

Activities for Adults

**FOR FURTHER INFORMATION ON ANY OF OUR CLASSES OR TO REGISTER, CALL 562-383-4200.
TO REGISTER ONLINE VISIT: [HTTPS://APM.ACTIVECOMMUNITIES.COM/CITYOFLAHABRA/HOME](https://apm.activecommunities.com/cityoflahabra/home)**

The City reserves the right to substitute instructors, cancel activities, change dates, times and/or locations as necessary without public notice. We apologize for any resulting inconvenience.

Dance

BEGINNING LINE DANCE

Join this introductory class for new dancers! Through basic steps with easy-to-follow instructions, you will learn popular line dances being done in all the country western dance clubs. It's also good exercise and a great way to have fun! No partner needed.

Instructor: Nikki Hoelsch

Age: 16+ yrs **Fee: \$37/5 wks** **Location: LHCC**
#2505.100 MON 1/16-2/13 7:00-8:30 pm

BEGINNING/INTERMEDIATE LINE DANCE

Get ready to learn some of those popular but slightly more challenging line dances being done in all the country western dance clubs! Basic line dance experience recommended, but not required.

Instructor: Nikki Hoelsch

Age: 16+ yrs **Fee: \$32/4 wks** **Location: LHCC**
#2509.100 MON 2/27-3/20 7:00-8:30 pm

INTRODUCTION TO EAST COAST SWING

★NEW★ Learn the basics of the East Coast Jitterbug Swing and dance to Big Band, as well as more contemporary music. It's a great dance for nightclubs, cruises and other occasions. Singles and couples are welcome; no partner needed.

Instructor: Rita Mendoza

Age: 14+ yrs **Fee: \$37/5 wks** **Location: LHCC**
#2508.100 TUE 1/11-2/8 6:45-7:30 pm

BELLY DANCING

Belly dancing, with its mystical movements, will inspire your spirit to breathe, expand and stretch. Come and celebrate the goddess within! With sharp hip accents, shimmies, undulations and veil work, you'll get an intense workout that feels wonderful.

Instructor: Yeril Barlup

Age: 15+ yrs **Fee: \$37/8 wks** **Location: LHCC**
#2502.100 (Int).... WED 1/4-2/22 7:30-8:30 pm
#2503.100 (Beg) .. TUE 1/3-2/21 7:30-8:30 pm
#2502.101 (Int).... SAT 1/7-2/25 10:00-11:00 am
#2503.101 (Beg) ... SAT 1/7-2/25 11:00 am-12:00 pm

BEGINNING SALSA

Learn one of today's "hottest" dances — Salsa! This Salsa class will give you a basic understanding, plus teach you steps that will have you movin' to the Latin beat sooner than you think!

No class on Tuesday, February 8th.

Instructor: Rita Mendoza

Age: 14+ yrs **Fee: \$39/6 wks** **Location: LHCC**
#2507.100..... TUE 1/10-2/15 7:45-8:30 pm

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Yoga for Every Day Living Community Yoga Class

Yoga is about more than stretching, it's about training the body to create a sense of power and ease, through connection of breath and movement, in order to deal with everyday stress in a balanced and mindful matter. Class is led by Yoga certified, Doctor of Chiropractic students from Southern California University of Health Sciences Pamela Sommer, CYT & Julie Stefanski, CYT. For more information, email PamelaSommer@scuhs.edu.

WHERE: SCUHS D-200

WHEN: Saturday, January 7-March 25, 2017

FEE: Donation

Futsal Leagues

DIVISIONS

**Adults (ages 16 & older):
Men, Women, Coed, & Veteran**

**Youth: U7/8, U9/10, U11/12,
& U13/14 Boys & Girls**

STRUCTURE

7+ Games Guaranteed

5 vs. 5

**Rosters: 7 player minimum,
10 player maximum**

FIFA Futsal Rules

LEAGUE FEES

**Adults: \$20 per player per year.
Covers player yearly fee and
secondary medical insurance
(year runs September thru August).**

\$45 per league game

NO team registration fee

Youth: \$400 per season

(7 games guaranteed)

*Winter 2017 season starting
soon! Register Now!*



**All games are held at
La Bonita Park Futsal Courts,
1440 W. Whittier Blvd., La Habra.
For information or to register,
please visit www.toquefutsal.com
or call 562-212-0671.**

Fitness for Fun

ASPIRE WELLNESS STUDIO CLASSES

THERAPEUTIC GENTLE YOGA

This gently paced class uses therapeutic sequencing, breath work, props & visualization to help restore balance and harmony to the mind and body. All are welcome!

Instructor: Tina Makris, Anahata Yoga & Wellness

Age: 18+ yrs	Fee: \$40/4 wks	Location: AWS
#3025.100	TUE 1/3-1/24	10:30-11:30 am
#3025.101	TUE 1/31-2/21	10:30-11:30 am
#3025.102	TUE 2/28-3/21	10:30-11:30 am

ASPIRE BARRE

Aspire Barre is a fun class that incorporates exercises that will align, sculpt and tone your body. Props such as barres, bands, rings, balls and weights are frequently used, and the rhythm of the music will inspire you to burn off those calories!

Age: 18+ yrs	Fee: \$27/4 wks	Location: AWS
#3021.100	FRI 1/6-1/27	8:00-9:00 am
#3021.101	FRI 2/3-2/24	8:00-9:00 am
#3021.102	FRI 3/3-3/24	8:00-9:00 am

PILATES REFORMER

The Reformer is one of the most popular pieces of equipment used in Pilates. The Reformer allows clients to feel supported in the movement while adding resistance to help develop muscular strength. It is a total body workout centered around control, functional breathing, posture and balance. **No class on Monday, February 20th.**

Age: 18+ yrs	Fee: \$62/4 wks	Location: AWS
#3024.100	MON 1/2-1/23	5:00-6:00 pm
#3024.101	MON 1/30-2/27	5:00-6:00 pm
#3024.102	MON 3/6-3/27	5:00-6:00 pm
#3024.103	TUE 1/3-1/24	5:30-6:30 pm
#3024.104	TUE 1/31-2/21	5:30-6:30 pm
#3024.105	TUE 2/28-3/21	5:30-6:30 pm

HATHA YOGA

Yoga exercises the whole body. In this class, we explore different yoga postures and sequences focusing on stretching and toning muscles. All levels of experience are welcome.

Age: 18+ yrs	Fee: \$27/4 wks	Location: AWS
#3022.100	SUN 1/8-1/29	9:00-10:00 am
#3022.101	SUN 2/5-2/26	9:00-10:00 am
#3022.102	SUN 3/5-3/26	9:00-10:00 am

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PICTURES OF PARTICIPANTS MAY BE TAKEN AT THE CITY OF LA HABRA'S SPECIAL EVENTS, CLASSES AND PROGRAMS TO BE USED IN PUBLICITY MATERIALS FOR THE CITY OF LA HABRA.

ONE BODY STUDIOS CLASSES

Please arrive 15 minutes prior to your first class meeting.

MAMA & TODDLER YOGA

★NEW★ A child-friendly soundtrack sets the tone, as fun activities and yoga games are woven throughout the class, engaging toddlers to participate as mama gets in a nice practice of her own. This class provides the opportunity to meet numerous needs at once — stretching and strengthening the body, connecting with other mamas, as well as letting go of the long “to-do” list in order to simply enjoy the relationship with your little one. **Child should have steady walking ability.**

Age: 18+ yrs	Fee: \$52/6 wks	Location: OBS
#3020.100	TUE 1/3-2/7	1:00-2:00 pm
#3020.101	TUE 2/14-3/2	1:00-2:00 pm

FLOW DOWN

Join us for a solid flow through the first half of class to warm up our bodies and then the last half of the class in relaxing and rejuvenating cool down postures. This class is a perfect mix of yin and yang; we will release all of our energy built up from our day and prepare our body and mind for a peaceful afternoon.

Age: 18+ yrs	Fee: \$50/6 wks	Location: OBS
#3016.100	THUR 1/5-2/9	4:30-5:30 pm
#3016.101	THUR 2/16-3/23	4:30-5:30 pm

PRENATAL YOGA

Practicing prenatal yoga can be a wonderful way to put time aside for yourself and your baby. Although most gentle types of yoga are appropriate during pregnancy, there are a few things to avoid so that your pregnancy yoga experience is safe and enjoyable. This class will safely guide expecting mothers through helpful poses that address stress management, breathing techniques and hip opening.

Age: 18+ yrs	Fee: \$32/6 wks	Location: OBS
#3017.100	THUR 1/5-2/9	5:30-6:30 pm
#3017.101	THUR 2/16-3/23	5:30-6:30 pm

RESTORATIVE YOGA

This class is for those seeking a more relaxing practice, where the body will be supported by bolsters, blocks, and straps, allowing the body to reap the full benefit of each and every yoga pose. This class is also good for beginners and those with limited mobility.

Age: 18+ yrs	Fee: \$52/6 wks	Location: OBS
#3010.100	TUE 1/3-2/7	7:30-8:30 pm
#3010.101	TUE 2/14-3/21	7:30-8:30 pm

MOMMY & ME YOGA

Join us for a fun, relaxed class that will allow you to reconnect with your body, while enjoying time with your little one. This class utilizes poses that allow mom to interact with her baby while she gets in her own practice. The yoga postures will focus on helping mom restore alignment and tone, as well as strengthening the pelvic floor. The breathing exercises and ending meditation will assist her in adjusting to the emotional demands of motherhood. Good for getting back in shape and stimulating baby's development, too! **No class on Monday, February 20th.**

Age: 18+ yrs	Fee: \$42/6 wks	Location: OBS
#3030.100	MON 1/2-2/13	10:15-11:15 am
#3030.101	MON 2/13-3/27	10:15-11:15 am

YOGA

Is yoga right for you? It is if you want to fight stress, get fit, and stay healthy! Yoga energizes the body and calms the mind through a variety of poses emphasizing balance, breath, and deep stretching. This all-levels class perfectly blends standing with seated poses, giving you a full body workout. The class closes with a guided relaxation, leaving you feeling relaxed and rejuvenated.

Age: 18+ yrs	Fee: \$52/6 wks	Location: OBS
#3019.100	THUR 1/5-2/9	9:00-10:30 am
#3019.101	THUR 2/16-3/23	9:00-10:30 am
#3019.102	SUN 1/8-2/13	5:00-6:00 pm
#3019.103	SUN 2/27-4/3	5:00-6:00 pm

BEGINNER YOGA

New to Yoga? This class is slower paced than our other classes, and focuses on developing clear and safe alignment in foundational poses. Come to learn, play and maybe even break a sweat in a supportive environment. You don't need to be able to touch your toes; you just have to be willing to try.

Age: 18+ yrs	Fee: \$52/6 wks	Location: OBS
#3002.100	WED 1/4-2/8	7:30-8:30 pm
#3002.101	WED 2/15-3/22	7:30-8:30 pm
#3002.102	SUN 1/8-2/13	6:15-7:15 pm
#3002.103	SUN 2/27-4/3	6:15-7:15 pm

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La Habra City School District
School Readiness
 Free Classes for Children
 Birth to 5 Years Old!
 (562) 690-2353

To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

INFANT, PRESCHOOL & SCHOOL-AGE PROGRAMS

Services provided for children
6 weeks to 12 years of age
6:15 am–6:00 pm
562-383-4270

Must meet eligibility requirements.



EARLY HEAD START

Federally funded home-based educational enrichment program for children 0 to 3 years old. Home visits are conducted once a week for 1½ hours. Group socialization activities occur once every two weeks. **562-383-4270**

HEAD START

Federally funded Head Start program for children ages 3 to 5 years old for 3½ hours a day. **Lambert Site: 562-383-4256/CDC: 562-383-4262**

HEAD START/STATE PRESCHOOL WRAP PROGRAM

Federal and State funded program for children 3 to 5 years for 7 hours per day. **562-383-4270**

STATE PRESCHOOL

State funded program for 3 to 5 year old children. Part-day (3 hours) or full-day (11 hours, 15 minutes) services are available. **562-383-4262**

FAMILY CHILD CARE HOME PROVIDERS

Subsidized Child Care in Family Child Care Homes for Infants 6 weeks old to 3 years. **562-383-4285**

SCHOOL-AGE YEAR ROUND SUBSIDIZED CHILD CARE

Before and After school program/full-day. Transportation to and from La Habra City School District on school buses. Please call for more information and to receive an eligibility information questionnaire to be placed on the waiting list. Fees are based on income. **562-383-4250**

Children enrolled in the Center-based programs are provided with nutritious meals based on CACFP guidelines.

Fitness for Fun

OLDER ADULT YOGA

★NEW★ This yoga class is specifically formatted for older adults and individuals desiring a slower-paced class with few transitions from floor to standing poses, as well as modifications to poses as needed. Come join us and improve your strength, flexibility and balance as you also release stress and become more in tune with your body. Please bring your own mat to class. Instructor is a personal trainer and fitness and wellness consultant with many years' experience. **No class on Monday, February 20th.**

Instructor: *Adrienne Vangeloff*

Age: 45+ yrs Fee: \$27/5 wks Location: LHCC
#3000.100 MON 1/9–2/6 1:00–2:00 pm

Age: 45+ yrs Fee: \$32/6 wks Location: LHCC
#3000.101 MON 2/13–3/27 1:00–2:00 pm
#3000.102 WED 1/4–2/8 1:00–2:00 pm
#3000.103 WED 2/15–3/22 1:00–2:00 pm

FLOOR, CORE & MORE

★NEW★ This class offers a challenging, effective workout through rotating through different stations and/or sets of exercises. All levels of fitness are welcome, as modifications will be demonstrated. Light weights and bands, provided by the instructor, will be part of the workout. Please bring your own mat to class. Adrienne is a personal trainer and fitness and wellness consultant with many years' experience.

Instructor: *Adrienne Vangeloff*

Age: 18+ yrs Fee: \$42/6 wks Location: VMH
#3004.100 TUE 1/3–2/7 5:30–6:30 pm
#3004.101 TUE 2/14–3/21 5:30–6:30 pm

Age: 18+ yrs Fee: \$42/6 wks Location: LHCC
#3004.102 THUR 1/5–2/9 5:30–6:30 pm
#3004.103 THUR 2/16–3/23 5:30–6:30 pm

PILATES YOGA STRETCH & TONE

Destress from your day with a peaceful, energizing yoga and Pilates experience by candlelight. Tone and stretch the total body with mat Pilates exercises emphasizing the abdominals, thighs and buttocks, to shape and sculpt long, lean core muscles with the aid of Dynaflex bands and exercise balls. This class also includes in-depth instruction on basic yoga postures and breathing techniques to enhance your sense of well-being and ability to relax. Beginning and intermediate levels are introduced. Please bring a yoga sticky mat, blocks, strap, and inflatable exercise ball to class. **No class on Monday, February 20th.**

Instructor: *Angela King,*
Registered Yoga Alliance Certified Teacher (RYT)

Age: 15+ yrs Fee: \$55/10 wks Location: LHCC
#3008.100 MON 1/9–3/20 5:45–6:45 pm

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YOGA BY CANDLELIGHT

Destress from your day with a peaceful, energizing yoga experience by candlelight. Tone and stretch the total body with yoga exercises emphasizing the abdominals, thighs and buttocks, to shape and sculpt long, lean core muscles. This class also includes in-depth instruction on yoga postures and breathing techniques to enhance your sense of well-being and ability to relax. Advanced beginner and intermediate levels are taught. Please bring a yoga sticky mat, blocks, and strap to class.

No class on Thursday, January 26th and Monday, February 20th.

Instructor: Angela King,
Registered Yoga Alliance Certified Teacher (RYT)

Age: 15+ yrs Fee: \$106/10 wks Location: LHCC
#3001.100..... MON/THUR 1/9-3/23 7:00-8:30 pm

YOGA FOR EVERY DAY LIVING

Yoga is about more than stretching; it's about training the body to create a sense of power and ease, through the connection of breath and movement, in order to deal with everyday stress in a balanced and mindful manner. In this foundational course, we will focus on breathing to calm the mind and body, safe and functional sequencing to enhance core and joint stability, and provide individualized cues and modifications to reduce pain and prevent injuries. Yoga is not just about touching your toes, but how you get there; we hope to make the journey one of growth, empowerment and a little bit of fun! Class is led by Yoga certified, Doctorate of Chiropractic students from Southern California University of Health Sciences.

Instructors: Pamela Sommer, CYT & Julie Stefanski, CYT

Age: 15+ yrs Fee: \$32/4 wks Location: SCUHS-D200
#3013.100..... TUE 1/3-1/24..... 7:00-8:15 pm
#3013.101..... TUE 1/31-2/21 7:00-8:15 pm
#3013.102..... TUE 2/28-3/21..... 7:00-8:15 pm

ZUMBA®

Ditch the workout and join the party! Zumba is an easy to follow dance fitness program for people of all ages. Let loose to Latin-inspired rhythms and fun moves that get your body movin' and your heart pumpin'! Join your groove with mine, and let's burn some calories and have a blast! Receive \$5 off each additional class you sign up for! **Must register by the first class meeting in order to receive the discount. No class on Tuesday, January 10th & March 14th and Saturday, February 18th.**

Instructor: Katrina Fritter, Licensed Zumba Instructor

Age: 12+ yrs Fee: \$50/10 wks Location: VMH
#3012.100..... TUE 1/3-3/21..... 7:00-8:00 pm

Age: 12+ yrs Fee: \$60/12 wks Location: VMH
#3012.101..... WED 1/4-3/22..... 7:30-8:30 pm
#3012.102..... THUR 1/5-3/23..... 8:00-9:00 pm

Age: 12+ yrs Fee: \$55/11 wks Location: VMH
#3012.103..... SAT 1/7-3/25..... 9:00-10:00 am

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To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

VARSITY SATURDAYS

Our Sports Medicine Center of Excellence will be hosting Varsity Saturdays, a new sports medicine walk-in service geared specifically toward high school athletes and coaches.

Our highly skilled Sports Medicine doctors will be providing high school athletes and coaches with free injury evaluation and treatment recommendations every Saturday from 8 to 11am.

* High school athlete and high school team verification required. Students must bring high school ID and a team roster or other proof of team participation.



scuhealth.org 562.902.3312 16200 Amber Valley Drive Whittier, CA 90604

Fitness for Fun

ZUMBA STEP

Step it up a notch with Zumba step! All the fun and flavor of Zumba with an added cardio element — the step! Bring your step, (or purchase one from the instructor at a discounted price) and come join the party. **No class on Saturday, February 18th.**

Instructor: Katrina Fritter, Licensed Zumba Step Instructor

Age: 18+ yrs Fee: \$50/12 wks Location: VMH
#3009.100 THUR 1/5-3/23 7:15-7:55 pm

Age: 18+ yrs Fee: \$40/11 wks Location: VMH
#3009.101 SAT 1/7-3/25 8:30-9:00 am

ZUMBA GOLD

Get fit and stay healthy with Zumba Gold. Learn to dance salsa, merengue, cha-cha, mambo, cumbia, line dance and much more, while getting a great workout. Participants not only work their bodies in this class, but they sharpen their minds as they learn new routines. Instructor Leonor Garza has been teaching Zumba Gold since 2008; her passion is helping her clients stay in good health through dance exercise.

Instructor: Leonor Garza

Age: 55+ Fee: \$30/10 wks Location: LHCC
#3031.100 WED 1/4-3/8 11:00 am-12:00 pm

EASY MOVEMENT

This class includes easy moves that start with the head and neck and work all the way down to your toes! Instructor Karon Thomas has taught this class for 13+ years, as well as teaching dance for many years. She combines moves from modern dance, ballet, jazz, Tai Chi walking, yoga, Chi Gong and aerobics to give you a thorough, safe workout. Please bring two 1-lb. weights or two 1-lb. cans of food to class.

Instructor: Karon Thomas

Age: 40+ yrs Fee: \$38/6 wks Location: LHCC
#3026.100 TUE 1/17-2/21 4:30-5:30 pm

TAI CHI: LIU HE BA FA

Six harmonies eight methods uses small increments to release the whole body, mind and spirit into every move. All moves are both attacks and defense. 16 movements unlock 66 movements, 66 movements explore triangles, circles and squares. **No class on Monday, February 20th.**

*Instructor: Nancy O'Brien,
Certified International Judge (Tai Chi)*

Age: 7+ yrs Fee: \$44/6 wks Location: LHCC
#3007.100 MON 1/9-2/13 7:00-8:30 pm

Age: 7+ yrs Fee: \$37/5 wks Location: LHCC
#3007.101 MON 2/27-3/27 7:00-8:30 pm

continued >>>

To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

La Habra Residents

JOIN TEAM TENNIS
Call RON with inquiries
714-915-7177

NEW JUNIOR PROGRAM
Monday-Friday
4:00-5:30 p.m.
Saturday 1:00-2:30 p.m.

MEN'S ROUND ROBIN TENNIS
Tuesdays, Level 2.5 & above:
\$12 per night
Wednesdays, Level 4.5 & above:
\$8 per night

La Habra Tennis Center
351 S. Euclid Street
562-690-5040
www.lahabratenniscenter.com

\$1 Tennis Lessons
for ages 10 years & older
La Habra Residents only
Please call: 714-915-7177

No black-soled shoes allowed on the courts. Thank you.

TAI CHI CHUAN

This class includes eight treasures and 24 form. Movements are low impact with high health benefits. Slow movements and slow breathing help to develop balance, flexibility and stamina, while reducing stress.

*Instructor: Nancy O'Brien,
Certified International Judge (Tai Chi)*

Age: 7+ yrs	Fee: \$44/6 wks	Location: LHCC
#3011.100.....	SAT 1/7-2/11	10:30 am-12:00 pm
#3011.101.....	SAT 2/18-3/25	10:30 am-12:00 pm

NEVER TOO LATE TO SKATE

The Rinks Lakewood is an affiliate of the NHL Anaheim Ducks. Enjoy a 30-minute lesson with free skate rental and a free practice session **on the day of your class**. Whether your long term goals are hockey or figure skating, we have a class for you! Dress warmly and check in early so you can be on the ice when your class starts. Visit us at www.LakewoodIce.com for more information. **Pre-registration is required. No class on Saturday, January 14th & February 18th.**

Instructor: Lakewood Ice Staff

Age: 15+ yrs	Fee: \$34/3 wks	Location: LI
#3003.100	SAT 1/7-1/28	10:15-10:45 am
#3003.101	SAT 2/4-2/25	10:15-10:45 am

Age: 15+ yrs	Fee: \$45/4 wks	Location: LI
#3003.102	SAT 3/4-3/25	10:15-10:45 am

Practice times: Sat. 10:45-11:15 am

JACKI'S AEROBIC DANCING

Jacki's aerobic dancing is a fitness program that is totally FUN! Participants learn progressive choreographed dances that are designed to give an excellent cardiovascular and muscular workout. Participants dance to a wide variety of music at their own level of fitness. A good supportive shoe and towel or mat are required. **No class on Monday, February 20th.**

Instructor: Nancy McNabb

Age: 15+ yrs	Fee: \$105/10 wks	Location: VMH
#3005.100	MON/WED 1/9-3/15	5:45-6:45 pm

Age: 15+ yrs	Fee: \$85/8 wks	Location: VMH
#3005.101	MON/WED 1/9-3/1	5:45-6:45 pm

Age: 15+ yrs	Fee: \$55/5 wks	Location: VMH
#3005.102	MON/WED 1/9-2/8	5:45-6:45 pm

To register online visit:
[https://apm.activecommunities.com/
cityoflahabra/home](https://apm.activecommunities.com/cityoflahabra/home)

For further information,
please call 562-383-4200.

X-TREME FITNESS KICKBOXING

Are you ready to make a change with your body? Take control over your body with Fitness Kickboxing! It's a workout where you can kick and punch your way to achieving the fitness goals you've always wanted. Fitness Kickboxing is the best total body workout to lose weight, tone and shape up, gain endurance and flexibility, relieve stress, meet new friends and have fun. This class is the #1 calorie-burning workout, consuming an amazing 800 calories per hour. Classes are ongoing for women and men with ALL levels of fitness ability. Please arrive 15 minutes before first class meeting.

Instructor: Amanda Molina

Age: 13+ yrs	Fee: \$47/4 wks	Location: FMA
#3006.100	TUE 1/3-1/24	6:45-7:30 pm
#3006.101	THUR 1/5-1/26	6:45-7:30 pm
#3006.102	MON 2/27-3/20	6:45-7:30 pm
#3006.103	THUR 3/2-3/28	6:45-7:30 pm

KRAV MAGA FOR PERSONAL SELF-PROTECTION

Learn easy, effective self-protection from the most common threats and street attacks! Anyone can come and learn. It's also a fun workout that will reduce stress and get you into shape. Participants **MUST** bring gloves and purchase a t-shirt at the first class for \$17. Please arrive 15 minutes before first class meeting.

Instructor: Frazier Martial Arts

Age: 15+ yrs	Fee: \$49/4 wks	Location: FMA
#3014.100	WED 1/4-1/25	6:45-7:30 pm
#3014.101	SAT 1/7-1/28	8:00-8:45 am
#3014.102	MON 1/30-2/20	6:00-6:45 pm
#3014.103	WED 2/1-2/22	6:45-7:30 pm
#3014.104	TUE 2/28-3/21	6:00-6:45 pm
#3014.105	SAT 3/4-3/25	8:00-8:45 am

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**GRAFFITI HOTLINE:
562-383-4220**

Music

VOICE FOR ADULTS

Do you like to sing? Tell your friends and neighbors about this class, which will teach them to breathe properly, sing on pitch, and have fun at the same time. Participants will sing as a group, but will focus on individual performance.

Instructor: Patrick's Music School

Age: 16+ yrs **Fee: \$89/6 wks** **Location: PMS**
 #5013.100 SAT 1/14-2/18 1:30-2:20 pm

Art

LOVE2STAMP WITH VANESSA G

Tap into your creative side as you learn how to make all occasion cards using rubber stamps and photopolymer stamps to create beautiful masterpieces. Also learn how to make other paper items for special occasions and events. A \$10 supply fee is payable to the instructor in class.

Instructor: Vanessa Gonzales

Age: 12+ yrs **Fee: \$15/1mtgs** **Location: LHCC**
 #7000.100 TUE 1/10 6:00-9:00 pm
 #7000.101 TUE 2/7 6:00-9:00 pm
 #7000.102 TUE 3/7 6:00-9:00 pm

QUILTING

★NEW★ We will be making a Stack-N-Whack quilt. This quilt is an easy way to create quilt blocks with unique kaleidoscope designs. There is a \$5 supply fee payable to the instructor at the first class meeting.

Instructor: Beverly Smyth

Age: 18+ yrs **Fee: \$84/12 wks** **Location: LHCC**
 #7002.100 THUR 1/5-3/23 6:00-9:00 pm

INTRODUCTION TO DRAWING TECHNIQUES

This is a beginning course to introduce and develop drawing skills through demonstrations and examples of master drawings from children's book illustrations, animation and technical drawing. Course will cover contour, line, structure, perspective, light/shadow, color and modeling form.

Instructor: Carlos Moreno

Age: 15+ yrs **Fee: \$39/5 wks** **Location: LHCC**
 #7003.100 MON 1/9-2/6 6:30-8:00 pm
 #7003.101 MON 2/13-3/20 6:30-8:00 pm

Personal Enrichment

INTRODUCTION TO COMPUTERS, MICROSOFT WORD & THE INTERNET

Never touched a computer? Maybe you did, but felt confused. It's never too late to learn how to use a computer! This class will introduce you to those basic computer skills you need to operate your computer and explore the internet. Class includes hands-on practice and will benefit beginners and experienced users. A \$10 supply fee is payable to the instructor at the first class meeting.

Instructor: AGI Academy

Age: 16+ yrs **Fee: \$96/6 wks** **Location: PP**
 #5002.100 THUR 1/12-2/16 8:00-9:00 pm
 #5002.101 THUR 2/23-3/30 8:00-9:00 pm

MICROSOFT EXCEL & POWERPOINT

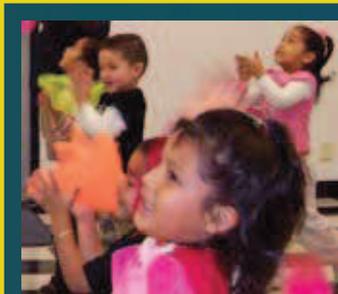
Whether you want to use your computer to create slide show presentations, have fun with animation or produce tables and spreadsheets with calculations, this class will let you explore the basic skills in Microsoft Excel and PowerPoint through hands-on practice. Experienced learners can sharpen their skills learning advanced features of these programs. A \$10 supply fee is payable to the instructor at the first class meeting.

Instructor: AGI Academy

Age: 16+ yrs **Fee: \$96/6 wks** **Location: PP**
 #5005.100 THUR 1/12-2/16 7:00-8:00 pm
 #5005.101 THUR 2/23-3/30 7:00-8:00 pm

continued >>>

PICTURES OF PARTICIPANTS MAY BE TAKEN AT THE CITY OF LA HABRA'S SPECIAL EVENTS, CLASSES AND PROGRAMS TO BE USED IN PUBLICITY MATERIALS FOR THE CITY OF LA HABRA.



La Habra City School District Presents

"The Music & Movement Phenomenon"

Sing, dance, play instruments and have a musical adventure with your child at our Music & Movement Workshop. It's never too soon to help your child develop a love of music. Workshops focus on movement, rhythms, building vocabulary and family fun! For more information or to obtain a schedule, please call 562-690-2305.

"Fenomeno de Musicay Movimiento"

Canta, baila, juega con instrumentos y ten una experiencia musical con tu niño en nuestro Taller de Musica y Movimiento. Ahora es una buena edad de comenzar en desarrollar el amor a la musica en los pequeños. El taller consiste de movimiento, ritmos, y diversion mientras desarrollamos su vocabulario! Para mas información or para obtener los horarios, por favor llame 562-690-2305.

INTRODUCTION TO COMPUTERS FOR SENIORS

It's never too late to learn computers! This class will introduce you to all the basic skills and terms you will need to operate a computer. We will show you how to use Microsoft Word and all its useful functions for basic communication. Experienced users can improve their skills by using this powerful word processing tool and integrating it with a digital camera for making professional flyers or document. A \$10 supply fee is payable to the instructor at the first class meeting.

Instructor: AGI Academy

Age: 55+ yrs	Fee: \$96/6 wks	Location: PP
#5007.100 THUR 1/12-2/16 1:00-2:00 pm
#5007.101 THUR 2/23-3/30 1:00-2:00 pm

INTRODUCTION TO THE INTERNET & E-MAIL FOR SENIORS

Excited to surf the online world? Explore what you can do with the internet! Class includes hands-on practice to work with powerful search engines to find useful information. We will also set up your free email account. Basic computer skills are required for this class. A \$10 supply fee is payable to the instructor at the first class meeting.

Instructor: AGI Academy

Age: 55+ yrs	Fee: \$96/6 wks	Location: PP
#5006.100 THUR 1/12-2/16 2:00-3:00 pm
#5006.101 THUR 2/23-3/30 2:00-3:00 pm

DOG OBEDIENCE & BEHAVIOR CONDITIONING

Is Spot always in the dog house? If so, get him out and trained so that he can become a happier member of your pack! This seven-week class is open to all breeds of dog ages six months and older (larger breeds accepted at four months). Class activities will include basic obedience: heel, sit, stay, down-stay, come when called, stand for vet visits, wait command for door dashing, leave it command and walking on a loose leash without pulling. In addition, behavioral problems such as digging, excessive barking, nipping and jumping on people will be covered. Encouragement of nervous and sensitive dogs will also be addressed. Ms. Schmidt has worked as a dog trainer for 20 years, as well as working as an exotic animal trainer at Knott's Berry Farm. Her philosophy is "a thinking dog is a better behaved and happier member of the family". The first class meeting will be an orientation without dogs at the Community Center. Class size limited to 10 participants and their dogs. **Please bring proof of your dog's vaccination to the first class meeting.**

Instructor: Shelley Schmidt

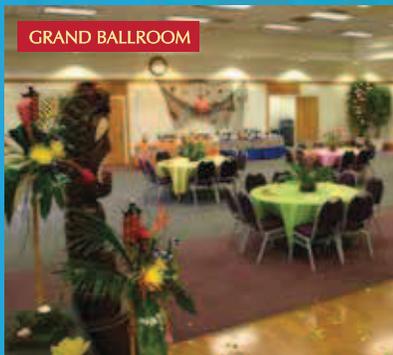
Age: 16+ yrs	Fee: \$97/7 wks	Location: SMP
#5003.100 1/9-2/18 10:00-11:00 am

To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

For further information, please call 562-383-4200.

City of La Habra Facility Rentals

Perfect for Quinceañeras, Wedding Receptions, Graduations, Baptisms, Retirements, Business Meetings & More



GRAND BALLROOM

La Habra Community Center 101 W. La Habra Boulevard

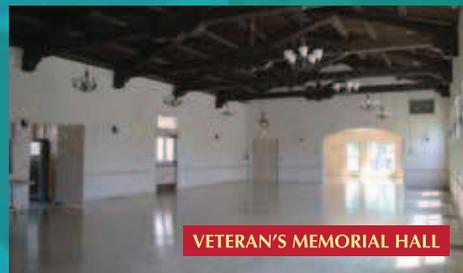
- 18,000 Square Feet of New Spacious Accommodations
- Accommodates up to 450 Banquet Style, 600 Theatre Style
- Banquet & Meeting Rooms available
- Smaller Rooms available at hourly rates
- Perfect for birthday parties & small gatherings

ALSO AVAILABLE:

VETERAN'S MEMORIAL HALL

209 N. Orange Street (at Erna)

- 1,860 Square Feet
- Accommodates up to 150 Banquet Style, 250 Theatre Style



Contact Alicia Kautz at 562-383-4219 or Josie Anderson at 562-383-4217 for reservations or additional information.