

ADULT PROGRAMS



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.

Monday & Thursday

Age: 17 and up
 Session/Dates: 001 October 19 & 22
 002 December 14 & 17
 Time: 5:30 PM-9:30 PM
 Location: Anderson Recreation Center Conference Room
 Fees: \$55.00 (R) / \$66.00 (N)

BEGINNING BALLET

Ballet is a great way to tone up your body and clear your mind. Learn the basic skills of ballet and better your body alignment and your flexibility. Ballet also is a great way to clear the mind and end a day filled with stress.

Mondays

Age: 18 and up
 Session: 001 September 14-28*
 002 October 5-26
 003 November 9-30
 004 December 7-28
 Time: 5:00PM-6:00PM
 Location: Civic Auditorium Classroom
 Instructor: Maranda Hunter
 Fees: \$30.00 (R) / \$36.00 (N)
 * These dates will be prorated; \$26.25(R) \$31.50(N)

INSTRUCTORS WANTED!

Do you have a talent or skill you would like to share with your community? Are you interested in earning some extra money and at the same time, making a difference in the lives of others? If so, we invite you to consider teaching a class. Contact our Parks and Recreations Department at 875-8100 to find out more!

BELLY DANCING

This is not your ordinary aerobic class! Belly dancing is fun, sensual way to tone your stomach muscles without doing crunches. Belly dancing is beneficial to women of all ages. This class will explore basic belly dance moves and at the end of the class we will create a short choreographed dance that incorporates the movements learned in class. No experience level required: just bring your "goddess" attitude to the class. Movements can be performed barefooted or with soft dance shoes, slippers or sandals. Please, no sneakers.

Mondays

Age: 18 and up
 Session: 001 September 14 – 28*
 002 October 5-26
 003 November 9-30
 004 December 7-28
 Time: 5:30PM-7:00PM
 Location: Anderson Recreation Center Panorama Room
 Instructor: Valerie C de Mille
 Fees: \$30.00 (R) / \$36.00 (N)
 * These dates will be prorated; \$26.25(R) \$31.50(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!

Tuesdays

Age: 14 and up
 Session/Date: 001 November 3- December 8
 Time: 6:30 PM-8:30 PM
 Location: Anderson Recreation Center Kitchen
 Teacher: Arlene Carlon
 Fees: \$36.00 (R) / \$43.00 (N)

CAKE DECORATING - ADVANCED

Celebrate those special occasions with your family and friends by participating in a fun class to learn more specialized skills as it applies to cake decorating. Previous cake decorating experience is required.

Tuesdays

Age: 14 and up
 Session/Date: 001 September 8- October 13
 Time: 6:30 PM-8:30 PM
 Location: Anderson Recreation Center Kitchen
 Teacher: Arlene Carlon
 Fees: \$36.00 (R) / \$43.00 (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!!

Mondays & Wednesdays

Age: 18 and up
 Session/Date: 001 September 2-30
 002 October 5-28
 003 November 2-25
 004 December 7-30
 Location: Anderson Recreation Center Skyroom
 Time: 6:00 PM - 7:00 PM
 Instructor: Keith Marshall
 Fees: \$30.00 (R) / \$36.00 (N)

DOG OBEDIENCE

Train your dog with positive reinforcement, praise and reward techniques! The goal of this fun and informative class is to help dog owners have loyal, playful and obedient pets. Enjoy the bonding process while teaching your pet to heel, sit, stay and to come on command. Dogs must be at least four months old. A \$5.00 material fee is due to the instructor on the first day of class.

Wednesdays

Age: 14 and up
 Session/Date: 001 Aug 19-Oct 7
 Time: 6:00 PM-7:00 PM
 Location: Lutheran Section of River Park
 Instructor: Jack Brey
 Fees: \$65.00 (R) / \$78.00 (N)

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Material fee of \$28.00 will be collected by instructor in class for workbook and 60 minute practice CD.

Saturday

Age: 14 and up
 Session: 001 August 22
 002 September 19
 003 October 17
 Time: 9:00 AM – 12:00 PM
 Location: Anderson Recreation Center
 Conference Room
 Instructor: John Rau
 Fees: \$25.00 (R) / \$30.00 (N)



INTRODUCTION TO DIGITAL PHOTOGRAPHY- ADULT

This class will provide basic instructions on how to use a digital camera and output the picture to a photo quality printer. Participants will get some hands on experience and instruction on shooting with available light and flash. Each participant will print two 4x6 prints of his or her favorite photo. Participants will need to supply a digital camera with the instruction manual.

Saturday

Age: 18 and up
 Session: 001 September 19
 002 October 17
 003 November 14
 004 December 12
 Time: 9:00AM-12:00PM
 Location: Anderson Recreation Center
 Sky Room
 Instructor: Clayton Fogle
 Fees: \$30.00 (R) / \$36.00 (N)

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 & Thursdays

Age: 5 and up
 Session/Date: 001 September 1-29
 002 October 6-29
 003 November 3-24*
 004 December 1 - 29
 Time: 5:30 PM-7:00 PM (Beginning)
 7:15 PM-8:45 PM (Advanced)
 Location: Civic Auditorium Classroom
 Instructor: Master Theodore Jackson
 Fees: \$50.00 (R) / \$60.00 (N)
 * This dates will be prorated; \$35 (R) \$ 45(N)

SHOTOKAN KARATE DO

The City of Lompoc Parks, Recreation & Urban Forestry Department welcomes a Martial arts class as a form of self defense. We specialize in professional Shotokan Karate-Do instruction, philosophy and physical conditioning with an emphasis on reflex development, timing, eye-hand 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 September 2 - 30
 002 October 5 - 28
 003 November 2 - 30
 004 December 2 - 30
 Time: 6:00 PM-8:00 PM
 Location: Civic Auditorium Classroom
 Sensei: Vito Pascua
 Fees: \$40.00 (R) /\$48.00 (N)

YOGA- STRETCH AND STRENGTH

Stop by, bring a friend, and enjoy gentle yoga taught by our experienced instructor, Vicki Forman. 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! Participants will receive 8 free lap swim passes for the Lompoc Aquatic Center. The instructor will hand out these passes at class.

Tuesdays

Age: 18 and up
 Session/Date: 001 September 8, 15, 22, 29
 002 October 13, 20, 27*
 003 November 3, 10, 17, 24
 004 December 1, 8, 15*
 Location: Anderson Recreation Center
 Panorama Room
 Time: 5:15 PM-6:30 PM
 Fees: \$30.00 (R) / \$36.00 (N)

Thursdays

Age: 18 and up
 Session/Date: 005 September 10, 17, 24*
 006 October 1, 15, 22, 29
 007 November 5, 12, 19*
 008 December 3, 10, 17*
 Location: Anderson Recreation Center
 Panorama Room
 Time: 5:15 PM-6:30 PM
 Instructor: Vicki Forman
 Fees: \$30.00 (R) / \$36.00 (N)
 * These dates will be prorated; \$22.50(R) \$27.00 (N)

REFUND POLICY:

In the event that a class is cancelled or full, our office will notify you prior to the class start time. You will be given the option of transferring classes or receiving a refund. Full refunds are issued for any class cancelled by the City. Refund requests made prior to the registration deadline will be granted. Refunds will not be granted past the registration deadline. Excursions and Special Events are non-refundable, unless the participant spot is filled. Refund processing takes 2-3 weeks from the request date. The City will mail all refund checks to your home address.