

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*



MARK YOUR CALENDAR!

FOR UPCOMING ADULT SPORTS
FOR SUMMER 2010

- 5 on 5 Basketball
- Slow Pitch Softball
- Coed Volleyball
- 3 on 3 Basketball Tournament
- Tennis Tournament
- Beattie Park 5k/10k Run

SPRING ADULT SOFTBALL LEAGUE

Men's, Women's, Church and Coed. All ability levels are welcome. Those 16 and older are eligible. Teams may roster up to 16 players with 4 additional substitutes. This league plays modified SCMAF softball rules. 10 week season and playoffs.

- Registration: Jan 4-Feb 5
 Coed League: Begins Feb 21
 Time: 5:00PM-10:00 PM
 Coed Fees: \$462.00/team city resident
 \$487.00/team non-resident
 \$42.00 additional for PMBF
- Men's League: Begins Feb 24
 Time: 6:00 PM-10:00 PM
 Men's Fees: \$445.00/team city resident
 \$470.00/team non-resident
 \$42.00 additional for PMBF
- Location: Ryon Park and/or Thompson Park for both leagues

**Mandatory Managers Meeting on Wednesday, February 17th at 6:30 PM.*

VOLLEYBALL LEAGUE - COED

Sign up your team to be a part of the exciting pass, set and hit game of volleyball. All games are played after 6:00 pm. Our leagues are open to women & men ages 14 years and older. Register early to ensure your team's place in this league.

Tuesdays

- Ages: 14 and up
 Registration: Jan 18-Feb 19
 League: Begins Mar 9
 Time: 6:00 PM-10:00 PM
 Location: ARC, Gym
 Fees: \$238.00/team city resident
 \$263.00/team non-resident
 \$42.00 additional for PMBF

**Mandatory Managers Meeting on Wednesday, March 3rd at 6:30 PM.*

7TH ANNUAL LPRD GOLF TOURNAMENT

Come out and enjoy the Annual LPRD Golf Tournament to benefit Youth Sports Programs. The event will consist of lunch, dinner, prizes, mulligans and a little golf. Grab a group of friends for the 4 person Scramble at Marshallia Ranch. Remember, Sponsorship opportunities are available for people or businesses.

Sunday

- Ages: 14 and up
 Session: Apr 11
 Time: Check In - 11:00 AM,
 Shot-Gun Start 12:30 PM

- Location: Marshallia Golf Course
 Fees: \$100.00 early bird registration - before Mar. 12
 \$120.00/person - after Mar. 13
 \$80.00 Military/VAFB Member

- Tee Sponsor: \$100 – Tee Sign
 Business Sponsor: \$500 – Includes
 4 Golfers + Tee sign

Other Sponsorship Opportunities Available !!!!!!!



SPRING ADULT COED SOCCER LEAGUE 7 ON 7

Coed Soccer is open to all ability levels. Those 16 and older are eligible. Teams may roster up to 12 players. This league plays modified SCMAF / Cal South Soccer rules. 10 week season and playoffs. Since it is the 1st time the league is being offered, days of the week are open to change depending on request.

Saturdays & Sundays

- Ages: 16 and up
 Registration: Jan 25-Feb 26
 League: Begins Mar 13 & 14
 Time: 1:00 PM-6:00 PM
 Location: Riverbend Park
 Fees: \$445.00/team city resident
 \$470.00/team non-resident
 \$42.00 additional for PMBF

**Mandatory Managers Meeting on Wednesday, March 10th at 6:30 PM.*



PMBF-PLAYER'S MEDICAL BENEFIT FUND

The Player's Medical Benefit Fund gives medical financial aid to players at supervised locations and programs under the Southern California Municipal Athletic Federation. For those with no medical insurance, PMBF offers a source of reimbursement that any one participant can receive in any one period of 12 consecutive months in the amount of \$500.

GOLF INSTRUCTION - ADULTS

Join Ken Zimet, Director of Instruction for La Purisima Golf Course, for 4 weeks of golf. Every week will cover a different aspect of the game of Golf. Instruction will cover putting, short game, full swing and sand play. Please contact Ken for a day of golf after the 4-week session is completed.

- Ages: 17 and up

Thursday

- Session/Dates: 001 Jan 7
 002 Feb 4
 003 Mar 4
 004 Apr 1

Saturday

- Session/Dates: 005 Jan 9
 006 Feb 6
 007 Mar 6
 008 Apr 3
- Time: 5:00 PM-6:00 PM Thurs.
 12:00 PM-1:00 PM Sat.

- Location: La Purisima Golf Course
 Instructor: Ken Zimet
 Fees: \$80.00(R)/\$96.00(N)

RENT THE GYM!

Rent the Anderson Recreation Center Gymnasium for basketball or volleyball during weekdays, based on availability. Cost for rental is \$10.00 per hour Monday through Friday, 9:00 am – 7:00 pm and \$20.00 per hour from 7:00 pm through 10:00 pm and on weekends. Two-hour minimum gym use per rental.