

## Sports *continued*

### Taekwondo Lessons

Taekwondo is a fun and safe way for the whole family to get in better shape, increase flexibility and learn the valuable art of self-defense. The instructor, Ken DuBose is a 7th degree Black Belt Senior Master Instructor with over 30 years of teaching experience. Uniform is **free** with enrollment.

**REGISTER: Call 395-2050**

**Instructor: Ken DuBose**

**Location: SCC**

7+ yrs Ongoing\* M & Th 6-8pm \$80/month\*

\*Each additional immediate family member receives a 50% discount.

### TriFytt Sports Programs

Kids will receive hands-on training from knowledgeable, experienced and FUN staff. Classes are appropriate for beginners and kids who want to improve current skills. All participants will receive a TriFytt t-shirt. (6 weeks)

**Instructor: TriFytt Sports Staff**

#### SOCCER

**Location: MHP, Upper Soccer Field**

8968	2-3 yrs*	Sep 19-Oct 24	M	2:30-3pm	\$89
8969	3-5 yrs	Sep 19-Oct 24	M	3-3:45pm	\$89

#### BASKETBALL

**Location: CP, Basketball Ct. #3**

8964	3-6 yrs	Sep 20-Oct 26	Tu	4-4:45pm	\$89
8965	7-12 yrs	Sep 20-Oct 26	Tu	5-6pm	\$89

#### TEE BALL

**Location: LNES, Softball Field**

8970	2-3 yrs*	Sep 22-Oct 27	Th	2:30-3pm	\$89
8971	3-5 yrs	Sep 22-Oct 27	Th	3-3:45pm	\$89

#### MULTI-SPORT

**Location: CP, Basketball Ct. #3 & Adjacent Turf Area**

8967	3-5 yrs	Sep 24-Oct 29	Sa	9-9:45am	\$89
8966	2-3 yrs*	Sep 24-Oct 29	Sa	10-10:30am	\$89



## Teen Programs

### High School Law and Practical Skills Program **NEW!**

This class will provide an introduction to law and teach practical life skills based in law. Students will learn to read and analyze real legal cases and other documents. This will serve as a foundation for students learning practical information and skills related to contracts, property agreements, internet privacy rights, identity theft, bank accounts, credit, and more. Students will learn about careers related to law and policy. Class is designed to be fun and engaging, and includes video clips of famous legal scenes from movies. Students will receive a certificate of completion and future opportunities for learning will be discussed. No homework other than 15 minutes of reading before each class. Instructor Ben Gales is an attorney who has significant experience training students on legal issues. (6 weeks)

**Instructor: Ben Gales, J.D.**

**Location: SCC**

8987 9th-12th graders Sep 14-Oct 19 W 6:30-7:30pm \$95

### LAW PROGRAM WORKSHOP **NEW!**

This workshop provides an overview of the six-week law course. Workshop includes presentation on the law as well as sample lesson covering practical skills based in law. Students who pre-enroll in the six-week course are also encouraged to attend this workshop. Call 425-5100 for more information and to register for the workshop.

**Instructor: Ben Gales, J.D.**

**Location: SCC**

9th-12th graders Sep 7 W 6:30-7:30pm Free

### Interviewing Skills

Will you be meeting college representatives this year? Do you plan on interviewing for a part-time job? Attend this workshop and develop your inter-personal skills through practicing your communications skills working with experienced trainers that will guide you all in the process. Call 425-5100 to register for this workshop.

**Instructor: Parks and Recreation Staff**

**Location: SCC**

9th-12th graders Oct 19 W 6:30-7:30pm Free

### 'SELF DEFENSE CLASS'

Learn strategies to reduce and prevent victimization and promote self-confidence. GET SAFE Female Empowerment Initiative educates women on the causes and effects of violent behavior, and provides them with the tools to help end the "cycle of violence" before it starts. Males are also invited to learn self defense techniques and personal safety. PLEASE PRE-register so we can plan for room space.

**Instructor: GET SAFE**

**Location: SCC**

8956 9th-12th graders Nov 18 F 6:30-8:30pm \$5

## Teen Programs *continued*

### "RULE THE POOL" FRIDAYS

Enjoy a night of water volleyball, inter-tube races, diving board contests and music provided by a DJ. (Sorry, adults not invited!) Participants may not leave until 10pm, unless released to a parent. Snacks are sold for a \$1 each. Admission sales end at 8:30pm.

**Instructor:** Recreation & Lifeguard Staff  
**Location:** Crown Valley Park, Pool

9-13 yrs    Sep 2    F    8-10pm    \$5 at pool

### Super Sitters

Learn how to prevent accidents, what to do in case of an emergency, child development, do's and don'ts, age-appropriate games, job hunting and finances. Don't just be a babysitter – be a super sitter! **Bring paper / pencil and please ask an adult to attend the last 15 minutes of class.**

**Instructor:** Charlene Jordan  
**Location:** CVP, View Room

8961    11+ yrs    Oct 21    F    6-9pm    \$38\*

\*\$5 (cash) material fee is due to instructor at class. Please bring correct change.

### CPR, First Aid, AED Instruction

The purpose of the American Red Cross First Aid/CPR/ AED program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies for adults, children and infants. The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. This program will include a 2 year certification from the American Red Cross.

**Location:** CVP, View Room

9012    11+ yrs    Sep 24    Sa    8am-12:30pm    \$85\*

\*\$10 (cash) material fee is due to instructor at class. Please bring correct change.

### CHOPPED JR.

#### Snack Foods and Healthy Meal Prep 101

Middle school students are invited to learn how to prepare healthy snacks for afterschool or weekend hang-outs with your friends. Whole Foods staff will lead this seminar, instructing students; with proper food handling, healthy snack preparation and tips on how to put together a meal for friends. (Pre-registration required for food supply preparation.)

**Instructor:** Whole Foods Staff / **Location:** SCC

8932    6th-8th graders    Sep 23    F    6:30-8pm    \$5



TEEN  
WEBSITE  
LNTEENS.ORG

FOLLOW US @ LNTEENS ON:



### IMPROV!

Students will learn the basics and applications of improvisational acting. Participants will play improv games, try improv exercises, and improvise theatrical scenes. Students will have a blast working their creative skills playing all manner of fun characters and scenarios. All this will also grow the student as a creative artist and actor.

**Instructor:** Laguna Niguel Community Theatre  
**Location:** CVP, Patio Room

8975    10-14 yrs    Sep 6-Oct 25    Tu    4-5pm    \$150

### AUDITIONING FOR MUSICAL THEATRE

Get prepared to audition for the next big musical! Learn proper techniques for vocal warm up, song selection to fit your voice, characterizing the song, and selling the song in the audition. Students will be provided songs they will prepare in class that they can use to nail their next audition. (8 weeks)

**Instructor:** Laguna Niguel Community Theatre  
**Location:** CVP, Patio Room

8977    12-18yrs    Sep 8-Oct 27    Th    7:15-8:15pm    \$150

### JR. CIVIC WORKSHOPS

6th-8th graders are invited to attend our monthly workshops on the 2nd Tuesday of each month. Workshop schedule: Sept. 13th; City Manager & Council Member, Oct. 11th; City Clerk, Registrar of Voters, November 8th; CR&R/MV Animal Services. Register each month at: LNTEENS.ORG. Community Service hours are awarded each month.

**Instructor:** Council Member Elaine Gennaway and Guest Speakers  
**Location:** City Hall, Community Room

6th-8th graders    2nd Tu    6:30-7:30pm    Free

### CONGRATULATIONS TO THE NEWLY APPOINTED CITY OF LAGUNA NIGUEL YOUTH COMMITTEE MEMBERS:

SAMUEL ABDAVI-AZAR · MAKAYLA BROWN  
KATIE BUNGE · MATTHEW RICHEYSON  
ALYSSA SIEGEL · AVERY WALKER

### High School Students Study Space NEW!

High School students are welcome to utilize the Computer Lab, and ½ of the Yosemite Room for study space. A maximum of 30 minutes per student will be allocated when all computers are in use and space for group projects will be provided. No reservations required as room availability will be based on "first come, first served" basis. For more information visit LNTEENS.ORG.

**Location:** SCC

9th-12th graders    Sep 7-Nov 16    W    6:30-8:30pm    Free