mon-Wed Dec 28-30 9:00 AM - 12:00 PM

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"damental skills of soccer in a safe and structured environment. Please bring water, shin guards and cleats.

47141 Wed Feb 3- Mar 24 4:00 - 5:15 PM

SVUSD YOUTH VOLLEYBALL TRAINING

Fee: \$40/ Per Week (Includes two sessions)
Ages: Boys & Girls 7-14 yrs old
Days : Tues/Thurs 5:00 - 6:00 PM
Location: Los Alisos Intermediate Gym
25171 Moor Ave, MV

Registration: Go to www.saddlebackrecreation.com
to check dates, availability and to register.

SVUSD Staff will personally coach each session. Each session is designed to enhance your child's volleyball skills to a new level. Instruction will include challenging drills and exercise. Perfect for beginners and players that are already participating in the competitive volleyball program.

BASKETBALL BASIKS

Fee: \$20/per session
Grades: 3rd-8th
Dates Sun 1:00 - 2:00 PM
Location: RSM Intermediate School Gym
21931 Alma Aldea, RSM



Registration: Go to www.saddlebackrecreation.com
to check dates, availability and to register.

James Johnson has over 25 years of experience as a player and coach. Collegiately, Johnson was an All Conference Player and Team MVP at Pomona-Pitzer under Greg Popovich (Head Coach of the 4-time NBA Champion San Antonio Spurs). Currently, Johnson is head coach of a local AAU traveling team. These all-inclusive clinics will illustrate and teach key individual skills necessary for success on the court including: basic positioning, movement without the ball, ball handling, shooting, passing, perimeter and post moves, defense, and rebounding.

For more information
on winter and spring programs
please see our website at:
www.saddlebackrecreation.com

TENNIS PROGRAMS

TENNIS PROGRAMS

All classes: 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.
 Location: Mission Viejo High School Tennis Courts

Fee: \$50/4 weeks

47195	Sat	Jan 09	8:00 - 9:00 AM
47206	Sat	Jan 09	9:00 - 10:00 AM
47196	Sat	Jan 09	10:00 - 11:00 AM
47202	Sat	Feb 20	8:00 - 9:00 AM
47207	Sat	Feb 20	9:00 - 10:00 AM
47210	Sat	Feb 20	10:00 - 11:00 AM

Location: Laguna Hills High School Tennis Courts

47198	Sat	Jan 09	8:00 - 9:00 AM
47205	Sat	Feb 20	9:00 - 10:00 AM

Location: Trabuco Hills High School Tennis Courts

47208	Sat	Jan 09	9:00 - 10:00 AM
47209	Tue	Jan 12	6:00 - 7:00 PM
47201	Tue	Jan 12	7:00 - 8:00 PM
47197	Thu	Jan 14	6:00 - 7:00 PM
47199	Sat	Feb 20	9:00 - 10:00 AM
47203	Tue	Feb 23	6:00 - 7:00 PM
47204	Tue	Feb 23	7:00 - 8:00 PM
47200	Thu	Feb 25	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: Laguna Hills High School Tennis Courts

Fee: \$50/4 weeks

47374	Sat	Jan 09	9:00 - 10:00 AM
47373	Sat	Jan 09	10:00 - 11:00 AM (Lev 2&3)
47366	Sat	Feb 20	9:00 - 10:00 AM
47359	Sat	Feb 20	10:00 - 11:00 AM (Lev 2&3)

Location: Trabuco Hills High School Tennis Courts

47368	Sat	Jan 09	8:00 - 9:00 AM
47371	Thu	Jan 14	7:00 - 8:00 PM
47369	Sat	Feb 20	8:00 - 9:00 AM
47372	Thu	Feb 25	7:00 - 8:00 PM

Location: Mission Viejo High School Tennis Courts

47375	Sat	Jan 09	11:00 AM - 12:00 PM
47358	Sat	Feb 20	11:00 AM - 12:00 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

Fee: \$50/4 weeks

47459	Mon	Jan 11	6:00 - 7:00 PM
47461	Mon	Feb 22	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

47464	Wed	Jan 13	6:00 - 7:00 PM
47466	Wed	Jan 13	7:00 - 8:00 PM
47465	Wed	Feb 24	6:00 - 7:00 PM
47467	Wed	Feb 24	7:00 - 8:00 PM

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

47583	Sat	Jan 09	10:00 - 11:30 AM
47584	Sat	Feb 20	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

47581	Sat	Jan 09	12:00 - 1:30 PM
47582	Sat	Feb 20	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

47589	Mon	Jan 11	7:00 - 8:00 PM
47590	Mon	Feb 22	7:00 - 8:00 PM

Location: Mission Viejo High School Tennis Courts

47585	Sat	Jan 09	12:00 - 1:00 PM
47586	Sat	Feb 20	12:00 - 1:00 PM

Location: Laguna Hills High School Tennis Courts

47587	Sat	Jan 09	11:00 AM - 12:00 PM
47588	Sat	Feb 20	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

47591	Tue	Jan 12	8:00 - 9:00 PM
47592	Tue	Feb 23	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

47593	Wed	Jan 13	8:00 - 9:00 PM
47594	Wed	Feb 24	8:00 - 9:00 PM

ADULT SPORTS / AQUATICS

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 cash 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 cash 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 registration information please call Bill Barry @ (949) 460-2722 or email barryw@svusd.org.

Don't miss out and call today!



SWIM VENTURE SWIM CAMP

SITES AND SCHEDULES SUBJECT TO CHANGE
DUE TO SCHOOL AVAILABILITY

Swim Camps will be held at:
Laguna Hills High School (Mon/Wed)
25401 Paseo de Valencia, Laguna Hills, Ca 92653
Laguna Niguel Racquet Club (Tues/Thurs)
23500 Clubhouse Dr, Laguna Niguel, CA 92677
(These pools are maintained at approximately 80 degrees)

Swim Venture swim camps are an extension to the Junior and Senior level 4 swim lesson program. These camps are designed for swimmers ages 5 – 14, who can confidently swim across a 25 yard pool and would like to learn more about the “sport” of swimming. This is a unique camp that is focused on learning all the proper skills needed to enjoy the sport of swimming

EQUIPMENT REQUIRED:

Goggles, Swim Cap and Rubber Swim Fins

Each participant registered may attend 2 classes per week of their preference for the entire month registered
Days: Mon-Thurs

BRONZE SWIM CAMP (Ages 5-8)

Check in will begin at 6:00 PM, classes will run from
*6:15 – 7:15 PM (M/W)

Class Price: \$78.00/month (12 students per coach)
Dec/Jan 45232 Feb 45233

(*Tues/Thurs classes will be 5:15 pm-6:15 pm at the Laguna Niguel location)

SILVER SWIM CAMP (Ages 9-14)

Check in will begin at 6:00 PM, classes will run from
*6:15 – 7:15 PM (M/W)

Class Price: \$78.00/month (16 students per coach)
Dec/Jan 45247 Feb 45248

(*Tues/Thurs classes will be 6:15 pm-7:15 pm at the Laguna Niguel Location)

Attendance and Make Up Lessons: Classes are offered on a monthly basis. You are invited to attend up to 8 during any of the classes offered during the month in which you are registered.

Schedule Changes: If for any reason there is a pool closure or schedule change, we will email the email address that was used to register with the recreation department and we will send an automated message to the phone number listed on your registration form.