

## ART

### Oil Painting - Still Life Setup, Composition and Painting

Learn the art of setting up and composing the subjects for still life painting. Learn how to arrange the light direction, catch the atmosphere and express the combined harmony of the subjects in the painting. Students will receive a mandatory supply list at the time of registration. (6 weeks)

**Instructor:** Ebrahim Amin

**Location:** SCC

10026	F	Jun 8-Jul 13	1-4pm	18+ yrs	\$160
10028	F	Jul 27-Aug 31	1-4pm	18+ yrs	\$160



### Oil Painting Landscapes

Learn the process of translating a simple photograph into a compelling painted image. The instructor will demonstrate how to focus on composition, color, line, mood and paint application as well as his style and process of painting at the first class. This class is open to all skill levels. Material list provided at the time of registration.

**Instructor:** Ebrahim Amin

**Location:** SCC

10025	Tu	Jun 5-Jul 10	6-9pm	18+ yrs	\$180
10027	Tu	Jul 24-Aug 28	6-9pm	18+ yrs	\$180

## DOG SERVICES

### Dog Obedience

Establish better manners and correct behavior problems such as destructive chewing, digging, jumping, etc. for all breeds of dogs over five months (four months for larger dogs). Introduces proper heel, automatic sit, sit-stay, down-stay, stand for inspection, come with finish, as well as hand signals, long-distance work, and boundary training. Trophies and certificates will be awarded at graduation. First meeting held **without dogs** (orientation). Bring a lawn chair, shot records and \$10 materials fee on first day of class. (7 weeks)

**Instructor:** Wendy Brookhyser, Hacienda Hills Dog Obedience Club

**Location:** CVP (1st meeting by Flagpole)

9965	Tu	Jun 5-Jul 17	6:30-7:30pm	18+ yrs	\$98**
------	----	--------------	-------------	---------	--------

\*\*\$10 materials fee due to instructor at first class. (Includes training manual)

### Frisbee Dogs...Catch the Fun

Discover the fun sport of Frisbee Toss 'n Fetch in this introductory workshop! An avid Disc-Dog competitor, David Procida, will give you personalized instruction on proper Frisbee throwing techniques and will help you get your dog motivated to go for a disc and to bring it back to you. Find out if your dog has the potential to become a star! Please pre-register, and bring your dog on a leash and collar. Please bring current vaccination records and \$5 materials fee (includes a Frisbee).

**Instructor:** David Procida, Hacienda Hills Dog Obedience Club

**Location:** HHP

9966	Su	Jun 24	4-5:30pm	18+ yrs	\$28*
------	----	--------	----------	---------	-------

\*\$5 materials fee due to instructor at first meeting.

## FITNESS/WELL BEING

### Golf Fundamentals for Adults - **NEW!**

The Golf Fundamentals class combines swing basics with fitness to help you better understand how to perform a golf swing to avoid injury properly. This class will help you get the entire body working in harmony in the golf swing. Emphasis will be getting the lower body involved and which muscles should activate. Proper technique for chipping & putting will be taught. Review the fundamentals of the golf swing and work with each student personal limitations with the swing as well as the body. (4 weeks)

**Instructor:** PGA Teaching Professionals

**Location:** ATG

9964	F	Jul 13-Aug 3	1-2pm	18+ yrs	\$150
------	---	--------------	-------	---------	-------

**LNRec Media Promotion**

While visiting our facilities, parks and events, please be aware that City staff and photographers may be taking photos or video for marketing purposes. If you do not want your image used, please notify the photographer at the time of the photo.



## FITNESS/WELL BEING

### Yoga

With practice; improve strength, flexibility, balance, focus and peace of mind. Take two classes (ex. Saturdays & Mondays, Saturdays & Thursdays) (18 sessions): \$179. Take Movement/Meditation with any other yoga class combo (18 sessions): \$149. For questions regarding classes call (949) 273-3660 or email yogaknights711@aol.com.

**Instructor:** Angie Knight

**Location:** SCC

9986	Gentle	M	Jun 11-Aug 13*	10-11:30am	\$112
9987	Movement/Meditation	Tu	Jun 12-Aug 14*	6:30-7:30pm	\$74
9990	Yoga	Th	Jun 14-Aug 23*	6:30-8pm	\$112
9991	Yoga Moderate	Sa	Jun 16-Aug 25*	10-11:30am	\$112

\*No class Jul 2, 3, 5, 7, Aug 16, 18.

## DANCE / MUSIC

### Ballet for Adults

Join a fun, easy, beautiful and non-intimidating Ballet class! Learn the art of ballet and discover your femininity with this strong internal workout. Improves flexibility, strength, balance, posture, and elongates muscles. Come comfortable with ballet slippers. Taught by a professional N.Y. dancer. No previous experience required. (10 weeks)

**Instructor:** Roxanne Bell

**Location:** RDS

9883	Beg.	M	Jun 4-Aug 6*	10:30-11:30am	18+yrs	\$115
9884	Intro.	Tu	Jun 5-Aug 7	11am-12pm	18+yrs	\$115
9885	Inter.	Tu	Jun 5-Aug 7	5:30-6:30pm	18+yrs	\$115
9886	Beg.	W	Jun 6-Aug 15*	10:30-11:30am	18+yrs	\$115
9887	Beg.	Th	Jun 7-Aug 9	4-5pm	18+yrs	\$115
9888	Beg.	F	Jun 8-Aug 10	10:30-11:30am	18+yrs	\$115

\*No class May 28, Jul 4

### Ballet Barre for Adults

Want a ballet dancer's body without actually dancing? This barre class will lead you through ballet stretches on a mat along with core/Pilates exercises that will improve balance and increase flexibility. This class gives the student long lean and strong muscles like a ballerina. Taught by a professional N.Y. dancer. Come comfortable and bring a mat. Strong internal workout! (10 weeks)

**Instructor:** Roxanne Bell / **Location:** RDS

9889	M	Jun 4-Aug 6*	11:35am-12:35pm	18+ yrs	\$115
9890	W	Jun 6-Aug 15*	11:35am-12:35pm	18+ yrs	\$115

\*No class May 28, Jul 4.



### Ukulele Lessons

Ukulele is making a big comeback. Join our beginning ukulele class and learn how to amuse yourself and amaze your friends. You will learn basic strums, chords, and a bit of music theory to guide you along. Intermediate classes on Tuesday and Beginning on Thursday. For more information call (949) 510-0732. (10 weeks)

**Instructor:** Ross Costa

**Instructor:** Ross Costa

**Location:** SCC

10001	Intermediate	Tu	May 29-Jul 31	7-8pm	18+ yrs	\$60**
10002	Beginning	Th	May 31-Aug 2	7-8pm	18+ yrs	\$60**

\*\*\$10 material fee payable to instructor.

## EXCURSIONS

For information about excursions, call **Sea Country Center at (949) 425-5151.**

### The Sweet Life on Coronado Island

**DEADLINE FOR SIGN-UPS: Friday, June 29**

Come join us as we head down to Coronado Island for a fun day. We begin with a guided tour of the famous beachfront Hotel del Coronado, a legendary National Historic Landmark built in 1888. You will then have free time for lunch and shopping in this charming beach community. Next we head over to board the Coronado Ferry for a quick sail across the bay to San Diego, where we will catch our motor coach and head for home.

**Register:** In office, mail, fax or online

**Location:** Ziggurat Federal Building, Parking Lot

10039	M	Jul 16	8:30am-6pm	\$90
-------	---	--------	------------	------

### Dodgers & Dining Cars

**DEADLINE FOR SIGN-UPS: Friday, July 27**

This behind-the-scenes tour of Dodger Stadium provides fans an opportunity to visit some of the most restricted and non-public areas and view the stadium from a whole new perspective. Highlights will include a trip down to the field, the Lexus Dugout Club, the VIP restaurant and lounge behind home plate, Vin Scully's Press Box, etc. You will also get to enjoy a wonderful pre-selected lunch of your choice at Pacific Dining Car, the iconic steakhouse built in 1921. Sign up now so you don't miss out on this all-American experience!

**Register:** In office, mail, fax or online

**Location:** Ziggurat Federal Building, Parking Lot

9975	W	Aug 22	8:15am-3:15pm	\$104
------	---	--------	---------------	-------

