

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 Feb 22 & 25
 002 Apr 19 & 22
 Time: 5:30PM-9:30PM
 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 Jan 4 - 25
 002 Feb 1 - 22
 003 Mar 1 - 22
 004 Apr 5 - 26
 Time: 5:00PM-6:00PM
 Location: Civic Auditorium Classroom
 Instructor: Maranda Hunter
 Fees: \$30.00 (R)/\$36.00 (N)

BELLY DANCING

This is not your ordinary aerobic class! Belly dancing is a 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 Jan 4 - 25
 002 Feb 1 - 22
 003 Mar 1 - 22
 004 Apr 5 - 26
 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.*



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 Jan 5-Feb 9
 Time: 6:30PM-8:30PM
 Location: Anderson Recreation Center, Kitchen
 Teacher: Arlene Carlson
 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 Mar 2-Apr 6
 Time: 6:30PM-8:30PM
 Location: Anderson Recreation Center, Kitchen
 Teacher: Arlene Carlson
 Fees: \$36.00 (R)/\$43.00 (N)

CHA CHA & WEST COAST SWING: JUST THE BASICS

Whether it's a up-tempo club beat or a relaxed Cuban rhythm, the cha cha is everywhere. We begin with the basics, then quickly move on to more complex patterns that take advantage of cha cha's unique latin rhythms. You should be familiar with cha cha or any other Latin dance to get the most out of this class, but brave beginners are welcome too! West Coast Swing can be addictive. We won't kid you, it's not the easiest dance to learn. But never fear. Our goal is to stick to the fundamentals of the dance, build a strong foundation, and make sure everybody has great fun along the way.

Mondays

Age: 18 & up
 Session/Date: 001 Jan 4 - Feb 22
 002 Mar 1-Apr 26*
 Location: Anderson Recreation Center, Panorama Room
 Time: 8:00PM-9:00PM
 Instructor: Rebecca Reid
 Fees: \$60.00 (R)/\$72.00 (N)
** No class on April 5.*

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!

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 & Wednesdays

Age: 18 and up
 Session/Date: 001 Jan 4-27
 002 Feb 1-24
 003 Mar 1-24
 004 Apr 5-28

Location: Anderson Recreation Center, Skyroom & Panorama Room

Time: 6:00PM-7:00PM

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 March 17-May 12*
 Time: 6:00PM-7:00PM
 Location: Lutheran Section of River Park

Instructor: Jack Brey

Fees: \$65.00 (R)/\$78.00 (N)

* No class on April 21

FOXTROT & NIGHT CLUB TWO-STEP DANCE CLASS

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. Night Club Two-Step is an easy dance that is perfect for those who want to learn a simple, elegantly beautiful dance. Although it can be danced to a variety of contemporary music, including country, this is not "country" or "cowboy" two-step. It's sweet, romantic, and perfect for weddings, valentine's day, or whenever the slower music plays.

Mondays

Age: 18 & up
 Session/Date: 001 Jan 4 – Feb 22
 002 Mar 1-Apr 26*

Location: Anderson Recreation Center, Panorama Room

Time: 7:00PM-8:00PM

Instructor: Rebecca Reid

Fees: \$60.00 (R)/\$72.00 (N)

* No class on April 5.

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 January 23
 002 March 20

Time: 9:00AM-12:00PM

Location: Anderson Recreation Center, Room to be determined

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 January 23
 002 March 20

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 Jan 5 - 28
 002 Feb 2 - 25
 003 Mar 2 - 30
 004 Apr 1 - 29

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)

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.

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, 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 Jan 4 - 27
 002 Feb 1 - 24
 003 Mar 1 - 24
 004 Apr 5 - 28
 Time: 6:00 PM-8:00 PM
 Location: Civic Auditorium Classroom
 Sensei: Vito Pascua
 Fees: \$40.00 (R)/\$48.00 (N)

INTERESTED PLAYERS LIST

Are you interested in participating in City League sports, but don't have a clue who to play with? Get your name on the Interested Players List. Managers looking for players can call the Lompoc Parks and Recreation Department at 875-8094.

DIRECTORY:

For your convenience, please use the following directory to contact the staff at the Lompoc Parks and Recreation Department.

Anderson Recreation Center, 875-8100
 Lompoc Aquatic Center, 875-2782
 Cindy McCall, 875-8036
 Dan McCaffrey, 875-8090
 JoAnne Plummer, 875-8097
 Mario Guerrero Jr., 875-8095
 Haley Ellis, 875-8092
 Jeff Storie, 875-2703
 Sue Slavens, 875-8098
 Special Olympics, 875-8096

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!

Tuesdays

Age: 18 and up
 Session/Date: 001 Jan 5 - 26
 002 Feb 2 - 23
 003 Mar 2 - 23
 004 Apr 6 - 27
 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 Jan 7 - 28
 006 Feb 4 - 25
 007 Mar 4 - 25
 008 Apr 8 - 29
 Location: Anderson Recreation Center, Panorama Room
 Time: 5:15 PM-6:30 PM
 Instructor: Vicki Forman
 Fees: \$30.00 (R)/\$36.00 (N)



ADULT SPORTS

Whether it's spiking or hitting a grand slam... The Lompoc Parks and Recreation Department has sports programs for you! Team sports traditionally play ten games with play-offs. Teams are separated into divisions of compatible ability. Adult sports league par-

ticipants must be at least 16 years of age.

The team entry fee covers the costs of officials, facility attendants, equipment, utilities, awards, ball (softballs only), a portion of administrative costs, and supplies. League fees are based on current costs and are subject to change. Teams consisting of 50% or more of their players living within the Lompoc City limits will be given a \$25 resident discount.

BASKETBALL LEAGUE - 16 AND UP

Join the fun by playing a little hoop against other teams. Games are played during the week after 6:00 pm. Mens and womens divisions will be offered. Teams must provide uniforms with six-inch numbers on the back of their jerseys. Those 16 years and older can sign up on a team. Teams may roster up to ten (10) players. This league plays by modified high school rules. Get your team in early to secure a spot, limited space available.

Mondays

Registration: Mar 5-Apr 2
 League: Begins Apr 19
 Time: 6:00 PM-10:00 PM
 Location: LVMS, Gymnasium
 Fees: \$425.00/team city resident
 \$450.00/team non-resident
 \$42.00 additional for PMBF

**Mandatory Manager's Meeting on Wednesday, April 14th at 6:30 PM.*

BASKETBALL LEAGUE - 35 AND UP

Join the fun by playing a little hoop against other teams. Games are played during the week after 6:00 pm. Mens and womens divisions will be offered. Teams must provide uniforms with six-inch numbers on the back of their jerseys. Those 35 years and older can sign up on a team. Teams may roster up to ten (10) players. This league plays by modified high school rules. Get your team in early to secure a spot, limited space available.

Wednesdays

Registration: Mar 5-Apr 2
 League: Begins Apr 21
 Time: 6:00 PM-10:00 PM
 Location: LVMS, Gymnasium
 Fees: \$425.00/team city resident
 \$450.00/team non-resident
 \$42.00 additional for PMBF

**Mandatory Managers Meeting on Wednesday, April 14th at 6:30 PM*