

CITY OF



AGGURA HILLS

FALL 2021

DEPARTMENT OF COMMUNITY SERVICES  
**RECREATION PROGRAM GUIDE**

CREATING COMMUNITY THROUGH PEOPLE, PARKS, AND PROGRAMS

IT'S TIME TO CELEBRATE!

# Reyes Adobe Days

OCTOBER 2, 2021



COME CELEBRATE  
WITH YOUR COMMUNITY!

LIVE MUSIC ★ FOOD TRUCKS  
CHILDREN'S ACTIVITIES ★ AND MORE

# Get outside & learn to swim!



## More than Swim Lessons

Programs for Babies, toddlers, kids, teens and adults!



**STOP  
DROWNING  
NOW**

**Did you know:** Daland is the top American Red Cross training provider for Lifeguards, Babysitters, First Aid, AED and CPR.

Daland Swim School is the premier aquatic facility in Thousand Oaks. Teaching quality swim lessons and coaching swim team for 35 years.

**Thousand Oaks | [www.dalandswim.com](http://www.dalandswim.com) | 805 495 5210**



UNITED STATES YOUTH



VOLLEYBALL LEAGUE



**September 15 -  
November 6, 2021**

Meet Wednesdays 5:30  
PM - 6:30 PM and Saturdays  
10:00 AM - 11:00 AM



**Chumash Park in  
Agoura Hills, CA**



**Boys and Girls  
Ages 7-15  
4 Coed Age Divisions**



**Plan Ahead & Save  
\$150 until 09/01/21**

[www.usyvl.org](http://www.usyvl.org)


**EVERY CHILD PLAYS • INSTRUCTIONAL LEAGUES**


## REGISTER NOW

- Register Online or by Mail
- [www.agourahillscity.org](http://www.agourahillscity.org)
- Visit our website at [www.agourahillsrec.org](http://www.agourahillsrec.org) or call the Recreation Center at 818-597-7361 for registration date information
- Classes begin week of September 7, 2021

### WEBSITE

Visit our website at [www.agourahillsrec.org](http://www.agourahillsrec.org).

 Visit us on Facebook at [www.facebook.com/agourahillsrec](http://www.facebook.com/agourahillsrec).

 Join us on Twitter at [www.twitter.com/cityagourahills](http://www.twitter.com/cityagourahills).

 Join us on Instagram at [www.instagram.com/eventcenteragourahills](http://www.instagram.com/eventcenteragourahills) and [www.instagram.com/AHteens](http://www.instagram.com/AHteens).

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### DEPARTMENT OF COMMUNITY SERVICES

#### AGOURA HILLS RECREATION AND EVENT CENTER

29900 Ladyface Court, Agoura Hills, CA 91301  
(818) 597-7361  
Email: [agourahillsrec@agourahillscity.org](mailto:agourahillsrec@agourahillscity.org)  
M - Th • 7:00am to 5:00pm,  
F • 7:00am to 4:00pm

#### COMMUNITY SERVICES STAFF

##### Director of Community Services

Amy Brink

##### Recreation Managers

Nick Newkirk ♦ Xochitl Ruwhiu

##### Cultural Event Coordinator

Kimberly Hollands

##### Administrative Assistant

Cynthia L. Polich

##### Recreation Specialist

Xcaret Osorio

### AGOURA HILLS CITY HALL

30001 Ladyface Court, Agoura Hills, CA 91301  
(818) 597-7300 • Fax (818) 597-7352  
M - Th • 7:00am to 5:00pm, F • 7:00am to 4:00pm

#### 2021 CITY COUNCIL

##### Mayor

Denis Weber

##### Mayor Pro Tem

Deborah Klein Lopez

##### Councilmembers

Chris Anstead

Illece Buckley Weber

Linda L. Northrup

##### City Manager

Nathan Hamburger

#### CITY DEPARTMENT DIRECTORY

|  |                |
|--|----------------|
| CITY HALL                                | (818) 597-7300 |
| CITY HALL FAX                            | (818) 597-7352 |
| Agoura Hills Recreation and Event Center | (818) 597-7361 |
| Building & Safety                        | (818) 597-7334 |
| Business Licenses                        | (818) 597-7328 |
| Business License Renewal                 | (818) 597-7320 |
| City Clerk                               | (818) 597-7303 |
| City Manager Nathan Hamburger            | (818) 597-7300 |
| Event Center Rentals                     | (818) 597-7362 |
| Mayor Denis Weber                        | (818) 597-7371 |
| Mayor Pro Tem Deborah Klein Lopez        | (818) 597-7373 |
| Councilmembers                           |                |
| Chris Anstead                            | (818) 597-7375 |
| Illece Buckley Weber                     | (818) 597-7372 |
| Linda L. Northrup                        | (818) 597-7374 |
| Community Services/Recreation            | (818) 597-7361 |
| Planning                                 | (818) 597-7339 |
| Public Works                             | (818) 597-7322 |

### ONGOING MEETINGS

#### City Council

Council Chambers, City Hall  
6:00pm, 2nd and 4th Wednesday

#### Planning Commission

Council Chambers, City Hall  
6:30pm, 1st and 3rd Thursday

#### Cultural Arts Council

Community Conference Room,  
Agoura Hills Recreation and Event Center  
9:00am, 4th Monday

#### Community Services Coalition

Community Conference Room,  
Agoura Hills Recreation and Event Center  
9:00am, 2nd Thursday

### AGOURA HILLS/CALABASAS COMMUNITY CENTER

27040 Malibu Hills Road, Calabasas CA 91301  
818-880-2993, Email: [info@ahccc.org](mailto:info@ahccc.org)  
Hours of Operation: Indefinite closure

### CITY-WIDE EMERGENCY HOTLINE

When an emergency occurs in the city, please call the Emergency Hotline at (818) 597-7301 for updated information as it arrives.

### GRAFFITI HOTLINE

Please keep the City of Agoura Hills clean by reporting graffiti by calling (818) 597-7355. Reports can be made 24/7 and should include the date and time of your call and the location of the graffiti. The City's goal is to remove graffiti on public property within 24 hours or the next business day. Graffiti on private property is the responsibility of the property owner and should be removed immediately to continue making the City of Agoura Hills "The Good Life."

Agoura Hills City Hall is now open to the public during regular business hours.

The Agoura Hills Recreation and Event Center is open for select hybrid and in-person classes and camps during Fall 2021.

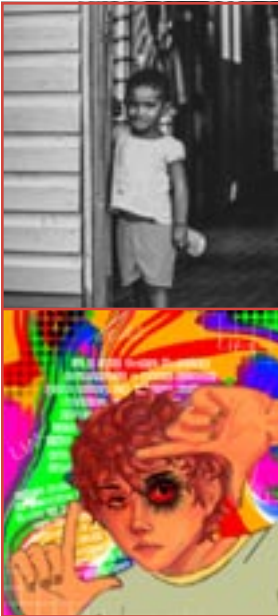
Please call for further information.

### DEPARTMENT OF COMMUNITY SERVICES MISSION STATEMENT

The Agoura Hills Department of Community Services takes a leadership role in improving the quality of life for the community through diverse recreational opportunities that promote families and individuals, community involvement and a desire to preserve the natural and cultural resources of Agoura Hills.

*"The City of Agoura Hills reserves the right to photograph all program participants and use these photographs in a variety of mediums for the purposes of marketing and publicity of recreational programs without the expressed or written permission of the individuals."*

Contact: Kimberly Hollands, Cultural Event Coordinator  
E-Mail: [culturalarts@agourahillscity.org](mailto:culturalarts@agourahillscity.org)



THE CULTURAL ARTS COUNCIL PRESENTS

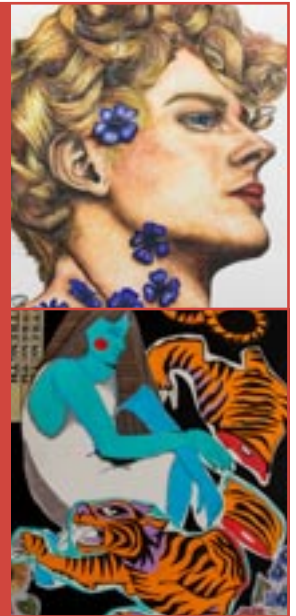
## The Art Gallery Series Highlighting your CommUNITY

Agoura Hills Recreation and Event Center  
29900 Ladyface Court, Agoura Hills, CA 91301  
November 4, 2021 to December 4, 2021

Call for Artists! Open to artists of all ages and media preferences.

Email us at [culturalarts@agourahillscity.org](mailto:culturalarts@agourahillscity.org) or  
call 818-597-7361 for more information.

Deadline for entries: Sunday, September 12, 2021  
(Dates subject to change)



presented by 91301  
A CULTURAL EXPERIENCE

### The Holiday Boutique is back!

Support the community by purchasing your holiday gifts from our artisan vendors.  
This will also be the last weekend to view the artwork for the COMMUNITY Art Show.

Friday, December 3, 2021 from 4:00-7:00pm

Saturday, December 4, 2021 from 11:00am-3:00pm

Admittance is free

Agoura Hills Recreation and Event Center - 29900 Ladyface Court, Agoura Hills, CA 91301

Interested in becoming a vendor?

Please contact [culturalarts@agourahillscity.org](mailto:culturalarts@agourahillscity.org) for more information.  
We are looking for hand-crafted products unique to our community.



## ONE CITY ONE BOOK 2021

"AN EVENING  
WITH  
THE AUTHOR"  
coming this Fall

Visit [agourahillscity.org](http://agourahillscity.org)  
for more information.

THE AGOURA HILLS CULTURAL ARTS COUNCIL CONTINUES TO ENHANCE PROGRAMS HERE IN OUR CITY!  
FOR UPDATED EVENTS, PLEASE CONTACT [CULTURALARTS@AGOURAHILLSCITY.ORG](mailto:culturalarts@agourahillscity.org) OR 818-597-7361.

# SPECIAL EVENTS

Staff: Nick Newkirk, Recreation Manager

## ROSE PARADE \* ALL AGES



Join us for the 133rd Tournament of Roses Parade themed "Dream. Believe. Achieve." Spectators will be delighted in the tradition and pageantry of the magnificent floral floats, high stepping equestrians, and spirited marching bands.

Registration fee includes bus transportation and reserved bleacher seats. Reserved bleacher seating will be on 1630 E. Colorado Blvd. Participants will ride in style aboard a comfortable coach bus. **TICKETS SELL OUT FAST! THIS TRIP WILL OCCUR RAIN OR SHINE.** Meal is not included in the price of the trip. Note: Light/Moderate walking. THERE ARE NO REFUNDS/TRANSFERS/CREDITS FOR THIS TRIP.

Location: Pasadena \* Bus Departs: City Hall  
#10630 Sat 6:00am-2:00pm 1/1/2022 \$100.00

## YEAR-ROUND SPONSORSHIP OPPORTUNITIES

➤ Reyes Adobe Days ➤

➤ Senior Thanksgiving Luncheon ➤

➤ Community Service Days ➤

➤ Conejo Valley Community Concert & Jazz Bands ➤

Be involved in your City! Being a sponsor allows you to get some great marketing for your business through newspaper ads, TV ads, radio ads, and flyers/posters. You will be recognized at the events you sponsor. For more information on sponsorship opportunities, please call Nick Newkirk at 818-597-7361, or email him at [nnewkirk@agourahillscity.org](mailto:nnewkirk@agourahillscity.org).



## CREEK CLEAN-UP \* ALL AGES

Saturday, September 18, 2021 \* 9:00am-12:00pm  
3 Locations TBD

Come out and help keep our City a great place to live! We're looking for volunteers of all ages to help clean up creeks in Agoura Hills. To volunteer, sponsor, or to get more information, please call the Agoura Hills Recreation Center at 818-597-7361 for the next date & project! **To sign up, go to:**  
<http://www.signupgenius.com/go/5080d4eaaa822ab9-welcome/>



## CONEJO VALLEY COMMUNITY CONCERT & JAZZ BANDS FALL 2021 CONCERT



SUNDAY, November 4, 2021 @ 4:00pm  
(Date subject to change)

Concert held at Lindero Canyon Middle School

**FREE ADMISSION**

Bob Hackett, Director

Call the Agoura Hills Recreation and Event Center at (818) 597-7361 or the City of Westlake Village at (818) 706-1613 for more information.

THANK YOU TO OUR  
SUMMER CONCERTS  
IN THE PARK SPONSOR



# WINTER CAMPS and PROGRAMS

**Staff:** Xochitl Ruwhiu, Recreation Manager  
Xcaret Osorio, Recreation Specialist

## CAMP CREATE \* AGES 5-10

Camp CReATE is a specialty camp of half-day sessions that provides open-ended creative fun for all participants. No artistic experience is necessary to dive into our themed creative explorations. Each daily session includes a theme with fun project options that bring the themes to life along with a period of open-ended art time allowing campers to use our wide variety of studio materials on hand. All materials provided. Bring a snack for a mid-morning snack. No camp 12/24 & 12/31. Instructor: CReATE Studio \*

Location: Grass Area outside Classroom B of Recreation Center

|        |      |                |             |          |                                   |
|--------|------|----------------|-------------|----------|-----------------------------------|
| #10792 | M-TH | 9:00AM-12:00PM | 12/20-12/30 | \$120.00 | <a href="#">CLICK TO REGISTER</a> |
| #10824 | M-TH | 9:00AM-12:00PM | 12/27-12/30 | \$120.00 | <a href="#">CLICK TO REGISTER</a> |



We continue to add camps and programs.  
Please check our website at  
[www.agourahillsrec.org](http://www.agourahillsrec.org) for more information

## TENNIS

**Staff:** Xochitl Ruwhiu, Recreation Manager

FOR MORE INFORMATION ON  
THE TENNIS PROGRAM VISIT,  
[WWW.AGOURAHILLSREC.ORG](http://WWW.AGOURAHILLSREC.ORG).



# TOTS • AGES 1-5

**STAFF:** Xochitl Ruwhiu, Recreation Manager  
Xcaret Osorio, Recreation Specialist



## IN-PERSON CLASSES AND PROGRAMS

Instructors will follow current Public Health guidelines.

### SANTA AT THE ADOBE \* AGES 3-8

Save the Date – 12/11. Check our website for more information to come.

### CREATE STUDIO'S ECO ART FOR PRESCHOOLERS \* AGES 3-5

CReATE offers this super fun series of hands-on Eco Art classes especially where preschoolers can explore weekly themed art projects and their own ideas using CReATE STUDIO's vast array of recycled and crafty materials. Learn more about CReATE STUDIO and our focus on art fun through creative reuse at createstudiofun.com. All materials and supplies are included. Instructor: CReATE Studio \* Location: Grass Area outside Classroom B of Recreation Center

|        |     |               |           |          |                                   |
|--------|-----|---------------|-----------|----------|-----------------------------------|
| #10764 | Thu | 10:00-11:00am | 9/9-10/28 | \$175.00 | <a href="#">CLICK TO REGISTER</a> |
|--------|-----|---------------|-----------|----------|-----------------------------------|

### KINDER HIP POP & TUMBLING \* AGES 4-6

In this energetic class, children will learn beginning hip hop moves as well as tumbling skills to improve strength, coordination, and compliment their dance training. Our youngest hip hoppers will develop confidence in self-expression as they work on a routine to perform on the final day! No class 9/16 & 11/25. Instructor: Jillian Green \* Location: Multi-Purpose 2

|        |     |             |            |          |                                   |
|--------|-----|-------------|------------|----------|-----------------------------------|
| #10769 | Thu | 5:00-5:50pm | 9/2-10/28  | \$139.00 | <a href="#">CLICK TO REGISTER</a> |
| #10770 | Thu | 5:00-5:50pm | 11/4-12/16 | \$105.00 | <a href="#">CLICK TO REGISTER</a> |

### TAP/ BALLET/ JAZZ COMBO \* AGES 3-6

In our lively combo classes, dancers will be introduced to concepts of tap, ballet, and creative movement (Jazz). Age tailored props & music will keep children engaged & having fun, while they'll also enjoy learning a seasonal theme dance to perform on the last day! Ballet & Tap shoes required. No class 9/16 & 11/25. Instructor: Jillian Green \* Location: Multi-Purpose 2

#### AGES 3-4

|        |     |               |            |          |                                   |
|--------|-----|---------------|------------|----------|-----------------------------------|
| #10765 | Thu | 10:00-10:45am | 9/2-10/28  | \$123.00 | <a href="#">CLICK TO REGISTER</a> |
| #10766 | Thu | 10:00-10:45am | 11/4-12/16 | \$92.00  | <a href="#">CLICK TO REGISTER</a> |

#### AGES 4-6

|        |     |             |            |          |                                   |
|--------|-----|-------------|------------|----------|-----------------------------------|
| #10768 | Thu | 4:00-4:50pm | 9/2-10/28  | \$123.00 | <a href="#">CLICK TO REGISTER</a> |
| #10767 | Thu | 4:00-4:50pm | 11/4-12/16 | \$92.00  | <a href="#">CLICK TO REGISTER</a> |



### SUPER SOCCER STARS \* AGES 1-5

Super Soccer Stars teaches soccer skills in a fun, non-competitive and educational environment. Through an age-specific curriculum, soccer is used to nurture, build self-confidence and develop teamwork. Low child-to-coach ratios and positive reinforcement ensure that each child improves at his or her own pace while having a blast! No class 11/28. Instructor: Soccer Super Stars \* Location: Sumac Park

#### AGES 1-2

|        |     |             |             |          |                                   |
|--------|-----|-------------|-------------|----------|-----------------------------------|
| #10583 | Sun | 9:00-9:40am | 9/12-10/24  | \$154.00 | <a href="#">CLICK TO REGISTER</a> |
| #10652 | Sun | 9:00-9:40am | 10/31-12/19 | \$154.00 | <a href="#">CLICK TO REGISTER</a> |

#### AGES 2-3

|        |     |              |             |          |                                   |
|--------|-----|--------------|-------------|----------|-----------------------------------|
| #10584 | Sun | 9:50-10:30am | 9/12-10/24  | \$154.00 | <a href="#">CLICK TO REGISTER</a> |
| #10653 | Sun | 9:50-10:30am | 10/31-12/19 | \$154.00 | <a href="#">CLICK TO REGISTER</a> |

#### AGES 3-4

|        |     |               |             |          |                                   |
|--------|-----|---------------|-------------|----------|-----------------------------------|
| #10585 | Sun | 10:35-11:20am | 9/12-10/24  | \$154.00 | <a href="#">CLICK TO REGISTER</a> |
| #10654 | Sun | 10:35-11:20am | 10/31-12/19 | \$154.00 | <a href="#">CLICK TO REGISTER</a> |

#### AGES 4-5

|        |     |                 |             |          |                                   |
|--------|-----|-----------------|-------------|----------|-----------------------------------|
| #10651 | Sun | 11:25am-12:15pm | 9/12-10/24  | \$154.00 | <a href="#">CLICK TO REGISTER</a> |
| #10655 | Sun | 11:25am-12:15pm | 10/31-12/19 | \$154.00 | <a href="#">CLICK TO REGISTER</a> |

### TOT T-BALL \* AGES 4-6

Come and learn to play T-ball in a fun and engaging environment!! In this class, we will be working on fundamentals such as catching and throwing, hitting off the tee and from live pitching, running the bases, and fielding ground balls. Everyone at Momentum Academics looks forward to seeing you there! Instructor: Momentum Academics \* Location: Morrison Park

|        |     |               |           |          |                                   |
|--------|-----|---------------|-----------|----------|-----------------------------------|
| #10657 | Sat | 10:30-11:15am | 9/18-11/6 | \$125.00 | <a href="#">CLICK TO REGISTER</a> |
|--------|-----|---------------|-----------|----------|-----------------------------------|



# YOUTH • AGES 6-10

**STAFF:** Xochitl Ruwhiu, Recreation Manager  
Xcaret Osorio, Recreation Specialist



## VIRTUAL CLASSES AND PROGRAMS

These classes and programs will be held via zoom. You will receive the Meeting ID and Password prior to the first class. \*You will need a computer, laptop, iPad, or smartphone to join the ZOOM class.

### LET'S LEARN FRENCH! \* AGES 5-11

Our students will learn to love the French Language and culture during our fun French program. Students will be exposed to reading and writing in French, as well as engage in conversation and grammar review. NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. No class 10/11. Instructor:

Oksana Management Group \* Location: Your home

#10573 Mon 5:45-6:30pm 9/20-11/15 \$145.00 [CLICK TO REGISTER](#)

### LEARN TO PLAY GUITAR \* AGES 5-11

Students will learn the fundamentals of guitar playing and will learn to play some fun popular songs. Must have a guitar to participate, which can be purchased directly from Amazon. \*NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Oksana Management Group \* Location: Your Home

#10572 Tue 5:00-5:45pm 9/21-11/9 \$149.00 [CLICK TO REGISTER](#)

### PIANO MADE SIMPLE! \* AGES 5-11

Students will learn the fundamentals of piano playing and will learn some exciting piano songs, music theory, technique and sight reading. Must have at least a mini-keyboard to participate, which can be purchased from Amazon. Curriculum book fee is \$8.00. Book will be provided digitally. \*NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. No class 10/11.

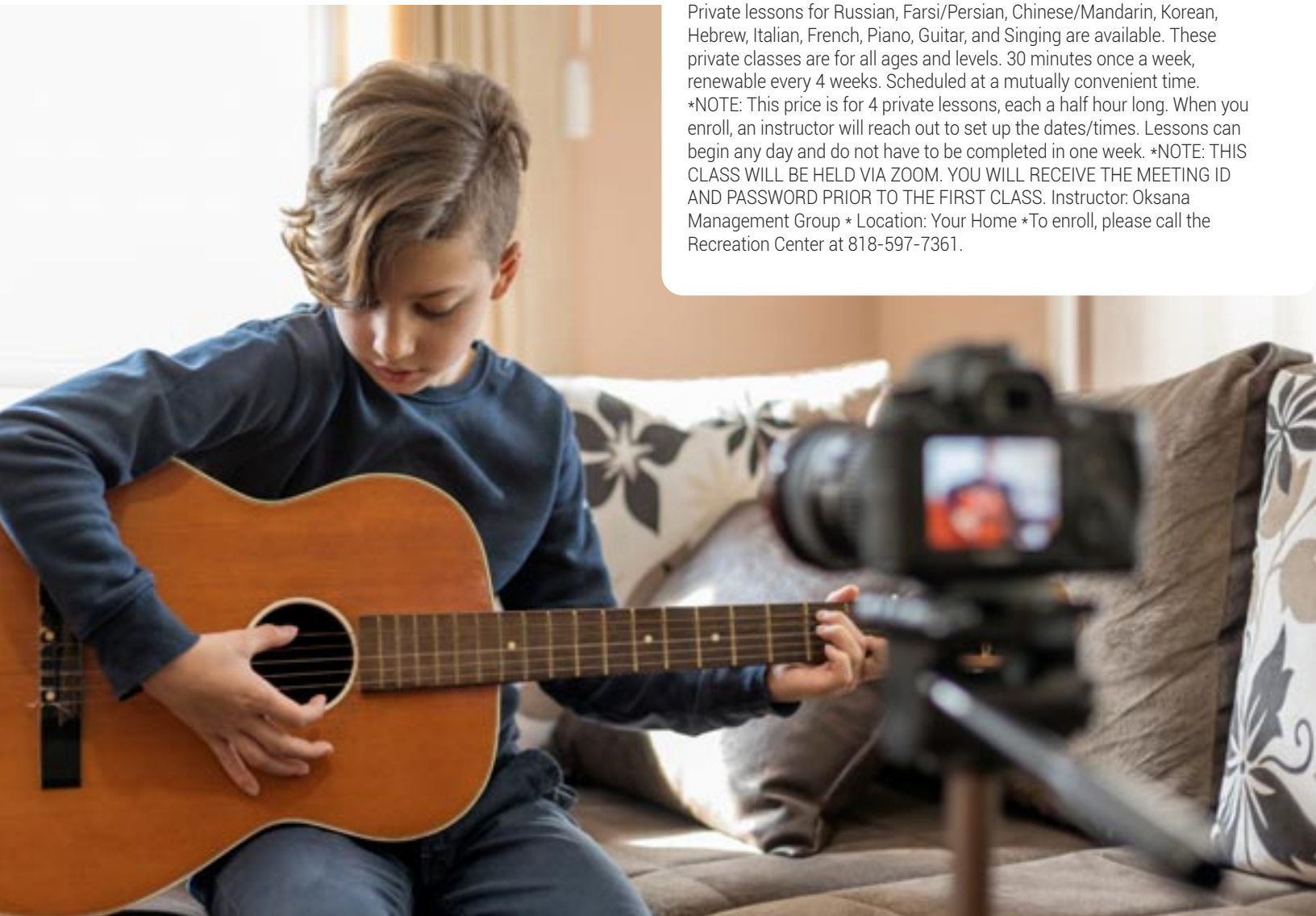
Instructor: Oksana Management Group \* Location: Your Home

#10577 Mon 5:00-5:45pm 9/20-11/15 \$149.00 [CLICK TO REGISTER](#)

### PRIVATE LESSONS FOR MUSIC & LANGUAGE COST \$236 (FOR FOUR 30 MIN SESSIONS)

Private lessons for Russian, Farsi/Persian, Chinese/Mandarin, Korean, Hebrew, Italian, French, Piano, Guitar, and Singing are available. These private classes are for all ages and levels. 30 minutes once a week, renewable every 4 weeks. Scheduled at a mutually convenient time.

\*NOTE: This price is for 4 private lessons, each a half hour long. When you enroll, an instructor will reach out to set up the dates/times. Lessons can begin any day and do not have to be completed in one week. \*NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Oksana Management Group \* Location: Your Home \*To enroll, please call the Recreation Center at 818-597-7361.





# YOUTH • AGES 6-10

**Staff:** Xochitl Ruwhiu, Recreation Manager  
Xcaret Osorio, Recreation Specialist

## IN-PERSON CLASSES AND PROGRAMS

Instructors will follow current Public Health guidelines.

### CHESS CLUB! \* AGES 6-11

We introduce chess to students in a fun and exciting way! For all students and all levels, we teach students to play chess and help them succeed in school by stimulating their problem-solving skills, analytical skills, and critical thinking. Includes exclusive booklets and worksheets. Win certificates, medals, and trophies! Price includes \$10 Lab Fee. Instructor: Parker-Anderson \* Location: Reyes Adobe Park

#10773 Tue 4:00-5:00pm 9/7-10/26 \$186.00 [CLICK TO REGISTER](#)

### ROCKET SCIENCE & ASTRONOMY! \* AGES 6-11

Ready, set, blast off! Explore the Universe as we launch everything from Film Canister Rockets, to Water Bottle Blasters, Business Card Boomerangs, and much more! Our adventures will take us to Titan, Mars, and a Galactic Cluster as we learn about comets, constellations, and our galaxy! This class is out of this world! Price includes \$25 Lab Fee. Instructor: Parker-Anderson \* Location: Reyes Adobe Park

#10772 Wed 4:00-5:00pm 9/8-10/27 \$201.00 [CLICK TO REGISTER](#)

### WILDLIFE BIOLOGY \* AGES 6-11

Taught by a wildlife biologist, students will explore the natural world, acquire tips and tools to spot wildlife while camping and on hikes, and learn all about animals and their natural habitats. Students will see live animals in class and learn techniques for locating and tracking animals in the wild! Price includes \$10 Lab Fee. Instructor: Parker-Anderson \* Location: Reyes Adobe Park

#10771 Thu 4:00-5:00pm 9/9-10/28 \$186.00 [CLICK TO REGISTER](#)

### CREATE STUDIO'S HAND EMBROIDERY FOR KIDS \* AGES 7-12

Let's explore hand embroidery. Embroidery is sewing that's like drawing with colorful threads! Each week we'll embroider different projects, using recycled and crafty fabrics and such to give kids awesome hands-on experiences. Embroidery is a skill that lasts a lifetime. No sewing experience is necessary. All materials and supplies are included. Instructor: CReATE Studio \* Location: Grass Area outside Classroom B of Recreation Center

#10763 Wed 3:30-4:30pm 9/8-10/27 \$175.00 [CLICK TO REGISTER](#)

### CREATE STUDIO'S RECYCLED ART ENRICHMENT CLASS \* AGES 7-12

Pablo Picasso said that "Every child is an artist." Let's explore making art with recycled materials! Using an array of materials from CReATE STUDIO's unique collection of recycled and crafty materials, students will make different art projects each week that foster their imaginations and support their creative exploration. No art experience is necessary for this class. Students take all of their projects home. All materials and supplies are included. Instructor: CReATE Studio \* Location: Grass Area outside Classroom B of Recreation Center

#10762 Tue 3:30-4:30pm 9/7-10/26 \$175.00 [CLICK TO REGISTER](#)

### HOOPSTERS BASKETBALL \* AGES 5-10

With extensive coaching and player experience at youth, high school, and college level, Momentum Academies' Hoopsters Basketball class will introduce beginning players to all necessary aspects of learning the game of basketball. Participants will be engaged in learning the skills and techniques of dribbling, passing, shooting, defense, set plays, and fun tricks of the trade, all while being encouraged to play with the utmost sportsmanship. Please bring a water bottle and closed-toe shoes. Instructor: Momentum Academies \* Location: Morrison Park

#10649 Tue 4:00-5:00pm 9/14-11/2 \$125.00 [CLICK TO REGISTER](#)

### SUPER SOCCER STARS \* AGES 5-7

Super Soccer Stars teaches soccer skills in a fun, non-competitive and educational environment. Through an age-specific curriculum, soccer is used to nurture, build self-confidence and develop teamwork. Low child-to-coach ratios and positive reinforcement ensure that each child improves at his or her own pace while having a blast! No class 11/28. Instructor: Soccer Super Stars \* Location: Sumac Park

#10586 Sun 12:20-1:20pm 9/12-10/24 \$154.00 [CLICK TO REGISTER](#)

#10656 Sun 12:20-1:20pm 10/31-12/19 \$154.00 [CLICK TO REGISTER](#)

### FENCING \* AGES 7-18

Learn how to fence with electric equipment like an Olympian! Fencing Electric will develop concentration, tactic skills, and teamwork. No prior experience necessary. All levels are welcome. No class 9/1, 9/2, 9/3, 11/11, 11/24, 11/25, 11/26, 12/23, 12/24, 12/25, 12/30 & 12/31. Instructor: Erika Retamal-Varde \* Location: Recreation Center

#10675 Wed 6:30-8:30pm 9/8-9/29 \$120.00 [CLICK TO REGISTER](#)

#10669 Wed 6:30-8:30pm 10/6-10/27 \$120.00 [CLICK TO REGISTER](#)

#10671 Wed 6:30-8:30pm 11/3-11/17 \$90.00 [CLICK TO REGISTER](#)

#10673 Wed 6:30-8:30pm 12/1-12/15 \$90.00 [CLICK TO REGISTER](#)

#10676 Thu 6:30-8:30pm 9/9-9/30 \$120.00 [CLICK TO REGISTER](#)

#10670 Thu 6:30-8:30pm 10/7-10/28 \$120.00 [CLICK TO REGISTER](#)

#10672 Thu 6:30-8:30pm 11/4-11/18 \$60.00 [CLICK TO REGISTER](#)

#10674 Thu 6:30-8:30pm 12/2-12/16 \$90.00 [CLICK TO REGISTER](#)

#10468 Fri 6:30-8:30pm 9/10-9/24 \$90.00 [CLICK TO REGISTER](#)

#10564 Fri 6:30-8:30pm 10/1-10/29 \$150.00 [CLICK TO REGISTER](#)

#10565 Fri 6:30-8:30pm 11/5-11/19 \$90.00 [CLICK TO REGISTER](#)

#10566 Fri 6:30-8:30pm 12/3-12/17 \$90.00 [CLICK TO REGISTER](#)



# TEENS • MIDDLE & HIGH SCHOOL • AGES 11-17



## VIRTUAL CLASSES AND PROGRAMS

These classes and programs will be held via zoom. You will receive the Meeting ID and Password prior to the first class. \*You will need a computer, laptop, iPad, or smartphone to join the ZOOM class.

### FARHANA'S INDIAN COOKING CLASS

Veteran Cooking Instructor (+20 years) and Cookbook author Farhana will present simplified steps and valuable time saving tips for cooking Indian at home. Farhana's cooking classes were voted "A Top Event" at L.A. Weekly's Best of L.A.! You will receive the list of ingredients prior to the class. \*NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Farhana Sahibzada \* Location: Your Home

#### ON THE MENU: PAN-FRIED CHICKEN KABOB CAKES WITH CHUTNEY AND A SIDE OF ALOO GHOBI

Mimicking the crab cake, these masala seasoned ground chicken kabobs are given a quick marinate in fresh herbs, pureed fresh ginger and garlic, and dry masala spices. The seasoned meat is then formed into patties, and given a pan fry until fully cooked. We will make a side of chutney dressing and Aloo Ghobi to complete the meal! This flavorful menu is filled with many delicious serving variations and possibilities!

#10647 Sat 11:00am-1:00pm 10/9 \$39.00 [CLICK TO REGISTER](#)

#### ON THE MENU: GLUTEN-FREE KASHMIRI PANEER MASSALA

Lightly sautéed store bought Indian Paneer is simmered for a quick finish in a base of sauce of onions, ginger and tomatoes seasoned with paprika, AKA Kashmiri red chili! Served with a side of Daal with grilled onion topping, and vegetable basmati rice palao to complete the feast!

#10648 Sat 11:00am-1:00pm 12/18 \$39.00 [CLICK TO REGISTER](#)



## IN-PERSON CLASSES AND PROGRAMS

Instructors will follow current Public Health guidelines.

### LET'S EXPLORE EMBROIDERY WITH CREATE STUDIO \* AGES 11-17

Jemma Wildermuth of CReATE STUDIO hosts this hand sewing workshop series on hand embroidery. Hand embroidery is like drawing pictures and words on fabric with colorful embroidery floss. Learning to embroider means sewers can add colorful hand stitched designs to jeans, t-shirts, bags, backpacks, wall art, and even hankies! No prior hand sewing experience necessary. All materials provided. Instructor: Jemma Wildermuth \* Location: Recreation Center

#10643 Wed 4:00-5:00pm 10/6-11/10 \$130.00 [CLICK TO REGISTER](#)

### MINI CLAY CREATIONS WITH CREATE STUDIO \* AGES 11-17

Jemma Wildermuth of CReATE STUDIO hosts this super fun polymer clay workshop series that is all about making miniature things for fun! Creators will make miniature jewelry pieces, cacti plants, desserts, critters and more with a different miniature project each week. Materials and supplies will be provided with everything needed to make each week's project. Instructor: Jemma Wildermuth \* Location: Recreation Center

#10644 Wed 4:00-5:00pm 11/17-12/22 \$130.00 [CLICK TO REGISTER](#)

**Staff:** Kimberly Hollands, Cultural Event Coordinator

### SPANISH COOKING \* AGES 11-17

Tribu Language School presents Cooking around the World! Learn to cook six different dishes from around the world and about where they come from - all in the country's native tongue. Classes will be taught mostly in Spanish, with help in English. A supply list for food items needed for class will be provided beforehand. Instructor: Tribu Language School \* Location: Recreation Center

#10641 TBD 4:00-5:00pm TBD \$90.00 [CLICK TO REGISTER](#)

### CPR/AED TRAINING AND CERTIFICATION \* AGES 11-17

Instruction in rescue of an adult, child and infant. Instructor: First On Scene Training LLC \* Location: Recreation Center

#10624 Sat 10:00am-12:00pm 10/9 \$75.00 [CLICK TO REGISTER](#)

#10640 Sat 10:00am-12:00pm 12/4 \$75.00 [CLICK TO REGISTER](#)

### BLAST! BABYSITTING TRAINING AND SAFETY LESSONS \* AGES 11-17

This class prepares teens to interview for a babysitting job, select suitable activities, prevent accidents/perform first aid, and begin babysitting competently. Bring a snack. Instructor: First on Scene Training LLC \* Location: Recreation Center

#10623 Sat 10:00am-2:00pm 10/16 \$75.00 [CLICK TO REGISTER](#)

#10639 Sat 10:00am-2:00pm 12/11 \$75.00 [CLICK TO REGISTER](#)

### TEEN YOGA \* AGES 11-17

Teens of any yoga level are welcome in this practice of opening, strengthening, body awareness, and mindful movement. This class will focus on connecting breath to movement as we explore basic postures that develop physical and mental endurance, adaptability, self-care, and self-knowledge with relaxed and peaceful guidance. Instructor: Liesl Maggiore \* Location: Recreation Center

#10637 Tue 4:00-5:00pm 10/5-11/9 \$120.00 [CLICK TO REGISTER](#)

#10638 Tue 4:00-5:00pm 11/16-12/21 \$120.00 [CLICK TO REGISTER](#)

### SOCCER STARS UNITED – SKILLS & TECHNICAL DEVELOPMENT WITH SUPER SOCCER STARS \* AGES 11-17

A soccer program unlike any other, with a philosophy centered on providing a nurturing yet challenging environment which encourages every player to express themselves, be creative and take educated risks on the field. The program focuses on developing character, communication, game insight, technique, and fitness skills. No class 11/25. Instructor: Super Soccer Stars \* Location: Morrison Park

#10552 Thu 4:00-5:00pm 10/7-11/4 \$150.00 [CLICK TO REGISTER](#)

#10642 Thu 4:00-5:00pm 11/18-12/23 \$150.00 [CLICK TO REGISTER](#)

### FENCING \* AGES 7-18

Learn how to fence with electric equipment like an Olympian! Fencing Electric will develop concentration, tactic skills, and teamwork. No prior experience necessary. All levels are welcome. No class 9/1, 9/2, 9/3, 11/11, 11/24, 11/25, 11/26, 12/23, 12/24, 12/25, 12/30 & 12/31. Instructor: Erika Retamal-Velarde \* Location: Recreation Center

#10675 Wed 6:30-8:30pm 9/8-9/29 \$120.00 [CLICK TO REGISTER](#)

#10669 Wed 6:30-8:30pm 10/6-10/27 \$120.00 [CLICK TO REGISTER](#)

#10671 Wed 6:30-8:30pm 11/3-11/17 \$90.00 [CLICK TO REGISTER](#)

#10673 Wed 6:30-8:30pm 12/1-12/15 \$90.00 [CLICK TO REGISTER](#)

#10675 Thu 6:30-8:30pm 9/9-9/30 \$120.00 [CLICK TO REGISTER](#)

#10670 Thu 6:30-8:30pm 10/7-10/28 \$120.00 [CLICK TO REGISTER](#)

#10672 Thu 6:30-8:30pm 11/4-11/18 \$60.00 [CLICK TO REGISTER](#)

#10674 Thu 6:30-8:30pm 12/2-12/16 \$90.00 [CLICK TO REGISTER](#)

#10468 Fri 6:30-8:30pm 9/10-9/24 \$90.00 [CLICK TO REGISTER](#)

#10564 Fri 6:30-8:30pm 10/1-10/29 \$150.00 [CLICK TO REGISTER](#)

#10565 Fri 6:30-8:30pm 11/5-11/19 \$90.00 [CLICK TO REGISTER](#)

#10566 Fri 6:30-8:30pm 12/3-12/17 \$90.00 [CLICK TO REGISTER](#)

**Staff:** Xochitl Ruwhiu, Recreation Manager  
Xcaret Osorio, Recreation Specialist



## VIRTUAL CLASSES AND PROGRAMS

These classes and programs will be held via zoom. You will receive the Meeting ID and Password prior to the first class. \*You will need a computer, laptop, iPad, or smartphone to join the ZOOM class.

### FARHANA'S INDIAN COOKING CLASS

Veteran Cooking Instructor (+20 years) and Cookbook author Farhana will present simplified steps and valuable time saving tips for cooking Indian at home. Farhana's cooking classes were voted "A Top Event" at L.A. Weekly's Best of L.A.! You will receive the list of ingredients prior to the class. \*NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Farhana Sahibzada \* Location: Your Home

#### ON THE MENU: PAN-FRIED CHICKEN KABOB CAKES WITH CHUTNEY AND A SIDE OF ALOO GHOBHI

Mimicking the crab cake, these masala seasoned ground chicken kabobs are given a quick marinade in fresh herbs, pureed fresh ginger and garlic, and dry masala spices. The seasoned meat is then formed into patties, and given a pan fry until fully cooked. We will make a side of chutney dressing and Aloo Ghobi to complete the meal! This flavorful menu is filled with many delicious serving variations and possibilities!

#10647 Sat 11:00am-1:00pm 10/9 \$39.00 [CLICK TO REGISTER](#)

#### ON THE MENU: GLUTEN-FREE KASHMIRI PANEER MASSALA

Lightly sautéed store bought Indian Paneer is simmered for a quick finish in a base of sauce of onions, ginger and tomatoes seasoned with paprika; AKA Kashmiri red chili! Served with a side of Daal with grilled onion topping, and vegetable basmati rice palao to complete the feast!

#10648 Sat 11:00am-1:00pm 12/18 \$39.00 [CLICK TO REGISTER](#)



### ZOOM GRAPHITE DRAWING 101-INTEREST LIST

This fun and informative class is ideal for beginners as well as students returning to art classes after a long absence. Basic skills are learned or rekindled with this historic medium. Students will focus on developing measuring and drawing skills, as well as honing sensitivity in the hand. Unique projects in Linda's curriculum improve hand-to-eye coordination while teaching how to measure for proportion. Best practices for sketching and shading with graphite pencil are taught in order to produce dimension, perspective and texture on paper. Students create line and tone drawings for their portfolios or enjoyment. Learn how to bring flat drawings to 3-D life. Ideal for those interested in drawing for fine art, cartoons, commercial or book illustration, and storyboards. Once registered, arrangements will be made to collect fees and add you to a class. Materials: Student will need to provide own supplies. Student can purchase a kit or obtain a supply list from the instructor. The Project Booklet will be emailed upon registration completion. Students will need to print out the booklet in time for the class. Registration must be complete 24 hours prior to first class. Staff needs time to email you the project booklet. Monthly Class Package is \$140 or \$175 depending on weeks in the month (4 or 5 Classes). Class time slots: Wednesdays at 2-3 PM (Seniors 50+), Saturdays at 2:30-3:30 PM (All Ages), Thursdays at 4:30-5:30 PM (All Ages), Fridays at 4:30-5:30 PM (All Ages). \*NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Linda Wehrli \* Location: Your Home

#10604 Wed 2:00pm-3:00pm 10/6-12/29 \$TBD [CLICK TO REGISTER](#)

### MELT HAND & FOOT TREATMENT

Come learn a breakthrough self-treatment system to eliminate chronic pain, erase the signs of aging and feel fantastic in just 10 minutes a day! The MELT Method also helps with common issues such as: sleep difficulties, digestive problems, mid-day fatigue, bloating, or weight gain, visual signs of aging and cellulite! Discover the secrets to PAIN-FREE living at any age! The self-treatment system stimulates the amazing power of the body's connective tissue! Be sure to have a water bottle. You will need a MELT half roller. If you need to purchase a roller or have any questions about the class, email ileneberkelovesyoga@mac.com. \*NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor \* Location: Your Home

#10449 Mon 11:15am-12:15pm 10/4-10/25 \$60.00 [CLICK TO REGISTER](#)

### CHAIR YOGALATES

A gentle Yoga class in a chair using and incorporating Pilates movements and breath to strengthen the core and the back and relieve stress! We also use the MELT® Method Self-Treatment, which will hydrate the connective tissues/fascia to help keep our bodies "PAIN-FREE!!!" You will need a water, chair, yoga mat, yoga strap or stretchy exercise band, light weights or two small water bottles or cans, and MELT® Method balls, if you have them. No class 11/26, 12/24 & 12/31. \*NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor \* Location: Your Home

|        |     |                 |            |         |                                   |
|--------|-----|-----------------|------------|---------|-----------------------------------|
| #10559 | Wed | 11:15am-12:15pm | 10/6-10/27 | \$24.75 | <a href="#">CLICK TO REGISTER</a> |
| #10560 | Wed | 11:15am-12:15pm | 11/3-11/24 | \$33.00 | <a href="#">CLICK TO REGISTER</a> |
| #10561 | Wed | 11:15am-12:15pm | 12/1-12/29 | \$24.75 | <a href="#">CLICK TO REGISTER</a> |
| #10556 | Fri | 11:15am-12:15pm | 10/1-10/29 | \$33.00 | <a href="#">CLICK TO REGISTER</a> |
| #10557 | Fri | 11:15am-12:15pm | 11/5-11/19 | \$24.75 | <a href="#">CLICK TO REGISTER</a> |
| #10558 | Fri | 11:15am-12:15pm | 12/3-12/17 | \$16.50 | <a href="#">CLICK TO REGISTER</a> |

# ADULTS • AGES 18+

**Staff:** Xochitl Ruwhiu, Recreation Manager  
Xcaret Osorio, Recreation Specialist



## HYBRID CLASSES AND PROGRAMS

These classes and programs are hybrid activities, with your choice of attending either in person or via zoom. You will receive the Meeting ID and Password prior to the first class/day. \*You will need a computer, laptop, iPad, or smartphone to join the zoom class. If you attend in person, instructors will follow current public health guidelines.

### ADULT ZUMBA WITH DEL \* AGES 18+

Latin and international rhythms with high impact, may be modified to your level. No class 11/24, 12/24 & 12/31. Instructor: Del Herrera NASM CPT \* Location: Multi-Purpose Room

#### VIRTUAL

|        |     |              |            |         |                                   |
|--------|-----|--------------|------------|---------|-----------------------------------|
| #10804 | Fri | 9:45-10:45am | 10/1-10/29 | \$35.00 | <a href="#">CLICK TO REGISTER</a> |
| #10805 | Fri | 9:45-10:45am | 11/5-11/19 | \$21.00 | <a href="#">CLICK TO REGISTER</a> |
| #10806 | Fri | 9:45-10:45am | 12/3-12/17 | \$21.00 | <a href="#">CLICK TO REGISTER</a> |

#### IN PERSON

|        |     |              |            |         |                                   |
|--------|-----|--------------|------------|---------|-----------------------------------|
| #10753 | Fri | 9:45-10:45am | 10/1-10/29 | \$35.00 | <a href="#">CLICK TO REGISTER</a> |
| #10754 | Fri | 9:45-10:45am | 11/5-11/19 | \$21.00 | <a href="#">CLICK TO REGISTER</a> |
| #10755 | Fri | 9:45-10:45am | 12/3-12/17 | \$21.00 | <a href="#">CLICK TO REGISTER</a> |

### WATERCOLOR CLASSES

Beginners through advanced artists will learn methods of creating bright, colorful, and interesting watercolors. Students will observe a demonstration painting beginning with a blank sheet of watercolor paper. Instructor will demonstrate drawing essential items, selecting a center of interest, creating an initial value plan and how to use imaginative colors. Students will receive an inspiration landscape photo for their use in creating their own interpretive painting. Learn drawing, design, color use, and painting techniques through demonstrations. Paint your own paintings based on the demonstration and receive individual help. First-time students will be provided with material list. \*NOTE: THIS CLASS IS A HYBRID CLASS, WITH YOUR CHOICE OF ATTENDING EITHER IN PERSON OR VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: David Deyell \* Location: Recreation Center OR Your Home

#### IN PERSON CLASSES

|        |     |             |            |         |                                   |
|--------|-----|-------------|------------|---------|-----------------------------------|
| #10686 | Tue | 1:00-3:00pm | 10/5-10/26 | \$40.00 | <a href="#">CLICK TO REGISTER</a> |
| #10687 | Tue | 1:00-3:00pm | 11/2-11/30 | \$50.00 | <a href="#">CLICK TO REGISTER</a> |
| #10688 | Tue | 1:00-3:00pm | 12/7-12/28 | \$40.00 | <a href="#">CLICK TO REGISTER</a> |

#### VIRTUAL CLASSES

|        |     |               |            |         |                                   |
|--------|-----|---------------|------------|---------|-----------------------------------|
| #10587 | Tue | 1:00pm-3:00pm | 10/5-10/26 | \$40.00 | <a href="#">CLICK TO REGISTER</a> |
| #10588 | Tue | 1:00pm-3:00pm | 11/2-11/30 | \$50.00 | <a href="#">CLICK TO REGISTER</a> |
| #10589 | Tue | 1:00pm-3:00pm | 12/7-12/28 | \$40.00 | <a href="#">CLICK TO REGISTER</a> |

### STRENGTH TRAINING WITH DEL \* AGES 14+

Strength Training is focused on improving muscle mass, bone density, and flexibility. Body weight and weighted exercises will be used. Must be able to get up and down from floor. Dumbbells provided, but you may bring your own. No class 12/27. Instructor: Del Herrera NASM CPT \* Location: Multi-Purpose Room

#### VIRTUAL

|        |     |              |            |         |                                   |
|--------|-----|--------------|------------|---------|-----------------------------------|
| #10810 | Mon | 9:45-10:45am | 10/4-10/25 | \$48.00 | <a href="#">CLICK TO REGISTER</a> |
| #10811 | Mon | 9:45-10:45am | 11/1-11/29 | \$60.00 | <a href="#">CLICK TO REGISTER</a> |
| #10812 | Mon | 9:45-10:45am | 12/6-12/20 | \$36.00 | <a href="#">CLICK TO REGISTER</a> |

#### IN PERSON

|        |     |              |            |         |                                   |
|--------|-----|--------------|------------|---------|-----------------------------------|
| #10759 | Mon | 9:45-10:45am | 10/4-10/25 | \$48.00 | <a href="#">CLICK TO REGISTER</a> |
| #10760 | Mon | 9:45-10:45am | 11/1-11/29 | \$60.00 | <a href="#">CLICK TO REGISTER</a> |
| #10761 | Mon | 9:45-10:45am | 12/6-12/20 | \$36.00 | <a href="#">CLICK TO REGISTER</a> |

### ADULT DANCING WITH DEL \* AGES 18+

Pump it up, take it down, or stay in your middle intensity! Get a fun, sweaty class. Dance to current pop, hip hop, 80s, oldies, and international music with a workout that YOU are comfortable with! High impact but modifiable. Instructor: Del Herrera NASM CPT \* Location: Multi-Purpose Room

#### VIRTUAL

|        |     |              |            |         |                                   |
|--------|-----|--------------|------------|---------|-----------------------------------|
| #10798 | Wed | 9:45-10:45am | 10/6-10/27 | \$28.00 | <a href="#">CLICK TO REGISTER</a> |
| #10799 | Wed | 9:45-10:45am | 11/3-11/24 | \$28.00 | <a href="#">CLICK TO REGISTER</a> |
| #10800 | Wed | 9:45-10:45am | 12/1-12/29 | \$35.00 | <a href="#">CLICK TO REGISTER</a> |

#### IN PERSON

|        |     |              |            |         |                                   |
|--------|-----|--------------|------------|---------|-----------------------------------|
| #10747 | Wed | 9:45-10:45am | 10/6-10/27 | \$28.00 | <a href="#">CLICK TO REGISTER</a> |
| #10748 | Wed | 9:45-10:45am | 11/3-11/24 | \$28.00 | <a href="#">CLICK TO REGISTER</a> |
| #10749 | Wed | 9:45-10:45am | 12/1-12/29 | \$35.00 | <a href="#">CLICK TO REGISTER</a> |



## IN-PERSON CLASSES AND PROGRAMS

Instructors will follow current Public Health guidelines.

### ROSE PARADE \* ALL AGES

Join us for the 133rd Tournament of Roses Parade themed "Dream. Believe. Achieve." Spectators will be delighted in the tradition and pageantry of the magnificent floral floats, high stepping equestrians, and spirited marching bands. Registration fee includes bus transportation and reserved bleacher seats. Reserved bleacher seating will be on 1630 E. Colorado Blvd. Participants will ride in style aboard a comfortable coach bus. TICKETS SELL OUT FAST! THIS TRIP WILL OCCUR RAIN OR SHINE. Meal is not included in the price of the trip. Note: Light/Moderate walking. THERE ARE NO REFUNDS/TRANSFERS/CREDITS FOR THIS TRIP. Location: Pasadena \* Bus Departs: City Hall

#10630 Sat 6:00am-2:00pm 1/1/2022 \$100.00 [CLICK TO REGISTER](#)

### ADULT JAZZERCISE LITE

The class offers non-competitive atmosphere, easy to follow routine; gentle warm-ups, low-impact aerobics, muscle toning, stretching segments, and cool-down. For questions, please call the instructor, Elizabeth Eaves, at 818-889-4856. No class 11/25. \*NOTE: THIS CLASS WILL BE HELD IN PERSON. Instructor: Elizabeth Eaves \* Location: Recreation Center

|        |         |               |            |         |                                   |
|--------|---------|---------------|------------|---------|-----------------------------------|
| #10549 | Tue/Thu | 8:45am-9:45am | 10/5-10/28 | \$50.00 | <a href="#">CLICK TO REGISTER</a> |
| #10550 | Tue/Thu | 8:45am-9:45am | 11/2-11/30 | \$50.00 | <a href="#">CLICK TO REGISTER</a> |
| #10551 | Tue/Thu | 8:45am-9:45am | 12/2-12/30 | \$50.00 | <a href="#">CLICK TO REGISTER</a> |



# ADULTS • AGES 18+

**Staff:** Xochitl Ruwhiu, Recreation Manager  
Xcaret Osorio, Recreation Specialist

## BUFF BONES \* AGES 30+

Buff Bones® is a medically-endorsed workout that combines Pilates with bone-strengthening and balance techniques to optimize the health and safety of your bones. The workout follows a research-supported design of sequenced exercises, targeting areas of the body prone to osteoporosis. Buff Bones classes will tone your body, and improve posture & alignment. This class is great for beginners to intermediate students and helps strengthen and relieve back pain. Students must be mobile enough to be able to get up and down off floor without assistance. Bring a thick yoga mat and bath towel. No class 10/2 & 10/23. Instructor: Aggie Winston, Certified Buff Bones Instructor \* Location: Multi-Purpose 1

#10677 Sat 9:15-10:15am 9/11-11/13 \$76.00 [CLICK TO REGISTER](#)

## SECOND SUNDAY MORNING MEDITATION AND BRUNCH

Start your morning with a 30 minute guided meditation to reset and rejuvenate, followed by a lite brunch provided by Sage Vegan Bistro, a regenerative farm-to-table restaurant in Agoura. Instructor: Joy Funkhouser, Meditation Teacher (CTAA), Strategic Life Coach (CTAA), Registered Yoga Teacher (RYT, Yoga Alliance) \* Location: Provided prior to first day of class

|        |     |              |       |         |                                   |
|--------|-----|--------------|-------|---------|-----------------------------------|
| #10664 | Sun | 9:00-10:15am | 9/12  | \$20.00 | <a href="#">CLICK TO REGISTER</a> |
| #10665 | Sun | 9:00-10:15am | 10/10 | \$20.00 | <a href="#">CLICK TO REGISTER</a> |
| #10666 | Sun | 9:00-10:15am | 11/14 | \$20.00 | <a href="#">CLICK TO REGISTER</a> |
| #10667 | Sun | 9:00-10:15am | 12/12 | \$20.00 | <a href="#">CLICK TO REGISTER</a> |

## AUTUMN HIKES \* AGES 18+

To start your day or after drop off, join us for morning hikes to a shaded rock pool and Ape Wall, or take in the breathtaking views overlooking our beautiful landscape, or an occasional walk on the beach and morning meditation. This is a creative way to stay fit, socialize, and enjoy our enchanting trails. Gentle Hikes are on Tuesday, and Moderate Hikes are on Wednesday and Friday. Transportation to hike location is not provided. Class may be cancelled or rescheduled due to inclement weather. Instructor: Joy Funkhouser \* Location: Provided prior to first day of class

### GENTLE HIKES

Class meets for 4 weeks with 4 hikes, and schedule follows LVUSD calendar. The fourth Tuesday of every month we meet for lunch at Sage Vegan Bistro following the hike. Cost of lunch is included in the price of the class.

|        |     |              |            |         |                                   |
|--------|-----|--------------|------------|---------|-----------------------------------|
| #10658 | Tue | 9:00-10:30am | 9/14-10/5  | \$40.00 | <a href="#">CLICK TO REGISTER</a> |
| #10659 | Tue | 9:00-10:30am | 10/12-11/2 | \$40.00 | <a href="#">CLICK TO REGISTER</a> |
| #10660 | Tue | 9:00-10:30am | 11/9-12/7  | \$40.00 | <a href="#">CLICK TO REGISTER</a> |

### MODERATE HIKES

Class meets for 4 weeks with 8 hikes, and schedule follows LVUSD calendar. The fourth Friday of the month includes a longer hike to the M.A.S.H. site or other geographical gem in our three magical miles.

|        |         |              |            |         |                                   |
|--------|---------|--------------|------------|---------|-----------------------------------|
| #10661 | Wed/Fri | 9:00-10:30am | 9/8-10/1   | \$40.00 | <a href="#">CLICK TO REGISTER</a> |
| #10662 | Wed/Fri | 9:00-10:30am | 10/6-10/29 | \$40.00 | <a href="#">CLICK TO REGISTER</a> |
| #10663 | Wed/Fri | 9:00-10:30am | 11/3-12/3  | \$40.00 | <a href="#">CLICK TO REGISTER</a> |



# SENIORS • AGES 50+

Staff: Xochitl Ruwhiu, Recreation Manager  
Xcaret Osorio, Recreation Specialist

## 2021 Senior Membership

The 2021 Senior Membership is good for one calendar year.

The 2021 Senior Membership can be purchased online at [www.agourahillsrec.org](http://www.agourahillsrec.org) for \$15.

Click on "register now." Then, click on "activities" and select "Memberships." Membership can also be purchased by mailing in the membership form with a check.

## Monday Mornings E-Blast

To stay up to date on all classes and programs, sign up for our weekly e-blast.

To sign up email [xosorio@agourahillscity.org](mailto:xosorio@agourahillscity.org).

## Senior Concerns Seminars

Seminars are offered monthly.

For updated seminars, go to [www.agourahillsrec.org](http://www.agourahillsrec.org), email [seniors@agourahillscity.org](mailto:seniors@agourahillscity.org) or call the Recreation Center at 818-597-7361.

## Senior Newsletter

For a complete schedule of activities, classes, and other programs, call to request the quarterly newsletter, SENIOR MOMENTS, or visit the website: [www.agourahillsrec.org](http://www.agourahillsrec.org).

We continue to add classes and programs. To view classes go to [www.agourahillsrec.org](http://www.agourahillsrec.org)



## VIRTUAL CLASSES AND PROGRAMS

These classes and programs will be held via zoom. You will receive the Meeting ID and Password prior to the first class. \*You will need a computer, laptop, iPad, or smartphone to join the ZOOM class.

### FARHANA'S INDIAN COOKING CLASS

Veteran Cooking Instructor (+20 years) and Cookbook author Farhana will present simplified steps and valuable time saving tips for cooking Indian at home. Farhana's cooking classes were voted "A Top Event" at L.A. Weekly's Best of L.A.! You will receive the list of ingredients prior to the class. \*NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Farhana Sahibzada \* Location: Your Home

### ON THE MENU: PAN-FRIED CHICKEN KABOB CAKES WITH CHUTNEY AND A SIDE OF ALOO GHOBI

Mimicking the crab cake, these masala seasoned ground chicken kabobs are given a quick marinate in fresh herbs, pureed fresh ginger and garlic, and dry masala spices. The seasoned meat is then formed into patties, and given a pan fry until fully cooked. We will make a side of chutney dressing and Aloo Ghobi to complete the meal! This flavorful menu is filled with many delicious serving variations and possibilities!

#10647 Sat 11:00am-1:00pm 10/9 \$39.00 [CLICK TO REGISTER](#)

### ON THE MENU: GLUTEN-FREE KASHMIRI PANEER MASSALA

Lightly sautéed store bought Indian Paneer is simmered for a quick finish in a base of sauce of onions, ginger and tomatoes seasoned with paprika; AKA Kashmiri red chili! Served with a side of Daal with grilled onion topping, and vegetable basmati rice palao to complete the feast!

#10648 Sat 11:00am-1:00pm 12/18 \$39.00 [CLICK TO REGISTER](#)

### MELT HAND & FOOT TREATMENT

Come learn a breakthrough self-treatment system to eliminate chronic pain, erase the signs of aging and feel fantastic in just 10 minutes a day! The MELT Method also helps with common issues such as: sleep difficulties, digestive problems, mid-day fatigue, bloating or weight gain, visual signs of aging and cellulite! Discover the secrets to PAIN-FREE living at any age! The self-treatment system stimulates the amazing power of the body's connective tissue! Be sure to have a water bottle. You will need a MELT half roller. If you need to purchase a roller or have any questions about the class, email [ileneberkelovesyoga@mac.com](mailto:ileneberkelovesyoga@mac.com). \*NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor \* Location: Your home

#10449 Mon 11:15am-12:15pm 10/4-10/25 \$60.00 [CLICK TO REGISTER](#)

### SENIOR CONCERNS CAREGIVERS SUPPORT GROUP/SPOUSES \* AGES 18+

We are now offering Support Groups assisting with caregivers, spouses and family of loved ones with Alzheimer's, dementia, Parkinson's, cancer and other diseases. If you would appreciate a safe and welcoming environment to share stories, gain support and give support to others, and if you need new ideas, then please join us! 2021 Senior Membership is not required. \*NEW MEETING DATES: The group will now meet on the 1st and 3rd Wednesday of the month. \*NOTE: THIS SUPPORT GROUP WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST MEETING. Facilitator: Senior Concerns \* Location: Your Home

#10619 Wed 1:00-2:30pm 10/6-12/15 FREE [CLICK TO REGISTER](#)

# SENIORS • AGES 50+

**Staff:** Xochitl Ruwhiu, Recreation Manager  
Xcaret Osorio, Recreation Specialist

## COVID-19 WOMEN'S SUPPORT GROUP

Providing a forum for women who may be feeling alone and lonely, isolated, anxious, sad or frightened as well as those who have positive experiences and advice to share as a result of COVID-19, this group will provide a safe place for women to give and get support to and from one another. We will gather in a weekly Zoom meeting to discuss the challenges we face in dealing with COVID-19, such as friend and family relationships, maintaining our health, getting food supplies and sheltering at home, as well as the future and what it might bring to each of us. Membership currently not required. \*NOTE: THIS GROUP WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST MEETING. Facilitator: Sue Wellerstein, MSW \* Location: Your Home

#10562 Tue 11:30am-12:00pm 10/5-12/28 FREE [CLICK TO REGISTER](#)

## HAMMER MUSEUM VIRTUAL TOURS

Join Hammer Museum educators for guided online tours that focus on the Hammer's collections and exhibitions. Online tours are led by student educators, UCLA students from diverse disciplines who bring unique perspectives to the artworks. Tours encourage audiences to look closely, think critically, and share insights, while building knowledge. 2021 Senior Membership is required for this activity. NOTE: THIS TOUR WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE TOUR. Instructor: Hammer Museum \* Location: Your Home

#10567 Tue 1:00-2:00pm 10/5 FREE [CLICK TO REGISTER](#)

#10568 Tue 1:00-2:00pm 11/2 FREE [CLICK TO REGISTER](#)

#10605 Tue 1:00-2:00pm 12/7 FREE [CLICK TO REGISTER](#)

## ZOOM GRAPHITE DRAWING 101-INTEREST LIST

This fun and informative class is ideal for beginners as well as students returning to art classes after a long absence. Basic skills are learned or rekindled with this historic medium. Students will focus on developing measuring and drawing skills, as well as honing sensitivity in the hand. Unique projects in Linda's curriculum improve hand-to-eye coordination while teaching how to measure for proportion. Best practices for sketching and shading with graphite pencil are taught in order to produce dimension, perspective and texture on paper. Students create line and tone drawings for their portfolios or enjoyment. Learn how to bring flat drawings to 3-D life. Ideal for those interested in drawing for fine art, cartoons, commercial or book illustration, and storyboards. Once registered, arrangements will be made to collect fees and add you to a class. Materials: Student will need to provide own supplies. Student can purchase a kit or obtain a supply list from the instructor. The Project Booklet will be emailed upon registration completion. Students will need to print out the booklet in time for the class. Registration must be complete 24 hours prior to first class. Staff needs time to email you the project booklet. Monthly Class Package is \$140 or \$175 depending on weeks in the month (4 or 5 Classes). Class time slots: Wednesdays at 2-3 PM (Seniors 50+), Saturdays at 2:30-3:30 PM (All Ages), Thursdays at 4:30-5:30 PM (All Ages), Fridays at 4:30-5:30 PM (All Ages). \*NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Linda Wehrli \* Location: Your Home

#10604 Wed 2:00pm-3:00pm 10/6-12/29 \$TBD [CLICK TO REGISTER](#)

## CHAIR YOGALATES

A gentle Yoga class in a chair using and incorporating Pilates movements and breath to strengthen the core and the back and relieve stress! We also use the MELT® Method Self-Treatment, which will hydrate the connective tissues/fascia to help keep our bodies "PAIN-FREE!!!" You will need a water, chair, yoga mat, yoga strap or stretchy exercise band, light weights or two small water bottles or cans, and MELT® Method balls, if you have them. No class 11/26, 12/24 & 12/31. \*NOTE: THIS CLASS WILL BE HELD VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Ilene Berke, Certified Yoga Therapist, Pilates and MELT® Instructor \* Location: Your Home

#10559 Wed 11:15am-12:15pm 10/6-10/27 \$24.75 [CLICK TO REGISTER](#)

#10560 Wed 11:15am-12:15pm 11/3-11/24 \$33.00 [CLICK TO REGISTER](#)

#10561 Wed 11:15am-12:15pm 12/1-12/29 \$24.75 [CLICK TO REGISTER](#)

#10556 Fri 11:15am-12:15pm 10/1-10/29 \$33.00 [CLICK TO REGISTER](#)

#10557 Fri 11:15am-12:15pm 11/5-11/19 \$24.75 [CLICK TO REGISTER](#)

#10558 Fri 11:15am-12:15pm 12/3-12/17 \$16.50 [CLICK TO REGISTER](#)



# SENIORS • AGES 50+

**Staff:** Xochitl Ruwhiu, Recreation Manager  
Xcaret Osorio, Recreation Specialist



## HYBRID CLASSES AND PROGRAMS

These classes and programs are hybrid activities, with your choice of attending either in person or via zoom. You will receive the Meeting ID and Password prior to the first class/day. \*You will need a computer, laptop, iPad, or smartphone to join the zoom class. If you attend in person, instructors will follow current public health guidelines.

### WATERCOLOR CLASSES

Beginners through advanced artists will learn methods of creating bright, colorful, and interesting watercolors. Students will observe a demonstration painting beginning with a blank sheet of watercolor paper. Instructor will demonstrate drawing essential items, selecting a center of interest, creating an initial value plan and how to use imaginative colors. Students will receive an inspiration landscape photo for their use in creating their own interpretive painting. Learn drawing, design, color use, and painting techniques through demonstrations. Paint your own paintings based on the demonstration and receive individual help. First-time students will be provided with material list. \*NOTE: THIS CLASS IS A HYBRID CLASS, WITH YOUR CHOICE OF ATTENDING EITHER IN PERSON OR VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: David Deyell \* Location: Recreation Center OR Your Home

#### IN PERSON CLASSES

|        |     |             |            |         |                                   |
|--------|-----|-------------|------------|---------|-----------------------------------|
| #10686 | Tue | 1:00-3:00pm | 10/5-10/26 | \$40.00 | <a href="#">CLICK TO REGISTER</a> |
| #10687 | Tue | 1:00-3:00pm | 11/2-11/30 | \$50.00 | <a href="#">CLICK TO REGISTER</a> |
| #10688 | Tue | 1:00-3:00pm | 12/7-12/28 | \$40.00 | <a href="#">CLICK TO REGISTER</a> |

#### VIRTUAL CLASSES

|        |     |               |            |         |                                   |
|--------|-----|---------------|------------|---------|-----------------------------------|
| #10587 | Tue | 1:00pm-3:00pm | 10/5-10/26 | \$40.00 | <a href="#">CLICK TO REGISTER</a> |
| #10588 | Tue | 1:00pm-3:00pm | 11/2-11/30 | \$50.00 | <a href="#">CLICK TO REGISTER</a> |
| #10589 | Tue | 1:00pm-3:00pm | 12/7-12/28 | \$40.00 | <a href="#">CLICK TO REGISTER</a> |

### SENIOR CONCERNS ADVOCATE

The Senior Advocate will be holding Zoom appointments the first and third Wednesday of the month. Appointments can be scheduled for 11:00am or 12:00pm. 2021 Senior Membership is not required for this activity. \*NOTE: THIS CLASS IS A HYBRID CLASS, WITH YOUR CHOICE OF ATTENDING EITHER IN PERSON OR VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO YOUR APPOINTMENT. Facilitated by: Senior Advocate from Senior Concerns \* Location: Recreation Center OR Your Home

### ARTHRITIS CLASS

This class incorporates dancing (seated or standing), flexibility, range of motion, strength training, endurance, coordination, and deep breathing. Most, but not all of the exercises are done seated in a chair. 2021 Senior Membership is required for this activity. Equipment needed: Chair. Must register for the session. No drop-ins at this time. No class 11/11 & 11/25. \*NOTE: THIS CLASS IS A HYBRID CLASS, WITH YOUR CHOICE OF ATTENDING EITHER IN PERSON OR VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Lois Jackson \* Location: Recreation Center OR Your Home

|        |     |               |            |         |                                   |
|--------|-----|---------------|------------|---------|-----------------------------------|
| #10553 | Thu | 10:30-11:30am | 10/7-10/28 | \$10.00 | <a href="#">CLICK TO REGISTER</a> |
| #10554 | Thu | 10:30-11:30am | 11/4-11/18 | \$5.00  | <a href="#">CLICK TO REGISTER</a> |
| #10555 | Thu | 10:30-11:30am | 12/2-12/30 | \$12.50 | <a href="#">CLICK TO REGISTER</a> |

### LAUGH, FLEX & STRETCH

Through movement and specific exercise, you will build stronger and healthier muscles, which will improve and enhance your balance and daily living. 2021 Senior Membership is required for this activity. Equipment: Chair. Bands and weights, if you have them. Must sign up for the session. No drop-ins at this time. \*NOTE: THIS CLASS IS A HYBRID CLASS, WITH YOUR CHOICE OF ATTENDING EITHER IN PERSON OR VIA ZOOM. YOU WILL RECEIVE THE MEETING ID AND PASSWORD PRIOR TO THE FIRST CLASS. Instructor: Lois Jackson \* Location: Recreation Center OR Your Home

|        |     |                 |            |         |                                   |
|--------|-----|-----------------|------------|---------|-----------------------------------|
| #10569 | Tue | 10:30am-11:30am | 10/5-10/26 | \$10.00 | <a href="#">CLICK TO REGISTER</a> |
| #10570 | Tue | 10:30am-11:30am | 11/2-11/30 | \$12.50 | <a href="#">CLICK TO REGISTER</a> |
| #10571 | Tue | 10:30am-11:30am | 12/7-12/28 | \$10.00 | <a href="#">CLICK TO REGISTER</a> |

### STRENGTH TRAINING WITH DEL

Strength Training is focused on improving muscle mass, bone density, and flexibility. Body weight and weighted exercises will be used. Must be able to get up and down from floor. Dumbbells provided, but you may bring your own. No class 12/27. Instructor: Del Herrera NASM CPT \* Location: Multi-Purpose Room

#### VIRTUAL

|        |     |              |            |         |                                   |
|--------|-----|--------------|------------|---------|-----------------------------------|
| #10810 | Mon | 9:45-10:45am | 10/4-10/25 | \$48.00 | <a href="#">CLICK TO REGISTER</a> |
| #10811 | Mon | 9:45-10:45am | 11/1-11/29 | \$60.00 | <a href="#">CLICK TO REGISTER</a> |
| #10812 | Mon | 9:45-10:45am | 12/6-12/20 | \$36.00 | <a href="#">CLICK TO REGISTER</a> |

#### IN PERSON

|        |     |              |            |         |                                   |
|--------|-----|--------------|------------|---------|-----------------------------------|
| #10759 | Mon | 9:45-10:45am | 10/4-10/25 | \$48.00 | <a href="#">CLICK TO REGISTER</a> |
| #10760 | Mon | 9:45-10:45am | 11/1-11/29 | \$60.00 | <a href="#">CLICK TO REGISTER</a> |
| #10761 | Mon | 9:45-10:45am | 12/6-12/20 | \$36.00 | <a href="#">CLICK TO REGISTER</a> |

### SENIOR DANCING WITH DEL

Pump it up, take it down, or stay in your middle intensity! Get a fun, sweaty class. Dance to current pop, hip hop, 80s, oldies, and international music with a workout that YOU are comfortable with! High impact but modifiable. Instructor: Del Herrera NASM CPT \* Location: Multi-Purpose Room

#### VIRTUAL

|        |     |              |            |         |                                   |
|--------|-----|--------------|------------|---------|-----------------------------------|
| #10801 | Wed | 9:45-10:45am | 10/6-10/27 | \$24.00 | <a href="#">CLICK TO REGISTER</a> |
| #10802 | Wed | 9:45-10:45am | 11/3-11/24 | \$24.00 | <a href="#">CLICK TO REGISTER</a> |
| #10803 | Wed | 9:45-10:45am | 12/1-12/29 | \$30.00 | <a href="#">CLICK TO REGISTER</a> |

#### IN PERSON

|        |     |              |            |         |                                   |
|--------|-----|--------------|------------|---------|-----------------------------------|
| #10750 | Wed | 9:45-10:45am | 10/6-10/27 | \$24.00 | <a href="#">CLICK TO REGISTER</a> |
| #10751 | Wed | 9:45-10:45am | 11/3-11/24 | \$24.00 | <a href="#">CLICK TO REGISTER</a> |
| #10752 | Wed | 9:45-10:45am | 12/1-12/29 | \$30.00 | <a href="#">CLICK TO REGISTER</a> |

### SENIOR ZUMBA WITH DEL

Latin and international rhythms with high impact, may be modified to your level. No class 11/24, 12/24 & 12/31. Instructor: Del Herrera NASM CPT \* Location: Multi-Purpose Room

#### VIRTUAL

|        |     |              |            |         |                                   |
|--------|-----|--------------|------------|---------|-----------------------------------|
| #10807 | Fri | 9:45-10:45am | 10/1-10/29 | \$30.00 | <a href="#">CLICK TO REGISTER</a> |
| #10808 | Fri | 9:45-10:45am | 11/5-11/19 | \$24.00 | <a href="#">CLICK TO REGISTER</a> |
| #10809 | Fri | 9:45-10:45am | 12/3-12/17 | \$30.00 | <a href="#">CLICK TO REGISTER</a> |

#### IN PERSON

|        |     |              |            |         |                                   |
|--------|-----|--------------|------------|---------|-----------------------------------|
| #10756 | Fri | 9:45-10:45am | 10/1-10/29 | \$30.00 | <a href="#">CLICK TO REGISTER</a> |
| #10757 | Fri | 9:45-10:45am | 11/5-11/19 | \$18.00 | <a href="#">CLICK TO REGISTER</a> |
| #10758 | Fri | 9:45-10:45am | 12/3-12/17 | \$18.00 | <a href="#">CLICK TO REGISTER</a> |



# SENIORS • AGES 50+

**Staff:** Xochitl Ruwhiu, Recreation Manager  
Xcaret Osorio, Recreation Specialist



## MUSIC APPRECIATION

Music Appreciation class for seniors. 2021 Senior Membership is required for this activity. Meets on the first, third, and fourth Tuesday of each month. Instructor: Robert Norgel \* Location: Recreation Center

#10576 Tue 10:30am-12:00pm 10/5-12/28 FREE [CLICK TO REGISTER](#)

## JAZZERCISE LITE

The class offers non-competitive atmosphere, easy to follow routine; gentle warm-ups, low-impact aerobics, muscle toning, stretching segments, and cool-down. 2021 Senior Membership is required for this activity. For questions, please contact instructor, Elizabeth Eaves, at 818-889-4856.

\*NOTE: THIS CLASS WILL BE HELD IN PERSON. Instructor: Elizabeth Eaves \* Location: Recreation Center

#10580 Tue/Thu 8:45-9:45am 10/5-10/28 \$45.00 [CLICK TO REGISTER](#)  
#10581 Tue/Thu 8:45-9:45am 11/2-11/30 \$45.00 [CLICK TO REGISTER](#)  
#10582 Tue/Thu 8:45-9:45am 12/2-12/30 \$45.00 [CLICK TO REGISTER](#)

## BUFF BONES

Buff Bones® is a medically-endorsed workout that combines Pilates with bone-strengthening and balance techniques to optimize the health and safety of your bones. The workout follows a research-supported design of sequenced exercises, targeting areas of the body prone to osteoporosis. Buff Bones classes will tone your body, and improve posture & alignment. This class is great for beginners to intermediate students and helps strengthen and relieve back pain. Students must be mobile enough to be able to get up and down off floor without assistance. Bring a thick yoga mat, bath towel. No class 10/2 & 10/23. Instructor: Aggie Winston, Certified Buff Bones Instructor \* Location: Multi-Purpose 1

#10677 Sat 9:15-10:15am 9/11-11/13 \$76 [CLICK TO REGISTER](#)



## IN-PERSON CLASSES AND PROGRAMS

Instructors will follow current Public Health guidelines.

### ROSE PARADE \* ALL AGES

Join us for the 133rd Tournament of Roses Parade themed "Dream. Believe. Achieve." Spectators will be delighted in the tradition and pageantry of the magnificent floral floats, high stepping equestrians, and spirited marching bands. Registration fee includes bus transportation and reserved bleacher seats. Reserved bleacher seating will be on 1630 E. Colorado Blvd. Participants will ride in style aboard a comfortable coach bus. **TICKETS SELL OUT FAST! THIS TRIP WILL OCCUR RAIN OR SHINE.** Meal is not included in the price of the trip. Note: Light/Moderate walking. THERE ARE NO REFUNDS/TRANSFERS/CREDITS FOR THIS TRIP. Location: Pasadena \* Bus Departs: City Hall

#10630 Sat 6:00am-2:00pm 1/1/2022 \$100.00 [CLICK TO REGISTER](#)

### THANKSGIVING LUNCHEON

Bring a friend, and enjoy an afternoon of entertainment and have a delicious Thanksgiving meal! Location: Recreation Center

#10633 Wed 11:00am-1:00pm 11/10 \$20.00 [CLICK TO REGISTER](#)



## SENIOR INSTRUCTORS NEEDED FOR THE RECREATION CENTER

If you are interested in teaching a class or program to the Agoura Hills community, and are an expert or certified in your profession, contact Xochitl Ruwhiu at 818-597-7361 or email her at [xruwhiu@agourahillscity.org](mailto:xruwhiu@agourahillscity.org). We are looking to offer a wide variety of high-quality programs at the Agoura Hills Recreation and Event Center.

# AGOURA HILLS LIBRARY PROGRAMS

## The Agoura Hills Library has re-opened!

Current Library hours are: Tuesday: 1:00-8:00pm  
Wednesday – Saturday: 11:00am-6:00pm • Sunday-Monday: Closed

### Looking to further your reading pleasure?

Try out the Library Book Clubs and other enjoyable programs! New members are always welcome. Book Club refreshments provided by the Agoura Hills Friends of the Library. All programs are free and are offered in partnership with the Agoura Hills Library – an LA County Library. Programs are held at 29901 Ladyface Court in Agoura Hills. For more information, call 818-889-2278 or go to [LACountyLibrary.org](http://LACountyLibrary.org).



For ADA accommodation, such as a sign language interpreter or materials in an alternate format, call 562-940-8462 (voice) or 562-940-8477 (TTY), Monday-Friday, 8:00am-5:00pm, at least six days prior to event.



### The Book Cellar LOOKING TO REOPEN SOON!

The Book Cellar is a non-profit used bookstore run by volunteers of Friends of the Agoura Hills Library. It is located under the Agoura Hills Library. Revenues from The Book Cellar go towards funding programs and materials for the Agoura Hills Library, such as magazine subscriptions, periodicals, books, DVD and CD purchases, adult, teen and children's programs, and replacing and upgrading furniture. Donations cannot be accepted at this time. Call us to see how you can help us reopen!

# TRANSPORTATION

**DIAL-A-RIDE SERVICE** For information or to call for a ride, call (818) 707-2005  
Serving the City of Agoura Hills, Malibu Lake area, and unincorporated Los Angeles County!

## SERVICE AREAS

AGOURA HILLS DIAL-A-RIDE WILL TRANSPORT PASSENGERS BETWEEN ANY TWO POINTS WITHIN THE CITY LIMITS OF AGOURA HILLS AND MALIBOU LAKE. THERE ARE ALSO DESTINATIONS OF INTEREST TO WESTLAKE VILLAGE, THOUSAND OAKS, AND WOODLAND HILLS FOR AN INCREASED FARE.

## OUT OF CITY DESTINATIONS INCLUDE:

**WESTLAKE VILLAGE:** SMART & FINAL SHOPPING CENTER, COSTCO WHOLESALE, TJ MAXX SHOPPING CENTER, TARGET SHOPPING CENTER, ETC.

**THOUSAND OAKS:** CIVIC ARTS PLAZA, DMV, GOEBEL SENIOR CENTER, JANSS MARKETPLACE, LOS ROBLES HOSPITAL, MEDICAL FACILITIES (LYNN RD), OAKS MALL, SENIOR CONCERNS, SOCIAL SECURITY ADMIN OFFICE, THOUSAND OAKS AUTO MALL, WESTLAKE PROMENADE, KAISER, ETC.

## APPOINTMENT-BASED DESTINATIONS INCLUDE:

**WOODLAND HILLS:** TARGET ON VENTURA BLVD., KAISER PERMANENTE ON DESOTO AVE., AND MTA BUS STOP ON OXNARD AND OWENSMOUTH (NW CORNER).  
*DIAL-A-RIDE SERVICE CANNOT BE USED FOR TRANSPORTATION NEEDS OF STUDENTS TO ATTEND SCHOOL.*

## DIAL-A-RIDE FARES:

**Trips into or out of Agoura Hills/Malibu Lake:** \$1.50 per one-way trip. **Must have exact change.**

**Trips to Out of City Destinations:** Westlake Village/Thousand Oaks: \$3.00 per one-way trip. **Must have exact change.**

**Trips to Appointment Based Destinations:** Woodland Hills: \$3.00 per one-way trip  
**Must have exact change.**

## Unincorporated Los Angeles County Residents:

Service limited to 13 one-way trips within the regular service area per person per quarter/no further than Seminole Springs (this service is financed through funds provided by the County of Los Angeles).

## HOURS OF OPERATION:

7:00am to 7:00pm, Monday – Friday  
No Sunday or Holiday service (Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day, New Year's Day)



# REGISTRATION / REFUND INFO

## REGISTRATION FOR ALL RECREATION PROGRAMS

1. Registration is accepted online with credit card, by mail with credit card or check payable to "City of Agoura Hills;" or in person at the Agoura Hills Recreation and Event Center with cash, check, or credit card. Fees are due in full at time of registration. See page 3 for registration dates.
2. A class receipt will be emailed to you if provided, otherwise it will be mailed to your address.
3. If the program has already been filled, you will be placed on a waiting list without charge.
4. Free trial classes are not available. Special accommodation requests should be submitted at time of program registration.
5. All lab/materials fees are non-refundable and due to instructor on the first day of program in the form of cash or check.
6. There is a \$10.00 charge on all returned checks.
5. Requests for refunds or transfers may be made by telephone, by email, or in person during business hours at least one business day prior to the start of program. Requests for refunds or transfers left on voicemail will not be honored.
6. Refunds or transfers requested prior to the beginning of the second class will be issued on a discounted basis. **NO REFUNDS OR TRANSFERS AFTER THE SECOND CLASS.**
7. There are no refunds or transfers for sports/specialty camps once camp has begun. There are no refunds or transfers for Camp Agoura Hills once the camp day has begun.
8. Refunds or transfers will not be granted if made after the stated deadline, or if the program specifically states **NO REFUNDS** (unless cancelled by the department).
9. All lab/materials fees are non-refundable.
10. All refunds of rain dates for outdoor programs will be issued at the end of each session.

## REFUND & TRANSFER POLICY

1. A full refund will be given for any program if minimum registration is not met within 48 hours of the start date.
2. A partial refund will be made if any program is cancelled prior to the conclusion of the program.
3. There is a \$5.00 processing fee for all program refund requests made by the customer.
4. There is a \$10.00 processing fee for all facility or park reservation refund requests made by the customer (see Reservation Application packets for details).
11. **ALL REFUNDS WILL BE ISSUED WITHIN 30 DAYS OF THE REQUEST IN THE FORM OF CHECK OR CREDIT CARD. IF CREDIT CARD IS LOST/COMPROMISED/CANCELLED, A CHECK REFUND WILL BE ISSUED.**

*Photographs are periodically taken of people participating in programs and activities. All persons registered in City activities or utilizing City Services thereby agree that any photograph may be used for the promotional purposes including, but not limited to, posting the photograph on the City's website, and/or its promotional, brochures, fliers, social media accounts, and other publications without additional, prior notice or permission and without compensation to the participant.*





OPEN FOR CLASSES

SUMMER CAMP AGES 3-5 & 6-15  
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[www.monarchsgym.com](http://www.monarchsgym.com)

818-889-3634 | 805-375-4663

## SIGN UP FOR FALL BASEBALL!



- Play at one of the **premier baseball facilities** in Southern California
- Serving the communities of Agoura Hills, Calabasas and Oak Park since 1982.
- Enjoy our amazing snack shack and grill
- For **ages 3 - 14**

#### Divisions

Shetland (3-6) - first-time players, machine-pitch/Tee  
Pinto (7-8) - Coach and/or kid-pitch  
Mustang (9-10), Bronco (11-12), Pony (13-15) - all kid-pitch, real baseball rules

[www.agouraponybaseball.org](http://www.agouraponybaseball.org)



Department of Community Services  
29900 Ladyface Court  
Agoura Hills, CA 91301  
(818) 597-7361

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Agoura Hills, CA 91301

# THE EVENT CENTER



[WWW.EVENTCENTERAGOURAHILLS.COM](http://WWW.EVENTCENTERAGOURAHILLS.COM)