

ADULT PROGRAMS



AMAZING APPETIZERS COOKING CLASS/ 14 & UP

Bring a friend and spend a fun evening learning to make several delicious appetizers! Get new ideas for your holiday entertaining. Participants will make and sample the appetizers and get to take home recipes. An optional supply list is available during registrations.

Instructor: Karen Pata **\$25 (R), \$30 (N)** **ARC**
 Session 1: **F** 6:00PM-8:30PM 3/23

CAKE DECORATING – BEGINNING/ 14 & UP

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 during registration.

Instructor: Arlene Carlon **\$36(R), \$43(N)** **ARC**
 Session 1: **T** 6:30PM-8:30PM 1/24-2/28

CAKE DECORATING – ADVANCED/ 14 & UP

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. A supply list is available during registration and previous cake decorating experience is required.

Instructor: Arlene Carlon **\$36(R), \$43(N)** **ARC**
 Session 1: **T** 6:30PM-8:30PM 3/20-4/24

DANCE-WALTZ/ 18 & Up

Shocking the world when it was first introduced because it involved close contact between the partners, the beautiful and graceful waltz is now the most widely recognized partner dance in the world. Smooth and elegant, you will glide across the floor to ballroom standards country and contemporary music. After mastering the basic step, we will learn a new combination each week. * No class on February 20.

Instructor: Rebecca Reid **\$30(R), \$36(N)** **ARC**
 Session 1: **M** 7:00PM-8:00PM 1/23-3/5

DANCE- NITE CLUB/ 18 & UP

Also known as Night Club 2-step, this is the "slow dance for dancers". NiteClub 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! Dance the night away with confidence and ease. * No class on February 20.

Instructor: Rebecca Reid **\$30(R), \$36(N)** **ARC**
 Session 1: **M** 8:00PM-9:00PM 1/23-3/5

**Is there a program that you would like to have in your
 Lompoc Parks & Recreation
 please give us a call at 875-8100.**

DANCE- FOXTROT/ 18 & UP

Get ready to glide across the dance floor. Foxtrot is the all-American ballroom dance, born and bred in the USA. Whether you enjoy Frank Sinatra or Harry Connick Jr., Fred Astaire or Rod Stewart's latest releases, foxtrot fits! We'll begin with the fundamentals, then teach you how to build simple steps into creative combinations limited only by your imagination.

Instructor: Rebecca Reid **\$30(R), \$36(N)** **ARC**
 Session 1: **M** 7:00PM-8:00PM 3/19-4/23

DANCE- WEST COAST SWING/ 18 & UP

Do you know how to dance the Official State Dance of California? West Coast Swing is smooth, sophisticated, and elastic. You can dance West Coast Swing to just about anything: pop to country, big band to blues, up tempo or smooth and slow. This isn't a dance that's easily mastered in one lesson, but it's well worth the effort. Join us for six weeks of west coast swing fundamentals, and you'll be ready to swing with style!

Instructor: Rebecca Reid **\$30(R), \$36(N)** **ARC**
 Session 1: **M** 8:00PM-9:00PM 3/19-4/23

DANCE FITNESS / 18 & UP

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!! *Fees will be prorated at registration.

Instructor: Keith Marshall **\$30(R), \$36 (N)** **ARC**
 Session 1: **M/W** 6:00PM-7:00PM 1/4-1/30*
 Session 2: **M/W** 6:00PM-7:00PM 2/1-2-29*
 Session 3: **M/W** 6:00PM-7:00PM 3/5-3/28
 Session 4: **M/W** 6:00PM-7:00PM 4/2-4/25

DIGITAL PHOTOGRAPHY/ 18 & Up

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. Material 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.

Instructor: Clayton Fogle **\$80 (R), \$96 (N)** **ARC**
 Session 1: **Th** 6:30PM-9:00PM 2/9-3/29

DOG OBEDIENCE/ 14 & UP

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.

Instructor: Jack Brey **\$65 (R), \$78 (N)** **RVPK**
 Session 1: **W** 6:00PM-7:00PM 3/14-5/2

FINE & APPLIED ARTS

Learn how to paint your favorite subjects. This class covers the basics of oil and acrylics, from the beginning drawing to the finished painting. Beginning through experienced painters who wish to work with oils and acrylic media are welcome.

Instructor: Shirley Wallace **\$35 (R), \$42 (N)** **ARC**
 Session 1: **T** 6:45PM-9:45PM 1/3-1/31
 Session 2: **T** 6:45PM-9:45PM 2/7-2/28
 Session 3: **T** 6:45PM-9:45PM 3/6-3/27
 Session 4: **T** 6:45PM-9:45PM 4/3-4/24

KARATE-TANG SOO DO/ 18 & UP

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.

Instructor: Theodore Jackson **\$50 (R), \$60 (N)** **CA**
Beginning Class

Session 1: **T/Th** 5:30PM-6:45PM 1/3-1/26
 Session 2: **T/Th** 5:30PM-6:45PM 2/2-2/28
 Session 3: **T/Th** 5:30PM-6:45PM 3/6-3/29
 Session 4: **T/Th** 5:30PM-6:45PM 4/3-4/26

Advanced Class

Session 1: **T/Th** 7:00PM-8:15PM 1/3-1/26
 Session 2: **T/Th** 7:00PM-8:15PM 2/2-2/28
 Session 3: **T/Th** 7:00PM-8:15PM 3/6-3/29
 Session 4: **T/Th** 7:00PM-8:15PM 4/3-4/26

SHOTOKAN KARATE DO/ 16 & UP

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.

* Prorated fee @ registration

Sensei: Vito Pascua **\$40(R), \$48(N)** **CA**
 Session 1: **M/W** 6:00PM-8:00PM 1/4-1/30*
 Session 2: **M/W** 6:00PM-8:00PM 2/1-2/29
 Session 3: **M/W** 6:00PM-8:00PM 3/5-3/28
 Session 4: **M/W** 6:00PM-8:00PM 4/2-4/25

T'AI CHI, CHI GUNG AND RELAXATION/ 18 & UP

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! * No class on April 3 & April 4.

Instructor: Stephen Dunlap

4 Day Pass \$20, 8 Day Pass \$40, 12 Day Pass \$60

Session 1: **T** 6:00PM-7:15PM 1/3-4/24 **ARC**
 Session 2: **W** 3:20PM- 5:20PM 1/4-4/25 **CA**

Recreation Facility Abbreviation List

Anderson Recreation Center - ARC
 125 West Walnut Avenue
Civic Auditorium Classroom - CA
 217 South L Street
Lompoc Aquatic Center
 207 West College Avenue

NEED A *Passport?*

*The Lompoc Parks & Recreation is a local
Passport Application Acceptance Agent!*

If you are planning a trip and are in need of a passport, please visit us at the Anderson Recreation Center! We have all of the necessary tools to help you prepare for your trip.

Make your plans a few months in advance to allow enough time to process your passport application.

Standard passport processing is taking up to 6 weeks currently, so don't delay. If you are traveling sooner, special arrangements can be made.

Walk-ins are accepted Monday through Friday from 9:00 am – 4:30 pm, or special arrangements can be made by appointment.

Please call the Anderson Recreation Center at 875-8100 for more information on what you need to bring with you or visit our website at www.cityoflompop.com.

Having a Party?

Reserve a facility space for a wedding, reunion, or celebration! Facilities available for rent include the Dick DeWees Community and Senior Center. Call 875-8100 for more information and rental opportunities through your Lompoc Parks & Recreation!!