

The Cerritos Community Services Program

SUMMER 2014

CERRITOS CREATES COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS

Special Events

Neighborhood Parks

Enjoy games, crafts, and various activities at four of the City's Neighborhood Parks! Beginning on June 23, Recreation Leaders at Friendship Park, Frontier Park, Sunshine Park, and Westgate Park will provide free, recreational activities Monday through Friday from 1 to 5 p.m. In addition, the parks will host Tuesday Family Nights as part of the City's Family Entertainment Showcase. The community is invited to enjoy free entertainment every Tuesday, July 8 through August 26, beginning at 6:30 p.m. For the performance schedule, please see the Family Entertainment Showcase article on page one.

Family Fun Day Safety Expo and Open House

Sat., May 17 from 1-4 PM

Cerritos Swim & Fitness Center

May is National Aquatics Safety Month and the Recreation Services Division would like to invite the community to this fun and informative aquatics celebration. Enjoy games, contest, rescue demonstrations, and various aquatics exhibitions! Learn about an assortment of programs and activities offered year-round at the Cerritos Swim and Fitness Center.

Cerritos Kids Fishing Derby

Sat., June 7 from 7-11 AM

Cerritos Regional Park

The 2014 Cerritos Kids Fishing Derby will be held at Cerritos Regional Park, 19700 Bloomfield Avenue. The annual event is sponsored by Los Angeles County Supervisor Don Knabe, along with the City of Cerritos, the Los Angeles County Department of Park and Recreation, and the Cerritos Rod and Gun Club. The event begins at 7 AM with a free pancake breakfast followed by the fishing derby from 8 to 11 AM. Children, ages 5 to 15 years, can participate in free fishing and angler safety lessons sponsored by the California Department of Fish and Game. Each child will receive a free T-shirt and be eligible to compete for prizes in various categories.



July is Parks and Recreation Month

The City of Cerritos invites you and your family to celebrate Parks and Recreation Month. The City offers every Cerritos child a safe park to play within walking distance of their home and various opportunities for children, adults, and seniors to benefit from recreation programs, facilities, and services. During this month-long celebration, residents are encouraged to go OUTside, change their OUTlook, and get INVolved in their community through parks and recreation!

Kids Poster Contest

Free

Theme: "Parks Make Life Better® in Cerritos"

Children between the ages of 5 and 14 are invited to celebrate July as Parks and Recreation Month by submitting one poster no larger than 17" wide x 11" high poster using any drawing/painting materials (pencils, chalks, pastels, crayons, water colors or acrylics) to depict the theme "Parks Make Life Better® in Cerritos." Please do not mat, mount or frame your poster; City staff will make necessary mountings to all posters for display purposes. Please make sure your name, age, address, and phone number are on the back of the poster or attach an official entry form. Entries must be delivered to the Recreation Services Division at the Cerritos Civic Center no later than 5 PM on Wednesday, June 25. Winning posters and a selection from each age group will be displayed at the Cerritos Let Freedom Ring Celebration on Friday, July 4, at the Civic Center. For more information, please call the Recreation Services Division at (562) 916-1254.

41st Annual Let Freedom Ring Celebration

Fri., July 4 from 4-9 PM

Cerritos Civic Center

Join the City of Cerritos and the Let Freedom Ring Committee at the 41st Annual Let Freedom Ring Celebration. The celebration will be held at the Cerritos Civic Center and includes food and game booths sponsored by local community organizations, rides, entertainment and a bell-ringing ceremony. The evening will culminate with a fireworks show at Cerritos High School at 9 PM.

Fees:

All Day Ride Wristbands:	
Before June 30	\$15.00
On July 4	\$20.00
Individual Tickets:	\$1.00

Cerritos Certified Farmers' Market

Farm-fresh produce is offered for sale every Saturday from 8 AM to noon at the Cerritos Certified Farmers' Market. The market is held at the Cerritos Towne Center in the northwest parking lot of the Cerritos Center for the Performing Arts. The market is held rain or shine throughout the year and is closed on major holidays. Please leave your pets at home as dogs and other animals are not allowed in the farmers' market. For more information, contact the Recreation Services Division at (562) 916-1254.

Family Entertainment Showcase 2014

Join us for the Family Entertainment Showcase and enjoy family-oriented fun throughout the summer. These events provide an ideal opportunity for families to build ties of affection, support, teamwork and common interests. All activities are free, including movies, children's entertainment and a variety of concerts. For the enjoyment of all and pursuant to the Cerritos Municipal Ordinance 9.48.030(p), dogs, cats or pets are not allowed in the park during special events and concerts. In addition, pursuant to the Cerritos Municipal Ordinance 9.49.020, smoking is prohibited within the boundaries of all City of Cerritos public park facilities. For additional information, please call the Recreation Services Division at (562) 916-1254.

Monday Night at the Movies

Free

Liberty Park – 8:15 PM

Enjoy popular family and animated classics under the stars at Liberty Park. Each Monday evening, a different film will be shown. Early arrival is suggested. Please bring a blanket for seating. Snacks will be available for a nominal fee.

July 7	Despicable Me 2 (PG)
July 14	Cloudy with a Chance of Meatballs 2 (PG)
July 21	Teen Beach Movie (G)
July 28	Monsters University (G)
August 4	Gnomeo and Juliet (G)
August 11	Frozen (PG)
August 18	Jack and the Beanstalk (G)
August 25	The Croods (PG)

Tuesday Family Nights

Free – 6:30 PM

Spend quality time together as a family and a neighborhood. As part of the ongoing Family Enrichment Program, Tuesday nights are devoted to family bonding. Families can enjoy entertainment, programs or activities at four neighborhood parks. Each program will last approximately 45 minutes and will have a pre-show craft or activity. Please arrive early and bring a blanket for seating. Snacks will be available for a nominal fee. Please note that there are no restroom facilities at Friendship Park and Sunshine Park.

July 8	Frontier Park	A.B. Lion Dance Troupe
July 15	Sunshine Park	Disc Dogs in Southern California
July 22	Friendship Park	Abbit the Average Juggling & Magic
July 29	Westgate Park	Prehistoric Pets
August 5	Frontier Park	Franklin Haynes Marionettes
August 12	Sunshine Park	The Amazing Dave
August 19	Friendship Park	Island Inspirations Dance & Music
August 26	Westgate Park	John Abrams Animal Magic

Wednesday Little Kids' Big Show

Free

Liberty Park – 6:30 PM

There's fun for the entire family in the Liberty Park Amphitheater with free entertainment and activities. Bring a picnic dinner and enjoy the performance. Early arrival is suggested. The amphitheater gates will open at 6 PM. No chairs of any kind are allowed inside the amphitheater; please bring a blanket for seating. All shows are approximately 45 minutes in length and will have a pre-show craft or activity. Snacks will be available for a nominal fee.

July 9	Silly Science Show
July 16	One World Rhythm
July 23	Michael the Juggler
July 30	Tricks Without Treats Parrot Show

Thursday Concerts Under the Stars

Free

Heritage Park – 7 PM

The Heritage Park Island Stage will be the hottest ticket in town this summer as exciting musical groups perform. Relax with family and friends on a blanket while enjoying a picnic dinner. The shows are outside on the lawn and it does get chilly, so bring a jacket. Snacks will be available for a nominal fee.

July 10	Stone Soul (Motown/R&B)
July 17	Knyght Ryder ('80s)
July 24	Smoothie Jones (Reggae)
July 31	Adam's Attic (Pop Rock)
August 7	Smokin' Cobras (Oldies)
August 14	The Funk-O-Matics (Disco)
August 21	Big Papa & TCB (R&B)
August 28	Tease Band (Latin Jazz)
September 4	Abbey Road (Beatles Tribute)

Friday Concerts in the Plaza

Free

Liberty Park – 6:30 PM

Enjoy a Friday evening at the Liberty Park plaza as musical groups perform. Relax with family and friends on a blanket or enjoy a picnic dinner. The shows are outside and it can get chilly, so bring a jacket.

July 11	Danny Dean and the Rockabilly Lovers (Rockabilly)
August 8	Angela Mukul (Pop/Soul)
September 12	Sandro Razziel (Pop)*

*6 PM shouttime

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The Cultural Experience

The Cultural Experience is an ongoing series of programs designed to celebrate friendship and embrace diversity throughout the community. Transportation is provided to and from each excursion. For additional information regarding the Cultural Experience, please call Heritage Park at (562) 916-8570. Registration for these excursions is non-transferable. NO REFUNDS WILL BE GIVEN UNLESS THE TRIP IS CANCELLED BY THE CITY. Waiver required for all excursions.

Jersey Boys the Musical at the Segerstrom Center for the Arts

This 2006 Tony Award®-winning Best Musical is about the Rock and Roll Hall of Famers, The Four Seasons. In addition to following the quartet's development as performers, the show depicts how an allegiance to a code of honor learned in the streets of their native New Jersey got them through a multitude of challenges including gambling debts, Mafia threats, and family disasters. Jersey Boys contains some adult-themed innuendo and some profane Jersey language and may not be recommended for all ages. Ages 10 and over are welcome, but children under 12 years of age must pay and be accompanied by a paying adult. The bus will leave Heritage Park promptly at 11:30 AM and return at approximately 4:30 PM. Waiver required. Please arrive 15 minutes prior to departure time to complete required paperwork. Registration for this excursion is non-transferable. NO REFUNDS WILL BE GIVEN UNLESS THE TRIP IS CANCELLED BY THE CITY.

\$57 resident/\$86 non-resident	One Day
205465 Sun., June 29 11:15 AM-4:30 PM	10-Adult
Heritage Park	

Excursions

The Recreation Services Division offers exciting excursions for all ages. Transportation is provided to and from each excursion. For additional information regarding excursions, please call Heritage Park at (562) 916-8570. Registration for these excursions is non-transferable. NO REFUNDS WILL BE GIVEN UNLESS THE TRIP IS CANCELLED BY THE CITY. Waiver required for all excursions.

L.A. Galaxy Soccer Game

Come out and see the four-time Major League Soccer Cup Champion L.A. Galaxy in the state of the art StubHub Center! On the eve of the FIFA World Cup final match in Brazil, get caught up in soccer fever as the L.A. Galaxy play Real Salt Lake. Bring spending money for snacks and souvenirs. Ages 3 and over are welcome, but children under 12 years of age must pay and be accompanied by a paying adult. The bus will leave Heritage Park promptly at 5 PM and return at approximately 11 PM. Waiver required. Please arrive 15 minutes prior to departure time to complete required paperwork. Registration for this excursion is non-transferable. NO REFUNDS WILL BE GIVEN UNLESS THE TRIP IS CANCELLED BY THE CITY.

\$34 resident/\$50 non-resident	One Day
205466 Sat., July 12 4:45-11:30 PM	3-Adult
Heritage Park	



L.A. Angels of Anaheim vs. Boston Red Sox

Play ball! Come watch the Angels take on the 2013 World Champion Boston Red Sox at Angel stadium. Be sure to bring spending money for snacks and souvenirs. Fans ages 3 and over are welcome, but children under 12 years of age must pay and be accompanied by a paying adult. The bus will leave Heritage Park promptly at 11 AM and return at approximately 4:30 PM. Waiver required. Please arrive 15 minutes prior to departure time to complete required paperwork. Registration for this excursion is non-transferable. NO REFUNDS WILL BE GIVEN UNLESS THE TRIP IS CANCELLED BY THE CITY.

\$35 resident/\$52 non-resident	One Day
205467 Sun., Aug. 10 10:45 AM-4:30 PM	3-Adult
Heritage Park	

Preschool Classes and Activities

Art Innovators Preschool

Learning about art and how to draw is like learning a new language. The language of art begins with recognition of lines and shapes. Participants will learn how these lines and shapes fit together to create works of art. Please bring a \$10 materials fee to the first class.

\$65 resident/\$98 non-resident	6 classes
205565 Thu., July 10-Aug. 14 3:35-4:15 PM	3-4 years
Cerritos Park East	

Cultural Kiddies – Greek Oasis

Participants will learn about a different culture through games, songs, crafts, and dance. Parents are required to sign participants in and out of the program.

\$11 resident/\$17 non-resident	One Day
204915 Fri., July 11 6-8 PM	4-7 years
Heritage Park	

Half-Pint's Night

\$11 resident/\$17 non-resident **One Day**
This Friday evening activity may include games, crafts, and stories. All participants must be registered in the class. Parents are required to sign children in and out of the class.

A Dragon's Tale	
204916 Fri., June 6 5:30-7:30 PM	3-5 years
Heritage Park	

Little Campers

204917 Fri., Aug. 1 5:30-7:30 PM	3-5 years
Liberty Park	

Little One's Hour

\$16 resident/\$24 non-resident **5 classes**
Children will enjoy a fun-filled hour of crafts, games and stories at the community centers. Parents are required to sign children in and out of each class.

Movin' and Groovin'	
204919 Tue., July 8-Aug. 5 3:30-4:30 PM	3-5 years
Liberty Park	

Surfin' Safari	
204920 Wed., July 9-Aug. 6 3:30-4:30 PM	3-5 years
Heritage Park	

Seuss-tastic!	
204921 Thu., July 10-Aug. 7 3:30-4:30 PM	3-5 years
Cerritos Park East	

Parent/Child Hawaiian Adventure

Children and their adult partner will share an afternoon of fun with a Hawaiian flare. Participants will enjoy 'island' style crafts, play games, and learn to hula. Come dressed in Hawaiian shirts or attire for even more fun. Instructors will guide adult and child participants through the activities. Only children must register for the class. Adult participation is required. Only registered children may be brought to class.

\$15 resident/\$23 non-resident	One Day
204922 Sun., Aug. 17 2:30-4:30 PM	2-4 years
Liberty Park	

Parent/Child Picnic Play Day

Have fun in the summer sun and celebrate July as Parks and Recreation Month! Children will participate in a number of outdoor picnic games with their adult partner and other participants. Games and activities will include a variety of relay races and parachute play. Participants must bring their own picnic lunch and blanket for seating. Picnic time provides opportunity to meet and socialize with other families in the community. Only children must register for the class. Adult participation is required, and attending children must be registered for the class.

\$5 resident/\$10 non-resident	One Day
207165 Sat., July 19 11 AM-1 PM	2-5 years
Frontier Park	

Parent/Child Story Time Fun

Participants will explore their creativity and use their imaginations. Each week, staff will read a story followed by a craft that relates to the tale. Instructors will guide participants through the activities. Only children must register for the class. Adult participation is required. Only registered children may be brought to class.

\$21 resident/\$32 non-resident	5 classes
204923 Mon., June 16-July 14 10:15-11:15 AM	18-36 months
Heritage Park	

Parent/Child Wiggle and Giggle with Me

This play-based class will get participants wiggling and giggling as they have fun through various mediums of play. Dancing and movement games will get children wiggling while singing silly songs and stories will get children giggling. Staff will guide participants through the activities. Adult participation is required. Only registered children may be brought to class.

\$21 resident/\$32 non-resident	5 classes
204924 Fri., July 18-Aug. 15 10:15-11:15 AM	18-36 months
Heritage Park	

Preschool Play & Practice

Children will sing, play, and learn numbers and letters through age appropriate activities. Each class is based on a different theme and may include cutting, pasting, and coloring. Adult participation is required. Only registered children may be brought to class.

\$61 resident/\$92 non-resident	6 classes
205566 Tue., June 24-July 29 9:30-10:15 AM	1-4 years
Liberty Park	

Teeny Tumblers

Enjoy quality time together participating in activities that are fun for both parents and little cruisers. Early walkers will build important motor skills, balance and coordination as they explore tunnels, slides and ramps. Adult participation is required. Only registered children may be brought to class.

\$61 resident/\$92 non-resident	6 classes
205615 Tue., June 24-July 29 11-11:45 AM	12-36 months
Liberty Park	

205616 Sat., June 28-Aug. 2 1:15-2 PM	1-4 years
Liberty Park	



Tiny Tots

Youngsters will experience arts and crafts, games, music, storytelling, sharing and socializing with other children. Parents are required to sign children in and out of each class. Only registered children may be brought to class.

	\$49 resident/\$74 non-resident	10 classes
204925 T/Th., June 17-July 17 Liberty Park	5:45-7:15 PM	3-5 years
204926 T/Th., July 22-Aug. 21 Liberty Park	5:45-7:15 PM	3-5 years

Tumble and Yoga

Tumbling and yoga increases strength, balance, flexibility and coordination while increasing attention span. Children will have fun without realizing how healthy and relaxed they are becoming. Adult participation is required. Only registered children may be brought to class.

	\$61 resident/\$92 non-resident	6 classes
205617 Tue., June 24-July 29 Liberty Park	10:15-11 AM	2-5 years

Waddles Tumbling

Children will learn basic gymnastic skills to help them become more independent. The class will begin with group stretches and warm ups, followed by gymnastics and tumbling. Students will participate in climbing, balancing, swings, and more. Parent observation is required. This class will be held at Oodles Learning Center and Kids Gym, 17420 Carmentita Road, Cerritos, (562) 888-1496.

	\$45 resident/\$68 non-resident	6 classes
205618 Sat., June 14-July 19	9:30-10:15 AM	3-4 years
205619 Sat., June 14-July 19	10:30-11:15 AM	3-4 years

Cerritos Tot Lots

September through June

This is a cooperative preschool program (not child care or day care) for children, 2-1/2 to 5 years old at Cerritos Park East and Liberty Park, and 3 to 5 years old at Heritage Park. Activities will include lessons, songs, plays, crafts, excursions and parties. Parents are required to work one morning per week and attend a monthly evening meeting. Fees include initial registration, quarterly tuition and insurance.

This educational program is conducted September through June, Monday through Friday. There will be no program on ABC Unified School District breaks and holidays. New members may join as openings occur. Priority is given to Cerritos residents. For more information, contact the membership chairperson of the individual Tot Lot.

Cerritos Park East Jenny Chan
9:30 AM-12:25 PM (714) 878-9145; cpetotlot@gmail.com

Heritage Park Wendy Llamas
9:30 AM-12:30 PM (562) 457-0883; www.hptl.org

Liberty Park Johanna Jandug
9:15 AM-12:15 PM (562) 265-8805

Youth Classes and Activities

Acrylic Painting for Kids

In this fun course, students will learn a new art concept each week. Topics include color mixing, art appreciation, realism and abstracts. Each student will complete one finished art project per session. Please wear an old T-shirt and bring a \$5 materials fee to the first class. NO CLASS JULY 16

	\$50 resident/\$75 non-resident	5 classes
205620 Wed., June 25-July 30 Cerritos Park East	5:15-6:15 PM	6-11 years

Art Innovators

Artistic expression is a great way for children to build confidence and increase creativity. Students will build a portfolio and create a new masterpiece each week. This class will explore a variety of mediums including watercolor, pastels and paint. Please bring a \$10 materials fee to the first class.

	\$77 resident/\$116 non-resident	6 classes
205621 Thu., July 10-Aug. 14 Cerritos Park East	4:30-5:30 PM	5-11 years

Ceramics

Stimulate the imagination by creating fun projects out of clay. Learn fundamental hand-building skills, ceramics terminology and an introduction to the wheel. Please bring a \$15 materials fee to the first class.

	\$37 resident/\$56 non-resident	5 classes
205622 Thu., July 10-Aug. 7 Cerritos Park East	4:30-5:30 PM	6-12 years
205623 Thu., July 10-Aug. 7 Cerritos Park East	5:45-6:45 PM	6-12 years

Children Managing Money

It's important for kids to develop financial skills at an early age. This class introduces students to the basic principles of money management. Participants will learn how to earn, save, give and spend money wisely. Please bring a \$12 materials fee to the class.

	\$24 resident/\$36 non-resident	One Day
205624 Fri., June 27 Liberty Park	5:30-7:30 PM	6-12 years

Cooking for Kids

Get ready to learn nutritious and fun recipes! Participants will slice, knead, stack, toss and mix their way through this great class. Please bring a 'chef's bag' to each class containing a small cutting board, plate, bowl, cup, fork, spoon, knife and a small container for leftovers. Be sure to notify the instructor of any food allergies. Please bring a \$20 materials fee to the first class.

	\$36 resident/\$54 non-resident	4 classes
208265 M-Th, June 30-July 3 Cerritos Park East	10:30-11:30 AM	6-13 years
205626 T-F, Aug. 19-22 Cerritos Park East	10:30-11:30 AM	6-13 years

Friday Night Kids

\$16 resident/\$24 non-resident One Day
The City's Community Centers are the place to be on Friday nights! Kids will enjoy supervised age-appropriate activities during an evening of themed fun. Each activity night will feature a variety of games, crafts, and stories. A light snack will be provided. All participants must be registered in the class. Parents are required to sign children in and out of each class.

	Sunsational Adventures	
204928 Fri., June 20 Liberty Park	6-9 PM	6-10 years

	All Sorts of Sports	
204927 Fri., July 18 Cerritos Park East	6-9 PM	6-10 years

	Lights, Camera, Action!	
204929 Fri., Aug. 15 Heritage Park	6-9 PM	6-10 years

Introduction to Typing, Microsoft Word and PowerPoint

Students will learn basic typing skills and how to use Microsoft Word for writing reports, homework or basic communication skills. Participants will also be instructed on how to utilize Microsoft PowerPoint to create slideshow presentations. Laptops will be provided for hands-on learning. Please bring a \$10 materials fee to the first class.

	\$128 resident/\$192 non-resident	8 classes
210016 Mon., June 16-Aug. 4 Heritage Park	5-6 PM	8-15 years

Manners for Young Ladies and Gentlemen

Knowing what to do in social situations can build self-esteem and confidence in everyone. Children will receive a foundation of good manners while learning good communication, positive body language and proper grooming in a relaxed, fun atmosphere.

	\$61 resident/\$92 non-resident	6 classes
205628 Sat., June 28-Aug. 2 Liberty Park	2:45-3:30 PM	5-12 years

Masterpieces with Pencils and Pastels

Learn to draw using a variety of fun media including crayons, pastels and pencils. This class will cover such techniques as basic design, figurative drawing, expressionism and realism. Students will take home one masterpiece at the end of the course. Please bring a \$5 materials fee to the first class. NO CLASS JULY 16

	\$50 resident/\$75 non-resident	5 classes
205629 Wed., June 25-July 30 Cerritos Park East	4-5 PM	6-11 years

Modeling and Etiquette

This class is designed to teach young girls the art of being feminine while developing self-confidence and a positive self-image. Students will enjoy learning about skin, hair and nail care, nutrition, exercise, poise, grace and wardrobe. Proper posture, coordination, weight and balance are achieved by mastering basic modeling techniques.

	\$61 resident/\$92 non-resident	6 classes
205630 Sat., June 28-Aug. 2 Liberty Park	3:30-4:15 PM	9-13 years

Math Development

This comprehensive, individualized math program evaluates students and pinpoints skills gaps. The primary building blocks of addition, subtraction, multiplication and division are continually reinforced. Participants will build confidence and a solid foundation of fundamental math knowledge.

	\$79 resident/\$119 non-resident	6 classes
205631 T/Th, June 24-July 10 Cerritos Park East	5:10-5:55 PM	7-11 years
205632 T/Th, July 29-Aug. 14 Cerritos Park East	5:10-5:55 PM	7-11 years

Reading Development

This supplementary reading program is designed to improve vocabulary, comprehension and spelling skills. Periodic testing will be conducted to assess progress and reports will be distributed to parents.

	\$79 resident/\$119 non-resident	6 classes
205633 T/Th, June 24-July 10 Cerritos Park East	4:20-5:05 PM	7-11 years
205634 T/Th, July 29-Aug. 14 Cerritos Park East	4:20-5:05 PM	7-11 years

Sound Start Reading

The Readwrite Educational Solutions' beginning reading program can make the difference between a struggling student and a successful one. Specially trained teachers will test, structure and implement an individualized phonics program. Decoding, spelling, vocabulary and comprehension are all featured in this fundamental approach to reading.

	\$79 resident/\$119 non-resident	6 classes
205665 T/Th, June 24-July 10 Cerritos Park East	3:30-4:15 PM	5-6 years
205666 T/Th, July 29-Aug. 14 Cerritos Park East	3:30-4:15 PM	5-6 years

Story Time Creations

Explore imagination and inspire creativity as children listen to stories and then create crafts related to the tale. Parents must sign children in and out of each class meeting.

	\$12 resident/\$18 non-resident	5 classes
204965 Fri., July 18-Aug. 15 Liberty Park	10:30-11:30 AM	5-8 years



FEATURED

Teen Classes and Activities

The Recreation Services Division offers a variety of programs and activities for teens, ages 11 to 17. For more information regarding teen programs and activities, please call the Recreation Services Division at (562) 916-1254.

Volunteer Opportunities

Be a Recreation Services Volunteer and assist leaders with daily park programs, swim classes, and city-wide special events. All volunteers need to be 13 years of age or older, must submit an application, be fingerprinted, and attend an orientation prior to being assigned. Service hours are recorded from volunteer time sheets. Registered volunteers will receive a letter with their recorded hours on a quarterly basis. Upon completion of a minimum number of volunteer hours, volunteers will be invited to the Annual Volunteer Recognition Event in July. For more information regarding teen volunteer opportunities, please call Heritage Park at (562) 916-8570.

Babysitter's Training

This American Red Cross certified course prepares participants to become a great babysitter. Students will gain practical skills and confidence through video presentations, hands-on activities and classroom discussion. This training will help participants to develop leadership skills, learn how to develop a babysitting business, and keep themselves and others safe.

\$25 resident/\$38 non-resident	2 classes
208915 Fri., July 11-18 6-9 PM	11-15 years
Cerritos Park East	

Body Sculpting

Thinking about trying out for a favorite school sports team? Learn how to gain muscle size and strength with resistance training to reach goals in this fun and informative program. Participants will learn how to properly use equipment in the Fitness Center as well as the outdoor fitness track. Wear workout clothes, appropriate footwear and bring a towel to each class.

\$25 Cerritos residents only	8 classes
204967 Sat./Sun., June 21-July 13 12:15-1 PM	13-17 years
Swim & Fitness Center	
204966 T/Th, June 24-July 17 4-5 PM	13-17 years
Liberty Park	
204968 Sat-Sun July 26-Aug. 17 12:15-1 PM	13-17 years
Swim & Fitness Center	
204969 T/Th, July 29-Aug. 21 4-5 PM	13-17 years
Liberty Park	

The Spot at Cerritos

Cerritos Park East is "The Spot" to kick off the summer. Enjoy music, dancing, and social activities for the chance to win a prize. Light refreshments will be provided. Parents must sign participants in and out of the program. Participants must be in either the 7th or 8th grade at the time of registration. Register with a friend or sibling and receive 50% off each registration. Offer only valid at the time of registration and does not apply to previously registered participants.

\$8 resident/\$12 non-resident	1 classes
209666 Sat., June 14 7-9 PM	11-14 years
Cerritos Park East	

Summer Swim Jam

Come down to the Cerritos Olympic Swim and Fitness Center for a cool after-hours swim jam. Participants can play water basketball, water polo or just enjoy swimming with friends. Light refreshments will be provided. Please bring a swimsuit, towel, and a completed waiver form on the day of the event. Participants must be in either the 7th or 8th grade at the time of registration.

\$5 resident/\$8 non-resident	One Day
209668 Sat., July 26 7-9 PM	11-14 years
Swim & Fitness Center	

L.A. Angels of Anaheim vs Boston Red Sox Excursion

Play ball! Come watch the Angels take on the 2013 World Champion Boston Red Sox at Angel stadium. Be sure to bring spending money for snacks and souvenirs. Fans must be in the 7th, 8th, 9th, or 10th grade at the time of registration. A waiver signed by a parent or guardian is required. The bus will leave Heritage Park promptly at 11 AM and return at approximately 4:30 PM. Please arrive 15 minutes prior to departure time to complete required paperwork. Registration for this excursion is non-transferable. NO REFUNDS WILL BE GIVEN UNLESS THE TRIP IS CANCELLED BY THE CITY.

\$35 resident/\$52 non-resident	One Day
209665 Sun., Aug. 10 10:45 AM-4:30 PM	11-16 years
Heritage Park	

Dinner and a Movie Night Under the Stars - Oz: The Great and Powerful

Grab some friends to sit under the stars and watch the movie 'Oz: The Great and Powerful' at Liberty Park. The movie is rated PG. Make sure to dress warm and bring a blanket or chair for seating. Dinner will be provided from a local restaurant. Parents must sign participants in and out of the program. Participants must be in either the 7th, 8th, 9th or 10th grade at the time of registration.

\$10 resident/\$15 non-resident	One Day
209667 Sat., Aug. 23 7:30-10 PM	11-16 years
Liberty Park	

Adult Classes and Activities

Adult CPR

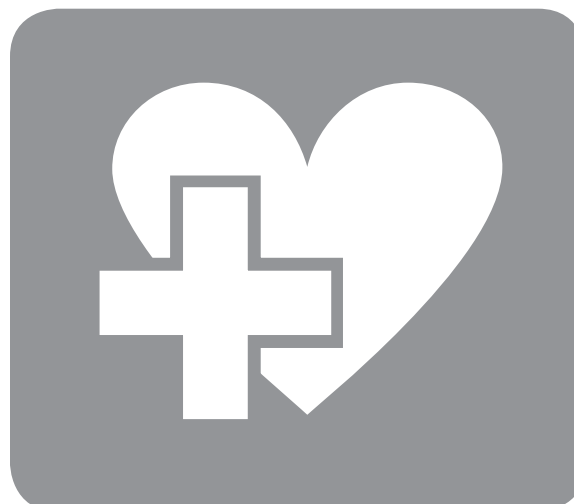
Learn how to perform adult, single-rescuer CPR, recognize the signs of a heart attack, and assist choking victims. Participants who successfully complete the course will receive a two-year certificate from the American Red Cross. A materials fee will be charged at the time of registration.

Resident: \$25 materials fee only	One Day
Non-resident: \$35 plus \$25 materials fee	
206525 Wed., Aug. 6 6-9 PM	12-Adult
Cerritos Park East	

Community CPR and First Aid Basics

Prepare for accidents that may occur at home or around the workplace. Learn methods for basic first aid and performing infant, child and adult CPR. Participants who successfully complete the course will receive a two-year certificate from the American Red Cross. A \$25 materials fee will be charged at the time of registration.

Resident: \$25 materials fee only	One Day
Non-resident: \$55 plus \$25 materials fee	
206527 Sat., July 19 9:30-3 PM	12-Adult
Cerritos Park East	



For more information and support for accessibility of programs and facilities, please call the Recreation Services Division at (562) 916-1254.

Adaptive Recreation

The Recreation Services Division is pleased to comply with the Americans with Disabilities Act (ADA). Reasonable accommodations will be made in recreation programs and facilities to enable participation by an individual with a disability. Cerritos is committed to providing residents with disabilities the benefit of City programs. Participants must meet eligibility requirements for the program.

For more information and support for accessibility of programs and facilities, call the Recreation Services Division office at (562) 916-1254.

Recreation Programs

- Adaptive Activity Night – Quarterly
- Adaptive Basketball – January through March
- Adaptive Bowling – Year-round
- Adaptive Dance and Movement – Year-round
- Adaptive Game Night – Bi-Monthly
- Adaptive Movie Night – Bi-Monthly
- Adaptive Soccer – June through August
- Adaptive Sports Day - Quarterly
- Adaptive Swimming – Year-round
- Adaptive Teen Night Out – Twice per year
- Adaptive Tumbling and Yoga – Year-round
- Special Olympics Soccer – August through December
- Special Olympics Swimming – February through June

Special Olympics

Special Olympics is an international non-profit organization dedicated to empowering individuals with intellectual disabilities to become physically fit, productive and respected members of society through sports training and competition. Special Olympics training and competition opportunities exist through the Recreation Services Division on a seasonal basis. Special Olympics swimming and soccer training and competition is offered once per year to individuals who meet the eligibility requirements. For more information, please call the Recreation Services Division at (562) 916-1254.

Transportation

The City of Cerritos provides the community with a Dial-A-Ride transit system. Offered to seniors and people with disabilities, the system operates seven days a week throughout the Cerritos area. To use the service, call (866) 402-RIDE (7433) between 8 AM and 8 PM, Monday through Friday or from 8 AM to 5 PM on Saturday and Sunday. Reservations can be made up to 48 hours in advance of required pick-up times.

Adaptive Activity Night – Magical Mysteries

Come to Activity Night and bring a friend or classmate to engage in a variety of enriching games, crafts, and stories. Conducted on a 1:4 ratio, participants are required to provide a program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of the class.

\$9 resident/\$14 non-resident	One Day
200723 Fri., June 13 7-8:30 PM	6-12 years
Cerritos Park East	



Adaptive Bowling

Join the adaptive bowling party at Cerritos Lanes! All levels are welcome. Lower ability bowlers will have bumpers in the lanes to fill the gutters. Participants must be accompanied by an adult who can provide assistance. This activity will be conducted at Cerritos Lanes, 18811 Carmenita Road, Cerritos, (562) 924-9363. Fee includes two games of bowling and shoe rental. Dates and times are subject to change.

\$5 fee on site		One Day	
200716	Sat., June 14	1-3 PM	5-12 years
200717	Sat., June 14	1-3 PM	13-Adult
200718	Sat., July 26	1-3 PM	5-12 years
200719	Sat., July 26	1-3 PM	13-Adult
200720	Sat., Aug. 23	1-3 PM	5-12 years
200721	Sat., Aug. 23	1-3 PM	13-Adult

Adaptive Dance and Movement

Put on those dancing shoes and come participate in this fun class that will have everyone moving to the music. This class will incorporate physical fitness and fun games while teaching choreographed dance steps. Conducted on a 1:4 ratio, participants are required to provide a program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of each class.

\$11 resident/\$17 non-resident		8 classes	
204515	Wed., June 18-Aug. 6	6:30-7:15 PM	13-Adult
Cerritos Park East			

Adaptive Dinner and a Movie Night – Frozen (PG)

Come spend a Saturday night at Cerritos Park East and enjoy a movie and dinner from a local restaurant. Ice breaker games will be conducted prior to the movie. The program is an excellent opportunity for socialization and fun.

\$10 resident/\$15 non-resident		One Day	
200728	Sat., July 12	7-9 PM	16-Adult
Cerritos Park East			

Adaptive Families Summer Luau

Join in this mid-summer celebration designed especially for Adaptive Recreation participants and their families. Enjoy Hawaiian-themed treats and a variety of games and crafts for the entire family.

\$9 resident/\$14 non-resident		One Day	
200729	Sat., Aug. 9	6-8:30 PM	3-Adult
Cerritos Park East			

Adaptive Game Night

Free Adaptive Game Night is all about games, games and more games! Spend an evening with friends playing board games, card games and organized games such as scavenger hunts. A light snack will be provided.

Pool Party		One Day	
200725	Sat., June 28	6:30-8:30 PM	16-Adult
Cerritos Swim & Fitness Center			

Neon Party		One Day	
200726	Sat., Aug. 16	6:30-8:30 PM	16-Adult
Cerritos Park East			

Adaptive Sports Day

Enjoy the outdoors and participate in a variety of games and sports. The class will emphasize teamwork and physical fitness while allowing participants to enjoy sports in a non-competitive environment. Parents are required to sign children in and out of each class.

\$9 resident/\$14 non-resident		One Day	
200730	Sat., Aug. 2	10-11 AM	5-10 years
Cerritos Park East			
200731	Sat., Aug. 2	11:30 AM-1 PM	11-15 years
Cerritos Park East			

Adaptive Teen Night Out

Kick off summer break in style as the Community Gymnasium at Cerritos High School is transformed into a cool hangout. Enjoy a variety of games, music, and dancing. Dinner will be provided. In addition, a variety of other fun activities will be offered just for teens!

\$9 resident/\$14 non-resident		One Day	
200724	Sat., June 21	6:45-9 PM	13-17 years
Community Gymnasium at Cerritos High School			

Adaptive Soccer

Learn the fundamental skills of soccer and display these skills in a non-competitive manner. The field of play will be modified according to participants' abilities. Wear sneakers or athletic shoes.

\$26 resident/\$39 non-resident		6 classes	
205181	Mon., June 16-July 21	5:30-6:15 PM	5-12 years
Sports Complex			
205182	Mon., June 16-July 21	6:30-7:15 PM	13-Adult
Sports Complex			

Adaptive Yoga and Gymnastics

Build agility and strength while having fun. Conducted on a 1:4 ratio, the class will offer instruction on the basic principles of movement, coordination, tumbling, and balance with simple equipment. Participants are required to provide a program aide or attendant if additional assistance is needed. Please bring a \$4 materials fee to the first class.

\$60 resident/\$90 non-resident		6 classes	
205865	Sat., June 14-July 19	2-2:45 PM	4-6 years
Cerritos Park East			
205866	Sat., June 14-July 19	3-3:45 PM	7-12 years
Cerritos Park East			
205867	Sat., June 14-July 19	4-4:45 PM	13-Adult
Cerritos Park East			

\$40 resident/\$60 non-resident		4 classes	
205868	Sat., Aug. 2-23	2-2:45 PM	4-6 years
Cerritos Park East			
205869	Sat., Aug. 2-23	3-3:45 PM	7-12 years
Cerritos Park East			
205870	Sat., Aug. 2-23	4-4:45 PM	13-Adult
Cerritos Park East			

Adaptive Swimming

\$21 resident/\$32 non-resident 5 classes
 Swim instruction is provided to individuals with physical and mental impairments. Classes are divided into beginning and intermediate levels. Parents are required to sign children in and out of each class. All classes will be held at the Swim & Fitness Center.

Beginning Session I			
206215	Fri., June 27-July 25	5:30-6 PM	3-8 years
206216	Fri., June 27-July 25	6-6:30 PM	9-15 years
206217	Fri., June 27-July 25	6:30-7 PM	16-Adult
Beginning Session II			
206218	Fri., Aug. 1-29	5:30-6 PM	3-8 years
206219	Fri., Aug. 1-29	6-6:30 PM	9-15 years
206220	Fri., Aug. 1-29	6:30-7 PM	16-Adult
Intermediate Session I			
206223	Fri., June 27-July 25	7:15-8 PM	6-15 years
206224	Fri., June 27-July 25	7:15-8 PM	16-Adult
Intermediate Session II			
206225	Fri., Aug. 1-29	7:15-8 PM	6-15 years
206226	Fri., Aug. 1-29	7:15-8 PM	16-Adult

Special Olympics Soccer

This program offers instruction and training for competition in Special Olympics Soccer. Participants must meet Special Olympics eligibility requirements. Competitive tournaments take place between the months of August and December. NO CLASS SEPTEMBER 1 AND NOVEMBER 10

Free		17 classes	
204516	Mon., Aug. 4-Dec. 8	5:45-7 PM	8-Adult
Cerritos Park East			

Ride Your Horse! Therapeutic Riding Program

Therapeutic riding has been used since the early 1950s in Europe as a tool for improving the lives of individuals with physical, cognitive and emotional disabilities. The Ride Your Horse! Therapeutic Riding Program is available at the Cerritos B & B Stables, located at 10730 Artesia Blvd. This program is offered year-round and provides participants with supervised interaction with equines to improve flexibility, balance and muscle strength.

Any person participating in the Ride Your Horse! Therapeutic Riding Program does so at their own risk. Participation in this program indicates acceptance of such risk by participants. The program is not a City-sponsored program and the City of Cerritos assumes no responsibility for personal injury.

For additional information or to register for this program, please call (714) 292-3563.

Camps



Summer Vacation Day Camp

Each session - one week
\$150 resident/\$225 non-resident
 Liberty Park, 7:45 AM-6 PM
 6-12 years

- Each session is centered on enriching the environment as well as the social skills of the camper.
- Children must be the appropriate age at the start of each camp week.
- Registration fee includes the weekly excursion, various camp activities, supervision and a light snack.
- A sack lunch and beverage must be provided daily by the camper. Food and drink with nutritional value is encouraged.
- Campers must purchase one T-shirt for \$10 to be worn on excursion days. It is only necessary to purchase one T-shirt for the entire summer.
- Excursions will be held on Thursdays. Buses will leave promptly at 9 AM and return by 5 PM.
- There will be occasional trips to Cerritos Park East, Heritage Park and the Swim Center. Parents are required to drop off and pick up children from that facility on scheduled days.
- Parents are required to sign children in and out each day.
- NO CLASS JULY 4

207565	Session 1	Artful Antics
	June 23-27	Excursion: Heritage Museum of Orange County
207566	Session 2	Welcome to the Jungle
	June 30-July 3	Excursion: L.A. Zoo
207567	Session 3	To Infinity and Beyond
	July 7-11	Excursion: Boomers
207568	Session 4	Fiesta Fun
	July 14-18	Excursion: Knott's Berry Farm
207569	Session 5	H2O-mazing
	July 21-25	Excursion: Knott's Soak City
207570	Session 6	Up, Up, and Away
	July 28-Aug. 1	Excursion: Sky Zone
207571	Session 7	Once Upon a Time
	Aug. 4-8	Excursion: Boomers
207572	Session 8	Dig This!
	Aug. 11-15	Excursion: Universal Studios
207573	Session 9	Weird Science
	Aug. 18-22	Excursion: Discovery Science Center
207574	Session 10	Rockin' 50's
	Aug. 25-29	Excursion: Knott's Berry Farm

REGISTER!

Help avoid
 program cancellations!

A minimum number of registered
 participants is required for each class.

Failure to register may result in
 program cancellations.

Campers in Leadership Training

Each session - one week
\$60 resident/\$90 non-resident
Liberty Park, 7:45 AM-6 PM
13-16 years

- The goal of this program is to develop leadership skills that can be used throughout life.
- Participants will receive leadership development training and will assist Recreation Leaders with the Summer Vacation Day Camp program.
- Participants must be the appropriate age at the start of each camp week.
- Registration fee includes the weekly excursion, leadership development training, supervision and a light snack.
- A sack lunch and beverage must be provided daily by the camper. Food and drink with nutritional value is encouraged.
- Campers must purchase one T-shirt for \$10 to be worn daily. It is only necessary to purchase one T-shirt for the entire summer.
- Excursions will be held on Thursdays. Buses will leave promptly at 9 AM and return by 5 PM.
- There will be occasional trips to Cerritos Park East, Heritage Park and the Swim Center. Parents are required to drop off and pick up children from that facility on scheduled days.
- Parents are required to sign children in and out each day.
- NO CLASS JULY 4

207575	Session 1	Artful Antics
June 23-27	Excursion: Heritage Museum of Orange County	
207576	Session 2	Welcome to the Jungle
June 30-July 3	Excursion: L.A. Zoo	
207577	Session 3	To Infinity and Beyond
July 7-11	Excursion: Boomers	
207578	Session 4	Fiesta Fun
July 14-18	Excursion: Knott's Berry Farm	
207579	Session 5	H2O-mazing
July 21-25	Excursion: Knott's Soak City	
207580	Session 6	Up, Up, and Away
July 28-Aug. 1	Excursion: Sky Zone	
207581	Session 7	Once Upon a Time
Aug. 4-8	Excursion: Boomers	
207582	Session 8	Dig This!
Aug. 11-15	Excursion: Universal Studios	
207583	Session 9 -	Weird Science
Aug. 18-22	Excursion: Discovery Science Center	
207584	Session 10 -	Rockin' 50's
Aug. 25-29	Excursion: Knott's Berry Farm	

Challenger Sports Soccer Camps

Learn the game of soccer from qualified and talented British coaches! Each age group focuses on different skill levels. The First Kicks camps will introduce participants to the fundamentals of soccer through activities and challenges. Mini Soccer will focus on games, competition, and skill-building activities. The Half Day camps will emphasize skill development and mastery of core techniques through practices and coached games. Please bring a \$20 materials fee to the first class.

First Kicks		
\$69 resident/\$104 non-resident		5 classes
205416	M-F, July 7-11	9-10 AM Sports Complex
205417	M-F, Aug. 11-15	9-10 AM Sports Complex
Mini Soccer		
\$88 resident/\$132 non-resident		5 classes
205418	M-F, July 7-11	10:30 AM-noon Sports Complex
205419	M-F, Aug. 11-15	10:30 AM-noon Sports Complex
Half Day		
\$133 resident/\$200 non-resident		5 classes
205420	M-F, July 7-11	9 AM-noon Sports Complex
205421	M-F, Aug. 11-15	9 AM-noon Sports Complex

Itsy Bitsy Camp

\$63 resident/\$95 non-resident **5 classes**
Little campers will enjoy a theme-filled week of indoor and outdoor activities that will include crafts, games, music and stories. Campers will have the opportunity to socialize with other campers while learning and developing. A sack lunch and beverage must be provided daily by the camper. Food and drink with nutritional value is encouraged. Parents are required to sign children in and out of each class meeting. NO CLASS JULY 4

All Aboard!		
204970	M-F, June 23-27	10 AM-2 PM Cerritos Park East
Patriotic Pints		
\$51 resident/\$77 non-resident		
204971	M-Th, June 30-July 3	10 AM-2 PM Cerritos Park East
Splash, Splash		
204972	M-F, July 7-11	10 AM-2 PM Cerritos Park East
Around the World		
204973	M-F, July 14-18	10 AM-2 PM Cerritos Park East
Island Explorers		
204974	M-F, July 21-25	10 AM-2 PM Cerritos Park East
Royal Renaissance		
204975	M-F, July 28-Aug. 1	10 AM-2 PM Cerritos Park East
Space is the Place		
204976	M-F, Aug. 4-8	10 AM-2 PM Cerritos Park East
Comic Kids		
204977	M-F, Aug. 11-15	10 AM-2 PM Cerritos Park East
Going Green		
204978	M-F, Aug. 18-22	10 AM-2 PM Cerritos Park East
Prehistoric Pals		
204979	M-F, Aug. 25-29	10 AM-2 PM Cerritos Park East

Mad Science Camp

Join the 'mad scientists' for a fun-filled week of cool science. Each week-long camp will feature different, exciting activities. All camps include a Mad Science t-shirt. Please bring a \$30 materials fee to the first class.

Robots 101		
I am a RO-BOT! Learn about the uses of robots in the world and spend time experimenting with cool robots that can sense sound, follow patterns, and even play soccer! Discover the science of circuitry and how robots use sensors to explore things around them. Build a working robot and take it home!		
\$145 resident/\$218 non-resident		5 classes
204868	M-F, June 23-27	10 AM-1 PM Cerritos Park East
NASA Jr. Astronauts		
Join the Academy of Future Space Explorers and prepare to explore the galaxy. Build a model rocket, race a balloon rocket, and then see the real thing launch in the air. Make a comet, shuttle copter, glow-in-the-dark bead dipper, and much more! Use teamwork to complete an important space mission. This NASA camp is out of this world!		
\$135 resident/\$203 non-resident		5 classes
204866	M-F, July 7-11	10 AM-1 PM Heritage Park

Secret Agent Lab		
The Secret Agent Lab will help you sharpen your secret spy skills while learning about the science of detecting! Campers will have the opportunity to step into the shoes of a detective and learn to decode messages, gather evidence, and check out spy gear. Participants will make take-home projects each day for their spy kit, including their own spynoculars.		
\$135 resident/\$203 non-resident		5 classes
204865	M-F, July 14-18	10 AM-1 PM Cerritos Park East
204872	M-F, Aug. 18-22	10 AM-1 PM Heritage Park

(Continued on the next column)

Mad Science Camp (Continued)

Crazy Chemworks		
Discover what it's like to be a real scientist and work in a Mad Science Lab. Each day participants will experiment with different chemicals and tools to see what kind of interesting reactions they can create! Students will explore acids and bases, reveal the secret recipe of slime, and probe through shifting states of matter. By the end of the week, participants will have their own chemistry set to perform experiments at home!		
\$135 resident/\$203 non-resident		5 classes
204871	M-F, July 21-25	10 AM-1 PM Heritage Park
204870	M-F, Aug. 25-29	10 AM-1 PM Cerritos Park East
Science in Motion		
Use science to discover how things move! Take apart owl pellets to see what they digest. Assemble and control pulleys, levers, catapults, and mega pinchers. Build a birdhouse, make sidewalk chalk, play with magic mud, and much more!		
\$135 resident/\$203 non-resident		5 classes
204867	M-F, Aug. 4-8	10 AM-1 PM Cerritos Park East

Galaxy Defenders		
Join the Academy of Future Space Explorers and prepare to explore the galaxy! Build a model rocket, race a balloon rocket, then watch one launch up to 300 feet in the air. Make and take home a comet, shuttle copter, and much more!		
\$135 resident/\$203 non-resident		5 classes
204869	M-F, Aug. 11-15	10 AM-1 PM Cerritos Park East

Play-Well TEKnologies Camp

\$170 resident/\$255 non-resident		5 classes
Join Play-Well TEKnologies for a fun-filled week with LEGOs. Each camp will feature a different theme with corresponding LEGO activities.		
Pre-Engineering with LEGO		
Create, play and learn. Build boats, bridges, mazes, or use special pieces to create a unique design! With access to over 100,000 pieces of LEGO®, students will explore endless creative possibilities with the guidance of an experienced Play-Well instructor.		
204769	M-F, July 14-18	9 AM-noon Cerritos Park East

Engineering FUNDamentals: Mine, Craft, Build		
Bring Minecraft to life using LEGO! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart. Students will explore real world concepts in physics, engineering, and architecture while building their favorite Minecraft objects.		
206365	M-F, July 14-18	1-4 PM Cerritos Park East

Ninjaneering with LEGO		
Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build a Fire Temple, and encounter the mighty dragon! Participants will explore the fantasy world of Ninjago while building unique projects with the guidance of an experienced instructor.		
204765	M-F, Aug. 4-8	9 AM-noon Cerritos Park East

Engineering FUNDamentals: Mine, Craft, Build		
Bring Minecraft to life using LEGO! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart. Students will explore real world concepts in physics, engineering, and architecture while building their favorite Minecraft objects.		
204766	M-F, Aug. 4-8	1-4 PM Cerritos Park East





FEATURED

Skateboard and Scooter Camp

Make new friends, learn new skateboarding or scootering skills, and most importantly, have fun! This camp is open to all levels from beginners to those who are ready to learn advanced tricks. Camp requirements: A signed Skatedogs waiver form, a skateboard or scooter, knee pads, elbow pads, and a helmet. Camp will be conducted in the rear of the park, near the sports field.

\$139 resident/\$209 non-resident	5 classes
205415 M-F, Aug. 4-8 8:30-11:30 AM	6-14 years Heritage Park

Triple Threat Theatre Camp

\$90 resident/\$135 non-resident **5 classes**
 This camp is perfect for young performers who enjoy singing, dancing, and acting. The camp will teach students the basic fundamentals of musical theatre in a fun and safe environment. Emphasis will be placed on vocal styles, dance, and acting techniques. Songs from popular Broadway musicals will be taught and a performance will be conducted on the last day of camp for family and friends. A sack lunch and beverage must be provided daily by the camper. Food and drink with nutritional value is encouraged. Please bring a \$10 materials fee to the first class.

Beginning	
205515 M-F, July 14-18 10 AM-2 PM	6-12 years Cerritos Park East
Intermediate	
205516 M-F, Aug. 4-8 10 AM-2 PM	6-12 years Cerritos Park East

Rookie Training Camp

The City of Cerritos is offering an instructional and exciting introductory sports camp. Knowledgeable instructors will conduct hands-on instruction in soccer, basketball and t-ball. Each class will focus on a specific sport and children will participate in activities designed to introduce sports in a non-competitive environment. Children will also learn basic principles of physical fitness while improving agility. Parents are required to sign children in and out of each class meeting.

\$58 resident/\$87 non-resident	5 classes
208168 M-F, July 7-11 9 AM-noon	5-7 years Community Gym at Whitney High School
208169 M-F, July 21-25 9 AM-noon	5-7 years Community Gym at Whitney High School

Youth Sports Camps

\$80 resident/\$120 non-resident **5 classes**
 The City of Cerritos is offering fun and instructional camps for boys and girls. Camp leaders consist of former and current club, high school and college standouts. Parents are required to sign children in and out of each class meeting.

Basketball	
208165 M-F, July 14-18 8 AM-noon	9-14 years Community Gym at Cerritos High School
208166 M-F, July 28-Aug. 18 AM-noon	9-14 years Community Gym at Cerritos High School

Dance, Adult/ Youth

Ballet

\$42 resident/\$63 non-resident **8 classes**
 The movements of dance have been shown to enhance agility, improve flexibility and increase confidence in growing children. NO CLASS JULY 4

Beginning

205667 Fri., June 20-Aug. 15 6:10-6:55 PM	4-6 years Liberty Park
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Ballet/Tap Combo

Children will develop self-confidence and poise through the art of dance. Posture, grace, rhythm, basic stretches and body positions are taught through specially designed exercises. NO CLASS JULY 4 AND 5

\$42 resident/\$63 non-resident	8 classes
205668 Mon., June 23-Aug. 11 5-5:45 PM	3-4 years Cerritos Park East
205669 Mon., June 23-Aug. 11 6-6:45 PM	4-6 years Cerritos Park East
205670 Fri., June 20-Aug. 15 5:15-6 PM	2-3 years Liberty Park
205671 Fri., June 20-Aug. 15 7:05-7:50 PM	4-7 years Liberty Park
205672 Sat., June 21-Aug. 16 10:40-11:25 AM	3-5 years Cerritos Park East
205673 Sat., June 21-Aug. 16 11:35 AM-12:20 PM	4-6 years Cerritos Park East

Parent/Child Ballet/Tap Combo

This class is designed to teach parent and child the fundamentals of ballet and tap. One class fee covers one child and one adult. Adult participation is required, and attending children must be registered for the class. NO CLASS JULY 5

\$42 resident/\$63 non-resident	8 classes
205674 Sat., June 21-Aug. 16 9:45-10:30 AM	2-3 years Cerritos Park East

Ballet/Tap Creative Dance

This class is designed to explore the various movements of ballet and tap. Children will learn basic form and technique through creative imagery and fun props. Each class will create an energetic and positive learning environment.

\$42 resident/\$63 non-resident	8 classes
205675 Sat., June 28-Aug. 16 10-10:45 AM	3-4 years Liberty Park
205676 Sat., June 28-Aug. 16 11-11:45 AM	4-5 years Liberty Park

Contemporary Dance

This class will combine elements of ballet and jazz techniques set to popular, age-appropriate music. Each class will include a warm-up, across the floor technique, and a routine. Children will benefit by building balance, focus, rhythm, and movement skills.

\$42 resident/\$63 non-resident	8 classes
205677 Sat., June 28-Aug. 16 noon-12:45 PM	4-6 years Liberty Park

Hip Hop Dance

Learn the latest dance moves! This fun, high energy class for boys and girls introduces fundamental hip hop and jazz moves. Class promotes coordination, rhythm, creativity and fun. Moves and music are age appropriate.

\$57 resident/\$86 non-resident	8 classes
205678 Tue., June 24-Aug. 12 5-5:45 PM	3-5 years Cerritos Park East
205679 Tue., June 24-Aug. 12 5:45-6:30 PM	5-7 years Cerritos Park East
205680 Tue., June 24-Aug. 12 6:30-7:15 PM	7-11 years Cerritos Park East

Pop Star Song and Dance

Sing, dance, and let your inner pop star shine! Participants will learn song lyrics from their favorite music artists like Taylor Swift, Selena Gomez, and Justin Bieber while incorporating beginning hip hop and jazz choreography. The class is suitable for boys and girls and tennis shoes are required.

\$57 resident/\$86 non-resident	8 classes
205681 Tue., June 24-Aug. 12 4-4:45 PM	6-10 years Cerritos Park East

Indian Dance

Explore the rich dance tradition of India and gain cultural awareness through this upbeat and creative style of dance. Dancers will learn balance, self-expression and increase self-esteem. Wear comfortable dance clothes. Dance shoes are not needed. NO CLASS JULY 4

\$54 resident/\$81 non-resident	8 classes
205682 Fri., June 20-Aug. 15 5-6 PM	3-6 years Cerritos Park East

Polynesian Dance

Aloha! Join the class and learn the hula from the Hawaiian Islands, including basic hand and feet movements, simple Hawaiian terms and new choreography. Dress in shorts or other comfortable clothes. Dance shoes are not needed. Please bring a pencil and note paper to each class meeting. NO CLASS JUNE 9

\$42 resident/\$63 non-resident	8 classes
205683 Mon., June 2-July 28 7:15-8:15 PM	18-Adult Cerritos Park East

Salsa

\$29 resident/\$44 non-resident **6 classes**
 In the beginning Salsa class, learn the basic figures and footwork to get you started on the dance floor. Partner combinations will be covered. The intermediate Salsa class builds on the essential footwork and combinations. Style and more challenging techniques will be introduced. No partner is necessary; singles are welcome.

Beginning	
205684 Thu., June 12-July 17 7-8 PM	14-Adult Liberty Park
Intermediate	
205685 Thu., June 12-July 17 8-9 PM	14-Adult Liberty Park

Zumba

Zumba is an aerobic work out that combines different movements and rhythms such as salsa, cumbia, merengue, belly dance, rock and roll and much more! Zumba is an effective, easy and fun way to get in shape.

\$43 resident/\$65 non-resident	6 classes
205686 Mon., June 2-July 7 5:45-6:45 PM	16-Adult Liberty Park
205687 Mon., July 21-Aug. 25 5:45-6:45 PM	16-Adult Liberty Park



Music, Adult/ Youth

Cerritos College Community Band

The Cerritos College Community Band is dedicated to the performance of popular, family-oriented compositions and is comprised of brass, woodwind and percussion instruments. Emphasis will be placed upon the development of individual musicianship through both large and small group rehearsals. Musical compositions of a wide variety will be studied with an emphasis on medleys, marches and overtures. The band will perform at various City events during the summer. Registration will take place through Cerritos College. For further information, please contact David Betancourt, Director of Bands, at (562) 860-2451, extension 2631.

Fees paid to Cerritos College

Tue., May 27-July 8	6-9 PM	10-Adult
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Babies Love Music

Enjoy this class where babies and their parents will interact using lap songs, peek-a-boo, rhythm instruments and drums. Children will develop social, cognitive and motor skills. Optional \$20 materials fee. Adult participation is required. Morning class will be held at Boyar Park, 6701 Del Amo Blvd, Lakewood, (562) 925-6912.

\$60 resident/\$90 non-resident 5 classes

206270	Mon., June 23-July 21	3:30-4 PM	4-14 months
	Cerritos Park East		
206269	Mon., July 28-Aug. 25	11:45 AM-12:15 PM	4-14 months
	Boyar Park		

Toddlers Love Music

This class is perfect for the active toddler! Enjoy this interactive class where children and their parents will sing, dance, and play rhythm instruments. Children will experience creativity and develop social, cognitive and motor skills. Optional \$20 materials fee. Adult participation is required. Morning class will be held at Boyar Park, 6701 Del Amo Blvd, Lakewood, (562) 925-6912.

\$60 resident/\$90 non-resident 5 classes

206268	Mon., June 23-July 21	4:15-4:45 PM	1-2 years
	Cerritos Park East		
206267	Mon., July 28-Aug. 25	11-11:30 AM	1-2 years
	Boyar Park		

Kids Love Music

Enjoy this interactive class where children and their parents will sing, dance, and play rhythm instruments. Children will experience creativity and develop social, cognitive and motor skills. Optional \$20 materials fee. Adult participation is required. Morning class will be held at Boyar Park, 6701 Del Amo Blvd, Lakewood, (562) 925-6912.

\$60 resident/\$90 non-resident 5 classes

206266	Mon., June 23-July 21	5-5:45 PM	1-4 years
	Cerritos Park East		
206265	Mon., July 28-Aug. 25	10-10:45 AM	1-4 years
	Boyar Park		

Drums for Fun

Learn the basic techniques of drumming from a professional musician. Instruction will include proper grip positions, hand and wrist development, sight reading, hand and foot coordination, rudimental training and drum set techniques. Students will have an opportunity to play on a drum set. Sticks, practice pads and sheet music will be provided. Students may purchase take-home sticks and pads from the instructor. Classes will be held at Bolivar Park, 3300 Del Amo Boulevard, Lakewood, (562) 421-3881.

\$60 resident/\$90 non-resident 5 classes

207515	Tue June 24-Aug. 5	8-8:45 PM	6-12 years
207516	Tue June 24-Aug. 5	9-9:45 PM	13-Adult

Guitar

\$48 resident/\$72 non-resident 7 classes

Learn beginning guitar chording, strumming and self-accompaniment. Modern and pop songs will be included. Students must bring a guitar. Please bring a \$5 materials fee to the first class.

Beginning

205765	Mon., June 23-Aug. 4	4:30-5:15 PM	9-Adult
	Liberty Park		
205766	Mon., June 23-Aug. 4	5:15-6 PM	13-Adult
	Liberty Park		

Joy of Singing

Students learn the basics of singing, choose a theme, sing group songs, solos, light dancing and put on a show at the end of the session for family and friends. Bring a \$5 music materials fee to the first class.

\$47 resident/\$71 non-resident 8 classes

205767	Mon., June 23-Aug. 11	7-8:30 PM	8-11 years
	Cerritos Park East		

Piano

\$67 resident/\$101 non-resident 8 classes

Learn the basics and play songs in class each week. Perform a favorite song at the last class meeting. Students must have access to a piano or keyboard outside of class to practice lessons. Course instruction will be provided on electronic keyboards and participants may need to share keyboards during class. All students are required to purchase a music book; information will be given at the first class meeting. With previous piano experience or having taken the Beginning I class, students may enroll in the Beginning II, Intermediate, and Advanced class. A recital will be conducted on the last day of class.

Beginning I

205768	Mon., June 23-Aug. 11	5-6 PM	8-12 years
	Cerritos Park East		

Beginning II, Intermediate & Advanced

205769	Mon., June 23-Aug. 11	6-7 PM	8-12 years
	Cerritos Park East		

Sports/Fitness, Adult/Youth

Cerritos Fitness Centers

The Fitness Centers are located in the Cerritos Olympic Swim & Fitness Center and the Liberty Park Community Center. The Swim & Fitness Center is equipped with locker room facilities. Membership is available to Cerritos residents, 16 years and older. Individual memberships are \$50 per year. The fitness centers include a multi-max station, treadmills, stair climbers and life cycles. Adults working in Cerritos can purchase an annual business membership for \$50, valid only Monday through Friday from 5:30 AM to 5 PM at the Swim Center location and 10 AM to 5 PM at the Liberty Park location. A 60-minute orientation at either facility is required prior to the first workout. Membership cards are valid at both locations.

Fitness Center Hours:

Swim Center Location

Monday through Friday	5:30 AM-9 PM
Saturday/Sunday	7 AM-5 PM*

*Beginning June 23, the fitness center will be open until 7 PM on the weekends.

Liberty Park Location

Monday through Friday	10 AM-9:30 PM
Saturday/Sunday	10 AM-8 PM

Orientation Schedule:

Swim Center Location

Monday	5 PM
Tuesday	6 PM
Saturday	noon

Liberty Park Location

Wednesday/Thursday	7 PM
Sunday	11 AM

For more information, please call the Recreation Services Division at (562) 916-1254.



Tennis Courts

Courts are available for resident use at Liberty Park and Cerritos Park East. Cerritos residents may use the courts at no charge during regular park operating hours. Patrons who are employees of a Cerritos business may drop-in to play Monday through Friday, between 10 AM and 3 PM, at no charge with a valid photo ID and proof of employment. Non-residents may use the courts for drop-in play Monday through Friday, between 10 AM and 3 PM, for a \$7 hourly fee.

Cerritos residents, ages 16 years and older, may reserve one court up to one week in advance and no less than one hour in advance. Reservations will only be taken in person at or over the phone by calling Liberty Park at (562) 916-8565 or Cerritos Park East at (562) 407-2611 during normal operating hours. Only one reservation per family account may be held at any given time. Cerritos residents wishing to use the courts must present a valid California Driver's License or a valid California ID with current Cerritos address to check out a court key. A 5-minute grace period will be given before the court is released to the next person waiting for an open court. Tennis and racquetball courts may be closed without prior notice due to inclement weather.

Drop-In Sports Challenge

Free (Cerritos residents only)

Looking for players to join in a pick-up game? Drop-in play has been set aside for residents with proper ID, from June 23 through August 31 at the Community Gymnasium at Cerritos and Whitney High Schools. The Community Gym at Whitney High School will be closed for maintenance on July 28 through August 3. The Community Gym at Cerritos High School will be closed for maintenance on August 11 through August 17. Cerritos residents may bring up to two guests during volleyball play only. All drop-in play hours are subject to change due to school scheduling. For further information or to confirm drop-in play hours, please call the Cerritos Sports Complex Office at (562) 916-8590.

Cerritos residents must present a valid California Driver's License or a valid California ID with current Cerritos address. Residents that have not secured a new California issued ID with a current Cerritos address must present an ID and provide a utility bill, rent receipt, tax bill, escrow papers, credit card, bank statement, or car registration that is postmarked within the last 60 days.

18 Years & Under

M-F	Open Play	3-5 PM	Cerritos High School
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14 Years & Older

Sunday	Volleyball	1-5 PM	Cerritos High School
Sunday	Table Tennis	1-5 PM	Whitney High School
Sunday	Badminton	5-9:30 PM	Cerritos High School
Monday	Basketball	8-9 PM	Whitney High School
Tuesday	Badminton	6-9:30 PM	Cerritos High School
Wednesday	Basketball	8-9 PM	Cerritos High School
Wednesday	Table Tennis	8-9:30 PM	Whitney High School
Thursday	Volleyball	8-9:30 PM	Whitney High School
Thursday	Badminton	6-9:30 PM	Cerritos High School

35 Years & Older

Tuesday	Basketball	8-9:30 PM	Whitney High School
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All Ages

Monday	Open Play	8-9 PM	Cerritos High School
Wednesday	Open Play	8-9:30 PM	Whitney High School
Thursday	Pickleball	6-9:30 PM	Whitney High School
Saturday	Open Play	9 AM-Noon	Cerritos High School
Saturday	Pickleball	2-5 PM	Whitney High School
Saturday	Open Play	2-4 PM	Whitney High School



Low Impact Aerobics

Have a great workout with these low impact classes. Most classes include warm-up flexibility stretches, aerobic cardiovascular conditioning, floor work for abdominal and posterior/legs and muscular endurance exercises for large and small muscle groups. Wear appropriate clothing and tennis shoes, and bring a towel. Appropriate ID must be presented every time to receive the resident rate. All classes are conducted in the Cerritos Park East dance room and are first-come, first-served. Space is limited. NO CLASS MAY 24 AND AUGUST 30
\$3 resident/\$5 non-resident (Payable at each class meeting)
 Saturday 8:30-9:30 AM Cerritos Park East 12 years and older

Jazzercise

Monthly Fees \$47 with EFT*
 One Time Class \$12

Registration taken at class site by course instructor. Blending easy to follow dance steps with fun dance routines, Jazzercise will enhance cardiovascular fitness, balance, posture, strength, and flexibility. Certified professional Jazzercise instructors will cue participants through the moves that incorporate various elements of dance with resistance training, pilates, yoga, kickboxing, and more. The 60-minute workout is effective for every age, skill, and fitness level. Please bring a floor mat and water bottle; hand weights are optional. Monthly fee allows patrons to attend any of the classes.

*EFT (Electronic Funds Transfer) or Easy Fitness Ticket allows patrons to automatically pay for Jazzercise programs through an electronic funds transfer each month. Patrons must pay a \$30 joining fee.

Monday	6-7 PM	Community Gym at Whitney High School
Monday	9:15-10:15 AM	Cerritos Regional Park Gym
Tuesday	9:15-10:15 AM	Cerritos Regional Park Gym
Tuesday	6-7 PM	Cerritos Regional Park Gym
Wednesday	9:15-10:15 AM	Cerritos Regional Park Gym
Wednesday	6-7 PM	Community Gym at Whitney High School
Thursday	9:15-10:15 AM	Cerritos Regional Park Gym
Thursday	6-7 PM	Liberty Park
Friday	9:15-10:15 AM	Cerritos Regional Park Gym
Saturday	7:30-8:30 AM	Community Gym at Cerritos High School
Sunday	11 AM-noon	Cerritos Park East

Badminton

Learn the basic rules and skills of badminton. Intermediate players will learn advanced strategy, strokes and theory. All levels are welcome to participate in this fun and enjoyable sport. No previous badminton experience is necessary to register. Participants must provide their own racket. Please bring a \$12 materials fee to the first class. NO CLASS JULY 5

\$46 resident/\$69 non-resident	5 classes
208065 Sat., June 21-July 26 1-3 PM	7-14 years
Community Gym at Cerritos High School	
208066 Sat., June 21-July 26 3-5 PM	15-Adult
Community Gym at Cerritos High School	

Body Sculpting - Weights/ Cardio Exercise

Learn how to use cardio exercise and weights to look and feel better. Wear workout clothes, bring a towel and be ready for a great workout. Membership in a Cerritos Fitness Center is required.

\$40 Cerritos residents only	8 classes
205015 Sat./Sun., June 21-July 13 11 AM-noon	16-Adult
Swim & Fitness Center	
205016 Sat./Sun., July 26-Aug. 17 11 AM-noon	16-Adult
Swim & Fitness Center	



Co-Ed Youth Basketball Organized Play

\$26 resident/\$39 non-resident **6 classes**
 Learn the basic fundamentals of basketball such as shooting, ball handling and passing while acquiring new skills through various drills and contests. The Intermediate class will build upon the basic fundamentals and challenge the skills of each participant with advanced instruction. Parents are required to sign children in and out of each class meeting. NO CLASS JUNE 16 at the Community Gymnasium at Cerritos High School.

5 to 7 years	
208067 T/Th, June 24-July 10 6-6:45 PM	
Community Gym at Whitney High School	
208068 T/Th, Aug. 5-Aug. 21 6-6:45 PM	
Community Gym at Whitney High School	

8 to 11 years	
Beginning	
208069 M/W, June 9-30 6-7 PM	
Community Gym at Cerritos High School	
208071 T/Th, June 24-July 10 7-8 PM	
Community Gym at Whitney High School	
208070 M/W, July 14-30 6-7 PM	
Community Gym at Cerritos High School	
208072 T/Th, Aug. 5-21 7-8 PM	
Community Gym at Whitney High School	

Intermediate	
208073 M/W, June 9-30 7-8 PM	
Community Gym at Cerritos High School	
208074 M/W, July 14-30 7-8 PM	
Community Gym at Cerritos High School	

Girls Youth Basketball Organized Play

Learn the basic skills of basketball such as shooting, ball handling, and passing, while increasing physical conditioning and strength. Register and learn new skills through drills, contests, and 3-on-3 and 5-on-5 play. Parents are required to sign children in and out of each class meeting. NO CLASS JUNE 16, 18, JULY 28, 30

\$26 resident/\$39 non-resident	6 classes
208115 M/W, June 9-July 2 7-8 PM	8-13 years
Community Gym at Whitney High School	
208116 M/W, July 14-Aug. 6 7-8 PM	8-13 years
Community Gym at Whitney High School	

Girls Volleyball

Learn the fundamentals of volleyball through drills, contests and games. Serving, passing, setting and hitting will be covered. Parents are required to sign children in and out of each class meeting. NO CLASS JULY 5

\$19 resident/\$29 non-resident	5 classes
208117 Sat., June 21-July 26 1-2 PM	9-14 years
Community Gym at Whitney High School	

It's Game Time

Learn and participate in various games such as Spongee Polo, basketball, indoor soccer, whiffle ball, Bombadeer and many more. This class will be fun, exciting, educational and a great way to meet new friends. Parents are required to sign children in and out of each class meeting. NO CLASS JULY 5

\$14 resident/\$21 non-resident	5 classes
208118 Sat., June 21-July 26 11 AM-noon	7-12 years
Community Gym at Whitney High School	

Parent/Child Thrills and Skills

Mom and Dad join in on the fun with the children and register for this instructional and exciting introductory sports class. Parents will participate with their children in activities geared to introduce sports in a noncompetitive and enjoyable setting. In addition, children will learn basic principles of physical fitness while improving agility and dexterity. NO CLASS JULY 5

\$14 resident/\$21 non-resident	5 classes
208119 Sat., June 21-July 26 9:30-10:15 AM	3-5 years
Community Gym at Whitney High School	

Core Yolates

Enjoy this new workout trend that combines two popular methods of exercise - yoga and pilates. This course will emphasize core stabilization, lengthening, toning and body sculpting. Yolates also improves core strength, posture and overall body awareness. Please bring a stability ball, resistant band and weights to class.

\$88 resident/\$132 non-resident	8 classes
205815 Sun., June 29-Aug. 17 10:15-11:45 AM	13-Adult
Liberty Park	

Hatha Yoga

Experience the release of tension and stress through a series of postures which develop strength, flexibility, concentration and balance. Please wear comfortable clothing to class. Exercise mats will be provided.

\$66 resident/\$99 non-resident	8 classes
205820 Tue., June 10-July 29 9:15-10:15 AM	18-Adult
Cerritos Park East	
205821 Thu., June 12-July 31 9:15-10:15 AM	18-Adult
Cerritos Park East	

Gymnastics: Jammin' Gymnasts

\$55 resident/\$83 non-resident **5 classes**
 Discover the inner gymnast inside everyone! Acquiring gymnastic skills is supported by USA Gymnastics as being valuable to all sports and fitness and academic success. Gymnastics will also help improve coordination and strength development. Girls and boys of all levels will safely learn recreation gymnastics skills such as cartwheels, round-offs, rolls, handstands and more. Obstacle courses and music will make learning fun while creating confidence and a positive learning environment! Please bring a \$2 materials fee to the first class.

205816 Wed., June 11-July 9 3:20-4:20 PM	5-7 years
Cerritos Park East	
205817 Wed., June 11-July 9 4:30-5:30 PM	8-12 years
Cerritos Park East	
205818 Wed., July 23-Aug. 20 3:20-4:20 PM	5-7 years
Cerritos Park East	
205819 Wed., July 23-Aug. 20 4:30-5:30 PM	8-12 years
Cerritos Park East	



Hot Hula Fitness

Hot Hula Fitness is a fun, new, and exciting dance workout! Inspired by dances of the Pacific Islands, the class provides a total body workout that isolates larger muscle groups and increases strength to the body's stomach, legs, and arms. All fitness levels are welcome. Get fit while working out to the sounds of traditional Polynesian drum beats!

\$42 resident/\$63 non-resident	6 classes
205822 Wed., June 11-July 16 5:45-6:45 PM	8-Adult
Liberty Park	
205823 Wed., July 30-Sept. 3 5:45-6:45 PM	8-Adult
Liberty Park	

REGISTER!

**Help avoid
 program cancellations!**

**A minimum number of registered
 participants is required for each class.**

**Failure to register may result in
 program cancellations.**



Ice Skating

\$58 resident/\$87 non-resident **5 classes**
Learn the fundamentals of ice skating from certified U.S. Figure Skating Association instructors. Class fee includes skate rental and practice time on lesson day. Please arrive early to size skates. Dress warmly in layers and bring gloves or mittens. Lessons will be held at the East West Ice Palace, 11446 Artesia Boulevard, Artesia, (562) 809-6200.

Session I

205824	Wed June 4-July 2	5:40-6:10 PM	3-5 years
205825	Wed June 4-July 2	5:40-6:10 PM	6-12 years
205826	Wed June 4-July 2	5:40-6:10 PM	13-Adult

Session II

205827	Wed July 16-Aug. 13	5:40-6:10 PM	3-5 years
205828	Wed July 16-Aug. 13	5:40-6:10 PM	6-12 years
205829	Wed July 16-Aug. 13	5:40-6:10 PM	13-Adult

Martial Arts

Karate offers an excellent total body workout, increasing coordination and flexibility. Karate benefits students both mentally and physically. This class has something for every member of the family.
NO CLASS JULY 10, AUGUST 14, SEPTEMBER 1

\$85 resident/\$128 non-resident **17 classes**
205830 M/Th, June 30-Sept. 4 3:30-4:30 PM 5-Adult
Liberty Park

Pilates

This Pilates class will combine barre work and cardio to tone and strengthen the entire body. Thera-bands and exercise balls will be provided by the instructor to work on specific muscles and muscle groups to increase strength and agility. This revolutionary toning and conditioning system stretches, strengthens, and realigns over-used joints and muscles. Participants will work at an individualized pace.

\$82 resident/\$123 non-resident **9 classes**
205831 Tue., June 24-Aug. 19 6-7 PM 13-Adult
Liberty Park
205832 Thu., June 26-Aug. 21 6:30-7:30 PM 13-Adult
Cerritos Park East

Yoga For Kids

Yoga is a safe, fun and non-competitive way for children to exercise and develop coordination. Yoga also strengthens the body, builds self-esteem and increases focus and concentration.

\$61 resident/\$92 non-resident **6 classes**
205836 Sat., June 28-Aug. 2 2-2:45 PM 5-12 years
Liberty Park

Yoga For Relaxation

Enjoy an introductory course in conditioned relaxation based on the ancient art of Hatha Yoga as it is taught in India. This course consists of stretching, breathing and relaxation exercises, which relieve mental tension, emotional stress and physical strain. Exercise mats will be provided.

\$54 resident/\$81 non-resident **7 classes**
Beginning
205837 Mon., June 9-July 21 7-8 PM 14-Adult
Liberty Park

Advanced

205838 Wed., June 11-July 23 7-8 PM 14-Adult
Liberty Park

Stride Cerritos - Fitness Walkers

Join Stride Cerritos and walk to fitness. During each session, walkers will receive instruction on the fundamentals of aerobic development through walking workouts. Cardiovascular improvement, muscle development and decreased body fat will be emphasized.

Free **16 classes**
205178 T/Th, June 10-July 31 6:30-7:30 PM 16-Adult
Liberty Park

T'ai Chi Chuan

This program will teach the traditional method of T'ai Chi, the ancient Chinese system of exercise. Designed around the slow rhythmic movements of a 24-form routine, T'ai Chi will help improve physical and mental health. Please wear comfortable clothing to class.

\$78 resident/\$117 non-resident **8 classes**
205833 Tue., June 10-July 29 7:30-9 PM 6-Adult
Cerritos Park East

Teeny Tiny Baseball

Budding athletes or playful tots will get an early jump on learning the skills, mechanics and techniques of this sport. With patience and a 1:10 instructor/student ratio, children will begin learning this sport in a fun and relaxed atmosphere.

\$28 resident/\$42 non-resident **5 classes**
205834 Wed., June 18-July 16 noon-1 PM 3-5 years
Cerritos Park East
205835 Wed., July 30-Aug. 27 noon-1 PM 3-5 years
Cerritos Park East

Weight Training and Conditioning for Active Older Adults

Learn how to use weights and equipment to get a basic lightweight and resistance training to firm up and condition. Participants will learn how to properly use equipment in the Fitness Center with the goal to move on to working out independently once the class is finished. Wear workout clothes, bring a towel and be ready for a great workout. Membership in a Cerritos Fitness Center is required.

\$40 Cerritos residents only **8 classes**
205017 Sat./Sun., June 21-July 13 1:15-2:15 PM 50 & Older
Swim & Fitness Center
205018 Sat./Sun., July 26-Aug. 17 1:15-2:15 PM 50 & Older
Swim & Fitness Center

Youth Soccer Clinic

Looking for extra instruction for a youth soccer player? If so, register for this fun and informative clinic. Knowledgeable recreation leaders will conduct hands-on instruction in dribbling, passing, shooting and offensive moves. Participants will have a unique opportunity to learn helpful training methods and improve their skills.

Free **One Day**
205179 Sat., June 28 10-11 AM 5-7 years
Sports Complex
205180 Sat., June 28 11:30 AM-1 PM 8-13 years
Sports Complex



Sports Leagues, Adult/Youth

Youth Soccer

\$45 resident/\$68 non-resident

All registration for youth soccer will be held on the following days at the Cerritos Sports Complex, 19900 Bloomfield Avenue:

RESIDENTS ONLY:

Wed., April 30
4-8 PM

Sat., May 3
10 AM-4 PM

OPEN REGISTRATION:

Wed., May 7
4-8 PM

The registration fee includes a team jersey, participation award, officials and Players' Medical Benefit Fund. A picture day will be held during the season and a picture packet will be distributed to teams by the head coach. Team and individual pictures packages may be purchased at an additional cost. Games will be played during the months of June, July and August. Children born in 2006 or before will be placed on teams according to their age and ability. Practices and games may not be close to a child's residence. BIRTH CERTIFICATES MUST BE PRESENTED AT THE TIME OF REGISTRATION IN ALL DIVISIONS. For further information, please call the Cerritos Sports Complex at (562) 916-8590.

Co-ed Divisions:

Rookie I	Born in 2009
Rookie II	Born in 2008
Rookie III	Born in 2007
Pee Wee Division	Born in 2005 & 2006
Elementary Division	Born in 2003 & 2004
Intermediate Division	Born in 2001 & 2002
Senior Division	Born in 1997 through 2000

Game Days:

The following game day information is tentative and subject to change, and does not reflect days for practices, which are at the discretion of the volunteer coach.

Rookie I Division:	Mondays and Wednesdays
Rookie II Division:	Tuesdays and Thursdays
Rookie III Division:	Mondays and Wednesdays
Pee Wee Division:	Mondays and Wednesdays
Elementary Division:	Tuesdays and Thursdays
Intermediate Division:	Tuesdays and Thursdays
Senior Division:	Mondays and Wednesdays

Sports Officials Needed

Adults and teenagers, 16 years and older, are invited to apply as sports officials. Hourly wages are dependent upon education and experience and range from \$12 to \$25 per game. All officials must be fingerprinted prior to being assigned. For more information, please call the Cerritos Sports Complex at (562) 916-8590. Previous officiating experience is desirable.

Youth Boys and Girls Basketball League

\$45 (Cerritos residents only)

All registration for youth basketball will be held on the following days at the Cerritos Sports Complex, 19900 Bloomfield Avenue:

Sat., May 31 10 AM-3 PM
Wed., June 4 4-8 PM

The non-refundable registration fee includes a team jersey, officials, scorekeepers, Players' Medical Benefit Fund and awards. Participants will be formed into teams for league play. Games will be played on Fridays, 6 to 9 PM, from July 11 through August 29. BIRTH CERTIFICATES MUST BE PRESENTED AT THE TIME OF REGISTRATION IN ALL DIVISIONS. For further information, please call the Cerritos Sports Complex at (562) 916-8590.

Co-ed Divisions:

Elementary	Born in 2002 & 2003
Intermediate	Born in 2000 & 2001

Game Days:

The following game day information is tentative and subject to change, and does not reflect days for practices, which are at the discretion of the volunteer coach.

Elementary Division:	Fridays
Intermediate Division:	Fridays



Golf, Adult/Youth



Cerritos Iron-Wood Nine Golf Course

(562) 916-8400

The City of Cerritos Iron-Wood Nine Golf Course is a nine-hole, par 29, 1,468-yard, executive golf course. The lighted driving range offers a choice of hitting off mats or grass. Rental clubs and handcars are available, and reservations can be made up to one week in advance. Starting times will begin at 6:30 AM depending upon course conditions.

Course Hours: Daily 6 AM to Sunset
 Range Hours: Daily 6 AM to 8:30 PM*
 Thursday 10 AM to 8:30 PM*

*The last range bucket will be sold 30 minutes prior to closing.

Cerritos residents must present a valid California Driver's License or a valid California ID with current Cerritos address. Residents that have not secured a new California issued ID with a current Cerritos address must present an ID and provide a utility bill, rent receipt, tax bill, escrow papers, credit card, bank statement, or car registration that is postmarked within the last 60 days.

Golf Course Dress Code

The Cerritos Iron-Wood Nine Golf Course enforces its dress code policy. Men must wear a presentable shirt with sleeves. Tank tops, sleeveless shirts, swim suits and other dress deemed inappropriate for the course will not be allowed. Women must also wear a presentable shirt. Halter tops, tube tops, swim suits and other dress deemed inappropriate for the course will not be allowed.

Golf Course Fees

Weekday Green Fees

\$11.00	Cerritos Resident, age 18 and older
\$13.00	Non-resident, age 18 and older
\$8.00	Cerritos Resident Senior, age 60 and older
\$9.00	Non-resident Senior, age 60 and older
\$7.50	Cerritos Resident Junior, age 18 and under with a current high school I.D. card
\$8.50	Non-resident Junior, age 18 and under with a current high school I.D. card

Weekend/Holiday Green Fees

\$12.00*	Cerritos Resident, age 18 and older
\$14.00*	Non-resident, age 18 and older
\$7.50*	Cerritos Resident Junior, age 18 and under with a current high school I.D. card
\$8.50*	Non-resident Junior, age 18 and under with a current high school I.D. card

*Holiday rates will be charged on:

July 4
 September 1

Driving Range Fees

\$5.00	Small Bucket Card (51 balls)
\$8.50	Large Bucket Card (102 balls)
\$20.00	Value Card (280 balls)
\$45.00	Value Card (715 balls)
\$80.00	Value Card (1430 balls)

Novice Golfers

New to the game of golf? Having trouble learning the way around the course or in need of a little help with the basic skills? The Cerritos Iron-Wood Nine Golf Course staff would be happy to play a round of golf with patrons to help in these areas. Please contact the Cerritos Iron-Wood Nine Golf Course at (562) 916-8400 to schedule an appointment. Staff assistance is free; however, regular green fees apply.

Golf Course Volunteer Marshal Program

The Cerritos Iron-Wood Nine Golf Course Volunteer Marshals, 21 years of age and older, are used to facilitate the speed of play, safety and rules of the Course. Marshals receive training and are provided with uniforms to wear while on duty. For further information regarding this program, please call the Cerritos Iron-Wood Nine Golf Course at (562) 916-8400.

Private Lessons

Private lessons with Cerritos Iron-Wood Nine Golf Professionals Rudy Gonzales, David Pang and Robert Frazier may be scheduled on an appointment-only basis by contacting the Cerritos Iron-Wood Nine Golf Course at (562) 916-8400. One free lesson bucket of practice balls per person will be furnished at each lesson.

Private (1 person)	\$157/six, 1/2-hour lessons \$31/one, 1/2-hour lesson
Semi-Private (2 persons)	\$130 per person/six, 45-minute lessons \$25 per person/one, 45-minute lesson
Small Group (3-6 persons)	\$130 per person/six, 1-hour lessons \$25 per person/one, 1-hour lesson

Community Open Two-Person Best Ball Tournament

The Cerritos Iron-Wood Nine Golf Course will play host to this 18-hole, shotgun start tournament. Entry fees include complimentary driving range use, lunch and awards. Win prizes for the longest drive and closest to the pin at pre-selected holes, as well as a chance to win a special hole-in-one prize for \$10,000 cash and other awards.

\$42 tournament fee	One Day
205165 Sat., June 7 7:30 AM-noon	14-Adult
Golf Course	

Senior Golf Quarterly Tournament

Seniors, 60 years of age and older, are invited to participate in this fun-filled 9-hole, shotgun start tournament.

\$12 tournament fee	One Day
205173 Thu., Aug. 7 7:30-10 AM	60 & Older
Golf Course	



Cerritos Junior Golf Tournament

Youth golfers are invited to participate in this fun tournament. Entry fee includes range use, healthy snacks, and prizes. Ages 6 to 10 will play 9 holes. Ages 11 to 17 will play 18 holes.

\$30 tournament fee	One Day
207015 Fri., July 25 noon-2 PM	6-17 years
Golf Course	

Couples Golf Clinic

This course is conducted by PGA Professional Bobby Frazier and will help improve your game in a single day. Course is designed specifically for couples and the fee includes instruction and range practice.

\$29 per couple	One Day
205166 Tue., June 17 4-5:30 PM	18-Adult
Golf Course	
205167 Sun., Aug. 10 5-6:30 PM	18-Adult
Golf Course	

Ladies Golf Night

Ladies of all levels are invited to participate in this class. Learn the golf basics such as golf swing, body mechanics, hand placement and golf fundamentals.

\$18 class fee	One Day
205168 Mon., June 16 6-7:30 PM	16-Adult
Golf Course	

Cerritos Junior Golf Academy

\$50 resident/\$75 non-resident **4 classes**

The Junior Golf Academy with PGA Professional, Bobby Frazier, is designed for youth golfers of all ability levels. From beginners to advanced golfers, participants will improve their game in a small group learning environment. Instruction will be conducted on the driving range and putting green. Range balls will be provided for each class and loaner clubs are available during class time.
 NO CLASS AUGUST 26

Beginning

206465 Sat., June 7-28	9-10 AM	4-6 years	Golf Course
206466 Sat., June 7-28	10-11 AM	7-9 years	Golf Course
206516 Mon., June 9-30	5-6 PM	10-17 years	Golf Course
206467 M-Th, June 23-26	1-2 PM	4-6 years	Golf Course
206473 M-Th, June 23-26	2-3 PM	7-9 years	Golf Course
206517 Mon., July 7-28	5-6 PM	10-17 years	Golf Course
206468 Sat., July 12-Aug. 2	9-10 AM	4-6 years	Golf Course
206469 Sat., July 12-Aug. 2	10-11 AM	7-9 years	Golf Course
206470 M-Th, July 21-24	1-2 PM	4-6 years	Golf Course
206515 M-Th, July 21-24	2-3 PM	7-9 years	Golf Course
206518 Mon., Aug. 4-25	5-6 PM	10-17 years	Golf Course
206521 Tue., Aug. 5-Sept. 2	5-6 PM	7-9 years	Golf Course
206519 Thu., Aug. 7-28	5-6 PM	4-6 years	Golf Course

Intermediate

\$55 resident/\$83 non-resident	4 classes
206522 Thu., June 5-26	6-7:30 PM 10-17 years
209415 Mon., June 9-30	6-7:30 PM 7-9 years
209416 Mon., July 7-28	6-7:30 PM 7-9 years
206523 Thu., July 10-31	6-7:30 PM 10-17 years
209417 Mon., Aug. 4-25	6-7:30 PM 7-9 years
206524 Thu., Aug. 7-28	6-7:30 PM 10-17 years

Golf Lessons

\$64 resident/\$96 non-resident **6 classes**

Join Cerritos Iron-Wood Nine Golf Professional Rudy Gonzales in a relaxed group setting designed for all skill levels, from the novice to the experienced player. For novice players, fundamental skills such as stance, grip and swing will be covered. More experienced players will sharpen their skills and develop game techniques. One small bucket of practice balls will be provided at each lesson.

8 to 13 years

207615 Sat., June 14-July 19	10-11 AM	Golf Course
207622 Sat., July 26-Aug. 30	10-11 AM	Golf Course

14 to Adult

207618 Tue., June 10-July 15	6-7 PM	Golf Course
207619 Tue., June 10-July 15	7-8 PM	Golf Course
207620 Wed., June 11-July 16	7-8 PM	Golf Course
207621 Wed., June 11-July 16	6-7 PM	Golf Course
207616 Sat., June 14-July 19	9-10 AM	Golf Course
207617 Sat., June 14-July 19	11 AM-noon	Golf Course
207625 Tue., July 22-Aug. 26	6-7 PM	Golf Course
207626 Tue., July 22-Aug. 26	7-8 PM	Golf Course
207628 Wed., July 23-Aug. 27	6-7 PM	Golf Course
207627 Wed., July 23-Aug. 27	7-8 PM	Golf Course
207623 Sat., July 26-Aug. 30	9-10 AM	Golf Course
207624 Sat., July 26-Aug. 30	11 AM-noon	Golf Course



Little Kids' Golf School

Basic instruction will take place on the driving range and practice putting green. Loaner clubs will be available for children's use.

	\$24 resident/\$36 non-resident		4 classes
205169	T/Th, June 24-July 3	10-11 AM	5-7 years
	Golf Course		
205170	T/Th, July 15-24	10-11 AM	5-7 years
	Golf Course		
205171	T/Th, Aug. 5-14	10-11 AM	5-7 years
	Golf Course		

Short Game Golf Clinic

\$11 Individual Sessions/\$28 Complete Series One Day

Designed to improve a golfer's short game, each class will have a special focus on putting, chipping or bunker play. Participants will learn grip, stance, down hill shots, up hill shots, sand shots and more. Register for each individual clinic or for the complete three-part series.

Putting

205174	Sat., July 19	3-4 PM	14-Adult
	Golf Course		

Chipping

205175	Sat., July 19	4-5 PM	14-Adult
	Golf Course		

Bunker Play

205176	Sat., July 19	5-6 PM	14-Adult
	Golf Course		

Complete Series

205177	Sat., July 19	3-6 PM	14-Adult
	Golf Course		

Tennis, Adult/Youth

Tennis Lessons

\$37 resident/\$56 non-resident **5 classes**

The younger children's classes will emphasize ball control, basic hand-eye coordination, beginning strokes and court familiarity. **BEGINNER:** Learn the basic forehand and backhand strokes as well as volleys. **INTERMEDIATE:** Students should be able to rally with the forehand and have some control with the backhand. Serving will be introduced. Please bring a racquet and a \$10 materials fee to the first class. Participants without a racquet may bring an additional \$20 to the first day of class for a junior-sized racquet or \$25 for an adult-sized racquet.

Session I

205215	Mon., June 9-July 7	4:30-5 PM	4-6 years
	Cerritos Park East		
205217	Mon., June 9-July 7	5-6 PM	7-9 years
	Cerritos Park East		
205280	Wed., June 11-July 9	5-6 PM	7-9 years
	Cerritos Park East		
205218	Sat., June 14-July 12	8-9 AM	15-Adult
	Cerritos Park East		
205219	Sat., June 14-July 12	9-10 AM	7-9 years
	Cerritos Park East		
205220	Sat., June 14-July 12	10-10:30 AM	4-6 years
	Cerritos Park East		
205221	Sat., June 14-July 12	10:30-11:30 AM	10-14 years
	Cerritos Park East		

Session II

205266	Mon., July 21-Aug. 18	4:30-5 PM	4-6 years
	Cerritos Park East		
205267	Mon., July 21-Aug. 18	5-6 PM	7-9 years
	Cerritos Park East		
205281	Wed., July 23-Aug. 20	5-6 PM	7-9 years
	Cerritos Park East		
205268	Sat., July 26-Aug. 23	8-9 AM	15-Adult
	Cerritos Park East		
205269	Sat., July 26-Aug. 23	9-10 AM	7-9 years
	Cerritos Park East		
205270	Sat., July 26-Aug. 23	10-10:30 AM	4-6 years
	Cerritos Park East		
205271	Sat., July 26-Aug. 23	10:30-11:30 AM	10-14 years
	Cerritos Park East		



Small Group Tennis Drills

A low instructor-to-student ratio of 1:6 allows a greater number of balls to be hit and more instruction time. Please bring a \$10 materials fee to the first class. **INTERMEDIATE:** Students should be able to rally using both forehand and backhand swings. Students will focus on footwork, overhands, and serving. **ADVANCED:** Students must pass the intermediate level prior to registration. Strategy for singles and doubles will be introduced.

Intermediate

\$53 resident/\$80 non-resident **5 classes**

205275	Sat., June 14-July 12	4:30-5:30 PM	8-Adult
	Liberty Park		
205278	Sat., July 26-Aug. 23	4:30-5:30 PM	8-Adult
	Liberty Park		

Advanced

\$68 resident/\$102 non-resident **5 classes**

205277	Sat., June 14-July 12	5:30-6:45 PM	8-Adult
	Liberty Park		
205279	Sat., July 26-Aug. 23	5:30-6:45 PM	8-Adult
	Liberty Park		

Twice-A-Week Tennis Lessons

\$105 resident/\$158 non-resident **10 classes**

Learn the fundamentals of tennis or improve upon existing skills. **BEGINNER:** Learn the basic forehand and backhand strokes as well as volleys. **INTERMEDIATE/ADVANCED:** Students should be able to rally with the forehand and have some control with the backhand. Drills on serving and footwork will also be introduced.

Beginning

205315	M/W, June 9-July 9	6-7 PM	10-14 years
	Cerritos Park East		
205365	M/W, July 21-Aug. 20	6-7 PM	10-14 years
	Cerritos Park East		

Intermediate/Advanced

205366	M/W, June 9-July 9	7-8:15 PM	8-Adult
	Cerritos Park East		
205367	M/W, July 21-Aug. 20	7-8:15 PM	8-Adult
	Cerritos Park East		



Volunteer Opportunities

Looking for work experience or something to add flair to your college applications? If so, the Recreation Services Division's volunteer program is a great place to start. Opportunities exist for teens and adults to assist the City in a variety of volunteer capacities within the Recreation Services Division. All volunteers must submit an application, complete the fingerprinting process and attend an orientation prior to being assigned. For the Golf Course Volunteer Marshal Program, please refer to golf classes and activities.

Youth Sports Volunteer

The sports section of the Recreation Services Division recruits volunteer coaches on a seasonal basis for its four youth sports leagues. Volunteer coaches must be 16 years and older and are required to undergo a certification process, which includes fingerprinting and mandatory meetings. Teen volunteers with athletic experience are needed to assist Recreation Leaders in a variety of youth sports programs. Teens will learn basic Recreation Leader responsibilities and serve as a youth organized play class instructor's assistant, a youth sports volunteer coach, a special events assistant and more. For more information on becoming a youth sports volunteer, please call the Cerritos Sports Complex at (562) 916-8590.

Swim Assistant Volunteer

Volunteers will assist swim instructors as well as help with special events at the Cerritos Swim & Fitness Center. Orientation is required. For more information, please call the Cerritos Swim & Fitness Center at (562) 407-2600.

Recreation Services Volunteer

Volunteers, age 13 years or older, are needed for park activities such as Friday Night Kids, Little One's Hour, Half Pint's Night, crafts, and much more. Special events include the Halloween Festival, Easter Egg Hunts, Community Spring Festival, and the July 4th Let Freedom Ring Celebration. Each volunteer must have a City of Cerritos Recreation Services Division Volunteer Application/Waiver on file, complete the fingerprinting process, and attend a volunteer orientation workshop prior to being assigned to any program or event. The Application/Waiver is available online in the Recreation section of the City's homepage at www.cerritos.us or at any Cerritos community center. Fingerprinting is conducted by appointment only on the second Wednesday of every month, except holidays. Orientation workshops are listed below. Volunteers under the age of 18 must acquire a signature from their parent or guardian. Volunteers who complete at least 30 hours during the volunteer year will be invited to the annual volunteer recognition event in July. The demand for volunteers, assignments, and hours vary from season to season. For more information regarding volunteer opportunities and fingerprinting appointments, please call Heritage Park at (562) 916-8570.

Orientation Dates

204415	Sat., June 7	Cerritos Park East	10 AM
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Aquatics, Adult/Youth

Registration Notice to Parents

Registration dates may occur prior to the completion of your child's current course. To determine the appropriate course to register your child in, speak with your child's instructor or have your child undergo a swim test. Swim testing is available during Recreational Swimming times listed in this section.

General Information

The Cerritos Olympic Swim & Fitness Center is located at 13150 E. 166th Street, adjacent to Cerritos Park East. For general information, including hours of operation and admission fees, please call the Swim & Fitness Center at (562) 407 2600. For swim lesson registration, see below.



Admission Policies

The Swim & Fitness Center is open to Cerritos residents, accompanied guests, and adults working in the City of Cerritos. Each resident may bring up to four (4) guests during recreational swimming only.

Cerritos residents must present a valid California Driver's License or a valid California ID with current Cerritos address. Residents that have not secured a new California issued ID with a current Cerritos address must present an ID and provide a utility bill, rent receipt, tax bill, escrow papers, credit card, bank statement, or car registration that is postmarked within the last 60 days.

Children under 16 years of age may present a Cerritos resident library card. Parents are responsible for the supervision of children. Adults working in the City of Cerritos must present a valid driver's license and a business ID. Children who can not swim and are less than four feet tall must be accompanied in the water by an adult. All residents using tickets for recreational swimming will be required to show acceptable Cerritos identification. Children over 5 years of age are not permitted in the locker room of the opposite sex.

Swim Fees

Lap Swim Fees \$2.00

Recreational Swim Fees

- \$2.00 Cerritos Resident
- \$2.00 Adults who work in Cerritos with business ID
- \$2.50 Non resident Child, age 17 and under.
Must be a guest of a Cerritos resident (see above)
- \$3.25 Non resident Adult, age 18 and older.
Must be a guest of a Cerritos resident (see above)

Water Exercise Fees

- \$3.00 Cerritos Resident, age 14 and older
- \$5.00 Non resident, age 14 and older

Ticket Booklets

Ticket booklets are also available. Limit two books per visit. Ticket booklets are non transferable. Patrons utilizing tickets as payment still need to meet all entrance requirements; patrons using tickets for recreational swimming will be required to show acceptable Cerritos identification.

- Age 17 and under 15 tickets - \$20
- Adult 20 tickets - \$40

Swim Center Hours

Effective June 23, Swim Center hours will be:

Recreational Swimming

- Monday/Wednesday/Friday 1-4 & 7-9 PM
- Tuesday/Thursday 1-4 PM
- Saturday/Sunday noon-7 PM

Adult Lap Swimming

- Monday Friday 5:30 AM-1 PM
- Tuesday/Thursday 7-9 PM*
- Saturday/Sunday 7 AM-noon

*Cerritos residents only

A minimum of four lanes will be available for all lap swim sessions. Please refer to the Sports/Fitness section for Fitness Center hours.

Special Hours

Memorial Day

- Monday, May 26 Adult Lap Swimming 7 AM-2 PM
Recreational Swim 11 AM-9 PM

- Saturday, June 7 Swim & Fitness Center closed
- Sunday, June 8 Swim & Fitness Center closes at 4 PM

Independence Day

- Friday, July 4 Adult Lap Swimming 7 AM-2 PM
Recreational Swim 11 AM-2 PM

Please Register Carefully

Any person registered in a class above their skill level will be dropped from the class without a refund.

Free Skills Testing

Skills testing is available prior to registration if assistance is needed to determine class level. Participants may come to the Swim & Fitness Center during recreational swim hours for testing

Summer Registration Instructions

The following sessions (in the shaded boxes) will be available beginning at 10 AM on the dates listed below through on-line and phone-in registration ONLY. To register, patrons must be in the City's CLASS registration database and on-line registrants must have obtained a family account access PIN number and individual family member personal numbers. Only Visa and MasterCard will be accepted as payment. For additional information and/or to obtain your PIN numbers, please call the Recreation Services Division at (562) 916-1254. If you do not have access to a computer, you may utilize the computers at the Cerritos Public Library.

Registration Dates

Session	Class Dates	Resident	Non-Resident
Summer 3	M-F, July 21-Aug. 1	Sat., July 19	Sun., July 20
Summer 4	Sat., July 26-Aug. 23	Sat., July 19	Sun., July 20
Summer 4	Sun., July 27-Aug. 24	Sat., July 19	Sun., July 20
Summer 4	Sat./Sun., July 26-Aug.24	Sat., July 19	Sun., July 20
Summer 4	M/W, July 28-Aug. 27	Sat., July 19	Sun., July 20
Summer 4	T/Th, July 29-Aug. 28	Sat., July 19	Sun., July 20
Summer 5	M-F, Aug. 4-15	Sat., July 19	Sun., July 20
Summer 6	M-F, Aug. 18-29	Sat., Aug. 16	Sun., Aug. 17

Mommy/Daddy and Me

6 months-3 years

This class allows parents to share in the fun of children learning to swim. Children will learn basic safety skills, breath control, floating, kicking and paddling. Up to two adults per child are permitted to participate. Swim diapers are available for purchase at the Swim Center.

SATURDAY

\$21 resident/\$32 non-resident

Time	Summer 1 June 21-July 19	Summer 4 July 26-Aug. 23
10:30-11 AM	208365	208371
11:30 AM-noon	208366	208372
12:30-1 PM	208369	208380

SUNDAY

\$21 resident/\$32 non-resident

Time	Summer 1 June 22-July 20	Summer 4 July 27-Aug. 24
10:30-11 AM	208367	208373
11:30 AM-noon	208368	208374
12:30-1 PM	208370	208381

MONDAY/WEDNESDAY

\$36 resident/\$54 non-resident

Time	Summer 1 June 23-July 23	Summer 4 July 28-Aug. 27
5:30-6 PM	208377	208379

FRIDAY

\$21 resident/\$32 non-resident

Time	Summer 1 July 11-Aug. 8
5:30-6 PM	208375

Preschool Pufferfish

3-6 years

Acquaint a preschool-aged child to the aquatic environment. Beginners will learn breath control, floating and kicking. More advanced students will be presented with the basic elements of front crawl and backstroke.

MONDAY-FRIDAY

\$36 resident/\$54 non-resident

Time	Summer 1 June 23-July 3*	Summer 2 July 7-18
9-9:30 AM	208428	208441
9:30-10 AM	208429	208442
10-10:30 AM	208430	208443
10:30-11 AM	208431	208444
11-11:30 AM	208432	208445
11:30 AM-noon	208433	208446
noon-12:30 PM	208434	208447
4-4:30 PM	208435	208448
4:30-5 PM	208436	208456
5-5:30 PM	208437	208457
5:30-6 PM	208438	208458
6-6:30 PM	208439	208459
6:30-7 PM	208440	208460

*No class July 4

Register by on-line or phone-in registration only. See directly above for class times.

MON-FRI	Dates	Resident	Non-resident
Summer 3	July 21-Aug. 1	July 19	July 20
Summer 5	Aug. 4-15	July 19	July 20
Summer 6*	Aug. 18-29	Aug. 16	Aug. 17

*Summer 6 will only include lessons offered after 4 PM.

MONDAY/WEDNESDAY

\$36 resident/\$54 non-resident

Time	Summer 1 June 23-July 23
9-9:30 AM	208404
9:30-10 AM	208405
3-3:30 PM	208406
3:30-4 PM	208407
4-4:30 PM	208408
4:30-5 PM	208409
5-5:30 PM	208410
5:30-6 PM	208411
6-6:30 PM	208412
6:30-7 PM	208413
7-7:30 PM	208414
7:30-8 PM	208415

Register by on-line or phone-in registration only. See directly above for class times.

M/W	Dates	Resident	Non-resident
Summer 4	July 28-Aug. 27	July 19	July 20

TUESDAY/THURSDAY

\$36 resident/\$54 non-resident

Time	Summer 1 June 24-July 24
9-9:30 AM	208416
9:30-10 AM	208417
3-3:30 PM	208418
3:30-4 PM	208419
4-4:30 PM	208420
4:30-5 PM	208421
5-5:30 PM	208422
5:30-6 PM	208423
6-6:30 PM	208424
6:30-7 PM	208425
7-7:30 PM	208426
7:30-8 PM	208427

Register by on-line or phone-in registration only. See directly above for class times.

T/TH	Dates	Resident	Non-resident
Summer 4	July 29-Aug. 28	July 19	July 20

(Continued on the next page)



Preschool Pufferfish (Continued)

FRIDAY
\$21 resident/\$32 non-resident

Time	Summer 1 July 11-Aug. 8
4-4:30 PM	208449
4:30-5 PM	208450
5-5:30 PM	208451
5:30-6 PM	208452
6-6:30 PM	208453
6:30-7 PM	208454
7-7:30 PM	208455

SATURDAY
\$21 resident/\$32 non-resident

Time	Summer 1 June 21-July 19
8-8:30 AM	208382
8:30-9 AM	208383
9-9:30 AM	208384
9:30-10 AM	208385
10-10:30 AM	208386
10:30-11 AM	208387
11-11:30 AM	208388
11:30 AM-noon	208389
noon-12:30 PM	208390
12:30-1 PM	208391

Register by on-line or phone-in registration only. See directly above for class times.

SATURDAY	Dates	Resident	Non-resident
Summer 4	July 26-Aug. 23	July 19	July 20

SUNDAY
\$21 resident/\$32 non-resident

Time	Summer 1 June 22-July 20
8-8:30 AM	208392
8:30-9 AM	208393
9-9:30 AM	208394
9:30-10 AM	208395
10-10:30 AM	208396
10:30-11 AM	208397
11-11:30 AM	208398
11:30 AM-noon	208399
noon-12:30 PM	208400
12:30-1 PM	208401

Register by on-line or phone-in registration only. See directly above for class times.

SUNDAY	Dates	Resident	Non-resident
Summer 4	July 27-Aug. 24	July 19	July 20

SATURDAY/SUNDAY
\$36 resident/\$54 non-resident

Time	Summer 1 June 21-July 20
10-10:30 AM	208402
10:30-11 AM	208403

Register by on-line or phone-in registration only. See directly above for class times.

SAT/SUN	Dates	Resident	Non-resident
Summer 4	July 26-Aug. 24	July 19	July 20



Starfish/Minnow

6-16 years

Get acquainted with the excitement of the aquatic world. Learn breath control, floating and other elementary skills.

MONDAY-FRIDAY
\$36 resident/\$54 non-resident

Time	Summer 1 June 23-July 3*	Summer 2 July 7-18
8-8:45 AM	208485	208493
9-9:45 AM	208486	208494
10-10:45 M	208487	208495
11-11:45 AM	208488	208496
noon-12:45 PM	208489	208500
4-4:45 PM	208490	208500
5-5:45 PM	208491	208501
6-6:45 PM	208492	208502

*No class July 4

Register by on-line or phone-in registration only. See directly above for class times.

MON-FRI	Dates	Resident	Non-resident
Summer 3	July 21-Aug. 1	July 19	July 20
Summer 5	Aug. 4-15	July 19	July 20
Summer 6*	Aug. 18-29	Aug. 16	Aug. 17

*Summer 6 will only include lessons offered after 4 PM.

MONDAY/WEDNESDAY
\$36 resident/\$54 non-resident

Time	Summer 1 June 23-July 23
3-3:45 PM	208470
4-4:45 PM	208471
5-5:45 PM	208472
6-6:45 PM	208473
7-7:45 PM	208474

Register by on-line or phone-in registration only. See directly above for class times.

M/W	Dates	Resident	Non-resident
Summer 4	July 28-Aug.27	July 19	July 20

TUESDAY/THURSDAY
\$36 resident/\$54 non-resident

Time	Summer 1 June 24-July 24
3-3:45 PM	208475
4-4:45 PM	208476
5-5:45 PM	208477
6-6:45 PM	208478
7-7:45 PM	208479
8-8:45 PM	208480

Register by on-line or phone-in registration only. See directly above for class times.

T/TH	Dates	Resident	Non-resident
Summer 4	July 29-Aug. 28	July 19	July 20

Starfish/Minnows (Continued)

FRIDAY
\$21 resident/\$32 non-resident

Time	Summer 1 July 11-Aug. 8
4-4:45 PM	208481
5-5:45 PM	208482
6-6:45 PM	208483
7-7:45 PM	208484

SATURDAY
\$21 resident/\$32 non-resident

Time	Summer 1 June 21-July 19
8-8:45 AM	208461
9-9:45 AM	208462
10-10:45 AM	208463
11-11:45 AM	208464

Register by on-line or phone-in registration only. See directly above for class times.

SATURDAY	Dates	Resident	Non-resident
Summer 4	July 26-Aug. 23	July 19	July 20

SUNDAY
\$21 resident/\$32 non-resident

Time	Summer 1 June 22-July 20
8-8:45 AM	208465
9-9:45 AM	208466
10-10:45 AM	208467
11-11:45 AM	208468
noon-12:45 PM	208469

Register by on-line or phone-in registration only. See directly above for class times.

SUNDAY	Dates	Resident	Non-resident
Summer 4	July 27-Aug. 24	July 19	July 20

SATURDAY/SUNDAY
\$36 resident/\$54 non-resident

Time	Summer 1 June 21-July 20
9-9:45 AM	208498
11-11:45 AM	208499

Register by on-line or phone-in registration only. See directly above for class times.

SAT/SUN	Dates	Resident	Non-resident
Summer 4	July 26-Aug. 24	July 19	July 20

Flying Fish

6-16 years

Knowing the elementary skills of swimming; develop the front crawl and backstroke techniques. Along with these strokes, learn safety skills, self-rescue and diving. Prerequisite: Minnows-level swimming skills.

MONDAY-FRIDAY
\$36 resident/\$54 non-resident

Time	Summer 1 June 23-July 3*	Summer 2 July 7-18
8-8:45 AM	208527	208535
9-9:45 AM	208528	208536
10-10:45 AM	208529	208537
11-11:45 AM	208530	208538
noon-12:45 PM	208531	208539
4-4:45 PM	208532	208540
5-5:45 PM	208533	208541
6-6:45 PM	208534	208542

*No class July 4

Register by on-line or phone-in registration only. See directly above for class times.

MON-FRI	Dates	Resident	Non-resident
Summer 3	July 21-Aug. 1	July 19	July 20
Summer 5	Aug. 4-15	July 19	July 20
Summer 6*	Aug. 18-29	Aug. 16	Aug. 17

*Summer 6 will only include lessons offered after 4 PM.



Flying Fish (Continued)

MONDAY/WEDNESDAY
\$36 resident/\$54 non-resident

Summer 1 June 23-July 23	
3-3:45 PM	208513
4-4:45 PM	208514
5-5:45 PM	208515
6-6:45 PM	208516
7-7:45 PM	208517

Register by on-line or phone-in registration only. See directly above for class times.

M/W	Dates	Resident	Non-resident
Summer 4	July 28-Aug. 27	July 19	July 20

TUESDAY/THURSDAY
\$36 resident/\$54 non-resident

Summer 1 June 24-July 24	
4-4:45 PM	208518
5-5:45 PM	208519
6-6:45 PM	208520
7-7:45 PM	208521
8-8:45 PM	208522

Register by on-line or phone-in registration only. See directly above for class times.

T/TH	Dates	Resident	Non-resident
Summer 4	July 29-Aug. 28	July 19	July 20

FRIDAY
\$21 resident/\$32 non-resident

Summer 1 July 11-Aug. 8	
Time	July 11-Aug. 8
4-4:45 PM	208523
5-5:45 PM	208524
6-6:45 PM	208525
7-7:45 PM	208526

SATURDAY
\$21 resident/\$32 non-resident

Summer 1 June 21-July 19	
Time	June 21-July 19
8-8:45 AM	208503
9-9:45 AM	208504
10-10:45 AM	208505
11-11:45 AM	208506

Register by on-line or phone-in registration only. See directly above for class times.

SATURDAY	Dates	Resident	Non-resident
Summer 4	July 26-Aug. 23	July 19	July 20

SUNDAY
\$21 resident/\$32 non-resident

Summer 1 June 22-July 20	
Time	June 22-July 20
8-8:45 AM	208507
9-9:45 AM	208508
10-10:45 AM	208509
11-11:45 AM	208510
noon-12:45 PM	208511

Register by on-line or phone-in registration only. See directly above for class times.

SUNDAY	Dates	Resident	Non-resident
Summer 4	July 27-Aug. 24	July 19	July 20

SATURDAY/SUNDAY
\$36 resident/\$54 non-resident

Summer 1 June 21-July 20	
Time	June 21-July 20
9-9:45 AM	208512

Register by on-line or phone-in registration only. See directly above for class times.

SAT/SUN	Dates	Resident	Non-resident
Summer 4	July 26-Aug. 24	July 19	July 20

Barracudas

16 years and under

Improve stamina and coordination, and learn breaststroke and sidestroke kicks and more safety skills. Prerequisite: Flying Fish-level swimming skills.

MONDAY-FRIDAY
\$36 resident/\$54 non-resident

Summer 1 June 23-July 3*		
Summer 2 July 7-18		
Time	June 23-July 3*	July 7-18
8-8:45 AM	208552	208573
9-9:45 AM	208553	208574
10-10:45 AM	208554	208575
11-11:45 AM	208555	208576
noon-12:45 PM	208556	208577
5-5:45 PM	208557	208578
6-6:45 PM	208558	208579
7-7:45 PM	208559	208580

*No class July 4

Register by on-line or phone-in registration only. See directly above for class times.

MON-FRI	Dates	Resident	Non-resident
Summer 3	July 21-Aug. 1	July 19	July 20
Summer 5	Aug. 4-15	July 19	July 20
Summer 6*	Aug. 18-29	Aug. 16	Aug. 17

*Summer 6 will only include lessons offered after 4 PM.

MONDAY/WEDNESDAY
\$36 resident/\$54 non-resident

Summer 1 June 23-July 23	
4-4:45 PM	208560
5-5:45 PM	208561
6-6:45 PM	208562
7-7:45 PM	208563
8-8:45 PM	208564

Register by on-line or phone-in registration only. See directly above for class times.

M/W	Dates	Resident	Non-resident
Summer 4	July 28-Aug. 27	July 19	July 20

TUESDAY/THURSDAY
\$36 resident/\$54 non-resident

Summer 1 June 24-July 24*	
3-3:45 PM	208565
4-4:45 PM	208566
5-5:45 PM	208567
6-6:45 PM	208568
7-7:45 PM	208569
8-8:45 PM	208570

Register by on-line or phone-in registration only. See directly above for class times.

T/TH	Dates	Resident	Non-resident
Summer 4	July 29-Aug. 28	July 19	July 20

FRIDAY
\$21 resident/\$32 non-resident

Summer 1 July 11-Aug. 8	
Time	July 11-Aug. 8
4-4:45 PM	208571

SATURDAY
\$21 resident/\$32 non-resident

Summer 1 June 21-July 19	
Time	June 21-July 19
8-8:45 AM	208543
9-9:45 AM	208544
10-10:45 AM	208545
11-11:45 AM	208546
noon-12:45 PM	208547

Register by on-line or phone-in registration only. See directly above for class times.

SATURDAY	Dates	Resident	Non-resident
Summer 4	July 26-Aug. 23	July 19	July 20

(Continued on the next column)

Barracudas (Continued)

SUNDAY
\$21 resident/\$32 non-resident

Summer 1 June 22-July 20	
Time	June 22-July 20
8-8:45 AM	208548
9-9:45 AM	208549
10-10:45 AM	208550
11-11:45 AM	208551

Register by on-line or phone-in registration only. See directly above for class times.

SUNDAY	Dates	Resident	Non-resident
Summer 4	July 27-Aug. 24	July 19	July 20

SATURDAY/SUNDAY
\$36 resident/\$54 non-resident

Summer 1 June 21-July 20	
Time	June 21-July 20
11-11:45 AM	208572

Register by on-line or phone-in registration only. See directly above for class times.

SAT/SUN	Dates	Resident	Non-resident
Summer 4	July 26-Aug. 24	July 19	July 20

Dolphins

16 years and under

This class coordinates, refines and polishes skills learned in previous levels. Butterfly is introduced, as are open turns, surface dives and diving. Emphasis is placed on developing efficiency, power and endurance. Prerequisite: Barracuda-level swimming skills.

MONDAY-FRIDAY
\$36 resident/\$54 non-resident

Summer 1 June 23-July 3*		
Summer 2 July 7-18		
Time	June 23-July 3*	July 7-18
9-9:45 AM	208590	208608
11-11:45 AM	208591	208609
noon-12:45 PM	208592	208610
4-4:45 PM	208593	208611
6-6:45 PM	208594	208612
7-7:45 PM	208595	208613

*No class July 4

Register by on-line or phone-in registration only. See directly above for class times.

MON-FRI	Dates	Resident	Non-resident
Summer 3	July 21-Aug. 1	July 19	July 20
Summer 5	Aug. 4-15	July 19	July 20
Summer 6*	Aug. 18-29	Aug. 16	Aug. 17

*Summer 6 will only include lessons offered after 4 PM.

MONDAY/WEDNESDAY
\$36 resident/\$54 non-resident

Summer 1 June 23-July 23	
3-3:45 PM	208596
4-4:45 PM	208597
5-5:45 PM	208598
6-6:45 PM	208599
7-7:45 PM	208600
8-8:45 PM	208601

Register by on-line or phone-in registration only. See directly above for class times.

M/W	Dates	Resident	Non-resident
Summer 4	July 28-Aug. 27	July 19	July 20

(Continued on the next page)

Registration Notice to Parents

Registration dates may occur prior to the completion of your child's current course. To determine the appropriate course to register your child in, speak with your child's instructor or have your child undergo a swim test. Swim testing is available during Recreational Swimming times listed in this section.

Dolphins (Continued)

TUESDAY/THURSDAY \$36 resident/\$54 non-resident

Summer 1
June 24-July 24

4-4:45 PM	208602
5-5:45 PM	208603
6-6:45 PM	208604
7-7:45 PM	208605
8-8:45 PM	208606

Register by on-line or phone-in registration only. See directly above for class times.

T/TH	Dates	Resident	Non-resident
Summer 4	July 29-Aug. 28	July 19	July 20

FRIDAY

\$21 resident/\$32 non-resident

Summer 1
Time July 11-Aug. 8

6-6:45 PM	208607
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SATURDAY

\$21 resident/\$32 non-resident

Summer 1
Time June 21-July 19

8-8:45 AM	208581
9-9:45 AM	208582
10-10:45 AM	208583
11-11:45 AM	208584

Register by on-line or phone-in registration only. See directly above for class times.

SATURDAY	Dates	Resident	Non-resident
Summer 4	July 26-Aug. 23	July 19	July 20

SUNDAY

\$21 resident/\$32 non-resident

Summer 1
Time June 22-July 20

8-8:45 AM	208585
9-9:45 AM	208586
10-10:45 AM	208587
11-11:45 AM	208588

Register by on-line or phone-in registration only. See directly above for class times.

SUNDAY	Dates	Resident	Non-resident
Summer 4	July 27-Aug. 24	July 19	July 20

SATURDAY/SUNDAY

\$36 resident/\$54 non-resident

Summer 1
Time June 21-July 20

12-12:45 AM	208589
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Register by on-line or phone-in registration only. See directly above for class times.

SAT/SUN	Dates	Resident	Non-resident
Summer 4	July 26-Aug. 24	July 19	July 20



Sharks

16 years and under

Prepare for a competitive team or just improve swimming skills. Learn flip turns, starts and dives. Refine the competitive strokes learned in previous classes. Prerequisite: Dolphin-level 6 card must be presented at the first class meeting. This class may be repeated.

MONDAY-FRIDAY \$36 resident/\$54 non-resident

Summer 1 Summer 2
Time June 23-July 3* July 7-18

8-8:45 AM	208630	208635
10-10:45 AM	208631	208636
4-4:45 PM	208632	208637
5-5:45 PM	208633	208638
7-7:45 PM	208634	208639

*No class July 4

Register by on-line or phone-in registration only. See directly above for class times.

MON-FRI	Dates	Resident	Non-resident
Summer 3	July 21-Aug. 1	July 19	July 20
Summer 5	Aug. 4-15	July 19	July 20
Summer 6*	Aug. 18-29	Aug. 16	Aug. 17

*Summer 6 will only include lessons offered after 4 PM.

MONDAY/WEDNESDAY

\$36 resident/\$54 non-resident

Summer 1
Time June 23-July 23

4-4:45 PM	208620
7-7:45 PM	208621
8-8:45 PM	208622

Register by on-line or phone-in registration only. See directly above for class times.

M/W	Dates	Resident	Non-resident
Summer 4	July 28-Aug. 27	July 19	July 20

TUESDAY/THURSDAY

\$36 resident/\$54 non-resident

Summer 1
Time June 24-July 24

3-3:45 PM	208624
4-4:45 PM	208625
6-6:45 PM	208626
7-7:45 PM	208627
8-8:45 PM	208628

Register by on-line or phone-in registration only. See directly above for class times.

T/TH	Dates	Resident	Non-resident
Summer 4	July 29-Aug. 28	July 19	July 20

FRIDAY

\$21 resident/\$32 non-resident

Summer 1
Time July 11-Aug. 8

7-7:45 PM	208629
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SATURDAY

\$21 resident/\$32 non-resident

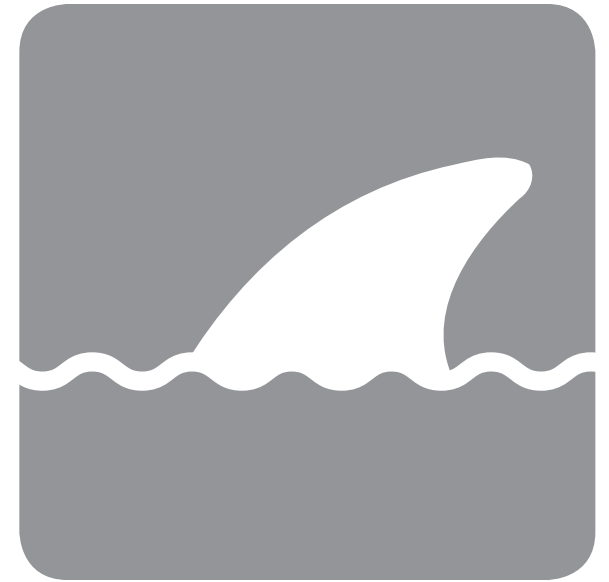
Summer 1
Time June 21-July 19

10-10:45 AM	208614
11-11:45 AM	208615
noon-12:45 PM	208616

Register by on-line or phone-in registration only. See directly above for class times.

SATURDAY	Dates	Resident	Non-resident
Summer 4	July 26-Aug. 23	July 19	July 20

(Continued on the next column)



Sharks (Continued)

SUNDAY

\$21 resident/\$32 non-resident

Summer 1
Time June 22-July 20

9-9:45 AM	208617
10-10:45 AM	208618
11-11:45 AM	208619

Register by on-line or phone-in registration only. See directly above for class times.

SUNDAY	Dates	Resident	Non-resident
Summer 4	July 27-Aug. 24	July 19	July 20

SATURDAY/SUNDAY

\$36 resident/\$54 non-resident

Summer 1
Time June 21-July 20

8-8:45 AM	208623
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Register by on-line or phone-in registration only. See directly above for class times.

SAT/SUN	Dates	Resident	Non-resident
Summer 4	July 26-Aug. 24	July 19	July 20

Board Diving

6-16 years

Learn the basics of one and three meter springboard diving. The course will focus on safely teaching the fundamentals of basic board diving. Prerequisite: Standing front dive and Barracuda-level swimming skills. This class may be repeated.

MONDAY-FRIDAY

\$36 resident/\$54 non-resident

Summer 1 Summer 2 Summer 3
Time June 23-July 3* July 7-18 July 21-Aug. 1

9-9:45 AM	208640	208642	208646
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*No class July 4

Summer 5
Time Aug. 4-15

9-9:45 AM	208647
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TUESDAY/THURSDAY

\$36 resident/\$54 non-resident

Summer 1 Summer 4
Time June 24-July 24 July 29-Aug. 28

9:45-10:30 AM	208641	208644
6-6:45 PM	208643	208645

Registration Notice to Parents

Registration dates may occur prior to the completion of your child's current course. To determine the appropriate course to register your child in, speak with your child's instructor or have your child undergo a swim test. Swim testing is available during Recreational Swimming times listed in this section.



Fundamentals of Water Polo

8-17 years
 This course will cover the basic skills and strategies of the game. Learn game rules, ball control, passing, shooting and basic play. Prerequisite: Barracuda-level swimming skills.

MONDAY/WEDNESDAY

\$36 resident/\$54 non-resident		
	Summer 1	Summer 4
Time	June 23-July 23	July 28-Aug. 27
3-3:45 PM	208666	208669

TUESDAY/THURSDAY

\$36 resident/\$54 non-resident		
	Summer 1	Summer 4
Time	June 24-July 24	July 29-Aug. 28
3-3:45 PM	208667	208670

SUNDAY

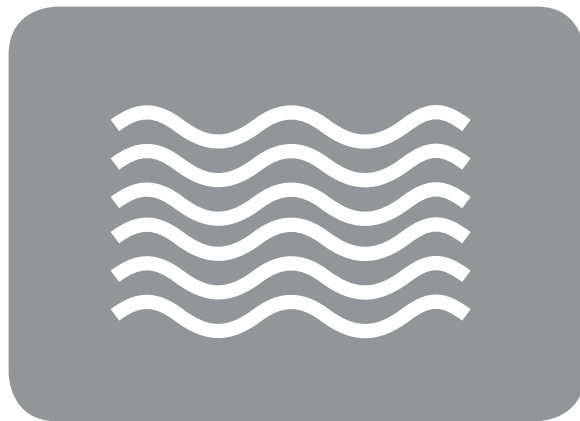
\$21 resident/\$32 non-resident		
	Summer 1	Summer 4
Time	June 22-July 20	July 27-Aug. 24
noon-12:45 PM	208665	208668

Summer Recreation Swim Team

June 23-Aug. 15
6-18 years
\$2.00 or child ticket (Payable at each workout)
 The Summer Recreation Swim Team is open to Cerritos residents, and workouts will be held on Mondays, Wednesdays and Fridays, from 1-2:30 PM. The team will compete in local events including the SCMAF-Southeast Meet.

Recreational Swim Meet

\$7 resident/\$11 non-resident **One Day**
 You can compete in up to three events, including freestyle, breaststroke, backstroke and butterfly. There will be separate male and female divisions. Distances are 25, 50 and 100 yards and are based on age division. Warm-up will begin at 5 PM, and the meet will begin at 6 PM.
Fri., July 25 **Swim & Fitness Center** **5 PM**
206565 6 years and under
206566 7-8 years
206567 9-10 years
206568 11-12 years
206569 13-17 years
206570 18-49 years
206571 50 years and above



Junior Lifeguard Day Camp

This five week session will include training in water safety, CPR, first aid, water polo, and other aquatics activities. The fee includes all day daily camp activities and snacks. Prerequisite: Must be able to swim 4 laps (100 yards), under 2 minutes 30 seconds. Testing required before registration. Participants may come to the Cerritos Swim & Fitness Center during recreational swim hours for testing.

\$70 resident/\$105 non-resident			5 weeks
206572	T/Th, June 24-July 24	10-14 years	1-4:30 PM
	Cerritos Swim & Fitness Center		



Half-Pint Polo

Children will be introduced to the sport of water polo while improving their swimming proficiency. The class will be conducted in a non-competitive environment with a special emphasis on water safety. The course will be held in the shallow section of the pool and flotation devices will be provided.

\$36 resident/\$54 non-resident			9 classes
208671	M/W, June 23-July 23	5-9 years	6-6:45 PM
	Cerritos Swim & Fitness Center		

Adult Beginning Swimming

16 years and over
 This is a basic swim course for the adult just learning to swim. The course is designed to teach floating and basic stroke techniques, including the front crawl and elementary backstroke. No previous skills required.

MONDAY-FRIDAY

\$36 resident/\$54 non-resident			
	Summer 1	Summer 2	Summer 3
Time	June 23-July 3*	July 7-18	July 21-Aug. 1
8-8:45 AM	208676	208682	208685

*No class July 4

	Summer 5
Time	Aug. 5-16
8-8:45 AM	208686

TUESDAY/THURSDAY

\$36 resident/\$54 non-resident		
	Summer 1	Summer 4
Time	June 24-July 24*	July 29-Aug. 28
7-7:45 PM	208677	208683
8-8:45 PM	208678	208684

SATURDAY

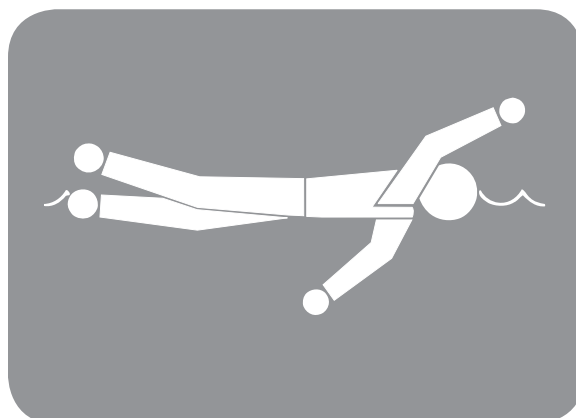
\$21 resident/\$32 non-resident		
	Summer 1	Summer 4
Time	June 21-July 19	July 26-Aug. 23
8-8:45 AM	208672	208687
9-9:45 AM	208673	208679

SUNDAY

\$21 resident/\$32 non-resident		
	Summer 1	Summer 4
Time	June 22-July 20	July 27-Aug. 24
8-8:45 AM	208674	208680

SATURDAY/SUNDAY

\$36 resident/\$54 non-resident		
	Summer 1	Summer 4
Time	June 21-July 20	July 26-Aug. 24
8-8:45 AM	208675	208681



Adult Intermediate Swimming

16 years and over
 Continue to improve the front crawl and be introduced to the breaststroke and sidestroke. Depending on skill level, treading water, diving and flip turns may be introduced. The majority of class time will be spent in deep water. Prerequisite: Adult Beginning-level swimming skills.

MONDAY-FRIDAY

\$36 resident/\$54 non-resident			
	Summer 1	Summer 2	Summer 3
Time	June 23-July 3*	July 7-18	July 21-Aug. 1
8-8:45 AM	208694	208695	208696

*No class July 4

	Summer 5
Time	Aug. 4-15
8-8:45 AM	208697

TUESDAY/THURSDAY

\$36 resident/\$54 non-resident		
	Summer 1	Summer 4
Time	June 24-July 24	July 29-Aug. 28
8-8:45 PM	208690	208693

SATURDAY

\$21 resident/\$32 non-resident		
	Summer 1	Summer 4
Time	June 21-July 19	July 26-Aug. 23
8-8:45 AM	208688	208691

SUNDAY

\$21 resident/\$32 non-resident		
	Summer 1	Summer 4
Time	June 22-July 20	July 27-Aug. 24
8-8:45 AM	208689	208692



Semi-Private Swim Classes

\$67 resident/\$101 non-resident
 Small group instruction is available for all ages and levels, from beginners to competitive swimmers. With only three students per instructor, these classes offer a more individualized approach to learning how to swim. Ten, 30 minute classes are available M/W or T/Th. For additional information, please call the Swim & Fitness Center at (562) 407-2600.

Summer 1

M/W	June 23-July 23
T/Th	June 24-July 24

Summer 4

M/W	July 28-Aug. 27
T/Th	July 29-Aug. 28

Semi-Private Registration Dates:

Please register through regular on-line and phone-in registration times. On-line registration begins on Saturday, May 3 and phone-in registration begins on Thursday, May 8 at 10 AM for Cerritos residents. For more information on dates and how to register, please refer to the registration section on pages 19 and 20.



Private Swim Classes

\$94 resident/\$141 non-resident

The Swim & Fitness Center offers one-to-one private swim lessons for all ages. Ten, 20-minute classes are available M/W or T/Th. An individual 20-minute private lesson is also available for \$19 for Cerritos residents. For additional information, please call the Swim & Fitness Center at (562) 407-2600.

Summer 1

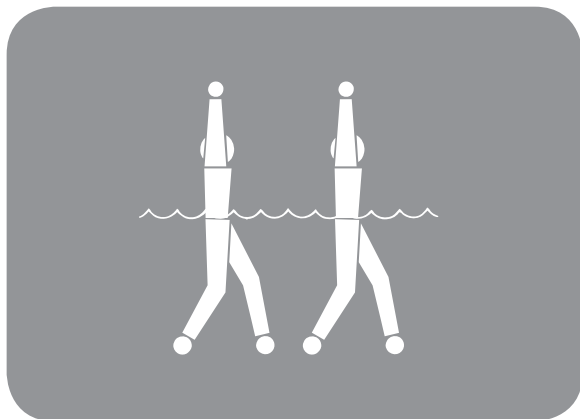
M/W June 23-July 23
T/Th June 24-July 24

Summer 4

M/W July 28-Aug. 27
T/Th July 29-Aug. 28

Private Registration Dates:

Please register through regular on-line and phone-in registration times. On-line registration begins on Saturday, May 3 and phone-in registration begins on Thursday, May 8 at 10 AM for Cerritos residents. For more information on dates and how to register, please refer to the registration section on pages 19 and 20.



Water Exercise

Shallow-Water Aerobics

\$3 resident/\$5 non-resident 14 years and older
(Payable at each class meeting)

Suffering from the stress and strain of dry land exercising? Water aerobics offers a safe solution. This is a generalized water-aerobic exercise program in a fun atmosphere. Cerritos residents with proper ID may pre-purchase admittance at any time, during hours of operation, on the same day of class. Non-residents may pre-purchase admittance one hour before class begins, on the same day of the class. Proper ID must be presented each time to receive resident rate.

T/Th 7-8 PM and 8-9 PM
Sat. 9-10 AM

Deep Water Aerobics

\$3 resident/\$5 non-resident 14 years and older
(Payable at each class meeting)

Designed as a full body workout without any impact on your joints, deep-water aerobics is a great workout. The entire class is taught in deep water while wearing a flotation belt, which is available for purchase at the Swim & Fitness Center for \$20. Appropriate ID must be presented every time to receive the resident rate.

M/W 6-7 PM
Sat. 8-9 AM

Facility Information

Birthday Party Packages

Cerritos residents can arrange to have a recreation leader provide activities for up to 20 children, between the ages of 5 and 12, at the Cerritos Olympic Swim and Fitness Center, Cerritos Park East Community Center, Heritage Park Community Center, or Liberty Park Community Center. Fee for the package is \$45. Specific facility information is listed below.

Birthday Party Packages – Cerritos Olympic Swim & Fitness Center

The \$45 fee includes admittance to the pool for up to 20 children, tables, chairs, and a designated space for a minimum of two hours. Packages are available on Saturdays and Sundays between the hours of 12 PM and 3 PM. Recreation leaders will provide activities for 30 minutes. All applicable fees will be applied to adults wishing to access pool. Children who cannot swim and are less than four feet tall must be accompanied in the water by a paying adult.

Birthday Party Packages – Community Centers

Cerritos residents requesting a Birthday Party Package must have a reservation at one of the picnic shelters at Cerritos Park East, Heritage Park or Liberty Park. Fee for the package is \$45 (the shelter rental fee is a separate/additional fee). Recreation leaders will provide activities for 45 minutes. Packages are available on Saturdays and Sundays between the hours of 11 AM and 5 PM. For more information, please call Heritage Park at (562) 916-8570, Liberty Park at (562) 916-8565 or Cerritos Park East at (562) 407-2611.

Moon Bounce/Special Attraction use at Cerritos Recreational Facilities

Cerritos residents are permitted to have a special attraction/moon bounce at their family or neighborhood related functions. Please be aware of the following policies:

- Advance reservation for a shelter is required. There are a limited number of areas designated at each facility and the item must be powered by a gasoline generator. All special attractions must be supervised by an adult from the time they are delivered until they are picked up.
- Choose from one of the vendors who have a current certificate of insurance on file with the City of Cerritos or select an alternate company.
- If using an alternate company, an original certificate of insurance is required in the amount of one (1) million dollars, naming the City of Cerritos, its officers, employees, agents and volunteers as additional insured and a supplement endorsement. Both items are due at least ten (10) business days prior to the reservation.
- Moon bounce/jumper size must not exceed 15' x 15'; no combos, climbers, water attractions, or slides.
- All special attraction requests are subject to approval by the Facility Coordinator and Supervisor.

Please visit one of the Cerritos Community Centers – Cerritos Park East, Heritage Park or Liberty Park – for reservation information and facility availability. Moon bounces are only allowed at the following recreational facilities, during normal operating hours: Cerritos Park East, Frontier Park, Heritage Park, Liberty Park and Westgate Park. For further information, please contact the Recreation Services Division at (562) 916-1254.



Registration Information

On-line Registration Tips

On-line registration is the recommended method of registering for classes. To check the availability of classes or register for classes, please visit the Cerritos HomePage at www.cerritos.us and look for the on-line registration link. Econnect is best viewed with Internet Explorer. Before registering for classes on-line, print the Econnect User's Guide for step-by-step instructions.

In order to register on-line, patrons must be in the City's class registration database and have obtained a family account access PIN number and individual family member personal numbers. Only Visa and MasterCard will be accepted as payment. For additional information and/or to obtain the PIN numbers, please call the Recreation Services Division at (562) 916-1254. If a computer is not accessible for patrons, computers at the Cerritos Library may also be utilized.

Mail-in Registration Tips

Mail-in registration confirmations and waiting list notifications will be mailed to homes beginning Wednesday, May 7. Please contact the Recreation Services Division if mail-in registration notification has not been received by May 23.

Walk-in Registration Tips

Walk-in registration will be held at all community centers, Swim & Fitness Center and Golf Course, beginning at 10 AM. The Cerritos Sports Complex will be open for registration beginning on the above dates at 3 PM. Registration will continue until classes are full.

Refund Policy:

- If a class is cancelled by the City, a full refund will be given.
- If the request to withdraw from a class is three (3) days or more before the first class meeting, a refund will be granted, minus a \$5 service fee per registrant, per class.
- Requests for class withdrawal less than three (3) days prior to the first class meeting will not be granted.
- Any person registered in an aquatics class above their skill level will be dropped from the class without a refund.
- Registration for excursions is non-transferable. No refunds will be given unless the trip is cancelled by the City.

Other Information

Cerritos Parks and Recreation Commission

The City of Cerritos Parks and Recreation Commission meets monthly to advise the staff and City Council on policy matters relating to parks and recreation. The regular Commission meetings are held at 7 PM on the first Thursday of each month (except January and April) in the City Council Chambers at City Hall. The public is invited to attend.

Chairperson:	Kenneth Cha
Vice-Chairperson:	Cindy Yen Chen
Commissioner:	Brad Beach
Commissioner:	Jack Reidy
Commissioner:	Jim Yee



Sports Organizations

The City of Cerritos supports a variety of sports activities for both youth and adults. Below is a list of service organizations and contact persons. If you are unable to locate a specific organization, please contact the Recreation Services Division at (562) 916-1254.

Aquatics

Cerritos Aquatic Club (youth)
 Year round–Jean Gaerlan, (562) 217-5035

Pacific Diving (youth)
 Year round–Andy & Amy Kwan, (562) 229-1927

Baseball/Softball/T-Ball

City of Cerritos Recreation Services (youth)
 Baseball, February-June–(562) 916-8590

Cerritos Franchise Fastpitch Travel Club (youth)
 Softball, Shawn Quarles, (562) 895-4811

Cerritos Little League (youth)
 Baseball, Gail Kato, (714) 335-9223

Cerritos Girls Softball (youth)
 Girls' fastpitch softball–Lori Williams (562) 301-1673

Frontier Youth Baseball (youth)
 Baseball, Gene Luevano, (562) 888-3565–www.frontierbaseball.org

Major League Softball (adult)
 Slowpitch softball, year round–Dave Johnson, (714) 289-1983

Basketball

City of Cerritos Recreation Services (youth)
 November-March–(562) 916-8590

Cerritos Academy of Youth Basketball (youth)
 Year round-Ossie Grigsby, (714) 504-7125

Cerritos Youth Basketball Club (youth)
 Year round-Thomas Williams, (562) 667-6091

Football

City of Cerritos Recreation Services (youth)
 Flag football, September-November–(562) 916-8590

Golf

Cerritos Iron-Wood Nine Women's Golf Club (adult)
 Year round–Judy O'Leary, (562) 924-9017

Soccer

City of Cerritos Recreation Services (youth)
 May-August–(562) 916-8590

American Youth Soccer Organization – Region 54 (youth)
 ayo54.org

Cerritos Korean Soccer (adult)
 Brian Choi, (562) 843-8443

Cerritos United Soccer Club (youth)
 www.cuscoccer.net, (562) 252-1781

Korean American O.B. Soccer Club (adult)
 Tae Kim, (714) 875-4528

New Star Soccer Club (adult)
 Peter Shim, (213) 792-7388

City Facilities and Hours

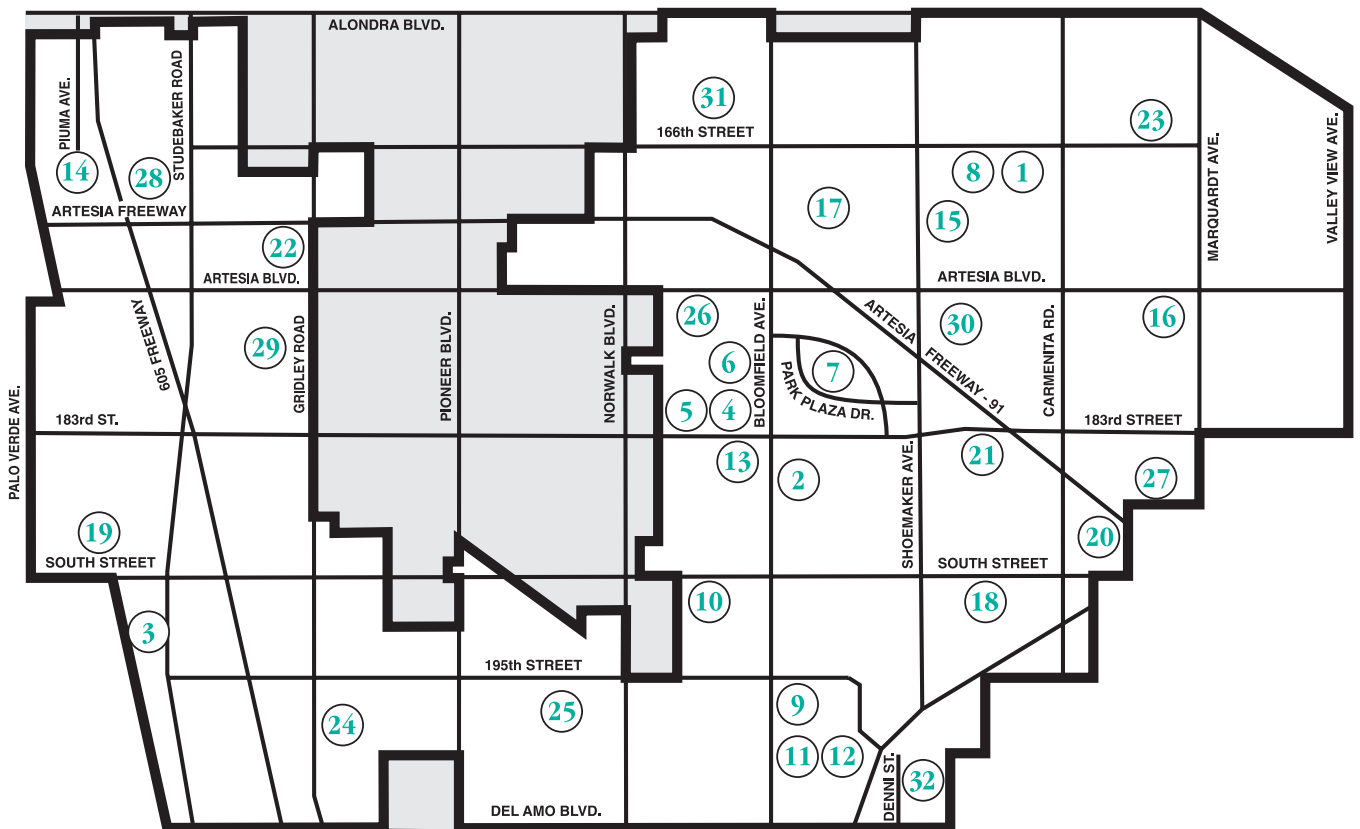
Community Centers

Monday-Friday, 10 AM-9:30 PM
 Saturday/Sunday, 10 AM-8 PM

- 1 **Cerritos Park East**
 13234 E. 166th St., (562) 407-2611
- 2 **Heritage Park**
 18600 Bloomfield Ave., (562) 916-8570
 Play Island: Daily, 10 AM to Dusk
 Tuesday, 2 PM to Dusk
- 3 **Liberty Park**
 19211 Studebaker Rd., (562) 916-8565

Special Facilities

- 4 **Cerritos City Hall/Civic Center**
 Bloomfield at 183rd Street, (562) 860-0311
 Monday-Friday, 8 AM-5 PM
- 5 **Cerritos Sheriff's Station/
 Community Safety Center**
 18135 Bloomfield Ave., (562) 860-0044
- 6 **Cerritos Library/Civic Center**
 18025 Bloomfield Ave., (562) 916-1350
 Monday-Friday, 10 AM-9 PM
 Saturday, 9 AM-5 PM, Sunday, 1-5 PM
- 7 **Cerritos Center for the Performing Arts**
 12700 Center Court Drive, (562) 916-8500
- 8 **Cerritos Olympic
 Swim and Fitness Center**
 13150 E. 166th St., (562) 407-2600
 Monday-Friday, 5:30 AM-9 PM
 Saturday/Sunday, 7 AM-7 PM
- 9 **Cerritos Regional County Park**
 19700 Bloomfield Ave., (562) 924-5144
- 10 **Cerritos Senior Center
 at Pat Nixon Park**
 12340 South St., (562) 916-8550
- 11 **Cerritos Sports Complex**
 19900 Bloomfield Ave., (562) 916-8590
 Monday-Friday, 3-8 PM
 Saturday/Sunday, 10 AM-3 PM
- 12 **Cerritos Skate Park
 at the Cerritos Sports Complex**
 19900 Bloomfield Ave., (562) 916-8590
 Monday, 11 AM-Dusk
 Tuesday-Sunday, 8 AM-Dusk



Neighborhood Parks

- 13 **Community Gym at
 Cerritos High School**
 12500 E. 183rd St., (562) 916-8577
- 14 **Cerritos Iron-Wood Nine
 Golf Course**
 16449 Piuma Ave., (562) 916-8400
 Course Hours: Daily 6 AM to Sunset
 Range Hours: Daily 6 AM to 8:30 PM*
 Thursday 10 AM to 8:30 PM*
 *The last range bucket will be sold 30 minutes prior to closing.
- 15 **Community Gym at
 Whitney High School**
 16800 S. Shoemaker Ave., (562) 407-2635
- 16 **Friendship Park***
 13650 Acoro St.
- 17 **Frontier Park***
 16910 Maria Ave., (562) 407-2648
- 18 **Sunshine Park***
 19310 Vickie Ave.
- 19 **Westgate Park***
 18830 San Gabriel, (562) 916-8580
- 20 **Bettencourt Park**
 13575 Andy St.
 *Parks will be staffed
 Monday-Friday, 1-5 PM
 (June 23-Aug. 29)
 (Closed on days of inclement
 weather)
- 21 **Brookhaven Park**
 13167 Brookhaven St.
- 22 **Ecology Park**
 17133 Gridley Rd.
- 23 **Gonsalves Park**
 13611 E. 166th St.
- 24 **Gridley Park**
 Gridley and Yearling
- 25 **Jacob Park**
 Jacob and Yearling
- 26 **Loma Park**
 17503 Stark St.
- 27 **Rainbow Park**
 18600 S. Linda Cir.
- 28 **Reservoir Hill Park**
 16733 Studebaker Rd.
- 29 **Rosewood Park**
 17715 Eric Ave.
- 30 **Saddleback Park**
 13037 Acoro St.
- 31 **Satellite Park**
 12410 Ash Creek Road
- 32 **El Rancho Verde Park**
 7815 Denni St.

Registration Instructions & Form

On-line Registration

cerritos.us

Cerritos Resident

Day Camp Classes

Friday, May 2 at 6 p.m.

Aquatics Classes

Saturday, May 3 at 10 a.m.

Non-Aquatics Classes

Sunday, May 4 at 10 a.m.

Non-Resident

All Classes

Friday, May 9 at 10 a.m.

You will not receive confirmation by mail for classes that were registered on-line or by phone. Please print a receipt at the conclusion of your transaction. Only Visa and MasterCard are accepted for on-line registration.

Additional Information

- Classes will begin the week of **June 24** unless otherwise listed.
- **CASH** will **NOT** be accepted for mail-in registration. You may pay with check, money order, MasterCard or Visa.
- If a class is full, you will be placed on the waiting list and no payment will be taken for your registration.

Mail-in Registration

(Cerritos residents only)

Must not be postmarked before:

Wednesday, April 30

Mail-in registration will be processed concurrently with on-line registration beginning **May 2** through **May 8**. Those postmarked April 30 and earlier will be processed with those received on **May 8**.

ENCLOSE CHECK or money order payable to the **City of Cerritos**. MasterCard and Visa are also accepted. **Mail** the completed registration form and payment to:

SUMMER RECREATION

P.O. Box 3130
Cerritos, CA 90703

DO NOT BRING TO CITY HALL OR ANY CITY FACILITY.

Refund Policy:

- If a class is canceled by the City, a full refund will be given.
- If you request to withdraw from a class three (3) days or more before the first class meeting, you will receive a refund, minus a \$5 service fee per registrant, per class.
- Requests for class withdrawal less than three (3) days prior to the first class meeting will not be granted.
- Any person registered in an aquatics class above their skill level will be dropped from the class without a refund.
- Registration for excursions is non-transferable. No refunds will be given unless the trip is canceled by the City.

Walk-in Registration

Phone-in Registration

(562) 916-8470

All Classes

Cerritos Resident

Thursday, May 8 at 10 a.m.

Non-Resident

Friday, May 9 at 10 a.m.

Only Visa and MasterCard are accepted for phone-in registration.

Recreation Services Division

Bloomfield Avenue at 183rd Street

Cerritos, CA 90703

Monday-Friday, 8 a.m. - 5 p.m. (562) 916-1254

Registration Instructions

- Step 1 Read through the brochure for suitable classes
- Step 2 Fill out registration form below for all desired classes and alternate choices
- Step 3 Choose method of registration (on-line, mail-in, phone-in, walk-in) and NOTE DATES OF REGISTRATION (Any patrons that are not in the City's class registration database must submit proper paperwork, which includes a birth certificate for all children 17 years and under.)
- Step 4 Confirmation of registered and wait listed classes can be viewed on-line (see on-line instructions or call phone-in hotline).

Step 1

Please fill out this section.

Main Contact last name		Main Contact first name		MIF	
Address				Date of birth	
City/zip					
Home phone	()	E-mail address			
Daytime phone	()	Please check the box if you agree to receive Cerritos Recreation Services e-mails. <input type="checkbox"/>			

Step 2

CLASS registration form

You must be entered in the City's CLASS registration database.

Name of Participant Last name, first name	Class Title	Class Registration Number			
		First choice	Fee	Alternate choice	Fee

Waiver and Release Agreement

I, the undersigned parent or guardian, do hereby agree to allow the individual(s) named herein to participate in the aforementioned activity(ies) and further agree to indemnify and hold harmless the City of Cerritos, its agents, officers, employees and volunteers from all harm, accidents, personal injury or property damage which may be suffered by the aforementioned individual(s), arising out of, or in any way connected with, participation in this activity.

Signature: _____ Parent Guardian Participant (if over 18 years) Date: _____

Payment by:

Check Visa

Money Order MasterCard

Credit card number: [][][][] - [][][][] - [][][][] - [][][][] Registration Total \$ _____

Expiration date: [][] - [][]
month year

Cardholder's name

(as it appears on the card): _____

Signature: _____

FOR STAFF USE ONLY

Date _____ Staff Initials _____

Comments _____
