

## GETTY CENTER

Travel back in time with a trip to the recently rebuilt Getty Museum. Then make your way over to the beautiful and historical Getty Center. The Getty's beauty begins with spectacular gardens and beautiful architecture. Once inside, the journey continues with famous works of art including paintings and sculptures. This is one trip that will be etched into your mind for years to come!

### Saturday

Date/Session: November 20  
 Fees: \$30.00  
 Register by: November 5

## HEARST CASTLE AT CHRISTMAS

Spend your day sightseeing in the beautiful town of Cambria and then experience an evening full of Christmas at the castle. In full Christmas decoration, the castle is made to look, as it would have in the 1920's. Join us for a room-by-room tour of the castle in all its holiday glory! Space is limited so register early!

### Saturday OR Sunday

Date/Session: 001 December 11  
 002 December 12  
 Fees: \$65.00  
 Register by: November 19

**OVER NIGHT TRAVEL OPPORTUNITIES COMING IN 2011!!**

The long awaited opportunity is here for all to enjoy! Travel across the United States or even fly to Europe!

Call Haley at 875-8092 for more information and upcoming Overnight Travel Opportunities!



# ADULT PROGRAMS



## DIGITAL PHOTOGRAPHY

This 8 week course provides basic instructions on how to use a digital camera and output the picture to a photo quality printer. Participants will get hands-on experience and instruction on shooting indoors under various lighting conditions with and without flash. Outdoor shooting will emphasize available light and flash-fill of people, lines, shapes, and textures. How to download photos, print, and save them for future use. A materials fee is due to the instructor at the first day of class. Material fee will cover 4x6 prints & DVD storage of photographs from your memory cards.

### Wednesdays

Age: 18 and up  
 Session/Date: 001 September 8-October 27  
 Time: 6:30PM-9:00PM  
 Location: Anderson Recreation Center, Skyroom  
 Instructor: Clayton Folge  
 Fees: \$80.00 (R), \$96.00 (N)

## CROSS STITCHING AND NEEDLEWORK

These one day workshops will teach the basics of cross stitching and some exposure to other forms of needlework and some other crafts as well. The day includes 2 projects; a monogram and a heart motif surrounded by a diamond shape. A \$14 material fee needs to be paid to instructor the day of the workshop. Materials include special fabric, needles, threader, embroidery hoop, patterns, flosses and project instructions.

### Saturdays

Age: 18 and up  
 Session/Date: 001 September 18  
 002 October 2  
 Time: 9:00AM-12:00PM  
 Location: Anderson Recreation Center, Conference Room  
 Instructor: Lilia Rochester  
 Fees: \$40.00 (R), \$48.00 (N)

## PREPARING FOR THE HOLIDAYS

This workshop will give the student a countdown to the holidays with numerous tips, tactics and help so that the student can be totally prepared and stress free. Come and learn how this holiday season can be a breeze while shopping for gifts, attending office and classroom parties and maintaining house hold chores!

### Saturdays

Age: 18 and up  
 Session/Date: 001 September 25  
 002 October 9  
 Time: 9:00AM-12:00PM  
 Location: Anderson Recreation Center, Conference Room  
 Instructor: Lilia Rochester  
 Fees: \$40.00 (R), \$48.00 (N)

## CAKE DECORATING - BEGINNING

A fun class to learn the basics of creating special cakes. Celebrate all of those special occasions, holidays, birthdays, or anniversaries with cakes that you've decorated... just like the professionals! A supply list is available at the Front Desk when registration.

### Tuesdays

Age: 14 and up  
 Session/Date: September 7-October 12  
 Time: 6:30PM-8:30PM  
 Location: Anderson Recreation Center, Kitchen  
 Instructor: Arlene Carlon  
 Fees: \$36.00 (R), \$43.00 (N)

## CAKE DECORATING - ADVANCED

Celebrate those special occasions and prepare for the upcoming holidays with your family and friends by participating in a fun class to learn more specialized skills as it applies to cake decorating. Come and create a masterpiece for your next upcoming event! A supply list is available at the Front Desk when registering and previous cake decorating experience is required.

### Tuesdays

Age: 14 and up  
 Session/Date: 001 October 19-November 23  
 Time: 6:30PM-8:30PM  
 Location: Anderson Recreation Center, Kitchen  
 Instructor: Arlene Carlon  
 Fees: \$36.00 (R), \$43.00 (N)

## AMERICAN RED CROSS ADULT, CHILD, INFANT CPR & FIRST AID

This comprehensive First Aid and CPR course for the general public, teaches recognition and caring for breathing and cardiac emergencies for adults, children, and infants. Learn to identify and care for life-threatening bleeding, sudden illness, and injuries.

### Tuesday AND Thursday

Age: 17 and up  
 Session/Dates: 001 Sept 21 & 23  
 002 Nov 2 & 4  
 Time: 5:30PM-9:30PM  
 Location: Lompoc Aquatic Center, Classroom  
 Fees: \$55.00(R), \$66.00(N)

## DANCE FITNESS

Dance Fitness is exercise in disguise! Dancing is a great way to relieve stress and lose weight. When it comes to aerobic activity most people dread it, but everyone enjoys dancing to their favorite jams. Imagine having fun while exercising!! Monday classes will be held in the Skyroom and Wednesday classes will be held in the Panorama Room at the Anderson Recreation Center.

### Mondays AND Wednesdays

Age: 18 and up  
 Session/Date: 001 September 1-29  
 002 October 4-27  
 003 November 1-24  
 004 December 6-29  
 Location: Anderson Recreation Center  
 Time: 6:00PM-7:00PM  
 Instructor: Keith Marshall  
 Fees: \$30.00 (R), \$36.00 (N)

## BALLROOM BASICS FOXTROT

If you love the "crooners" like Michael Bubl , Frank Sinatra, and Harry Connick Jr., why not dance to the music you love to hear? Foxtrot, an American original, born and bred in the U.S.A. Smooth and slow or upbeat and lively, there's a foxtrot to fit your style.

### Mondays

Age: 18 and up  
 Session/Date: October 18 - November 15  
 Location: Anderson Recreation Center, Panorama Room  
 Time: 7:00PM-8:00PM  
 Instructor: Rebecca Reid  
 Fees: \$25.00 (R), \$30.00 (N)

## BALLROOM CLASSICS WALTZ

Shocking to civilized society when it was first introduced-because partners held one another in their arms-waltz has gained respectability in recent centuries. Now, the waltz is probably the most widely recognized partner dance in the world and is considered one of the "backbone" dances of ballroom and country dancing. Shock your partner. Take them to waltz class.

### Mondays

Age: 18 and up  
 Session/Date: October 18 - November 15  
 Location: Anderson Recreation Center, Panorama Room  
 Time: 8:00 PM-9:00PM  
 Instructor: Rebecca Reid  
 Fees: \$25.00 (R), \$30.00 (N)

## NIGHT CLUB DANCE

Also known as Night Club 2-step, this is the "slow dance for dancers". Night Club is danced to many types of slow and medium tempo music, including country and popular ballads. Have a holiday party coming up? Wedding? You need this class to dance the night away with confidence and ease .

### Mondays

Age: 18 & up  
 Session/Date: 001 October 18-November 15  
 Location: Anderson Recreation Center, Panorama Room  
 Time: 7:00PM-8:00PM  
 Instructor: Rebecca Reid  
 Fees: \$25.00 (R), \$30.00 (N)



## EAST COAST SWING

Ready to rock and roll? With the fundamentals of East Coast Swing, you'll be ready for some high energy fun! Dancing is a great way to stay in shape, meet new people and connect with friends. We'll begin with the fundamentals to get you dancing right away, then move on to fun, easy patterns to keep you rockin' all night!

### Mondays

Age: 18 & up  
 Session/Date: September 13-October 11  
 Location: Anderson Recreation Center, Panorama Room  
 Time: 7:00PM-8:00PM  
 Instructor: Rebecca Reid  
 Fees: \$25.00 (R), \$30.00 (N)

## *Planning a Get-Together?*

*If you are thinking of planning a family reunion, anniversary party or just a celebration with friends, the Civic Auditorium or the Anderson Recreation Center is the place!*

The facilities are available for rent on the weekends and most evenings. For more information on renting this facility or any other Park and Recreation facility, please contact our administrative offices at 875-8100, Monday through Friday between 9:00 am and 5:00 pm.

## BELLY DANCING

Belly dancing is a fun, sensual way to tone your stomach muscles without doing crunches. Belly Dancing is beneficial to women of all ages. No experience level required. Movements can be performed in socks, soft dance shoes or slippers. Wear loose clothing and bring a long a scarf or hip belt. Costumes are welcomed!

### Mondays

Age: 16 and up  
 Session: 001 September 13, 20, 27\*\*  
 002 October 4, 11, 18, 25  
 003 November 1, 8, 15, 22  
 Time: 5:30PM-7:00PM  
 Location: Anderson Recreation Center,  
 Panorama Room  
 Instructor: Valerie C de Mille  
 Fees: \$30.00 (R), \$36.00 (N)\*  
*\*Discounts are applied if registering for 2 consecutive months.*

\*\* Class will be prorated at registration.

## KARATE-TANG SOO DO

This ancient martial art, originating in Korea, is a method of empty-hand and foot fighting based on the scientific use of the body in self-defense. This mysterious art is designed to develop individual character, mental strength, integrity and respect for others. This course offers a \$5.00 family discount.

### Tuesdays AND Thursdays

Age: 5 and up  
 Session/Date: 001 Sept 2-30  
 002 Oct 5-28  
 003 Nov 2-30\*  
 004 Dec 2-30\*  
 Time: 5:30 PM-6:45 PM (Beginning)  
 7:00 PM-8:15 PM (Advanced)  
 Location: Civic Auditorium Classroom  
 Instructor: Master Theodore Jackson  
 Fees: \$50.00 (R), \$60.00 (N)

\*No Class 11/25

\*No Class 12/23

### PLEASE NOTE:

When there are two fees listed under a program and/or a course, the (R) is the discounted rate for those participants who reside within the city limits, paying City taxes. The (N) is the fee for those non-residents who reside outside the city limits (Vandenberg Village, Mission Hills, Mesa Oaks, etc.) which is the actual cost of the class and/or program.

## YOGA- STRETCH AND STRENGTH

All levels from beginner to intermediate are welcome at this class. This course emphasizes relaxation and the calming of the mind. Our yoga class will purify and cleanse the body, move emotions, and stretch and strengthen your body. Yoga will allow you to feel the true path to peace and will help you appreciate that life is here to be lived!

### Tuesdays OR Thursday

Age: 18 and up  
 Session/Date: Tuesdays 001 September 21, 28\*  
 002 October 5-26  
 003 November 2-23  
 004 December 7, 14\*  
 Thursdays 005 September 23, 30\*  
 006 October 14-28\*  
 007 November 4, 18\*  
 008 December 2-16\*  
 Time: 5:15 PM-6:30 PM  
 Location: Anderson Recreation Center,  
 Panorama Room  
 Instructor: Vicki Forman  
 Fees: \$30.00 (R), \$36.00 (N)

\* Classes will be pro rated at registration.

## SHOTOKAN KARATE DO

This class specializes in professional Shotokan Karate-Do instruction, philosophy and physical conditioning with an emphasis on reflex development, timing, hand-eye coordination, balance and sense of well being. Basic skills, forms and sparring drills will be stressed equally to offer students a balanced training program. If you are looking to develop yourself in a positive manner physically, mentally and spiritually by building your self-confidence, self-awareness and concentration or just improve your overall physical fitness, you are welcome to come observe our practice.

### Mondays AND Wednesdays

Age: 16 and up  
 Session/Date: 001 Sept 1-29  
 002 Oct 4-27  
 003 Nov 1-29  
 004 Dec 6-29  
 Time: 6:00 PM-8:00 PM  
 Location: Civic Auditorium Classroom  
 Sensei: Vito Pascua  
 Fees: \$40.00 (R), \$48.00 (N)

## T'AI CHI, CHI GUNG AND RELAXATION

Learn to create a state of emotional calmness through simple stretching and breathing exercises called 'Chi Gung', which have been practiced in China for thousands of years. Together, T'ai Chi and Chi Gung can improve your balance, leg and hip strength, back and shoulder flexibility, lung capacity and cardiovascular fitness!

### Wednesdays

Age: 18 and up  
 Session/Date: 001 August 24\*,  
 one day workshop  
 002 September 1-22  
 003 October 6-22  
 004 November 3-24\*  
 (no meeting on November 17)  
 005 December 1, 8\*  
 Time: 3:00 PM-5:00 PM  
 Location: Civic Auditorium Classroom  
 Instructor: Stephen Dunlap  
 Fees: \$20.00 (R), \$25.00 (N)  
 \* Class will be pro rated at registration.



### PLEASE NOTE:

The Lompoc Parks, Recreation & Urban Forestry Department reserves the right to use any photos of participants taken by our staff in our programs and facilities as promotion material for future brochure publications, flyers, website postings and any other media opportunity.