

Westminster

City Newsletter & Recreation Guide • Spring 2011

Spring class
registration
begins
March 7!



Mayor's
Mardi Gras Ball
June 4th →



breakfast with
the easter
bunny april 23
at 9 a.m.



Hoop it up with
Youth Sports!

Police
Department
Grand Opening
May 2011 →



See us at:
www.westminster-ca.gov

Breakfast with the Easter Bunny

Saturday, April 23

9:00 - 11:00 am

East/West Room

\$7.00 (adults & children 2+)



- * PANCAKE BREAKFAST
- * BUNNY
- * CRAFTS
- * FUN
- * EGG HUNT

Register at the Westminster Community Services & Recreation Building at 8200 Westminster Blvd. or online at www.activenet.active.com/westminster. For more information call (714) 895-2860. Spaces are limited! Register now!



Westminster Spring/Summer Adult Softball League

Program begins May 2.
Registration fee is \$255.00 per team, plus \$20.00 per game paid to the officials on the field. Please call the Sports Office at 714.548.3671 for more info.

Summer Aquatics



Registration begins May 9th

For more information, please visit our website:

www.westminster-ca.gov

SAVE THE DATE!

You're invited to celebrate.....

2011 MAYOR'S BALL

Saturday, June 4, 2011

Rose Center

Westminster, 92683

Information call

Mayor Rice's office

(714) 548-3178



City of Westminster • Spring 2011

Table of Contents

Spring Highlights.....	3
Council Thoughts.....	4
Special Activities & Information	5
●●●●● CLASSES ●●●●●	
Special Events.....	5
Youth Sports	6
Academics	7
Arts & Crafts	9
Dance	10
Music.....	13
Piano	13
Singing.....	14
Special Interest.....	16
Dog Obedience.....	18
Fun with Horses	19
Sports & Fitness.....	19
Gymnastics.....	20
Rock Climbing.....	20
Skating.....	21
Karate	22
Mixed Martial Arts	23
Judo.....	23
Tennis	24
Visual, Performing, & Cultural Arts.....	26
Senior Activities.....	27
City News & Services	29
Library	33
Child Care Facilities & City Events.....	35
Registration Information	36
Registration Form	37
Community Services & Recreation Facilities Map & Legend.....	38

Westminster Family Resource Center..... Back Cover

SPRING HIGHLIGHTS

March 7

Spring Class Registration Begins

April 17-23

Keep America Beautiful

April 18-22

Spring Break Club Westminster

April 23

Breakfast with the Easter Bunny

April 25

Watch out for Summer 2011 Brochure

May 2

Adult Softball Begins

May 9

Summer Class Registration Begins
Aquatics Registration Begins

May 30

Memorial Day-City Offices Closed

June 4

Mayor's Ball

June 14

Flag Day

CLASS REMINDERS

1. Most recreation classes will begin the week of April 11, 2011.

Please check your starting date carefully.

2. Classes may be cancelled if minimum enrollment is not met prior to class starting date. Don't miss out!

BE SURE TO REGISTER EARLY!

Internet access to

Westminster City Council Meetings

Check the city's website at www.westminster-ca.gov for information about viewing live and archived City Council meetings. If you have Internet access, you can follow the meeting live with a video stream on your computer. You will also have access to an archive of recent City Council meetings if you are interested in viewing a particular meeting segment along with meeting agendas and minutes.

Council Thoughts • Spring 2011

While our country is starting to see some encouraging signs pointing towards economic recovery, city governments continue to operate with reduced budgets. Westminster Mayor Rice, Mayor Pro Tem Diep and Council Members Fry, Quach and Ta are proud of our city staff's ability to maintain service levels even as we cut costs. As part of our efforts to maintain fiscal responsibility, forty full time positions vacated throughout the city during the past two years have remained unfilled, representing an almost 15% reduction in city staff. This has been accomplished without any services being eliminated.

This year began with Police Chief Mitch Waller being named our Interim City Manager and Captain Ron Coopman becoming Acting Police Chief. This has allowed us to further reduce salary costs by leaving the City Manager position vacant until a permanent replacement is appointed.

We are also pleased to report that after years of planning and months of construction, Westminster Police Department is ready to move into its new building. The old building will be demolished to make room for a much needed parking structure.

As we anticipate spring with its annual promise of renewed growth, your City Council remains optimistic in our expectations for the City of Westminster this year. Much has already been accomplished in 2011 and plans are moving forward for the months ahead. A few dates to remember: the State of the City luncheon will be held on Tuesday, April 5, at the Westminster Rose Center and the Mayor's Ball has been scheduled for Saturday, June 4. We hope you will join us at one or both of these events.

To watch WTV-3 on the City's website www.westminster-ca.gov, click the Cool Click on the homepage, or find WTV-3 in the Community Services tab!



CITY OF WESTMINSTER WESTMINSTER CITY HALL

8200 Westminster Blvd.
Monday – Thursday 7:30 a.m.- 5:30 p.m.
Friday 7:30 a.m. - 4:30 p.m.
Closed alternate Fridays
(714) 898-3311

CITY COUNCIL
Meetings are held the
2nd & 4th Wednesdays
of the month in the
Council Chambers
at 7:00 p.m.
8200 Westminster Blvd.

Margie L. Rice
MAYOR
(714) 548-3183
(714) 893-1732

Tyler Diep
MAYOR PRO TEM
(714) 548-3181

Frank G. Fry
COUNCIL MEMBER
(714) 548-3180
(714) 893-3161

Andy Quach
COUNCIL MEMBER
(714) 548-3182

Tri Ta
COUNCIL MEMBER
(714) 548-3179

Mitch Waller
INTERIM CITY MANAGER
(714) 548-3242

SPECIAL EVENTS

COMMUNITY SERVICES & RECREATION DEPARTMENT

8200 Westminster Boulevard
Monday – Thursday · 7:30 a.m. – 5:30 p.m.
Alternate Fridays · 7:30 a.m. – 4:30 p.m.

RECREATION PROGRAMS

FACILITY RENTALS

(714) 895-2860

SENIOR CENTER

(714) 895-2878

DAMAGE TO PARKS/GRAFFITI HOTLINE

(714) 895-2876

COMMUNITY SERVICES & RECREATION COMMISSION

Leo Lopez, Chairperson

Nhi Ho

Penny Loomer

Jacko Luong

Gia Ly

COMMUNITY SERVICES & RECREATION DEPARTMENT STAFF

Community Services Director

Diana Dobbert

Senior Services Supervisor

Claire Hutchinson

Community Services Supervisor

Vanessa Johnson

Cable TV Production Supervisor

LaVada Cordasco

Community Services Coordinators:

Stacy Yoshida – Sports

Pam Gremling – Special Events

Administrative Assistant

Jennifer Espinoza

The City of Westminster does not discriminate on the basis of race, color, national origin, sex, religion, age, or handicapped status in employment or the provision of services.

BREAKFAST WITH THE EASTER BUNNY

BREAKFAST WITH THE EASTER BUNNY

Get ready for a hopping good time! Join us for a springtime event you won't want to miss! On **Saturday, April 23**, from 9:00 to 11:00 a.m. enjoy a pancake breakfast, crafts, egg hunt, and photos with the Easter Bunny. Adults are encouraged to bring their cameras to capture the special moment. Ticket prices are \$7.00 for adults and children. Children must be accompanied by an adult. **SPACE IS LIMITED, SO PLEASE REGISTER EARLY!!!** For more information, please call the department at (714) 895-2860.

#8010.201

\$7.00 – Adults & Children (ages 2+)



REGISTER NOW!



Youth Sports Contacts

American Youth Soccer Organization (AYSO)

Region 5 • (714) 927-5969

Region 143 • HOTLINE • (877) 976-6333

Westminster Little League • (714) 894-1578

National Junior Basketball (NJB) • (714) 765-6567

Junior All-American Football • (714) 983-4284

YOUTH SPORTS

MINI SPORTS

Here's a chance for the 3 and 4 year old youngsters to experience a variety of sports in one class. This program introduces children to three very popular sports: basketball, soccer and t-ball. They will play games while learning to dribble, pass, catch and kick. Parent participation is required. **No practice 4/23.**

Instructor: Recreation Staff
Fee: \$15.00 (Includes T-shirt)

Ages: 3-4 years
Length: 6 weeks

#6010.201	Sigler Park	Sa	4/2-5/14	9:30-10:15 a.m.
#6010.202	Sigler Park	Sa	4/2-5/14	10:30-11:15 a.m.

SOCCER STARS

Kick into a fun time and learn the basic fundamentals of soccer. Learn to dribble, pass, shoot and defend. Program will cover aspects of defensive and offensive play. Participants should dress in comfortable clothes and tennis shoes (no cleats). **No practice 4/18 & 5/30.**

Instructor: Recreation Staff
Fee: \$20.00 (Includes T-shirt)

Ages: 8-12 years
Length: 8 weeks

#6010.203	Bolsa Chica Park	M	4/4-6/6	3:30-4:30 p.m.
#6010.204	Liberty Chica Park	M	4/4-6/6	3:30-4:30 p.m.

LIL' KICKERS

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Participants should dress in comfortable clothes and tennis shoes (no cleats). **No practice 4/19.**

Instructor: Recreation Staff

Ages: 5-7 years

Fee: \$20.00 (Includes T-shirt)

Length: 8 weeks

#6010.205	Bolsa Chica Park	Tu	4/5-5/31	3:45-4:30 p.m.
#6010.206	Liberty Park	Tu	4/5-5/31	3:45-4:30 p.m.

PEE-WEE HOOPSTERS

Participants will learn the beginning fundamentals and basic skills of basketball. Coaches will teach techniques that will help improve the children's abilities while having fun learning the sport. Adjustable rims and junior sized basketballs will be used. **No practice 4/20.**

Instructor: Recreation Staff

Ages: 5-7 years

Fee: \$20.00 (Includes T-shirt)

Length: 8 weeks

#6020.201	Bolsa Chica Park	W	4/6-6/1	3:45-4:30 p.m.
#6020.202	Liberty Park	W	4/6-6/1	3:45-4:30 p.m.

YOUTH HOOPSTERS

This is a non-competitive program designed for recreational play. Coaches will teach the fundamentals of the sport, emphasizing teamwork, passing, dribbling and shooting. **No practice 4/21.**

Instructor: Recreation Staff

Ages: 8-12 years

Fee: \$20.00 (Includes T-shirt)

Length: 8 weeks

#6020.203	Bolsa Chica Park	Th	4/7-6/2	3:30-4:30 p.m.
#6020.204	Liberty Park	Th	4/7-6/2	3:30-4:30 p.m.

CHEERLEADING

Aspiring cheerleaders will learn basic cheer moves, jumps, and stunts in a safe environment. Wear comfortable clothes and tennis shoes. Skills learned will be showcased at the soccer and flag football games. Each participant will receive a t-shirt along with a set of pom-poms and a mini-megaphone. **No practice 4/22.**

Instructor: Recreation Staff

Ages: 6-12 years

Fee: \$20.00

Length: 8 weeks

#6020.205	Liberty Park	F	4/8-6/3	3:45-4:30 p.m.
-----------	--------------	---	---------	----------------



FLAG FOOTBALL

Boys and girls are invited to participate in the Youth Flag Football program. Participants will develop their playing skills, learn the rules of the game, build teamwork, engage in social interaction, build character and make new friends. **No practice 4/22.**

Instructor: Recreation Staff
Fee: \$20.00 (Includes T-shirt)

Ages: 8-12 years
Length: 8 weeks

#6020.206	Bolsa Chica Park	F	4/8-6/3	3:30-4:30 p.m.
#6020.207	Liberty Park	F	4/8-6/3	3:30-4:30 p.m.

PARKS PROGRAM

CLUB WESTMINSTER SPRING PARKS PROGRAM

Are you looking for something to do after a long, hard day at school? Check out Club Westminster! This recreation program is **free** for elementary school aged children. As a drop-in program, participants DO NOT sign-in or out and may come and go freely. After School recreation fun includes arts & crafts, playground games, sports and much more. Park locations will be open **Monday through Friday from 2:30 to 5:00 p.m.**

Bolsa Chica Park	13660 University St.	Park Phone (714) 897-5911
Liberty Park	13900 Monroe St.	Park Phone (714) 412-2617
Sigler Park	7200 Plaza St.	Park Phone (714) 715-0262

SPECIAL SPRING BREAK SCHEDULE

The After School Parks Program will be extending hours during spring break at Bolsa Chica, Sigler, and Liberty Parks. Park hours will be from **10:00 a.m. to 4:00 p.m.** beginning **Monday, April 18** through **Friday, April 22.**

ACADEMICS

SPANISH FOR PRESCHOOLERS

This is a unique language learning experience designed for young children. The course combines TPR (Total Physical Response) activities, music, movement, and hands on arts and crafts. This effective method introduces youngsters to a second language much in the same way as learning one's native language, by experiencing it. **A \$5 material fee will be due to the instructor at the first class meeting.**

Instructor: CALINK Institute Staff

Ages: 3-5 years

Fee: \$130 (+ materials fee)

Length: 8 weeks

Location: Fountain Valley Recreation Center

Min: 5 Max: 8

#0000.201 Tu 4/5-5/31* 4:00-4:50 p.m.

*No class on 4/26.

SPANISH FOR CHILDREN

Level 1 & 2

This fun class opens a window of opportunity for children. Exploring the world of foreign language at an early age puts children ahead of the rest! Children will be introduced to greetings, colors, numbers, shapes, and animals, through vocabulary and bingo games in a fun and easy way. Returning students move to a more advanced/challenging packet of materials. Level 2 will review and reinforce concepts learned in Spanish Level 1. **There will be a \$5 material fee due at the first class.**

Instructor: CALINK Institute Staff

Ages: 6-12 years

Fee: \$130 (+ materials fee)

Length: 8 weeks

Location: Fountain Valley Recreation Center

Min: 5 Max: 8

#0000.202 Tu 4/5-5/31* 5:00-6:00 p.m.

*No class on 4/26.

**Class Registration
available online!**
www.westminster-ca.gov



REGISTER NOW!



SPANISH – LEVEL 1 & TUTORING

Learn Spanish with this innovative course that emphasizes vocabulary method development. Gradually acquire basic communication skills through listening and speaking at a “survival level” of proficiency. You will benefit from a supportive learning environment that utilizes effective second language acquisition techniques. This class will help non-natives increase their potential for long-term career success by learning oral and written communication skills in Spanish. Course is also open to high school students who need tutoring. **A \$5 material fee is due at the first class.** For more information, please email alimig@cox.net.

Instructor: CALINK Institute Staff Ages: 13+ years
 Fee: \$130 (+ materials fee) Length: 8 weeks
 Location: Fountain Valley Recreation Center Min: 5 Max: 8
 #0000.203 Tu 4/5-5/31* 6:00-7:00 p.m.
 *No class on 4/26.

SPANISH LEVEL 2 Intermediate/Advanced

This combo class will help those students wishing to polish their basic skills while participating in challenging conversation. Continued enhancement of listening and reading comprehension with practice in speaking and writing Spanish based on cultural/literary materials. Emphasis on vocabulary building while developing grammatical accuracy. In the Advanced Level, learn to master this language by using the appropriate verb in the right tense. This course also includes enhanced reading materials and conversation practice. **A \$5 material fee will be due to the instructor at the first meeting.** Please email the instructor for more information at alimig@cox.net.

Instructor: CALINK Institute Staff Ages: 13+ years
 Fee: \$130 (+ materials fee) Length: 8 weeks
 Location: Fountain Valley Recreation Center Min: 5 Max: 8
 #0000.204 Tu 4/5-5/31* 7:00-8:00 p.m.
 *No class on 4/26.

ARTS & CRAFTS

YOUNG REMBRANDTS PRESCHOOL DRAWING

Encourage your preschooler’s enthusiasm for art and creativity. This spring we will draw a fantastic dinosaur, clothing items, and intricate butterfly and an awesome kite scene among others. All materials included in the fee.

Instructor: Certified Young Rembrandts Teacher Ages: 3 ½ -5 years
 Fee: \$67 Length: 6 weeks
 Location: Westminster Mall Min: 6 Max: 12
 (Entrance to the classroom is located outside the mall in room 2010, near the Todai main mall entrance in between Macy’s and JCPenney.)

#1000.201	W	4/13-5/18	1:00-1:45 p.m.
#1000.202	W	5/25-6/29	1:00-1:45 p.m.

YOUNG REMBRANDTS ELEMENTARY DRAWING

Do you have an elementary student who gets excited at the prospect of undertaking fun, creative endeavors? If so, there’s no better time than now to enroll your child into a Young Rembrandts class. We’ll spring into action as we create a fun baby bunnies drawing, a cool city skyline, Korean-influenced pottery, patterned flowers and learn about artist Gustav Klimt. All materials included in the price.

Instructor: Certified Young Rembrandts Teacher Ages: 6-12 years
 Fee: \$67 Length: 6 weeks
 Location: Westminster Mall Min: 6 Max: 20
 (Entrance to the classroom is located outside the mall in room 2010, near the Todai main mall entrance in between Macy’s and JCPenney.)

#1000.203	W	4/13-5/18	3:30-4:30 p.m.
#1000.204	W	5/25-6/29	3:30-4:30 p.m.



YOUNG REMBRANDTS CARTOONING

Does your child have a great sense of humor to compliment his or her artistic skills? If so, your child will LOVE a Young Rembrandts class. Our students will illustrate funny frogs, man's best friend, a humorous kite scene and more. All materials included in the price.

Instructor: Certified Young Rembrandts Teacher Ages: 6-12 years
Fee: \$67 Length: 6 weeks
Location: Westminster Mall Min: 6 Max: 20
 (Entrance to the classroom is located outside the mall in room 2010, next to the Todai main mall entrance in between Macy's and JCPenney.)

#1000.205	W	4/13-5/18	4:30-5:30 p.m.
#1000.206	W	5/25-6/29	4:30-5:30 p.m.

PARENT & TOT CLAY TIME

Roll, pinch and pound! Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay, as we hand build playful projects step-by-step. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. **There will be a \$20 material fee due to the instructor which includes kiln firing and glazing.**

Instructor: Lucia Y. Henry,
My Arts Studio Ages: 3-5 yrs. (+ parent)
Fee: \$65 (+ materials fee) Length: 6 weeks
Location: WCSB Craft Room Min: 4 Max: 10
 #1000.207 Tu 4/26-6/7* 10:15-11:00 a.m.
 *No class on 5/10.

PARENT & TOT ART TIME!

Explore a variety of art materials and fire up your child's imagination. Hands-on projects may include painting, drawing, printmaking, clay sculpture, and much more! Come and enjoy a special creative time with your little artist. **There will be a \$20 material fee which includes all art supplies.**

Instructor: Lucia Y. Henry, My Arts Studio Ages: 3-5 years
Fee: \$59 (+ materials fee) Length: 6 weeks
Location: WCSB Craft Room Min: 4 Max: 8
 #1000.208 Tu 4/26-6/7* 11:30 a.m.-12:15 p.m.
 *No class on 5/10.

MY LITTLE ZOO

This class is full of imagination! Join in the fun as we create all kinds of animals using paint, clay, paper, fabric and more! We will read a short story, and then create a piece of art such as bunnies surrounded by colorful gardens, a clay cave with a bear to tame, and more! **A \$15 material fee will be due to the instructor which will include all art supplies.**

Instructor: Lucia Y. Henry, My Arts Studio Ages: 3-5 years
Fee: \$55 (+ materials fee) Length: 4 weeks
Location: WCSB Craft Room Min: 4 Max: 10
 #1000.209 M 4/25-6/6* 9:30-10:15 a.m.
 *No class on 5/9, 5/16, & 5/30.

DRAWING AND PAINTING for TEENS & ADULTS!

Maximize your time! This class is designed for beginning and intermediate students who would like to learn the necessary skills of drawing and painting. Learn at your own pace and boost your confidence by learning in a supportive atmosphere. The lessons will be alternated, drawing one week, painting the next. **Note: Please ask for the materials list when registering for this class, and bring all materials to the first class meeting.**

Instructor: Pati Kent Ages: 12+ years
Fee: \$85 (+ materials) Length: 5 weeks
Location: WCSB Craft Room Min: 3 Max: 20
 #1000.210 W 4/13-5/11 1:15-2:45 p.m.
 #1000.211 W 5/18-6/15 1:15-2:45 p.m.

DRAWING AND PAINTING WORKSHOPS FOR KIDS



Come join the fun in these workshops designed for children. Improve your drawings and have fun painting while incorporating art elements. **There will be a \$10 material fee due to the instructor which will cover all materials.**

Instructor: Pati Kent Ages: 6-11 years
Fee: \$15 per workshop (+materials) Length: 1 day
Location: WCSB Craft Room Min: 4 Max: 20
 #1000.212 W 4/13/11 3:00-4:00 p.m.
 #1000.213 W 4/20/11 3:00-4:00 p.m.
 #1000.214 W 4/27/11 3:00-4:00 p.m.
 #1000.215 W 5/4/11 3:00-4:00 p.m.
 #1000.216 W 5/11/11 3:00-4:00 p.m.



CARTOONING

Character drawing and basic cartooning are taught in this EXCITING class! **An additional \$10 material fee is payable to the instructor at the workshop which covers ALL supplies that will be needed.**

<i>Instructor: Pati Kent</i>		<i>Ages: 6-11 years</i>	
<i>Fee: \$15 per workshop (+ materials fee)</i>		<i>Length: 1 day</i>	
<i>Location: WCSB Craft Room</i>		<i>Min: 3 Max: 20</i>	
#1000.217	W	4/13/11	4:15-5:15 p.m.
#1000.218	W	4/20/11	4:15-5:15 p.m.
#1000.219	W	4/27/11	4:15-5:15 p.m.

DANCE



ZUMBA LATIN DANCE FITNESS!

Zumba is a fun, high-energy, cardio workout that will help you get into great shape! You will learn salsa, merengue, cumbia, cha cha, bachata, and more.

<i>Instructor: Georgina Espinosa</i>		<i>Ages: 12+ years</i>	
<i>Fee: \$59</i>		<i>Length: 7 weeks</i>	
<i>Location: WCSB E/W Room</i>		<i>Min: 10 Max: 40</i>	
#2000.201	F	4/22-6/3	7:00-8:00 p.m.

BALLROOM, SWING, AND LATIN COMBO!

Learn fun, easy patterns in Swing and cha-cha in session 1, Swing and Waltz during session 2, and swing, cha-cha and merengue in session 3! Learn to dance to the music played at parties, night clubs, weddings, and cruises. No partner necessary.

<i>Instructor: Efren Barrera</i>		<i>Ages: 14+ years</i>	
<i>Fee: \$45</i>		<i>Length: 4 weeks</i>	
<i>Location: WCSB E/W Room</i>		<i>Min: 4 Max: 30</i>	
#2000.202	Tu	4/12-5/3	6:00-7:00 p.m. (Swing & Cha-Cha)
#2000.203	Tu	5/10-5/31	6:00-7:00 p.m. (Swing & Waltz)
#2000.204	Tu	6/7-6/28	6:00-7:00 p.m. (Swing, Cha-Cha & Merengue)

SALSA 1 & 2 for ADULTS!

Salsa, the hot and spicy dance, lets you move to the Latin rhythms in today's club and party scene. Learn hot, beginner patterns in Salsa 1 and intermediate patterns in Salsa 2! Meet people, socialize, and show off your moves! No partner needed. For more information, call Efren Barrera at 714-595-4766.

<i>Instructor: Efren Barrera</i>		<i>Ages: 14+ years</i>	
<i>Fee: \$45</i>		<i>Length: 4 weeks</i>	
<i>Location: WCSB E/W Room</i>		<i>Min: 4 Max: 30</i>	
#2000.205	Tu	4/12-5/3	7:00-8:00 p.m. (Salsa 1)
#2000.206	Tu	4/12-5/3	8:00-9:00 p.m. (Salsa 2)
#2000.207	Tu	5/10-5/31	7:00-8:00 p.m. (Salsa 1)
#2000.208	Tu	5/10-5/31	8:00-9:00 p.m. (Salsa 2)
#2000.209	Tu	6/7-6/28	7:00-8:00 p.m. (Salsa 1)
#2000.210	Tu	6/7-6/28	8:00-9:00 p.m. (Salsa 2)

LINE DANCING!

Ramble! Ramble! Line dancing is healthy for the body and mind! Learn new steps and make friends while staying fit. Sign up today and learn a variety of basic steps from different kinds of dances – Latin, Folk, Soul, and funk songs! This class does not require a partner and is a great cardio work-out.

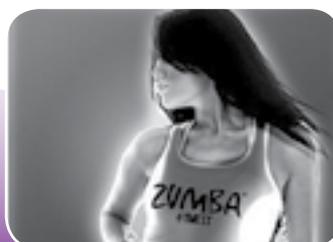
<i>Instructor: Jimmy Camarena</i>		<i>Ages: 18+ years</i>	
<i>Fee: \$40</i>		<i>Length: 4 weeks</i>	
<i>Location: WCSB E/W Room</i>		<i>Min: 10 Max: 25</i>	
#2000.211	W	4/13-5/4	6:00-7:30 p.m.

INTERMEDIATE LINE DANCING

Dancing is a great way to reduce stress and get fit while having fun. A study at the Albert Einstein Medical Center found dancing to be the only regular physical activity associated with a significant drop in the incidence of dementia, including Alzheimer's. Other studies have shown it to be helpful in the areas of memory, balance and cardiovascular fitness. It's done to all kinds of great music including top 40, waltzes, Latin, country, and disco. No partner needed. Intermediate (Level 3 and 4) dancers only.

<i>Instructor: Suzy Hazard</i>		<i>Ages: 18+ years</i>	
<i>Fee: \$45</i>		<i>Length: 9 weeks</i>	
<i>Location: WCSB E/W Room</i>		<i>Min: 15 Max: 65</i>	
#2000.212	M	4/4-6/6*	9:30-11:30 a.m.

*No class on 5/30.



PEE WEE (INTRO TO DANCE)

Come learn the foundation for all dance styles in this combination of ballet, jazz, and tap. Have fun while listening to friendly children's music. Dance attire: Wear all ballet pink leotard, tights and ballet shoes. Student must be potty trained prior to taking class. **This is not a parent & me class so parents are encouraged to watch from the lobby.** For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Valerie Bartosch *Age: 2-6 years*
Fee: \$45 *Length: 5 weeks*
Location: Wespac Dance Center *Min: 6 Max: 10*

#2000.213	Th	4/14-5/12	5:15-6:00 p.m.
#2000.214	Th	5/19-6/16	5:15-6:00 p.m.
#2000.215	Th	4/14-5/12	6:00-6:45 p.m.
#2000.216	Th	5/19-6/16	6:00-6:45 p.m.

BALLET

This class will utilize ballet barre, center floor work and across the floor. Learn ballet positions in 1st - 5th, jumps, tendue's, plie's, chaine's, pique's, pirouettes and leaps. A routine will be taught at the end of class. Dance attire: Wear pastel colored leotard (i.e. light pink, yellow, baby blue or lilac), ballet pink tights and pink ballet shoes, ballet skirt is optional. For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: AJ & Jaseida Mojica *Age: 5-14 years*
Fee: \$45 *Length: 5 weeks*
Location: Wespac Dance Center *Min.: 6 Max: 10*

#2000.219	M	4/11-5/9	4:15-5:15 p.m.	10-14 yrs.	Beg.
#2000.220	M	5/16-6/20*	4:15-5:15 p.m.	10-14 yrs.	Beg.
#2000.221	Tu	4/12-5/10	4:30-5:30 p.m.	5-9 yrs.	Beg.
#2000.222	Tu	5/17-6/14	4:30-5:30 p.m.	5-9 yrs.	Beg.

**No class on 5/30.*

TUMBLING

Learn beginning tumbling technique including splits, somersaults, cartwheels, roundoffs, back handsprings and leaps. A must take course for anyone looking to try out for a competitive cheerleading or dance team at any junior high school, high school, university or professional level. Abs, chest and arms will be toned in the class! Tumbling attire: Wear any color leotard with black ballet/jazz shorts and no shoes. For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Brittany Prough *Age: 5-11 years*
Fee: \$45 *Length: 5 weeks*
Location: Wespac Dance Center *Min: 6 Max: 10*

#2000.217	F	4/15-5/13	4:45-5:45 p.m.
#2000.218	F	5/20-6/17	4:45-5:45 p.m.

HIP HOP

Come learn the latest LA style Hip Hop dance moves as seen on television, film and videos. Get a great workout while learning how to dance! Dance attire: Wear all black pants, tank and clean sneakers with non - marking soles. For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Jennifer Chavarria & Jerome Moore *Ages: 5+ years*
Fee: \$45 *Length: 5 weeks*
Location: Wespac Dance Center *Min: 6 Max: 10*

#2000.223	M	4/11-5/9	6:45-7:30 p.m.	5-11 yrs.	Beg.
#2000.224	M	5/16-6/20*	6:45-7:30 p.m.	5-11 yrs.	Beg.
#2000.225	Th	4/14-5/12	6:45-7:30 p.m.	12-18 yrs.	Beg.
#2000.226	Th	5/19-6/16	6:45-7:30 p.m.	12-18 yrs.	Beg.

**No class on 5/30.*

The City of Westminster
invites you to the annual
Flag Day Celebration
Tuesday, June 14, 2011
12:00 Noon
Westminster Civic Center
8200 Westminster Blvd.
For further information, please call (714) 895-2860.



HULA

Learn the cultural dance of the Hawaiian and Tahitian Islands. This class is geared towards students who are looking to get a great workout while having fun. Dance attire: Wear black tank or leotard with black shorts or leggings and any color sarong is optional. For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Brenda Colombel *Age: 5-12 years*
Fee: \$45 *Length: 5 weeks*
Location: Wespac Dance Center *Min: 6 Max: 10*
#2000.227 **F** **4/15-5/13** **5:45-6:45 p.m.**
#2000.228 **F** **5/20-6/24** **5:45-6:45 p.m.**

BELLY DANCING

This class will focus on orientale/beledi technique, rhythms, finger cymbals, veil work and improvisations. Get a great lo-impact, cardio workout while dancing to the beautiful middle-eastern beats. Dance attire: Wear black tank or leotard with black shorts or leggings and any color belly dancing hip scarf is optional, barefoot or ballet shoes are optional. For more info visit our website at www.wespacdance.com or www.marlenadancer.com or call 714-893-2623.

Instructor: Marlena *Age: Teen/Adult*
Fee: \$45 *Length: 5 weeks*
Location: Wespac Dance Center *Min: 6 Max: 10*
#2000.229 **W** **4/13-5/11** **6:30-7:30 p.m.**
#2000.230 **W** **5/18-6/15** **6:30-7:30 p.m.**

OUR FIRST DANCE AS MR. & MRS.

Learn the basics of couples' dancing and look great on your wedding day. Your friends and family will be amazed! Even if you are not getting married and you are a guest or father of the bride, all couples are welcome to take this ballroom dance class which is a great way to prepare for any social event or special occasion. Dance attire: Ladies wear nice dress and heels and gentlemen wear collared shirt and nice slacks with dress shoes. For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Jaseida Mojica *Age: 18+ years*
Fee: \$90 per couple *Length: 5 weeks*
Location: Wespac Dance Center *Min: 6 Max: 10*
#2000.231 **Tu** **4/12-5/10** **8:00-9:00 p.m.**
#2000.232 **Tu** **5/17-6/14** **8:00-9:00 p.m.**

TEENY TUMBLERS AND DANCERS

Enjoy concentrated time together in activities that are fun for both parents and little cruisers. Early walkers will build important motor skills, balance and coordination as they explore tunnels, slides and ramps. Adult participation is required.

Instructor: Miss Dawna *Ages: 18-24 mths.*
Fee: \$45 *Length: 5 weeks*
Location: Garden Grove Sports & Rec. Center *Min: 8 Max: 20*
#2000.233 **Sa** **4/16-5/14** **11:05-11:40 a.m.**
#2000.234 **Sa** **5/21-6/18** **11:05-11:40 a.m.**

BALLET, TAP, and TUMBLING

Ballet develops physical control, strength, balance, and grace. Tap develops a sense of rhythm and timing useful in music study and athletics. Children will have lots of fun learning age-appropriate gymnastic skills including rolling, jumping, "Position of the day", animal walks, and balance beams.

Instructor: Miss Dawna *Ages: 2-5 years*
Fee: \$45 *Length: 5 weeks*
Location: Garden Grove Sports & Rec. Center *Min: 8 Max: 20*
#2000.235 **Sa** **4/16-5/14** **11:45 a.m.-12:20 p.m.**
#2000.236 **Sa** **5/21-6/18** **11:45 a.m.-12:20 p.m.**

BALLET, TAP AND JAZZ

Ballet develops physical control, strength, balance, and grace. Tap develops a sense of rhythm and timing useful in music study and athletics. Jazz encourages freedom of creative expression. These classes will be a combination of Ballet, Tap, and Jazz for the beginner and intermediate dancers. No special shoes are required.

Instructor: Miss Dawna *Ages: 6-11 years*
Fee: \$45 *Length: 5 weeks*
Location: Garden Grove Sports & Rec. Center *Min: 8 Max: 20*
#2000.237 **Sa** **4/16-5/14** **12:20-1:00 p.m.**
#2000.238 **Sa** **5/21-6/18** **12:20-1:00 p.m.**



MUSIC

BALLET, TAP, & JAZZ 1

An introduction to the basic steps of ballet, tap, and jazz. Students learn basic steps and develop these into a dance routine. There will be a recital on the last day of each session, after class. Dance attire: pastel ballet shoes, tights, and leotards; tap shoes optional.

Instructor: Elizabeth Gremling Gonzalez *Ages: 3-5 years*
Fee: \$40 *Length: 5 weeks*
Location: WCSB East/West Room *Min: 8 Max: 15*
#2000.239 Sa 4/2-5/7* 11:00-11:45 a.m.
#2000.240 Sa 5/21-6/18 11:00-11:45 a.m.
**No class on 4/23.*

BALLET, TAP, & JAZZ 2

This class may be taken after participating in 2 sessions of Mrs. Elizabeth's Ballet, Tap, & Jazz 1. Students will continue to learn steps in ballet, tap, and jazz. There will be a recital on the last day of the 5 week session, after class. Dance attire: pastel ballet shoes, tights, and leotards; tap shoes optional.

Instructor: Elizabeth Gremling Gonzalez *Ages: 5-8 years*
Fee: \$40 *Length: 5 weeks*
Location: WCSB East/West Room *Min: 8 Max: 15*
#2000.241 Sa 4/2-5/7* 10:00-10:45 a.m.
#2000.242 Sa 5/21-6/18 10:00-10:45 a.m.
**No class on 4/23.*

HIP HOP TIL' YOU DROP!

Learn the hottest dance moves to the latest Hip Hop music! This class is an introduction to beginning Hip Hop. Students will learn Hip Hop combinations and a complete dance routine. There will be a recital on the last day of the 5 week session, after regular class.

Instructor: Elizabeth Gremling Gonzalez *Ages 6-10 years*
Fee: \$40 *Length: 5 weeks*
Location: WCSB East/West Room *Min: 8 Max: 15*
#2000.243 Sa 4/2-5/7* 12:00-12:45 p.m.
#2000.244 Sa 5/21-6/18 12:00-12:45 p.m.
**No class on 4/23.*

MUSIC BEGINNINGS

This music class is designated for children ages 18 months to 3 years, each with an accompanying parent. The class meets once a week for a half hour and encourages singing, moving, listening, and playing instruments. **An additional \$5 material fee is payable to instructor at the first class.**

Instructor: Ching Liew *Ages: 1½-3 ½ years.*
Fee: \$66 (+ materials fee) *Length: 12 weeks*
Location: West Grove Park *Min: 5 Max: 12*
#3000.201 M 3/7-5/23 9:00-9:30 a.m.

PIANO IS FUN – FOR CHILDREN!

In this popular introductory class students take their first steps in learning how to read music, play by ear, and make up their own songs. Learning or creating a new song every lesson, children LOVE playing and making music together as a group! In class, each student chooses their own REAL piano to play on. Recitals and State Examinations are eventually offered to all qualified students. All materials are included FREE!

Instructor: Dr. Robert Rios,
Teresa Rios, and staff *Ages: 4-10 years*
Fee: \$90 *Length: 9 weeks*
Location: Piano Place Music and Arts Center *Min: 5 Max: 9*
#3000.202 W 4/13-6/8 3:30-4:15 p.m. (4-7 yrs.)
#3000.203 W 4/13-6/8 4:15-5:00 p.m. (7-10 yrs.)
#3000.204 Sa 4/16-6/11 1:45-2:30 p.m. (4-7 yrs.)
#3000.205 Sa 4/16-6/11 4:15-5:00 p.m. (7-10 yrs.)

SUMMER CAMPS!
See page 39 for details! →



REGISTER NOW!

PIANO IS FUN – FOR TEENS AND PRE-TEENS!

Students are introduced to reading music and playing the piano by ear in this fun and easy class. They perform all styles of music (popular and classical), while learning or creating a new song each lesson. Students love learning and making music together as a group, (playing on real pianos) preparing themselves for their first teen music group! Recitals and State Examinations are provided. **A \$10 material fee will be due to the instructor.**

Instructor: Dr. Robert Rios,

Teresa Rios, and staff

Fee: \$90 (+material fee)

Location: Piano Place Music and Arts Center

#3000.206	W	4/13-6/8	5:00-5:45 p.m.
#3000.207	Sa	4/16-6/11	5:00-5:45 p.m.

Ages: 10-17 years

Length: 9 weeks

Min: 5 Max: 9

GUITAR IS FUN – FOR CHILDREN, TEENS, AND ADULTS!

Students enjoy playing and creating songs in different styles in this small group class, using single notes and chords. They learn how to play in different rhythms, and how to play some of their favorite songs using staff notation as well as tablature. Basic music theory, playing by ear, and how to tune the guitar are also covered. Playing in a group prepares the students for playing in their own future band! **A material fee of \$10 will be due to the instructor. Students must bring their own guitar.**

Instructor: Piano Place MAC Staff

Fee: \$90 (+material fee)

Location: Piano Place Music and Arts Center

#3000.209	Tu	4/12-6/7	5:45-6:30 p.m.	(6-10 yrs.)
#3000.210	Sa	4/16-6/11	1:45-2:30 p.m.	(10-17 yrs.)
#3000.211	Tu	4/12-6/7	6:30-7:15 p.m.	(17+)

Ages: 6+ years

Length: 9 weeks

Min: 5 Max: 8

PIANO IS FUN – FOR ADULTS AND SENIORS!

Now is your chance to learn how to play those favorite songs at the piano that you've always loved (it's never too late)! In this enjoyable, small group class (where only REAL pianos are used) you learn how to read music and play by ear. And, you learn how to create your own songs as well! No practice or keyboard is required to take this class; just show up and try your hand(s) at it! **A \$10 material fee will be due to the instructor.**

Instructor: Dr. Robert Rios and staff

Fee: \$90 (+material fee)

Location: Piano Place Music and Arts Center

#3000.208	M	4/11-6/13*	6:30-7:15 p.m.
-----------	---	------------	----------------

**No class on 5/30.*

Ages: 17+ years

Length: 9 weeks

Min: 5 Max: 9

SINGING IS FUN – FOR CHILDREN, TEENS, AND ADULTS!

Proper vocal technic, intonation, and style are taught in this small group class, where musical numbers really come to life! Correct breathing and posture as well as some basic music theory and notation are also covered. In this creative music ensemble, students prepare to sing some of those great hit songs that they really like! **A material fee of \$20 (which includes a book and CD), will be due to the instructor.**

Instructor: Piano Place MAC Staff

Fee: \$40 (+ Material fee)

Location: Piano Place Music and Arts Center

#3000.212	Th	4/28-5/19	5:45-6:30 p.m.	(5-10 yrs.)
#3000.213	Sa	4/30-5/21	2:30-3:15 p.m.	(10-17 yrs.)
#3000.214	Th	4/28-5/19	6:30-7:15 p.m.	(17 yrs. +)

Ages: 5+ years

Length: 4 weeks

Min: 5 Max: 8

Class Registration available online!
www.westminster-ca.gov




DRUMMING IS FUN – FOR CHILDREN AND TEENS!

In this exciting small group class, students have fun learning the basics of drum technic. Different rhythms, basic drum notation, and hand coordination are covered, using drum pads and/or snare drums. Students enjoy making and creating different rhythms and music together, preparing themselves for a possible future drum set! Students must have their own drum pad and sticks, (which can also be purchased at the first lesson). **A material fee of \$10 will be due to the instructor.**

Instructor: Piano Place MAC Staff *Ages: 6-17 years*
Fee: \$40 (+ Material fee) *Length: 4 weeks*
Location: Piano Place Music and Arts Center *Min: 3 Max: 6*
#3000.215 W 4/27-5/18 5:00-5:45 p.m. (6-10 yrs.)
#3000.216 Sa 4/30-5/21 3:15-4:00 p.m. (10-17 yrs.)

VIOLIN IS FUN – FOR CHILDREN AND TEENS!

This class teaches the basics of the violin: intonation, technic, and bowing. In addition, some basic music theory and reading skills are taught. Students enjoy learning in small groups, where they can make or create ensemble music together, preparing themselves for playing in their first orchestra! **A material fee of \$10 will be due to the instructor. Students must provide their own violin.**

Instructor: Piano Place MAC Staff *Ages: 6-17 years*
Fee: \$40 (+ Material fee) *Length: 4 weeks*
Location: Piano Place Music and Arts Center *Min: 3 Max: 6*
#3000.217 Th 4/28-5/19 5:00-5:45 p.m. (6-10 yrs.)
#3000.218 Sa 4/30-5/21 4:15-5:00 p.m. (10-17 yrs.)

Robert Rios, M.A., Ph.D., has served as past Branch President, Certificate of Merit evaluator and State Chairman of the Music Teachers Association of California. Having trained many acclaimed students at local, regional, state, and national levels for the past 30 years, Dr. Bob now serves as director of Piano Place Music and Arts Center, where students continue to proclaim: "Music is FUN!"

BREAKTHROUGH AUSTRALIAN PIANO

Play 4 songs in 4 different styles in 6 weeks! Breakthrough Australian-developed, playing-based method allows students to play immediately from their first lessons. All materials will be included. Students will receive a DVD and workbook. For more information, please visit www.dancingkeys.com.

Instructor: Alex Thai Nguyen *Ages: 7-13 years*
Fee: \$60 *Length: 6 weeks*
Location: WCSB Craft Room *Min: 4 Max: 8*
#3000.219 Tu 4/12-5/17 6:00-6:50 p.m.

GUITARLAND - Beginning Guitar

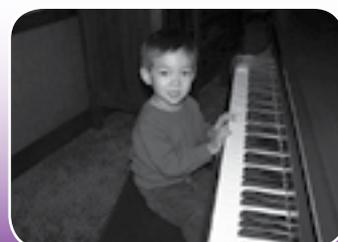
This course is a basic approach to playing the guitar, for beginners only. Students will learn: Basics of reading music, learn rhythm and tempo, and how to tune your guitar. This is a very popular and fun class. **A materials fee of \$20 will be due to the instructor which will include book(s) and CD.** Please bring your guitar to practice or you may rent one for a nominal cost.

Instructor: FVM Staff *Ages: 6+ years*
Fee: \$40 (+ materials fee) *Length: 4 weeks*
Location: Fountain Valley Music *Min: 5 Max: 10*
#3000.220 Su 4/10-5/1 2:00-3:00 p.m. (6-9 yrs.)
#3000.221 Su 4/10-5/1 3:00-4:00 p.m. (10-14 yrs.)
#3000.222 Su 4/10-5/1 4:00-5:00 p.m. (15-Adult)

KEYS TO MUSIC - Beginning Piano/Keyboard

Our classes are fun and made to make learning enjoyable. Learn to read music, play songs, and more! In addition to learning the piano/keyboard, children will sing, play games, and drum! **There will be a \$30 material fee due to the instructor which includes a book, note finder, bag, and CD.**

Instructor: FVM Staff *Ages: 4+ years*
Fee: \$40 (+ materials fee) *Length: 4 weeks*
Location: Fountain Valley Music *Min: 5 Max: 10*
#3000.223 M 4/4-4/25 2:00-3:00 p.m. (4-5 yrs.)
#3000.224 W 4/6-4/27 9:00-10:00 a.m. (4-5 yrs.)
#3000.225 W 4/6-4/27 6:00-7:00 p.m. (6-9 yrs.)
#3000.226 Sa 4/9-4/30 9:00-10:00 a.m. (6-9 yrs.)
#3000.227 Th 4/7-4/28 8:15-9:00 p.m. (15-Adult)



UKULELE JAM

Play Ukulele and have fun! You will work on chords, sing, and learn songs. Perfect for the whole family. You will need to bring your own ukulele. **There will be a \$20 material fee due to the instructor which will include a book, CD and chord chart.**

Instructor: FVM Staff

Fee: \$30 (+ materials fee)

Location: Fountain Valley Music

#3000.228 Su 4/10-5/1

#3000.229 Fr 4/18-4/29

Ages: 8+ years

Length: 4 weeks

Min: 5 Max: 25

5:00-5:30 p.m.

6:00-6:30 p.m.

SESAME STREET MUSIC WORKS

This program is a fantastic program designed for children ages 2-6 and their parents, grandparents, teachers and caregivers to be involved in music making. Fountain Valley Music is a licensed education center for the Sesame Street Music Works Program. **There will be a material fee of \$20 due to the instructor which will cover all the materials used for class.**

Instructor: FVM Staff

Fee: \$40 (+ materials fee)

Location: Fountain Valley Music

#3000.230 Tu 4/5-4/26

#3000.231 Tu 4/5-4/26

Ages: 2-6 years

Length: 4 weeks

Min: 5 Max: 12

9:00-9:30 a.m.

3:00-3:30 p.m.

GOTTA SING! Today's Top Hits

This is a fun vocal techniques class. All ages are taught proper breathing, posture, and technique. You will learn how to train your voice while learning to sing in a group. **There will be a material fee of \$20 due to the instructor which includes book(s) and CD.**

Instructor: FVM Staff

Fee: \$40 (+ materials fee)

Location: Fountain Valley Music

#3000.232 Tu 4/5-4/26

#3000.233 Sa 4/9-4/30

Ages: 7-12 years

Length: 4 weeks

Min: 5 Max: 10

5:00-6:00 p.m.

9:30-10:30 a.m.

SPECIAL INTEREST

CHESS MASTERS

This exciting class will help your child grow in their critical and analytical thinking skills. Students of all levels will receive lessons suitable to their level of chess knowledge. Class instruction includes lessons and practice time.



Instructor: Chess Masters Staff

Fee: \$130

Location: WCSB Craft Room

#4000.201 M 4/11-5/16

Ages: 5-15 years

Length: 6 weeks

Min: 8 Max: 30

3:00-4:00 p.m.

YOU'RE ON THE AIR...HOW TO REALLY MAKE IT IN VOICE-OVERS!

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such a notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business!

Instructor: Ann Ganguzza

Fee: \$30

Location: WCSB Craft Room

#4000.202 Tu 5/10/11

Ages: 18+ years

Length: 1 day

Min: 5 Max: 30

7:00-9:00 p.m.

Producer/Coach Anne Ganguzza has an enthusiastic, energetic, and fun personality that makes working with her a joy. She has 17 years of teaching experience and has voiced hundreds of commercials, corporate narrations, infomercials, audiobooks, and much more. Her combination of initiative and drive will help you reach your voice over goals.



BECOME SLENDER WITH HYPNOSIS

Using hypnosis to **change** the habits and behaviors that have led to weight problems is safe and comfortable. Many people find that by using the **natural** power of their own mind they are able to create **success** and **satisfaction** with surprising ease, without dieting or deprivation. **An accompanying CD/cassette is recommended and available in class for \$13.** Pillow/blanket/mat optional.

Instructor: Pamela J. Schmidt, M.S., C.C.H. Ages: Adult
Fee: \$46 Length: 4 weeks
Location: WCSB Room A/B Min: 8 Max: 20
#4000.203 M 4/18-5/9 7:30-9:00 p.m.

BECOME A NON-SMOKER WITH HYPNOSIS

If you are committed to claiming your **freedom** to be a nonsmoker, hypnosis is one of the easiest, most **natural** ways to accomplish this goal. Save your breath-and your money-and let the natural **power** of your own mind bring about this **success.** **An accompanying CD is recommended and available in class for \$13.** Pillow/blanket/mat optional.

Instructor: Pamela J. Schmidt, M.S., C.C.H. Ages: Adult
Fee: \$24 Length: 2 weeks
Location: WCSB Room A/B Min: 6 Max: 20
#4000.204 M 5/16-5/23 7:30 - 9:00 p.m.

ONLINE DRIVER'S EDUCATION

Independence is just a click away. This is an online course with videos, animated driving scenarios, and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions. Receive DMV-approved Certificate of Completion. Sign up any time and get started today.

Instructor: Erika Vieyra Ages: 15+ years
Fee: \$49 Length: 24/7 daily access
Location: Online
#4000.205 F 4/1/11 Arranged after registering
#4000.206 Su 5/1/11 Arranged after registering
#4000.207 W 6/1/11 Arranged after registering

CPR FOR ADULTS, INFANTS, AND CHILDREN

This class is designed to teach both the average person and professional how to initially respond to cardiac or respiratory arrest. Learn simple rescue CPR for adults, children and infants, as well as, foreign object removal techniques for airways. You will receive your certification upon completion of the class. **A \$20 materials fee is payable to the instructor at class.**

Instructor: Jack Griswold Ages: 12+ years
Fee: \$10 (+ materials fee) Length: 1 day
Location: WCSB Room A/B Min: 8 Max: 20
#4000.208 Sa 4/16/11 8:00-11:00 a.m.
#4000.209 Th 5/12/11 6:00-10:00 p.m.
#4000.210 Sa 6/11/11 8:00-11:00 a.m.

FIRST AID

Learn to respond to and assess an injury or illness. Topics covered include vital signs, bleeding, heat and cold emergencies, strokes, and seizures. You will receive a state and nationally recognized EMS first aid card and certification. **A \$20 materials fee is payable to the instructor at class.**

Instructor: Jack Griswold Ages: 12+ years
Fee: \$10 (+ materials fee) Length: 1 day
Location: WCSB Room A/B Min: 8 Max: 20
#4000.211 Sa 4/16/11 11:00 a.m.-2:00 p.m.
#4000.212 Th 5/26/11 6:00-10:00 p.m.
#4000.213 Sa 6/11/11 11:00 a.m.-2:00 p.m.



PUPPY KINDERGARTEN

Start Your Pup Out on the Right Paw!

Establish good manners at an early age and make your new puppy a more enjoyable family member and better citizen of his community! This course emphasizes socialization and introduces basic commands and walking on a leash. Various puppy care topics such as housebreaking, teething problems, health care pointers, etc. are discussed. Awards are presented at the last class.

Please do NOT bring puppies to the first, orientation meeting. Do bring vaccination records and \$5 insurance fee due to your instructor at first meeting.

Instructor: Khara Knight (HHDOC) Fee: \$72.00
Hacienda Hills Dog Obedience Club (Dogs: 2-5 months)
Ages: 10 yrs to Adult (Handlers) Length: 6 weeks
Location: H. Louis Lake Senior Center Min: 6 Max: 25
11300 Stanford (between 9th & Euclid) in GARDEN GROVE
1st mtg. orientation, held inside without dogs
(ALL other mtgs. with dogs on grass area adjacent to Senior Center)
#4000.214 Sa 4/2-5/7 8:30-9:30 a.m.

DOG OBEDIENCE TRAINING

Give your dog a new leash on life! This beginner-level course is open to all breeds of dogs over 5 months (larger breeds accepted at 4 months). Exercises will include the proper heel command, automatic sit, sit-stay and down-stay, stand for inspection, and come commands. Behavior problems such as destructive chewing, hole digging, and over-exuberance will also be addressed. Trophies and certificates will be awarded at graduation. The **first meeting will be an orientation, WITHOUT DOGS.** Please bring vaccination records and \$5 insurance fee due to your instructor at first meeting.

Instructor: Khara Knight Fee: \$82.00
Hacienda Hills Dog Obedience Club Length: 8 weeks
Ages: 10 yrs to Adult (Handlers) Min: 8 Max: 25
Dogs: 6 mos. + older
(large breeds 4 mos. + older)
11300 Stanford (between 9th & Euclid) in GARDEN GROVE
1st mtg. orientation, held inside without dogs
(ALL other mtgs. with dogs on grass area adjacent to Senior Center)
#4000.215 Sa 4/2-5/21 9:30-10:30 a.m.

DOG MANNERS "CRASH COURSE"

A 4 week, fast-paced course designed for people who need to accomplish their dog training goals and get behavior problems under control within a limited period of time. Each week several new obedience skills will be introduced and preventative and corrective measures for a variety of bad habits will be discussed (e.g. sit, down on command, stay in sit or down position in presence of distractions, come when called, and controlled walking on a leash. **Pre-Register! You will be contacted regarding what to bring to the first lesson. Dogs are brought to all meetings.** There will be a \$5 insurance fee due to your instructor at first meeting.

Instructor: Khara Knight, Fee: \$69.00
Hacienda Hills Dog Obedience Club Length: 4 weeks
Ages: Handlers (10 yrs +) Min: 6 Max: 20
Dogs (6 months + large breeds 4mths)
Location: Bolsa Chica Park
#4000.216 Tu 4/19-5/10 6:30-7:45 p.m.

IN-HOME TRAINING for your DOG or PUPPY

Need help in canine communication, but prefer the convenience and privacy of your own home rather than a group setting? This one-on-one training course is for you! A professional trainer from Hacienda Hills Dog Obedience Club will meet with you for 3 one hour lessons, at a time convenient for you. Basic obedience commands and personalized help with correcting annoying bad habits like jumping on guests, nuisance barking, digging, chewing, escaping from the yard, housebreaking, etc. will be taught. You will be contacted to schedule your lessons after registering for the class.

Instructor: Khara Knight Fee: \$230.00
Hacienda Hills Dog Obedience Staff Ages: 14+ years
Location: Registrant's Home Length: 3 (1 hr.) classes
#4000.217 TBD April-June, 2011 8:00 a.m.-8:00 p.m.



FUN ON THE FARM

Bring your parent and learn about farm animals! We will make a fun farm craft, touch and feed animals! Ride a pony each week! Also, we will sing with puppets. Please wear closed toed shoes. No unregistered siblings. Parent participation is required! **There will be a \$20 material fee due to the instructor which includes stable fee, material handout, crafts, carrots and food for horses.**

Instructor: Cheryl Skidmore & Staff *Ages: 18 months-6 yrs.*
Fee: \$60 (+ materials fee) *Length: 4 weeks*
Location: Rancho Del Rio Stables *Min: 5 Max: 15*
#4000.218 F 4/15-5/6 11:00 a.m. – 12:00 p.m.
#4000.219 F 5/13-6/3 11:00 a.m. – 12:00 p.m.

HORSE FUN FOR PRESCHOOLERS

Bring your parent and learn together how to halter, groom, feed, lead, saddle and ride real live ponies and horses! Please wear closed toed shoes. No unregistered siblings. **There will be a \$20 material fee due to the instructor to cover grounds fee, horse pellets, carrots, and handouts.**

Instructor: Cheryl Skidmore & Staff *Ages: 3-6 years*
Fee: \$60 (+ materials fee) *Length: 4 weeks*
Location: Rancho Del Rio Stables *Min: 5 Max: 15*
#4000.220 Sa 4/16-5/7 1:00-2:00 p.m.
#4000.221 Sa 5/14-6/4 1:00-2:00 p.m.

HORSE FUN FOR KIDS

Learn how to handle real life horses! We use gentle horses to teach our riders how to halter, lead, groom, feed, saddle, and ride! Prepares students for private lessons. **There will be a \$20 material fee due to the instructor which includes grounds fee, handouts, horse pellets, and carrots. www.HaveFunWithHorses.com.**

Instructor: Cheryl Skidmore & Staff *Ages: 7-12 years*
Fee: \$60 (+ materials fee) *Length: 4 weeks*
Location: Rancho Del Rio Stables *Min: 5 Max: 15*
#4000.222 Sa 4/16-5/7 2:00-3:00 p.m.
#4000.223 Sa 5/14-6/4 2:00-3:00 p.m.

HORSE FUN FOR ADULTS

Relive your childhood dreams! Ride horses! We will teach you how to halter, groom, horsemanship, safety and basic riding skills! **There will be a \$20 material fee due to the instructor which covers stable fee, material handout, carrots and food for horses.**

Instructor: Cheryl Skidmore & Staff *Ages: 13+ years*
Fee: \$60 (+ materials fee) *Length: 4 weeks*
Location: Rancho Del Rio Stables *Min: 5 Max: 15*
#4000.224 Sa 4/16-5/7 3:00-4:00 p.m.
#4000.225 Sa 5/14-6/4 3:00-4:00 p.m.

SPORTS & FITNESS

YOGA FOR SENIORS

Keep the pace as you ease into spring doing chair yoga. Bring a sticky mat and socks. Do not eat a large meal or drink 45 minutes before class.

Instructor: Karla Urquidez *Ages: 60+ years*
Fee: \$110 *Length: 10 weeks*
Location: WCSB Craft Room *Min: 2 Max: 15*
#5000.201 Sa 4/16-6/18 9:30-10:30 a.m.

CALMING THE RESTLESS MIND

Anxious? Stressed? Do you have a hard time calming your mind? Learn meditative tools to relieve stress and focus your mind so you can find tranquility. **Bring a towel and pillow to class. There will be a \$5 material fee due to the instructor at the first class for handouts.**

Instructor: Athina Rosario *Ages: 12+ years*
Fee: \$88 (+ materials fee) *Length: 8 weeks*
Location: Westminster Mall *Min: 3 Max: 30*
(Entrance to the classroom is located outside the mall in room 2010, near the Todai main mall entrance in between Macy's and JCPenney.)
#5000.202 W 4/27-6/15 7:00-8:15 p.m.



DEEP RELAXATION

Need a bit of relaxation? Come to Deep Relaxation where we'll do restorative yoga, breathing exercises, and relaxation techniques to help you feel rested and relaxed. **There will be a \$5 material fee due to the instructor at the first class for handouts.**

Instructor: Athina Rosario
Fee: \$77 (+ materials fee)
Location: WCSB Room A/B
#5000.203 M 4/25-6/13* 5:00-6:15 p.m.
 *No class on 5/30.

Ages: 12+ years
Length: 7 weeks
Min: 5 *Max:* 40

BASIC ROCK CLIMBING

ClimbX provides all of the equipment along with a safe environment and knowledgeable staff. Choose from 30 top-ropes and over 100 different routes for novice to advanced climbers. We will teach proper belay technique and the two knots associated with rock climbing. **PLUS: A FREE MONTH MEMBERSHIP, INCLUDING EQUIPMENT, AT THE CONCLUSION OF THE CLASS.**

Instructor: ClimbX Staff
Fee: \$70
Location: ClimbX Rock Gym
#5000.204 Tu 4/12-4/19 6:00-8:00 p.m.
#5000.205 W 5/4-5/11 6:00-8:00 p.m.
#5000.206 Tu 5/31-6/7 6:00-8:00 p.m.

Ages: 16+ years
Length: 2 weeks
Min: 2 *Max:* 20

O.C. ELITE CHEER & TUMBLING

Join Orange County's National Award winning competitive cheer and tumbling organization! Beginning through advanced levels will learn the correct fundamentals of tumbling, cheerleading, dance, and stunting while increasing flexibility, strength, self-confidence, self-motivation, perseverance, and teamwork skills. Participants will be required to purchase uniforms for competitions (approximately \$250); however, fundraising opportunities will be available to help defray the cost.

Instructor: Brooke McComb & Staff
Fee: \$50 (+ uniform cost)
Location: WCSB East/West Room
#5000.207 M 5/2-5/23 5:45-7:15 p.m.
#5000.208 M 6/6-6/27 5:45-7:15 p.m.

Ages: 8-15 years
Length: 4 weeks
Min: 6 *Max:* 25

GYMNASTICS - PARENT-N-ME

Parents are coaches too! Enjoy participating in your child's development and have fun bonding. Activities include balance and tumbling developmental skills, flexibility and strength, using our various mats and equipment, low beam, foam pit, mini-bars, tumble-trak and trampoline.

Instructor: New Hope Gymnastics Staff
Fee: \$95
Location: New Hope Academy Gymnastics
#5000.209 M 4/11-6/13 5:30-6:25 p.m.
#5000.210 Tu 4/12-6/7 10:30-11:25 a.m.
#5000.211 W 4/13-6/8 9:00-9:55 a.m.
#5000.212 W 4/13-6/8 6:30-7:25 p.m.
#5000.213 Th 4/14-6/9 10:30-11:25 a.m.
#5000.214 Sa 4/16-6/11 10:30-11:25 a.m.

Ages: 2-3 yrs. +Parents
Length: 8 weeks

Min: 3 *Max:* 7

No classes on 4/18-4/23 and 5/30.

GYMNASTICS - PARENT-N-ME PLAYTIME

This is a 1-hour "open play" session for tots and their parents. There is an instructor on-hand to teach parents activities they can play together with their kids on the various types of mats and equipment-low beam, foam pit, mini-bars, tumble-trak and trampoline. Parents are expected to participate and must remain within arms-reach of their child.

Instructor: New Hope Gymnastics Staff
Fee: \$64
Location: New Hope Academy Gymnastics
#5000.215 M 4/11-6/13 11:00-11:55 a.m.
#5000.216 Th 4/14-6/9 11:30 a.m.-12:25 p.m.
No classes on 4/18-4/23 and 5/30.

Ages: 2-10 + parents
Length: 8 weeks

Min: 3 *Max:* 7

No classes on 4/18-4/23 and 5/30.

BEGINNING CO-ED GYMNASTICS

This weekly themed, recreational program is designed to develop social, emotional, and physical confidence. We teach basic gymnastic skills and have a lot of fun-using our various mats and equipment-low beam, foam pit, mini-bars, tumble-track and trampoline.

Instructor: New Hope Gymnastics Staff
Fee: \$95
Location: New Hope Academy Gymnastics
#5000.217 M 4/11-6/13 9:00-9:55 a.m. (3-4 yrs.)
#5000.218 M 4/11-6/13 6:30-7:25 p.m. (3-4 yrs.)
#5000.219 Tu 4/12-6/7 9:30-10:25 a.m. (3-4 yrs.)
#5000.220 Sa 4/16-6/11 9:30-10:25 a.m. (3-4 yrs.)
#5000.221 Tu 4/12-6/7 11:30 a.m.-12:25 p.m. (4-5 yrs.)
#5000.222 Th 4/14-6/9 5:00-5:55 p.m. (4-5 yrs.)
No classes on 4/18-4/23 and 5/30.

Ages: 3-5 years
Length: 8 weeks

Min: 3 *Max:* 7

No classes on 4/18-4/23 and 5/30.



GYMNASTICS – LEVEL 1 GIRLS and BOYS

This program is a progressive developmental program designed for every ability level. Children learn specific skills on each of the individual apparatus (vault, bars, beam, floor, and trampoline for girls; floor, pommel horse/mushroom, rings, vault, parallel bars, high bar, and trampoline for boys).

Instructor: New Hope Gymnastics Staff *Ages: 5-12 years*
Fee: \$125 *Length: 8 weeks*
Location: New Hope Academy Gymnastics *Min: 3 Max: 7*

Level 1 Girls:

#5000.223	M	4/11-6/13	5:00-6:25 p.m.	(8-12 yrs.)
#5000.224	W	4/13-6/8	5:00-6:25 p.m.	(5-8 yrs.)
#5000.225	Th	4/14-6/9	3:30-4:55 p.m.	(5-8 yrs.)
#5000.226	F	4/15-6/10	3:30-4:55 p.m.	(5-8 yrs.)
#5000.227	Sa	4/16-6/11	9:00-10:25 a.m.	(5-8 yrs.)
#5000.228	Sa	4/16-6/11	10:30-11:55 a.m.	(8-12 yrs.)

Level 1 Boys:

#5000.229	M	4/11-6/13	3:30-4:55 p.m.	(5-8 yrs.)
#5000.230	M	4/11-6/13	5:00-6:25 p.m.	(8-12 yrs.)

No classes on 4/18-4/23 and 5/30.

PARENT & ME ICE SKATING

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class. Includes skate rental, 30-minute lesson, free practice on the day of class (3:10-4:40 p.m. for Tuesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff *Ages: 3-5 years*
Fee: \$35 *Length: 4 weeks*
Location: Westminster ICE *Min: 1 Max: 8*

#5000.231	Tu	4/12-5/10*	4:10-4:40 p.m.
#5000.232	Sa	4/16-5/14**	11:15-11:45 a.m.
#5000.233	Tu	5/17-6/7	4:10-4:40 p.m.
#5000.234	Sa	5/21-6/11	11:15-11:45 a.m.

**No class on 4/26.*

***No class on 4/23.*

ICE SKATING FOR TOTS

Join the fun at Westminster ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Includes skate rental, 30-minute lesson, free practice on day of class (3:10-4:40 p.m. for Wednesday class and 12:00-2:00 pm. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff *Ages: 3-5 years*
Fee: \$35 *Length: 4 weeks*
Location: Westminster ICE *Min: 1 Max: 8*

#5000.235	W	4/13-5/11*	5:30-6:00 p.m.
#5000.236	Sa	4/16-5/14**	10:45-11:15 a.m.
#5000.237	W	5/18-6/8	5:30-6:00 p.m.
#5000.238	Sa	5/21-6/11	10:45-11:15 a.m.

**No class on 4/27.*

***No class on 4/23.*

BEGINNING ICE SKATING

Catch the Olympic spirit! Learn to skate across the ice forward and backward, stop, hop, spin, and more! Includes skate rental, 30-minute lesson, free practice on day of class (3:10-4:40 p.m. for Wednesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff *Ages: 6-16 years*
Fee: \$35 *Length: 4 weeks*
Location: Westminster ICE *Min: 1 Max: 12*

#5000.239	W	4/13-5/11*	5:00-5:30 p.m.
#5000.240	Sa	4/16-5/14**	11:15-11:45 a.m.
#5000.241	W	5/18-6/8	5:00-5:30 p.m.
#5000.242	Sa	5/21-6/11	11:15-11:45 a.m.

**No class on 4/27.*

***No class on 4/23.*

Parks
 Make
 Life
 Better!™



BEGINNING ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin, and more! Includes skate rental, 30-minute lesson, free practice on day of class (7:15-8:15 p.m.), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff *Ages: 17+ years*
Fee: \$35 *Length: 4 weeks*
Location: Westminster ICE *Min: 1 Max: 12*

#5000.243	W	4/13-5/11*	6:45-7:15 p.m.
#5000.244	W	5/18-6/8	6:45-7:15 p.m.

*No class on 4/27.

ICE HOCKEY SKATING SKILLS

Want to play hockey but don't know where to start? Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class (3:10-4:40 p.m. for Wednesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff *Ages: 6-16 years*
Fee: \$35 *Length: 4 weeks*
Location: Westminster ICE *Min: 1 Max: 12*

#5000.245	W	4/13-5/11*	5:30-6:00 p.m.
#5000.246	Sa	4/16-5/14**	10:45-11:15 a.m.
#5000.247	W	5/18-6/8	5:30-6:00 p.m.
#5000.248	Sa	5/21-6/11	10:45-11:15 a.m.

*No class on 4/27

**No class on 4/23

KIDDIE KARATE

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence, and concentration. Wear loose clothing. Parents should remain outside classroom.

Instructor: Gary Pitts *Ages: 3-6 years*
Fee: \$29 *Length: 4 weeks*
Location: WCSB East/West Room *Min: 6 Max: 28*

5000.249	Th	4/14-5/5	5:00-5:30 p.m.
5000.250	Th	5/12-6/2	5:00-5:30 p.m.

BEGINNING/ADVANCED KARATE

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline, and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu". Parents should remain outside classroom.

Instructor: Gary Pitts *Ages: 7+ years*
Fee: \$35 *Length: 4 weeks*
Location: WCSB East/West Room *Min: 1 Max: 28*

5000.251	Th	4/14-5/5	5:30-6:00 p.m.
5000.252	Th	5/12-6/2	5:30-6:00 p.m.

ADULT KARATE

Learn the art of self-defense. Improve coordination, confidence, respect, discipline, and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu".

Instructor: Gary Pitts *Ages: 16+ years*
Fee: \$45 *Length: 4 weeks*
Location: WCSB East/West Room *Min: 1 Max: 28*

5000.253	Th	4/14-5/5	6:15-7:00 p.m.
5000.254	Th	5/12-6/2	6:15-7:00 p.m.

LITTLE STARS TAEKWONDO

Taekwondo will teach the kids characteristics that enforce honor, integrity, self-control, goals, courtesy, loyalty and assertiveness training. Students will also learn basic kicking techniques, basic punches, blocks, basic self-defense and form training. **There will be a \$20 material fee due to the instructor for uniform.**

Instructor: Sungho Park *Ages: 3-6 years*
Fee: \$55 (+material fee) *Length: 4 weeks*
Location: Fivestar Taekwondo School *Min: 1 Max: 20*

#5000.255	Tu/Th	4/12-5/5	6:40-7:20 p.m.
#5000.256	Tu/Th	5/17-6/9	6:40-7:20 p.m.



TAEKWONDO FOR KIDS

Taekwondo will teach the kids characteristics that enforce honor, integrity, self-control, goals, courtesy, loyalty and assertiveness training. Students will also learn basic kicking techniques, basic punches, blocks, basic self-defense and form training. **There will be a \$20 material fee due to the instructor for uniform.**

<i>Instructor: Sungho Park</i>		<i>Ages: 7-12 years</i>	
<i>Fee: \$55 (+material fee)</i>		<i>Length: 4 weeks</i>	
<i>Location: Fivestar Taekwondo School</i>		<i>Min: 1 Max: 20</i>	
#5000.257	Tu/Th	4/12-5/5	6:00-6:40 p.m.
#5000.258	Tu/Th	5/17-6/9	6:00-6:40 p.m.

TAEKWONDO FOR TEENS AND ADULTS

The goal of Taekwondo training is not about learning how to fight, but learning a way of living through building self-defense. Taekwondo's foundation is to improve the inner self through physical, mental, and spiritual discipline to achieve the highest form of character. Learn to defend and develop self-confidence. **There will be a \$20 material fee due to the instructor for uniform.**

<i>Instructor: Sungho Park</i>		<i>Ages: 13+ years</i>	
<i>Fee: \$55 (+material fee)</i>		<i>Length: 4 weeks</i>	
<i>Location: Fivestar Taekwondo School</i>		<i>Min: 1 Max: 20</i>	
#5000.259	Tu/Th	4/12-5/5	7:20-8:10 p.m.
#5000.260	Tu/Th	5/17-6/9	7:20-8:10 p.m.

SHORINJI KEMPO MARTIAL ARTS for Adults

Shorinji Kempo is a martial art that teaches people to be peaceful, improve their minds, and promote good health and is a means of protecting oneself. Rather than always focusing on physical strength Shorinji Kempo also improves the character of the person through the study of: Japanese language, punches, kicks, escapes, and philosophy. For questions about the class, feel free to email the instructor at Pankaj.rastogi@panasonic.aero or call 714-585-2162 or 949-510-1569. **There will be a \$20 material fee for Technique and Philosophy books.**

<i>Instructor: Pankaj Rastogi</i>		<i>Ages: 18+ years</i>	
<i>Fee: \$105</i>		<i>Length: 3 months</i>	
<i>Location: Carden Conservatory</i>		<i>Min: 1 Max: 35</i>	
#5000.261	M/Th	4/11-7/7	7:30-9:00 p.m.

SHORINJI KEMPO MARTIAL ARTS for Kids and Teens

Shorinji Kempo is a martial art that teaches people to be peaceful, improve their minds, and promote good health and is a means of protecting oneself. Rather than always focusing on physical strength Shorinji Kempo also improves the character of the person through the study of: Japanese language, punches, kicks, escapes, and philosophy. For questions about the class, feel free to email the instructor at Pankaj.rastogi@panasonic.aero or call 714-585-2162 or 949-510-1569. **There will be a \$20 material fee for Technique and Philosophy books.**

<i>Instructor: Pankaj Rastogi</i>		<i>Ages: 5-17 years</i>	
<i>Fee: \$105</i>		<i>Length: 3 months</i>	
<i>Location: Carden Conservatory</i>		<i>Min: 1 Max: 35</i>	
#5000.262	M/Th	4/11-7/7	6:30-7:30 p.m.

JUDO~JUST FOR KIDS

An introductory class that focuses on the way of Judo by building the child's skills physically, mentally, and spiritually. This pertains to tumbling and falling drills, basic judo techniques and terminology, and learning self discipline. Included in the techniques are Judo throwing and controlling techniques.

<i>Instructor: Tu Nguyen</i>		<i>Ages: 5-12 years</i>	
<i>Fee: \$85</i>		<i>Length: 4 weeks</i>	
<i>Location: WCSB Room A/B</i>		<i>Min: 3 Max: 15</i>	
#5000.263	Tu/W/F	4/19-5/13	6:00-7:30 p.m.
#5000.264	Tu/W/F	5/17-6/10*	6:00-7:30 p.m.
#5000.265	Tu/W/F	6/14-7/8	6:00-7:30 p.m.

**5/25 class will be held at WCSB East/West Room*

Class Registration available online!

www.westminster-ca.gov





24 COMPETITIVE JUDO~ BIG KIDS & ADULTS

This class is designed for all levels to learn the competitive aspects of Judo. This class focuses on training for a competition and the self defense aspects of Judo. Learn how to lose weight, increase your strength, quickness, coordination and flexibility while learning one of Japan's most prominent martial art! This class includes Judo throwing (tachi waza), choking (shime waza), and joint manipulation (kansetsu waza) techniques.

Instructor: Tu Nguyen *Ages:* 13+ years
Fee: \$85 *Length:* 4 weeks
Location: WCSB Room A/B *Min:* 3 *Max:* 15

#5000.266	Tu/W/F	4/19-5/13	7:30-9:00 p.m.
#5000.267	Tu/W/F	5/17-6/10*	7:30-9:00 p.m.
#5000.268	Tu/W/F	6/14-7/8	7:30-9:00 p.m.

*5/25 class will be held at WCSB East/West Room.

WCMB CARDIO/WEIGHT MANAGEMENT

This class will teach a combination of MMA techniques, conditioning and strengthening. Each student's progress will be monitored each week with body, weight, and BMI measurements. Everyone will receive an individualized diet. Students will need to bring 12 oz. gloves, 2 pieces of hand wraps, and a diet journal.

Instructor: Amanda Lujan
World Class MMA Boxing
Fee: \$65
Location: World Class MMA Boxing

#5000.273	M/W/F	4/11-5/6	7:00-8:00 p.m.
#5000.274	M/W/F	5/9-6/3*	7:00-8:00 p.m.

Ages: 17+ years
Length: 4 weeks
Min: 4 *Max:* 10

*No class on 5/30. Makeup class on 6/6.

TENNIS

TINY TOT TENNIS

Introduce your little one to a great sport taught by Becky Recavarren, a member of the United States Professional Tennis Association. Her half hour class focuses on general motor skills development. A racquet and one unopened can of tennis balls are required.

Instructor: Becky Recavarren, USPTA
Fee: \$33
Location: Park West Park

#6000.201	Tu	4/5-5/3	4:00-4:30 p.m.
#6000.202	W	4/6-5/4	4:00-4:30 p.m.
#6000.203	Th	4/7-5/5	3:30-4:00 p.m.
#6000.204	Tu	5/10-6/7	4:00-4:30 p.m.
#6000.205	W	5/11-6/8	4:00-4:30 p.m.
#6000.206	Th	5/12-6/9	3:30-4:00 p.m.

Ages: 4-7 years
Length: 5 weeks
Min: 6 *Max:* 15

MUAY THAI (KICKBOXING)

Intro to Muay Thai will teach basic kick boxing techniques, help improve confidence, create responsibility, quicker reflexes, coordination, and balance. Students will need to bring hand wraps and boxing gloves. Hand wraps and gloves will also be available for purchase.

Instructor: Adrian Bio,
World Class MMA Boxing
Fee: \$65
Location: World Class MMA Boxing

#5000.269	M-F	4/11-5/6	4:00-5:00 p.m.
#5000.270	M-F	5/9-6/3*	4:00-5:00 p.m.

*No class on 5/30. Makeup class on 6/6.

Ages: 13-17 years
Length: 4 weeks
Min: 4 *Max:* 10

INTRO TO JIU JITSU

Intro to Jiu Jitsu will cover basic Jiu Jitsu submissions, sweeps, position and defense. The class will also cover basic judo/wrestling takedown and defense.

Instructor: Felipe Fogolin,
World Class MMA Boxing
Fee: \$65
Location: World Class MMA Boxing

#5000.271	M/W/F	4/11-5/6	4:30-6:00 p.m.
#5000.272	M/W/F	5/9-6/3*	4:30-6:00 p.m.

*No class on 5/30. Makeup class on 6/6.

Ages: 13-17 years
Length: 4 weeks
Min: 4 *Max:* 10

Parks
 Make
 Life
 Better!™



BEGINNING JUNIORS

Taught by Becky Recavarren, a member of the United States Professional Tennis Association, your junior tennis star will learn the basics while at the same time develop a lifetime enjoyment for the sport. A racquet and one unopened can of tennis balls are required.

Instructor: Becky Recavarren, USPTA *Ages: 7-15 years*
Fee: \$53 *Length: 5 weeks*
Location: Park West Park *Min: 6 Max: 15*

#6000.207	Tu	4/5-5/3	4:30-5:30 p.m.
#6000.208	W	4/6-5/4	4:30-5:30 p.m.
#6000.209	Sa	4/9-5/7	8:00-9:00 a.m.
#6000.210	Tu	5/10-6/7	4:30-5:30 p.m.
#6000.211	W	5/11-6/8	4:30-5:30 p.m.
#6000.212	Sa	5/14-6/11	8:00-9:00 a.m.

BEGINNING/INTERMEDIATE ADULTS

Becky Recavarren has the skills needed to help you begin or resume your adult tennis interest. This course covers strokes and scoring, including drills, serving, forehand, backhand, and volleys. A racquet and one unopened can of tennis balls are required.

Instructor: Becky Recavarren, USPTA *Ages: 16 yrs. to Adult*
Fee: \$53 *Length: 5 weeks*
Location: Park West Park *Min: 6 Max: 15*

#6000.217	Tu	4/5-5/3	6:30-7:30 p.m.
#6000.218	Sa	4/9-5/7	9:00-10:00 a.m.
#6000.219	Tu	5/10-6/7	6:30-7:30 p.m.
#6000.220	Sa	5/14-6/11	9:00-10:00 a.m.

"Coach is gifted at teaching kids of all levels. Makes the kids love the sport." – Coreen Correa, Parent.

INTERMEDIATE/ADVANCED JUNIORS

Becky Recavarren, a member of the United States Professional Tennis Association, will guide your developing junior tennis player through this course which covers more advanced strokes and scoring, including drills and actual playing. A racquet and one unopened can of tennis balls are required.

Instructor: Becky Recavarren, USPTA *Ages: 7-15 years*
Fee: \$53 *Length: 5 weeks*
Location: Park West Park *Min: 6 Max: 15*

#6000.213	Tu	4/5-5/3	5:30-6:30 p.m.
#6000.214	W	4/6-5/4	5:30-6:30 p.m.
#6000.215	Tu	5/10-6/7	5:30-6:30 p.m.
#6000.216	W	5/11-6/8	5:30-6:30 p.m.

INTERMEDIATE/ADVANCED JR. TOURNAMENT PLAY

Instructor permission required for this class. Juniors will play match-play specific games, along with playing matches.

Instructor: Becky Recavarren, USPTA *Ages: 10-16 years*
Fee: \$53 *Length: 5 weeks*
Location: Park West Park *Min: 6 Max: 15*

#6000.221*	Th	4/7-5/5	4:00-5:15 p.m.
#6000.222*	Th	5/12-6/9	4:00-5:15 p.m.

**Instructor Permission Only*

SUMMER CAMPS!

**See page 39
for details!** →



VISUAL, PERFORMING, & CULTURAL ARTS

BLAKEY HISTORICAL PARK & MUSEUM - Call Joy L. Neugebauer at (714) 891-2597. Blakey Park is located at 8612 Westminster Blvd., just east of Newland Street. The museum and park feature a variety of displays depicting the everyday life of persons living here during the late 19th and early 20th centuries. The Westminster Historical Society operates the park, with museum hours on the first Sunday afternoon of the month from 1:00 to 4:00 p.m. For guided tours, special arrangements can be made to accommodate your group. Students of all ages are welcome to do research at the Museum. If you would like to become a member and help preserve our common heritage for future generations, drop by the Museum or call the number listed above.

LAS TAPATIAS FOLKLORIC DANCERS - Call Julia Martinez at (714) 893-2784. Audiences enjoy Las Tapatias' colorful costumes and spirited Mexican dances. All ages participate. Children begin dancing at an early age, but adult performers are also welcome. Las Tapatias rehearses at the Westminster Community Services & Recreation Building, Craft Room on Wednesdays at 7:00 p.m. Call to join the group, attend a performance, or to schedule them to entertain for your event.

VIETNAMESE CULTURAL PROGRAMS - Call Professor Chau Van Nguyen, Program Director, at (714) 531-4907, or (714) 240-0475 (cell). Traditional Vietnamese music, song and dance are performed by multi-talented Vietnamese artists. Musicians who perform on traditional instruments, such as the monostring, two-string fiddle, bamboo flute, and other instruments, are available to entertain along with the colorful drum dancers, dragon dancers, youth, and adult choirs.

WESTMINSTER CHORALE - Call Robert Munn at (714) 894-5644 or (714) 496-5607. The Chorale performs a variety of music that includes patriotic, show tunes, religious, country western, jazz, and operettas. Rehearsals are held weekly on Mondays at 7:00 p.m. in the Senior Center dining room, Civic Center, 8200 Westminster Blvd. Call to find out how you can book this dynamic chorale for your event or ask about performance dates.

WESTMINSTER COMMUNITY THEATER - Call Rhonda at (714) 527-5546. The theater is located at 7272 Maple Street. WCT has been entertaining local audiences with live theater for over 30 years. Productions feature fine family entertainment with comedies, musicals, and plays each season. Phone Rhonda for tickets or current show information.

NICHOLSON PIPES & DRUMS - Call Malcolm Willis at (714) 891-9445 and ask the operator to page him. This award-winning Scottish bagpipe band marches in parades, plays at a variety of special events, holds annual concerts, takes part in regional and national competitions, and is available for bookings at any private party or public event. New musicians are welcomed into the group and quickly become part of this fantastic band. Just call Malcolm for current information on bookings, rehearsals, lessons, and performances.

ORANGE COUNTY CHILDREN'S THEATER - Call (714) 502-2244. This group of talented young actors, singers, dancers, and their parents has been active in the Southland area for more than 20 years. This theater organization is *for children, by children*, and is open to all young people ages 5 through 18. *Parent involvement is required.* Call now to get on their mailing list so you will not miss productions or auditions.

ORANGE COUNTY ROSE SOCIETY - Call Tom Cooney at (949) 362-2710 or visit our website at <http://www.websightstech.com/ocrs/>. Join this group of rose lovers and increase your knowledge of growing roses in your garden. The Orange County Rose Society (OCRS) is a group of people who grow and enjoy roses and is dedicated to fostering the enjoyment, enhancement, and education of the rose. OCRS is affiliated with the American Rose Society. OCRS holds monthly meetings on the first Thursday of each month, except for July and August. Monthly meetings include educational presentations on the care of roses. You'll also have access to have your questions answered by American Rose Society certified Consulting Rosarians.

ROSE CENTER FOUNDATION - The Rose Center Foundation is a non-profit organization that administratively operates the beautiful, new, 419 seat Rose Center Theater located within the Westminster Rose Center at 14140 All American Way. State-of-the-art performances are held in the theater throughout the year. **To contact the Rose Center for information please call Mayor Margie L. Rice at: 714-548-3183 or 714-893-1732. For event and ticket information, please call the theater Box Office at 714-793-1150. www.rosecentertheater.com**

WESTMINSTER TOASTMASTERS - Call William "Bill" or Carol Ostashay at (714) 897-2737. Join this group of orators and become a professional speaker. Whether already a skilled professional, a leader-in-training, or even a parent who wants to improve his/her speaking skills, this organization can help you learn how to relax, plan, and present your ideas more professionally. A member organization of Toastmasters International, members compete and perform at various functions.



INFORMATION FOR SENIORS

COMMISSION ON AGING

Nora Barajas
Margaret Cummings
Linh V. Nguyen
Irwin Vysma

The Westminster Senior Center is a focal point for seniors, offering an array of services and activities. Listed below are the types of services offered. If you desire additional information, please call the Senior Center at (714) 895-2878, Monday – Thursday, 7:30 a.m. – 5:30 p.m., and Fridays 7:30 a.m. – 4:30 p.m., and alternate Fridays 8:00 a.m. – 1:00 p.m.

The Westminster Senior Center offers a variety of services such as:

- Blood Pressure Testing
- Commodities Distribution
- Home Meals
- Information and Referrals
- Free Legal Services
- Westminster on Wheels (WOW) Shuttle
- Health Screening
- Westminster on Wheels (WOW) Van Transportation
- H.I.C.A.P (Health Insurance Counseling and Advocacy Program)

For more information on any of these services, please visit our website at www.westminster-ca.gov, go to City Departments, Community Services, and click on Senior Services, or call the Senior Center at 714-895-2878.

SENIOR FITNESS

Join one of the following weekly exercise classes, designed specifically for older adults.

Adult Fitness	Monday	10:00 a.m.
Adult Fitness	Tuesday & Wednesday	10:00 a.m.
Beg. Adult Fitness	Tuesday & Thursday	12:30 p.m.
Balance & Mobility	Tuesday & Thursday	8:45 a.m.
Longevity Stick	Monday & Thursday	9:00 a.m.
Tai Chi	Friday	9:00 a.m.

The following classes are fee-based and require advanced registration through Huntington Beach Adult School. Please call 714-901-8106 ext. 4405 for registration information:

Intro to Dance Aerobics	Monday	1:00 p.m.
Dance Aerobics 2	Thursday	9:00 a.m.
Dance Aerobics 2/3	Thursday	3:00 p.m.
Dance Aerobics 3	Thursday	10:30 a.m.
Dance Aerobics 4	Tuesday & Thursday	12:45 p.m.

Adult Public Health Nursing Services (APHNS)

These short seminars are held on Wednesdays at 11:00 a.m. They are free & informative.

April 6 Arthritis

May 4 Rethink your drink

June 1 Summer Heat

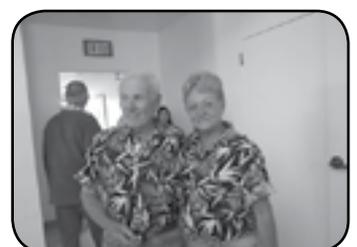
Diabetes Education and Support Group (APHNS)

Facilitated by Jane Hannah, R.N., certified diabetes educator. The group meets the 3rd Wednesday of each month from 12:30 p.m. to 2:00 p.m. Everyone is welcome to attend. Current topics to be discussed are:

April 20 Exercise & Diabetes

May 18 Vision & Diabetes

June 15 Diabetes Pattern Management



PROGRAMS AND CLASSES

DAILY DINING

Try our hot meals offered Monday through Friday in our Senior Center Dining Room. If you are 60 years or older (or married to someone who is), the suggested donation is only \$2.50 for the hot lunch. No reservation is necessary, but come early to assure a place! Serving time is 11:45 a.m. Pick up a "Senior Spotlight" for only 50 cents at the Senior Center for the month's menu, which is also on the city's website.

SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period, from 8:30 a.m. to 12:30 p.m.. **The fee is \$12 per person if you are a member of AARP and \$14 per person if you are not a member.** Registration is required. Please make checks payable to AARP. Classes will be held on the following dates:

April 7 and 8 • June 9 and 10

We Offer Many More Senior Programs & Classes Such As:

- Crocheting and Knitting
- Balance & Mobility
- Bridge Club
- Mah Jongg
- Longevity Stick
- Dinner Group
- Chess Club
- Sudoku

For more information on any of these programs, please visit our website at www.westminster-ca.gov, go to City Departments, Community Services, and click on Senior Services, or call the Senior Center at 714-895-2878.

FREE MOVIE FRIDAYS!

Every Friday at 9:15 a.m. a movie is shown. There is no charge for the screening. The "Senior Spotlight" lists the movies monthly.

VOLUNTEERS ARE NEEDED!

If you are interested in volunteering, please call Claire Hutchinson at (714)-895-2878.

WESTMINSTER SENIOR CENTER FOUNDATION

The Westminster Senior Center Foundation (WSCF) was incorporated in December 2002. The Foundation's mission is "To engage in charitable activities and to assist (both financially and otherwise) the Westminster Senior Center and its programs."

The major fundraiser held to fulfill this mission is the Foundation's annual Senior Health Expo providing seniors access to health screenings, insurance and physician information, financial information, and other facts and fun. Proceeds from the Expos help support numerous Senior Center programs.

TRIPS AND EXCURSIONS

Call the Senior Center or stop by for specific trip details. Day trips and overnight trips are offered. Prices for overnight trips are based on double occupancy. A few single rooms may be available at a higher rate. Note: Prices on all excursions are approximate and may vary. Trips fill quickly. Sign up early at the Reception Desk to reserve your spot.

The following excursions are being planned for your enjoyment:

Reagan Library	April 12	\$59
Fantasy Spring's Indian Casino	April 26	\$29
Laughlin Riverside	May 10-12	\$89/person double \$109 single
Harrah's	May 25	\$12
J. Paul Getty Villa	June 7	\$52
San Manuel Indian Casino	June 21	\$15
Pageant of the Masters	July 13	\$57
Viejas Indian Casino	July 21	\$15



WESTMINSTER YOUTH COMMITTEE

The Westminster Youth Committee addresses the needs of the City's young people through volunteering, while promoting a sense of civic pride. Organizing and implementing youth-focused programs and volunteering their time to established city programs and events, the current members offer unique and diversified perspectives.

For more information on the Westminster Youth Committee, please visit the City's website at www.westminster-ca.gov, or call the Community Services and Recreation Department at 714.895.2860. And be sure to check us out on Facebook.

The current Youth Committee Members are:

Tiffany Chu, Chairperson

Charlene Tran, Vice Chairperson

Katherine Duong • Kim Huynh • Krystal Lam • John Ngo

Thanh Ngo • Shirene Shoushtarizadeh • Stephanie Le

Kevin Trinh, 1st Alternate

Serena Palmer, 2nd Alternate

Seriana Trinh, 3rd Alternate

Makayla Moua, 4th Alternate



Water Conservation Ordinance

Water Conservation Ordinance No. 2449 adopted last May 2009 outlines the permanent water restrictions below.

- No outdoor watering between the hours:
9 a.m. – 5 p.m. October - May
8 a.m. – 6 p.m. June – September
- Water no longer than 15 minutes per irrigation station per day
- No excessive water run-off
- No washing down hard or paved surfaces
- Fix water leaks within 7 days
- Decorative water features must use re-circulating water
- When washing vehicles must use self-closing positive shut-off nozzle on garden hose
- Restaurants are required to serve water upon request only
- Hotels and motels are required to provide guests option to decline daily linen service
- Commercial car washes and laundries are required to use re-circulating water systems
- Restaurants are required to use water conserving pre-rinse spray valves

The Water Division is available to help you save water at home and at work. Call 714 548-3690 to schedule a water audit. Check out mwdoc.com/services/incentives to get information about water saving appliances.



ARE YOU PREPARED WHEN DISASTER HITS?

Westminster is offering a C.E.R.T. Training Academy for Spring 2011

Classes that will be covered during the Academy include: Introduction to Disaster Preparedness, CERT Organization, Light Search and Rescue Operations, Disaster Psychology, Terrorism and Disaster Medical Operations.

For further information on the upcoming C.E.R.T. Training Academy please contact the Emergency Services Coordinator for the City of Westminster at (714) 548-3761 or email WESTCOUNTYCERT@yahoo.com

Water Conservation Garden



Check out Westminster's Water Conservation Garden at 6312 California Ave! Over 20 species of drought tolerant California friendly and native plants, trees, and turf are on display. Local nurseries were used to provide plants and signs are posted to identify the species and costs. Hardscape materials were donated by local vendors and offer a beautiful alternative to turf.

This garden is open to the public to view California native and friendly plants as they grow from newly planted to mature and flowering during the seasons.

It's easy and inexpensive to create a beautiful low-water garden of your own!

CALIFORNIA FRIENDLY LANDSCAPE TRAINING PROGRAM

This training covers the basics of landscape design and is offered as either a four-part series, or a four-hour condensed mini-class. California native and California Friendly plants are featured. The four topics covered are:

Basic Landscape Design Landscape Sprinkler Systems
Landscape Plants Landscape Watering & Fertilizing

Contact Beth Fahl from the Municipal Water District of Orange County at 714-593-5015 for details, or visit mwdoc.com/services/ca-friendly

WATER CUSTOMER SERVICE

For water billing, charges, turn-on or turn-off services call (714) 894-3796.

For water main breaks, leaks, quality, or pressure problems call (714) 895-2876, 6:30 a.m. to 5 p.m.

After business hours water emergencies call the Westminster Police Department (714) 898-3315.

H2O TIPS to save 20 gallons a day!

Activity

Wash full loads of laundry

Turn off water while brushing teeth

Take 5 minute showers

Running dishwasher only when full

Clean driveway with a broom instead of hose

Watering late at night or early in the morning

Fixing leaking toilets / using low flow showerheads

Reduce outdoor watering

Water Saved

15 gallons per load

2 gallons per minute

10 gallons per shower

3 gallons per load

20 gallons per minute

20 gallons per day

20 gallons per day

40 gallons per day



Learn the ABC's of Pool Safety

California leads the nation in drownings. These needless tragedies are the leading cause of accidental injury and death in children under the age of five and the second leading cause of death in children under the age of 14. In Southern California, drowning prevention and water safety should be practiced on a year-round basis with special emphasis during the summer months. Below are the ABC's of water safety. By learning these water safety tips you and your child will learn how to prevent drownings.

A – Adult Supervision – Assign a “Water Watcher”

- Assign an adult “water watcher” who can swim to specifically watch the water.
- Designate an adult to supervise the children in and around the pool/spa area especially during social gatherings.
- Never leave children in or around a pool unattended – not even for one second.
- Remove children from swimming pool/spa area for any distractions such as a telephone call or use of restroom.
- Do not rely on flotation devices. They should not be used as a substitute for adult supervision.
- Post pool address and emergency number.

B – Barriers

- Install and maintain proper fencing around the pool to isolate your swimming area from the home and play area.
- Use multiple layers of protection such as safety covers, gate alarms, door alarms and motion-detection devices. Inspect them monthly.
- Make sure all gates are self-closing, self-latching and open outward away from the pool.
- All objects that allow a child to climb up to reach the gate latch or climb over the fence should be removed or kept inside the fenced area.

C – Classes – “CPR”

- Learn CPR, first aid and rescue techniques.
- Attain swim skills through on-going qualified instruction.
- Keep rescue equipment such as a shepherd's hook, life-saving ring and CPR sign mounted by the pool to instruct others.
- Learn proper behavior in and around the water.

For More Information

www.ocfa.org
www.abcpoolsafety.org
www.usla.org
www.swimforlife.com
www.choc.org

What To Do If A Child Falls Into A Pool!

- **Yell for help** and check the scene to make sure that you can safely help the child.
- **Get the child out** of the pool and onto the pool deck.
- **Check for consciousness** by tapping and shouting, "are you okay?"
- **If someone is with you, have them call 9-1-1.** Determine if the child is breathing: tilt the head back, if you don't hear or feel breathing or see the chest rising, give two (2) Rescue Breaths then check for a pulse. Begin Rescue Breathing or CPR immediately and continue until emergency help arrives.
- **If you are alone** and the child is not breathing and/or does not have a pulse, start Rescue Breathing or CPR immediately. After one minute, call 9-1-1. Return to the child and continue CPR until help arrives.

Nationwide Drowning Statistics

- In 2005, there were 3,582 fatal unintentional drownings in the United States, averaging ten deaths per day.
- In 2005, males were four times more likely than females to die from unintentional drownings.
- More than one in four fatal drowning victims are children 14 and under. For every child who dies from drowning, another four received emergency department care for nonfatal submersion injuries.
- Although drowning rates have declined nationwide, fatal drowning remains the second leading cause unintentional injury related death for children ages 1 to 14 years.

* Stats from the Centers for Disease Control and Prevention Swimming and Recreational Water Safety. 2005-2006.

OCFA Offers Childhood Drowning Prevention & Water Safety Classes

OCFA offers drowning prevention and water safety classes for children and adults, featuring Stewie the Duck - a fun and colorful book - along with instruction from an Education Specialist. For more information or to schedule a class, contact the Community Relations and Education Services Section at (714) 573-6200.

WESTMINSTER BRANCH LIBRARY

WESTMINSTER BRANCH LIBRARY

8180 13th Street, Westminster, CA 92683
(714) 893-5057

HOURS: Monday through Thursday 10:00 a.m. to 9:00 p.m.
Friday and Saturday 10:00 a.m. to 5:00 p.m.
SUNDAY 12:00 noon to 5:00 p.m.

Children's Programs

Throughout the whole year we host **Preschool Storytime** every Wednesday at 10:30 am, **Toddler Storytime** every Wednesday at 11:00 am, and **Family Storytime** every Saturday at 10:30 am. Storytimes give children and families an opportunity to enjoy stories, songs, and crafts to help your child develop a love of books and reading! Don't forget on your visit to the library to apply for a free library card. Library cards enable you to use Internet computers and check out materials for free!

Teen Programs

Earn volunteer hours and make a difference at Westminster Library! The Teen Advisory Board helps make decisions about teen services offered at the library, including upcoming programs, teen books, and more. Make new friends, learn new skills, help the library, and have fun! Open to teens in grades 6-12. Contact the library for more information.

We are looking for teen volunteers to be **Homework Helpers**. If you'd like to help younger children and have a GPA of 3.0 or above, come to the Information Desk to sign up!

Adult Programs

The Westminster Public Library will be offering **Beginner's Computer Classes**. Classes will cover topics like, how to use the Internet and, how to set up an email account. Visit the library to find out the schedule and to sign up. The **Westminster Branch Book Club** meets on the third Tuesday of each month at 10:30 am. Please join our friendly group for some lively book discussion! Call or stop in for the monthly reading selection.

Westminster Friends of the Library Used Bookstore

The Friends of the Library are looking for volunteers to assist in their bookstore with sorting, shelving, pricing books and working the desk assisting customers. We accept donations of books, magazines, videos, records, DVDs, CDs and miscellaneous. We are always looking for volunteers, so drop by and visit with our Friends or call us at (714) 898-9845.

For more information on the spring events at the Westminster Branch Library, please call the library at (714)893-5057.

REGISTER NOW!

**SUMMER
CAMPS!**
**See page 39
for details!** →

 **KEEP AMERICA BEAUTIFUL
& WESTMINSTER TOO!** 

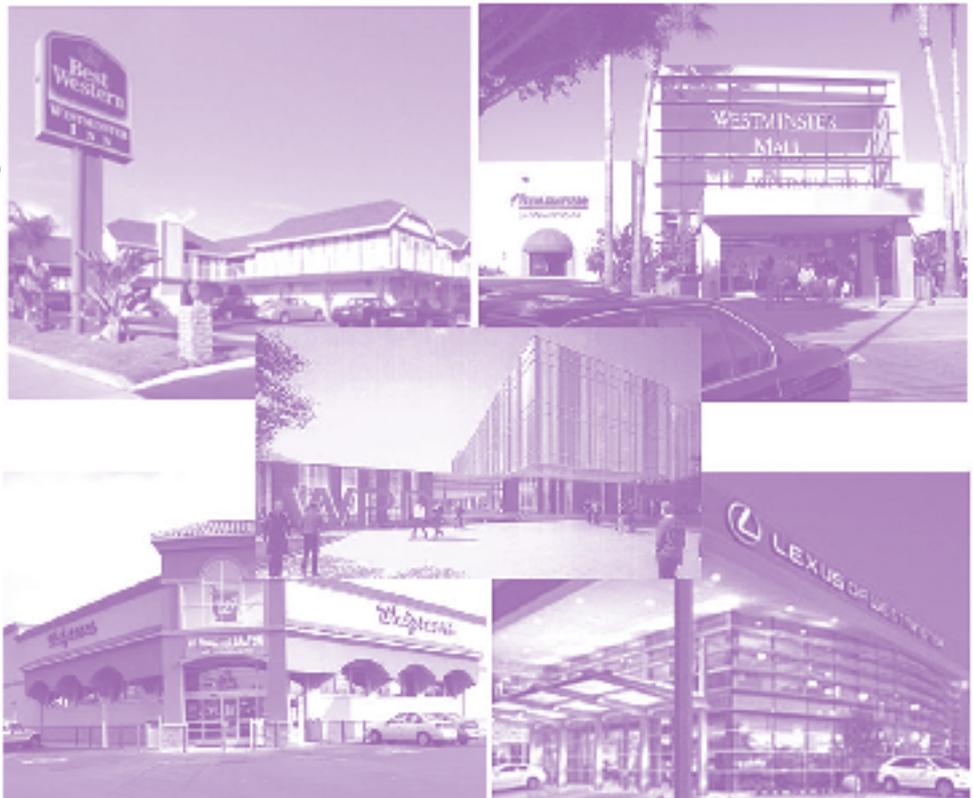
The Keep America Beautiful Program will take place April 17th -April 23rd. Westminster residents and schools are invited to improve the looks, vitality and economic integrity of their community by beautifying their surroundings in ways that make a huge difference. The annual "Adopt a Park" program offers an opportunity for citizens, youth organizations, churches and service clubs to adopt a park of their choice and give a sprucing up on Saturday, April 23rd. For more details on this program, call the Community Services and Recreation Department at 714-895-2860.



Support your City

**Shop Local
Shop Westminster—
It makes Sense!**

Every time you shop in Westminster, one cent of every dollar you spend goes straight to your city's public services including your Police Department! Why spend your dollars anywhere else?



1. **Protect Local Character and Prosperity**—Westminster is unlike any other city in the world. By choosing to support locally owned businesses, you help maintain Westminster's diversity and authenticity.
2. **Community Well-Being**—Locally owned businesses build strong neighborhoods by sustaining communities, linking neighbors, and by contributing more to local causes.
3. **Local Decision Making**—Local ownership means that important decisions are made locally by people who live in the community and who will feel the impacts of those decisions.
4. **Keeping Dollars in the Local Economy**—Your dollars spent in locally-owned businesses have three times the impact on your community as dollars spent at national chains. When shopping locally, you simultaneously create jobs, fund more city services through sales tax, invest in neighborhood improvement and promote community development.
5. **Entrepreneurship**—Entrepreneurship fuels Westminster's economic innovation and prosperity, and serves as a key means to upward mobility. Locally owned businesses also create more jobs locally and, provide better wages.

Next time you buy a car, a television, or bag of groceries, make sure you do it in Westminster.

PARENT PARTICIPATION PRE-SCHOOL

Westminster Nursery School
(714-893-7979) www.ccppns.org/wns
Location: Bolsa Chica Park, 13660 University Ave.
Westminster, CA 92683
Westminster Nursery School is a **parent-participation pre-school**.

Open House: March 23, 2011 Wednesday, 10am-noon
Open enrollment throughout year and advance registration for Fall 2011.

Programs offered are:

Pre-K (Mon/Wed/Fri 9am-noon)
Must be 4 by December 2nd
Registration: \$80
Monthly: \$130

2-day (Tue/Thur 9am-noon)
Must be 3 by December 2nd
Registration: \$80
Monthly: \$90

Parent & Me (Thur: 12:30-1:30 pm)
Must be 2
Registration: \$25
Monthly: \$20

Westminster School District Child Care Services

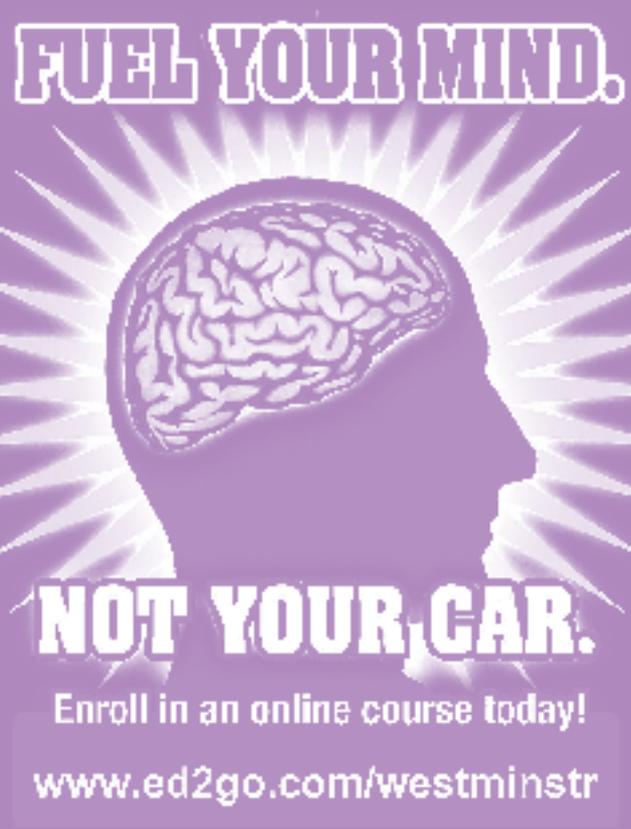
Land School

Pre-school services are offered at Land School. The child care program is from 6:00 a.m.-6:00 p.m., Monday - Friday. Children from 3-5 years are welcome, but they must be potty-trained. The cost varies based on the number of days and times care is needed. For more information, please call Land School at 898-8389.

The following schools in the Westminster School District offer child care services from 6:00 a.m. to 6:00 p.m.: Clegg, DeMille (no morning care), Eastwood, Finley, Fryberger, Hayden, Meairs, Sequoia, Schmitt (no morning care), and Schroeder.

Fees vary based on the type of care needed. Please contact Westminster School District Child Development Programs office at 898-8389 for more detailed information.

REGISTER NOW!



FUEL YOUR MIND.

NOT YOUR CAR.

Enroll in an online course today!

www.ed2go.com/westminster

Stay up to date with city news!

Follow us on Twitter

Add us on Facebook!

www.twitter.com/WestminsterCA

www.facebook.com/CityofWestminster

www.facebook.com/WestminsterYouthCommittee




Registration begins March 7, 2011

There are 3 easy ways to register for classes . . .

ON-LINE

On-line registration is just a click away...

Please visit
www.activenet.active.com/westminster

You will need to pay by credit card to register on-line.

MAIL-IN

Mail completed form & payment to:

Westminster Community Services & Recreation Department
8200 Westminster Blvd.
Westminster, CA 92683

Make checks payable to:
City of Westminster

WALK-IN

Visit us...

Westminster Community Services & Recreation Department at 8200 Westminster Blvd.

7:30 a.m. – 5:30 p.m.
Monday – Thursday
7:30 a.m. – 4:30 p.m.
Alternate Fridays

General Information & Refund Policy

- × No registration taken at classes.
- × Refunds will be issued approximately 4 weeks following the request.
- × Refunds must be requested before the end of the 2nd class meeting.
- × Activities canceled by the department will be given automatic refunds.
- × Please note: Due to the nature of the activities, there are no refunds on excursions, youth sports and aquatics.

SATISFACTION GUARANTEED

The City of Westminster Community Services and Recreation Department is continually striving to provide the highest quality recreation activities, events and programs, and offers a money back guarantee on all our classes.

If you are not completely satisfied, before the end of the 2nd class meeting, tell us and we will arrange for you to:

- × Repeat the class at no charge, -or-
- × Transfer to a different class, -or-
- × Receive a full refund

Applications for refunds may be made in person, by calling (714) 895-2860, or in writing. Your suggestions and comments are appreciated; they will help us do the best job possible.



Community Services and Recreation Department Registration Information

Registration Form

City of Westminster Community Services & Recreation Department

All information is required. Please Print.

Parent/Adult Name: First _____ Last _____
 Birth _____ Date _____
 Address _____
 City/State/Zip _____ Phone () _____
 Cell _____
 Email address _____ Phone () _____

Name of Participant: First	Last	Birth Date	Sex	Activity Number	Name of Activity	Fee
TOTAL FEES						

Do any of the listed participants have any special needs, limitations, and/or allergies? Yes No
If yes, please explain: _____

Liability and Publicity Release

For and in consideration of permitting _____ to enroll in and participate in the recreational program entitled, _____ sponsored by the City of Westminster, Department of Community Services, the Undersigned hereby voluntarily releases, discharges, waives and relinquishes any and all actions or causes of action for personal injury, property damage or wrongful death occurring to him/herself arising as a result of participation in said recreational program or any activities incidental thereto wherever or however the same may occur and for whatever period said program may continue, and the Undersigned does for him/herself, his/her heirs, executors, administrators and assigns hereby release, waive, discharge and relinquish any action or cause of action, which may hereafter arise for him/herself and for his/her estate, and agrees that under no circumstances will he/she or his/her heirs, executors, administrators and assigns prosecute or present any claim for personal injury, property damage or wrongful death against the City of Westminster and its officers, officials, agents, contractors, volunteers, boards, departments, servants or employees for any of said causes of action, whether the same shall arise by the negligence of any of said persons, or otherwise.

IT IS THE INTENTION OF _____ BY THIS INSTRUMENT, TO EXEMPT AND RELIEVE THE CITY OF WESTMINSTER AND THE RELATED PARTIES MENTIONED HEREIN, FROM ALL LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY THE NEGLIGENCE OF ANY PERSON OR ENTITY.

The Undersigned, for him/herself, his/her heirs, executors, administrators or assigns agrees that in the event any claim for personal injuries, property damage or wrongful death shall be prosecuted against the City of Westminster and/or its officers, officials, agents, contractors, volunteers, boards, departments, servants or employees, he/she shall defend, indemnify and save harmless the same City of Westminster and the aforementioned related parties from any claim, cause of action, loss, liability, damage, lawsuit, cost or expense (including reasonable attorney's fees) by whomever or wherever made or presented for said personal injuries, property damage or wrongful death.

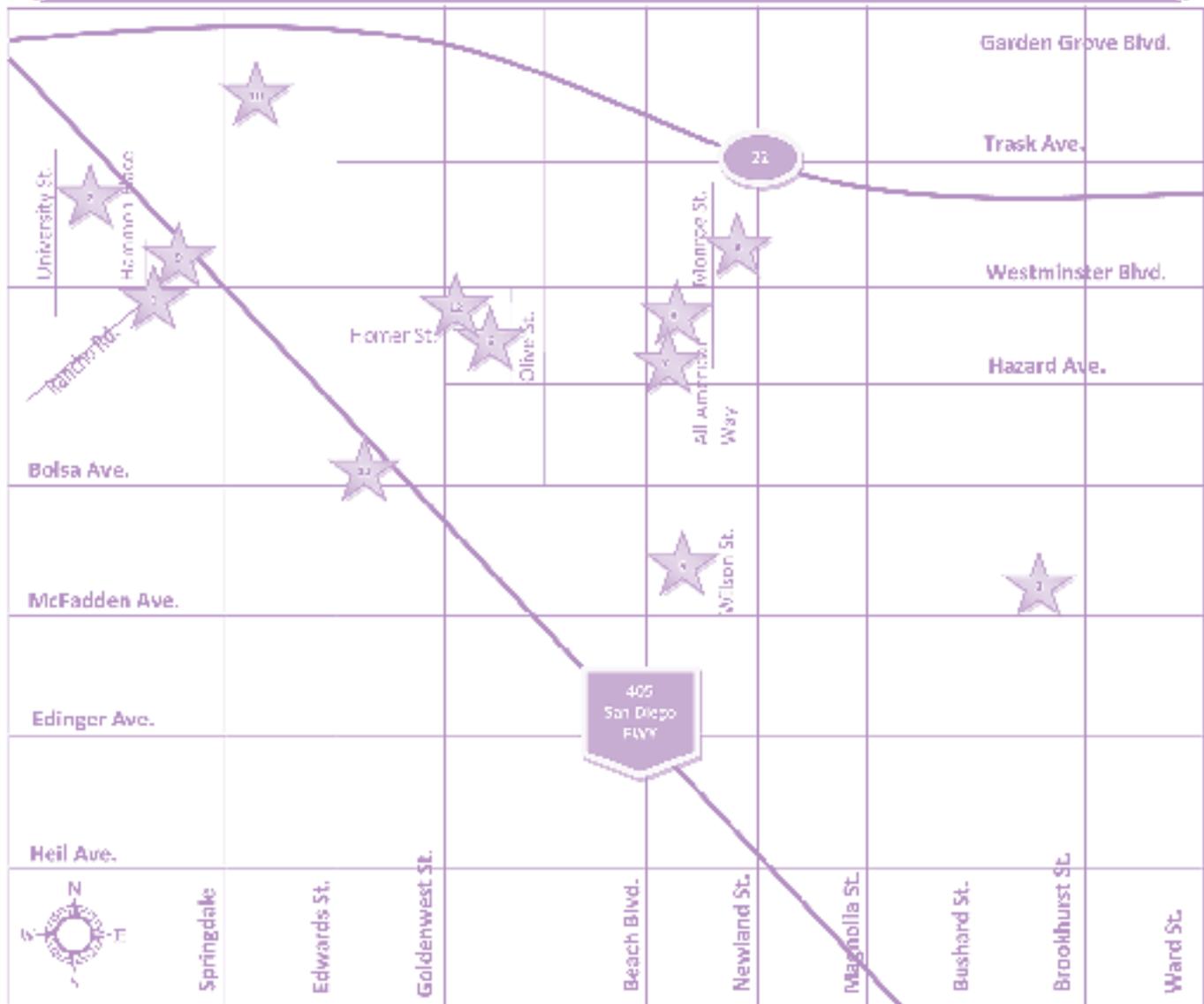
In case of accident or other emergency, the Undersigned hereby gives permission for the City of Westminster and/or its officers, officials, agents, contractors, volunteers, servants or employees, to obtain emergency medical treatment. The Undersigned further agrees to pay any costs incurred as a result of such treatment.

In addition, the Undersigned has been notified that participants involved in City-sponsored community service programs are subject to being photographed or videotaped, and he/she hereby gives permission for the City of Westminster to use such photographs or videotapes on City Department websites and to publicize and promote the City's programs.

The Undersigned acknowledges that he/she has personally read, understands, and voluntarily signs this release and waiver of all liability and indemnity agreement, is fully aware of the potential risks and hazards which are inherently involved in the specified community service program, and in any of the activities, appointments, meetings, or workshops incidental thereto, including but not limited to, any negligent acts performed by the City of Westminster and/or its officers, officials, agents, contractors, volunteers, boards, departments, servants or employees, negligently created or maintained dangerous conditions of public property, weather conditions, equipment, machinery, playing conditions, other participants, on-site physical premises, structures or substantial works of improvement. The Undersigned voluntarily assumes all risks of loss, damage, or injury associated with his/her participation in the specified recreational program or any activities incidental thereto.

Signature _____ Date _____

Parks & Recreation Facilities Legend



- | | | |
|---|--------------------------------------|-----------------------------|
| 1. American Tiger Martial Arts & Fitness | 5849 Westminster Blvd. | *MAP IS NOT TO SCALE |
| 2. Bolsa Chica Park | 13660 University St. | |
| 3. Elden F. Gillespie Park | 9801 McFadden Ave. | |
| 4. Liberty Park | 13900 Monroe St. | |
| 5. Park West Park | 8501 McFadden Ave. | |
| 6. Sigler Park | 7200 Plaza St. | |
| 7. The Plano Place Music and Arts Center | 14441 Beach Blvd. #100 (714)899-4833 | |
| 8. WCSB (Westminister Services & Rec. Building) | 8200 Westminster Blvd. (714)895-2860 | |
| 9. Wespac Dance Center | 5915 Westminster Blvd. (714)893-2623 | |
| 10. Westminister ICE | 13071 Springdale (714)358-3212 | |
| 11. Westminister Mall | 1025 Westminster Mall | |
| 12. World Class MMA Boxing | 14047 Locust St. (714)897-3355 | |
- Garden Conservatory Multipurpose Rooms
 - Climx Rock Gym
 - Five Star Taekwondo School
 - Fountain Valley Music
 - Fountain Valley Recreation Center
 - Fountain Valley Senior Center
 - Garden Grove Community Meeting Center
 - Garden Grove Sports/Recreation Center
 - H. Louis Lake Sr. Center
 - New Hope Academy
 - Rancho Del Rio Stables
 - Stanton Community Center
 - West Grove Park
- 5702 Clark Drive, Huntington Beach (949) 510-1569
 - 18411 Gothard St. Unit 4, Huntington Beach
 - 8322 Garden Grove Blvd., Garden Grove
 - 8740 Warner Ave., Fountain Valley (714)963-2080
 - 16400 Brookhurst St., Fountain Valley
 - 17967 Bushard St., Fountain Valley (714) 839-8611
 - 11300 Stanford Ave., Garden Grove
 - 13641 Deodara, Garden Grove (714)741-5200
 - 11300 Stanford, Garden Grove (714)892-7099
 - 17270 New Hope St., Fountain Valley (714)556-8050
 - 1370 So. Sanderson, Anaheim
 - 7800 Katella Ave., Stanton (714)379-9222
 - 5371 Censlean, Garden Grove

Hold your next event at:

Westminister Community Services & Recreation Building

• Wedding Receptions
• Meetings
• Birthdays
• Fund and other special events

8200 Westminster Blvd.
Please call 714.895.2860
For more information or visit
www.westminister.ca.gov

2011 SUMMER CAMPS

Summer of Fun!

Sign up May 9!

CSI—SPY KIDS age 7-12

\$139

Learn about the elements of crime solving!
June 20-24 9 a.m.—12 p.m.

SUMMER OF ART age 6-12

\$89

Explore acrylics in canvas, watercolors, pastels, clay sculpture and more!

June 20-24 1:00-2:30 p.m.

July 25-29 1:00-2:30 p.m.

Aug. 29-Sept. 2 1:00-2:30 p.m.

TOP CHEF COOKING age 7-12

\$139

Learn how to make several delicious and fun dishes!

June 27-July 1 9 a.m.—12 p.m.

STAR WARS age 6-12

\$139

It's Jedi Training Time at Camp!

July 5-8 9 a.m.—1 p.m.

LEGO PRE-ENGINEERING age 5-6

\$175

Have your child become a Play-Well Lego engineer this summer!

July 11-15 9 a.m.—12 p.m.

July 18-22 9 a.m.—12 p.m.

LEGO ENGINEERING age 7-12

\$175

With over 100,000 pieces of LEGO, take on real-life engineering challenges!

July 11-15 1:00—4:00 p.m.

July 18-22 1:00—4:00 p.m.

MAGIC CAMP age 6-12

\$139

Popular magic tricks will be broken down to their basic forms!

July 18-22 9 a.m.—12 p.m.

GLEE CAMP age 6-12

\$139

Campers will work together to personalize some of today and yesterday's hottest songs; Glee Club style!

July 25-29 9 a.m.—12 p.m.

DESSERT SHOP age 7-12

\$139

Make different desserts, sweets, and other foods!

August 1-5 9 a.m.—12 p.m.

SNL KIDS EDITION age 6-12

\$139

A camp where you are the star! Everyday you will shoot a different sketch segment that you film and direct!

August 8-12 9 a.m.—12 p.m.

ROCKETS, ILLUSIONS, AND MENTOS age 6-12

\$139

A science camp with something for everyone!

August 15-19 9 a.m.—12 p.m.

CLAYMATION age 6-12

\$139

Each camper will make a movie with clay, frame by frame!

August 22-26 9 a.m.—12 p.m.



For more information, please call the Community Services & Recreation Department at 714.895.2860



Located at Sigler Park
7200 Plaza St., Westminster, CA 92683
Phone: 714-903-1331 Fax: 714-903-1881

Services are offered in English, Spanish and Vietnamese

¡Los servicios son **GRATIS!**

- Representación Familiar
- Programa de Superación Personal
- Consejería en Violencia Doméstica
- Información y Referencias
- Talleres para Padres
- Promoción y Apoyo para Adopciones
- Servicios de Reunificación de Familias
- Servicios Dentales
- Programa para recibir Alimentos / WIC
- Programa de Asistencia (paquete de higiene, pañales, cupones para comida)
- Programas para Después de Escuela
- Servicios de Administración de Casos
- Consejería Individual y para Familias
- Y muchos más

Services are **FREE!**

- Family Advocacy
- Personal Empowerment Program
- Domestic Violence Counseling
- Information & Referral
- Parent Education Workshops
- Adoption Promotion & Support
- Family Reunification Services
- Dental Services
- Emergency Food Program / WIC
- Emergency Assistance Program (hygiene kit, diapers, food vouchers)
- After School Enrichment Programs
- Case Management Services
- Individual and Family Counseling
- And many others

*Westminster Family Resource Center -
a community collaborative*



Chương trình phục vụ **MIỄN PHÍ**

- Bệnh Vực Gia Đình
- Chương Trình Đào Tạo Khả Năng Cá Nhân
- Cố Vấn Về Bạo Hành Trong Gia Đình
- Thông Tin & Giới Thiệu
- Hội Thảo Dành Cho Phụ Huynh
- Khuyến Khích & Hỗ Trợ Dịch Vụ Nhận Con Nuôi
- Dịch Vụ Đoàn Tụ Gia Đình
- Dịch Vụ Nha Khoa
- Chương Trình Thực Phẩm Khẩn Cấp / WIC
- Chương Trình Trợ Giúp Khẩn Cấp
- Chương Trình Sau Giờ Học
- Dịch Vụ Phụ Trách Các Vấn Đề
- Dịch Vụ Cố Vấn Cá Nhân Và Gia Đình
- Và nhiều chương trình khác

Families and Communities Together (FaCT) is a partnership between the County of Orange Social Services Agency and Orangewood Children's Foundation. FaCT receives federal, state, and county funds including Promoting Safe and Stable Families, California Department of Social Services/ Office of Child Abuse Prevention, Governor's Office of Emergency Services, and the Children and Families Commission of Orange County.