# RECREATION CLASSES & PARKS AND FACILITY RENTALS COMMUNITY SERVICES DEPARTMENT

# **WINTER/SPRING 2013**



The Community Services Department is excited to announce that winter/spring recreation classes are open for registration! Enrollment/registration is available online for most classes at www.cityofsierramadre.com/onlineregistration or by visiting the Community Services Office at 611 E. Sierra Madre Blvd or the Hart Park House Senior Center at 222 W. Sierra Madre Blvd. The winter/spring session introduces a variety classes and programs for the whole family.

Change up your fitness regimen with Zumba Gold (ages 55+), a dance-fitness class that incorporates Latin & international music with dance movements to create a high energy partylike atmosphere that provides a dynamic, exciting and effective workout. Strengthen your core with skills Gentle Yoga or Yoga for All Ages. Younger family members will enjoy Mommy/Daddy and Me Soccer (ages 2-3.5) through Kidz Love Soccer, which also holds classes for 3.5-11 years old emphasizing age appropriate soccer skill development. Gain advantage through footwork and body positioning to employ leverage, avoiding the use of strength against strength in Hapkido Karate adult and youth classes. As always, you'll find class favorites including Ballet, Tap and Creative Dance!

For more information, please contact the Community Services Department at 626.355.5278 or by email at communityservices@cityofsierramadre.com

### **UPCOMING EXCURSION**

**Autry National Center—Guided Tour** (Griffith Park, Los Angeles, CA)

DATE: Thursday, January 31, 2013

TIME: 9:30am-3:00pm

LOCATION: Hart Park House, Senior Center

COST: \$20.00

#### **Fashion Institute of Design and** Merchandise

DATE: Friday, February 22, 2013

TIME: TBA

LOCATION: Hart Park House, Senior Center

COST: TBA

### **Jeopardy Taping at Sony Lot**

DATE: Wednesday, March 27, 2013

TIME: TBA

LOCATION: Hart Park House, Senior Center

**COST: TBA** 

For more information call 626.355.7394

# **Ballet, Tap and Creative Dance**



Miss Claire's dance classes will introduce young children to a positive dance and movement class. Her ballet and tap classes improve creative movement skills and provide a basis of coordination with an overall love of dance! Dancers learn basic tap and ballet techniques while having fun too! Parent participation is required in the 2 to 3 year old class.

New sessions begin: January 16 - February 27, 2013 and March 27 - May 8, 2013

Time: 12-12:45 pm, 2-3yrs. old and 12:45-1:30pm, 3-5yrs. old

**Day:** Wednesdays **Fee:** \$90 / 7 weeks **Instructor:** Miss Claire

Location: Community Recreation Center, Sierra Madre Room

# **Kidz Love Soccer**



#### Mommy/Daddy & Me Soccer-(ages 2—3.5)

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun, age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/ Daddy & Me Soccer, parents are part of the action, not watching from the sidelines!

#### Tot/Pre-soccer-(ages 3.5—5)

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

#### Soccer 1—(ages 5—6)

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

#### Soccer Skillz & Scrimmages-(ages 7—10)

Kidz will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game! Shin guards are required.

Session: January 31 - March 14, 2013

**Day:** Thursdays **Morning Times:** 

9:00am-9:30am - Mommy/Daddy & Me Soccer

9:40am-10:15am - Tot/Pre-Soccer

**Afternoons Times:** 

3:25pm-4:00pm - Tot/Pre-Soccer

4:00pm-4:45pm - Soccer 1

4:45pm-5:30pm - Soccer Skillz & Scrimmages

**Session:** April 11 - May 23, 2013

Day: Thursdays

#### **Morning Times:**

9:40am-10:15am - Mommy/Daddy & Me Soccer

**Afternoon Times:** 

3:25pm-4:00pm - Tot/Pre-Soccer

4:00pm-4:45pm - Soccer 1

4:45pm-5:30pm-Soccer Skillz & Scrimmages 5:40pm-6:10pm-Mommy/Daddy & Me Soccer

Fee for all Classes: \$92 for 7 weeks (fee includes a

youth jersey)

**Instructor:** Kidz Love Soccer

Location: Sierra Vista Park Eastside Grass Area

# **Youth Tennis**



Learn the fundamentals and foundation of tennis. This class is age specific, play with players of the same age and learn the sport of a lifetime. Learn from a USPTA Tennis Professional. Please note students are required to bring (1) canister of tennis balls the first day of class. All Tennis sessions are 6 weeks. If the class is canceled due to bad weather or instructor/city emergency, the student's city account will be credited the amount of that missed day and will have 1 year to use the credit for another class or recreation activity.

New Session Begins: February 5, 2013 Level, Days, Times & Ages:

Begginners, Tues, 3:45-4:30pm, 5-6yr old Begginners, Tues, 4:30-5:15pm, 7-8yrs old

Fee: \$54 for 6 weeks

Begginers, Tues, 5:15-6:15pm, 9-11yrs old

Fee: \$72 for 6 weeks

New Session Begins: January 30, 2013

Level, Days, Times & Ages:

Begginers, Wed, 3:45-4:30pm, 5-6yrs old Begginners, Wed, 4:30-5:15pm, 7-8yrs old

Fee: \$54 for 6 weeks

Begginers, Wed, 5:15-6:15pm, 9-11yrs old

Fee: \$72 for 6 weeks

Intermediate, Wed, 6:15-7:30pm, 7-12yrs

Fee: \$90 for 6 weeks

New Session Begins: January 31, 2013.

Level, Days, Times & Ages:

Begginners, Thurs, 3:45-4:30pm, 5-6yrs old

Begginers, Thurs, 4:30-5:15pm, 7-8yrs old

Fee: \$54 for 6 weeks

Begginers, Thurs, 5:15-6:15pm, 9-11yrs old

Fee: \$72 for 6 weeks

New Session Begins: January 18, 2013

Level, Days, Times & Ages:

Intermediate, Fri., 3:30-4:30pm, 7-12yrs old

Fee: \$72 for 6 weeks

Junior Workout, Fri., 4:30-6:30pm, 9-16yrs old

Fee: \$144 for 6 weeks

**New Session Begins:** January 26, 2013

Level, Days, Times & Ages:

Begginers., Sat, 10-11am, 7-10yrs old

Fee: \$72 for 6 weeks

Intermediate., Sat, 11am-12pm, 8-12yrs old

Fee: \$72 for 6 weeks

**Instructor for all Classes:** Andreas Weyermann

**Location:** Memorial Park Tennis Courts

# **Youth Hapkido Karate**



Hapkido Karate is one of the most practical and effective martial arts systems in the world! Hapkido relies on perfection of technique, rather than speed and brute strength. Practitioners seek to gain advantage through footwork and body positioning to employ leverage, avoiding the use of strength against strength. Participants will learn dynamic kicking and percussive punching techniques. Karate uniforms can be purchased through the instructor.

Sessions begins: January 5, February 2, March 2, April 6, May 4, 2013

**Day:** Saturdays

**Times:** 10:00am-11:00am (5—8 Beginners) 11:00am-12:00pm (9 & up Advance)

Sessions begins: January 7, February 4, March 4, April 1, May 6, 2013

(No class on Jan. 21, Feb. 18, & May 27)

**Day:** Mondays

**Times:** 7:00pm-8:00pm (9 & up Beginners)

**Fee:** \$35 / 4 weeks

**Instructor:** Daniel Leyva

**Location:** Community Recreation Center, Sierra Madre Room

# Adult Zumba Gold



Zumba Gold is a low impact fitness class based on Latin and World music. The upbeat music creates a fun atmosphere with easy to follow dance moves that will have you toning your body and improving your stamina and balance from your very first class. Dance experience is not necessary. Wear comfortable workout clothes with gym shoes. Bring a small towel and water to class.

**Zumba Gold:** (Age 55+)

Sessions Begin: January 7, March 4 and April 15, 2013 (No class on Jan. 21 &

Feb. 18)

Day & Time: Mondays at 11:00am—12:00pm

**Fees:** \$30 / 6 weeks

**Instructor:** Kristen Cunningham

# Adult T'ai Chi Ch'uan

Learn the Yang Long Form of t'ai chi. This gentle form of exercise and meditation is suitable for adults of all ages. Practicing t'ai chi improves balance breathing, while promoting body awareness, relaxation and stress reduction. Upon learning this Classical Form, your practice continues by participating in the advanced class, which refines your movements through more instruction and group practice. Thereafter, special forms are offered to the advance students who chooses to further study t'ai chi ch'uan. \*Please purchase punch passes cards at the Community Services Office. No passes sold at classes.

New and Beginners Classes: Begin on January 29

**Day:** Tuesdays

**Times:** 7:00pm - 8:00pm Beginners, Part 1 & 2

8:00pm - 9:00pm Beginners, Part 3 & 4

7:00pm - 8:15pm Advance

8:15pm—9:00pm Special Forms

**Fee:** \$32 / 4 classes

**Instructors:** Sam & Cynthia Sirlin

**Location:** Community Recreation Center, Sierra

Madre Room

# **Adult Tennis**

Learn the fundamentals and foundation of tennis. Learn from a USPTA Tennis Professional. Please note students are required to bring (1) canister of tennis balls the first day of class. All Tennis sessions are 6 weeks. If the class is canceled due to bad weather or instructor/city emergency, the student's city account will be credited the amount of that missed day and will have 1 year to use the credit for another class or recreation activity. All classes are instructed by Andreas Weyermann at the Memorial Park Tennis Courts.

**Session Begins:** February 25, 2013

Level, Day and Times:

Intermediate, Mondays, 9:00am - 11:00am

Fee: \$65.00 for 6 weeks

**Session Begins:** February 5, 2013

Level, Day and Times:

Beginner, Tuesdays, 6:15pm - 7:30pm

**Fee:** \$90.00 for 6 weeks

Intermediate, Tuesdays, 7:30pm - 9:00pm

Fee: \$108.00 for 6 weeks

Session Begins: January 30, 2013

Level, Day and Times:

Intermediate, Wednesdays, 7:30pm - 9:00pm

**Fee:** \$108.00 for 6 weeks.

Session Begins: January 31, 2013

Level, Day and Times:

Intermediate, Thursdays, 9:00am-11:00 am

Fee: \$144.00 for 6 weeks.

Beginner, Thursdays, 6:15pm - 7:30 pm

**Fee:** \$90.00 for 6 weeks

Intermediate, Thursdays 7:30pm - 9:00pm

Fee: \$108.00 for 6 weeks

Session Begins: January 18, 2013

Level, Day and Times:

Fit to Hit, Fridays, 9:00am - 10:00am

Fee: \$72.00 for 6 weeks

Tactical Strategy, Fridays, 10:00am - 11:00am

**Fee:** \$72.00 for 6 weeks.

# **Adult Gentle Yoga**

Give yourself a well-deserved break from daily duties and responsibilities, whether you are a parent of a young child, a grandparent or a person who just needs to find peace in your life. Yoga is for everyone.



Join us for gentle asanas (postures) and a short meditation. This powerful combination will increase your energy and flexibility. It will leave you with a sense of well-being and peace, enhancing every aspect of your life. Bring a yoga mat and pillow for meditation if you wish. Please purchase punch passes cards at the Community Services Office or Hart Park House Senior Center. No passes sold at classes.

**Day:** Wednesdays **Time:** 8:30am - 9:45am

**Fees:** \$24 / 4 class punch passes for 50 & over \$32 / 4 class punch passes for 49 & under

**Instructor:** Andrea Walsh

Location: Hart Park House, Senior Center

# **Yoga for Adults**

Yoga, the union of body, mind, spirit and breath. This combination is very health-giving, aiding the immune system, increasing lung capacity and flexibility. This class will consist of traditional asanas with a focus on a



short meditation at the end of each class. Actually, the whole class is like a meditation in motion. Bring a Yoga mat and wear loose fitting clothing. Classes are ongoing. Please purchase punch passes cards at the Community Services Office or Hart Park House Senior Center. No passes sold at classes.

**Days:** Tuesday & Thursday **Time:** 5:15pm - 6:45pm

**Fees:** \$24 / 4 class punch passes for 50 & over \$32 / 4 class punch passes for 49 & under

**Instructor:** Andrea Walsh

Location: Hart Park House Senior Center

# **AARP Driver Safety Course**

The AARP Driver Safety class focuses on learning current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll also learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. The class is designed to help senior drivers recognize their physical limitations and learn how to best compensate for them. Most insurance companies honor the class certificate by discounting insurance rates.



Must pre-register. (Requirement of 10 students; drivers over 70 must take DMV written test.) \*Checks payable to AARP and brought to the first day of class.

Days: February 19 & 20, 2013 (Must attend both dates)

**Times:** 9:00am-1:00pm **Fees:** \$12.00 AARP Member

\$14.00 Non Member

**Instructor:** Certified AARP Instructor **Location:** Community Recreation Center

# RESERVING CITY PARKS AND FACILITIES

Select recreation facilities may be reserved by private organizations or community groups. Any group or organization interested in reserving a park or facility can visit the City of Sierra Madre's online registration website at <a href="https://www.cityofsierramadre.com/onlineregistration">www.cityofsierramadre.com/onlineregistration</a>. A reservation guarantees the permit holder use of the facility or park. All Sierra Madre parks are open to the public from 6:00am-10:00pm except Bailey Canyon, which is open from dawn to dusk. For additional information please call the Community Services Office at 626-355-5278.

## SIERRA MADRE ROOM



611 E. SIERRA MADRE BLVD. SIERRA MADRE, CA 91024

### **BAILEY CANYON FIRE RING**



611 E. SIERRA MADRE BLVD. SIERRA MADRE, CA 91024

### **MEMORIAL PARK**



222 W. SIERRA MADRE BLVD. SIERRA MADRE, CA 91024

# **MOUNT WILSON TRAIL PARK**



611 E. SIERRA MADRE BLVD. SIERRA MADRE, CA 91024

### **SIERRA VISTA PARK**



611 E. SIERRA MADRE BLVD. SIERRA MADRE, CA 91024

### HART PARK HOUSE



222 W. SIERRA MADRE BLVD. SIERRA MADRE, CA 91024