

LOMPOC PARKS & RECREATION

We Create Community Through
People, Parks & Programs

CITY OF LOMPOC
AQUATIC CENTER

WINTER/SPRING
Activity Guide
January - April
2012

Hurry Up - It's Cold Outside!
Let's get to the pool where
it's warm inside all year long!



Programs for Youth, Teens, Adults & Seniors

City of Lompoc
(805) 875-8100
www.cityoflompop.com

Check Page 24 for all our
Park & Facility Information!

**“We Create Community Through People,
Parks & Programs”**

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- AQUA (2782)
Cindy McCall	875-8036
JoAnne Plummer	875-8097
Mario Guerrero Jr.	875-8095
Haley Lepper	875-8092
Jeff Storie	875-2703
Sue Slavens	875-8098
Special Olympics	875-8096

The Lompoc Parks & Recreation 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.

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.

Recreation Facility Abbreviation List

Anderson Recreation Center – ARC
125 West Walnut Avenue

Civic Auditorium Classroom – CA
217 South L Street

Lompoc Aquatic Center – LAQC
207 West College Avenue

**IF YOU ARE THINKING OF PLANNING A
FAMILY REUNION, ANNIVERSARY PARTY
OR JUST A CELEBRATION
WITH FRIENDS...**

The Anderson Recreation Center is the place for you. 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.

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HANDICAP ACCESSIBILITY

The Anderson Recreation Center is fully accessible to the physically handi-capped. The Anderson Recreation Center has an elevator serving the East parking lot and all floors of the building, as well as a ramp serving the West, at the North “I” Street entrance. If ramp access is necessary, please call in advance so that we can assure that all doors will be open for your use. The Lompoc Aquatic Center is a single story structure with street level access.

CALIFORNIA RELAY SERVICE (TDD)

This service allows a person using a Telecommunications Device for the deaf (TDD) to communicate with any other telephone user within the state. The service will relay the caller’s typed conversations through specially trained personnel who will handle the calls. The system also works in reverse, allowing a person without a TDD to call a person who uses a TDD.

Features of the relay service include:

- 24 hour service, seven days a week
- Toll free 800 numbers to reach the Relay Service
- Billing of long distance or local charges at the AT&T or local telephone company rates

To use the service or obtain additional information:

- If you have a TDD, call 1-800-735-2929
- If you are a hearing person and do NOT have TDD, Call 1-800-735-2922

Hearing devices for hearing impaired individuals are available for public meetings, classes, etc. If you require the use of a hearing device, please contact our office at 875-8100. A notice of at least 24 hours is appreciated.

Reference to businesses or other entities in this publication, through advertising or otherwise, does not constitute an endorsement of such businesses by the City of Lompoc.

**The Lompoc Parks and Recreation
Administrative Offices will be CLOSED on the following dates:**

January 2nd – New Years Day • January 16th – Martin Luther King Jr. Day
February 20th – Presidents Day • May 28th – Memorial Day

HAPPY NEW YEAR!

As we all promise ourselves changes in the New Year, your Lompoc Parks & Recreation Divisions are also experiencing some changes and we wanted to make you aware. During our last budget cycle, there were consolidations that took effect in many City Departments and ours is one of them. As it is our mission to provide excellent customer care, we are working hard to ensure that these changes will not impact you, the customer. All inquiries regarding Parks and Recreation facilities, rentals and services will still contact the Lompoc Parks & Recreation administrative offices, located at 125 West Walnut Avenue, or call us at 875-8100. Our office is open Monday through Friday, from 9:00 am – 5:00 pm and registrations can be accepted over the phone with a VISA or MasterCard, through the mail and in person at the Anderson Recreation Center.

Please take a few moments to go through the pages of your 2012 Winter/Spring Brochure and you will find exciting new excursions, events, classes and programs designed to meet your recreation and leisure needs. Perhaps you are looking into a fitness class, or a sports league, or maybe you want to take our New Year's Resolution challenge and join us for the "Resolution Run" on the Lompoc Multi-purpose trail. Whatever you desire, you should find it within these pages – if not, let us know and we will see what we can do to make it happen!

Thank you for your support and remember, when you are planning a party or an event – look to your Lompoc Parks & Recreation facilities as your venue. Reservations are currently being accepted for events at the Anderson Recreation Center, the Dick DeWees Community & Senior Center, the Civic Auditorium and all of our glorious parks.

We look forward to serving you in 2012!

Warm Regards,

Your team at Lompoc Parks & Recreation

LOOK
WHAT'S NEW!



CHECK IT OUT!

SPRING PINEWOOD DERBY

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2012 RISING STARZ!

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NEW YEAR RESOLUTION

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MULTI-DAY EXCURSIONS

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DROP IN WATER POLO

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LAP SWIM CHART

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ACTIVE AGING SURVEY

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ACTIVE OLDER ADULT PROGRAMS

Programs are **FREE** for participants 50 years of age and older, unless otherwise indicated. The Lompoc Parks, Recreation & Urban Forestry Department reserves the right to cancel or change class locations and/or times due to low participation, or unexpected circumstances. If you should have any questions regarding the current programming for seniors, please contact the Anderson Recreation Center at 875-8100 or 875-8085. All senior programs are held at the Anderson Recreation Center (ARC) located at 125 West Walnut Avenue.

AARP- SAFE DRIVING PROGRAM

The American Association for Retired Persons is offering Driving Safety and Defensive Driving Tips for seniors in its "Safety Driving" Program. **There is a \$12 fee for AARP members and a \$14 fee for non-members for the workbook.**

	Instructor:	Mr.	Washington
Session 1:	Th,F	12:00PM-4:00PM	1/12-1/13 SKY
Session 2:	Th	12:00PM-4:00PM	2/9 SKY
Session 3:	Th,F	12:00PM-4:00PM	3/8-3/9 SKY
Session 4:	Th	12:00PM-4:00PM	4/12 SKY

AARP STATE & FEDERAL TAX PREPARATION

AARP State and Federal tax preparation available to those middle-income taxpayers with special attention to those ages 60 and older. For appointments call 875-8085. Wednesdays & Saturdays

Session 1:	Wed	9:00AM-3:00PM	2/1-4/11	SKY
Session 2:	Sat	8:00AM-4:00PM	2/4-4/14	SKY



ALZHEIMER'S

Are you caring for someone with dementia or memory loss? Do you suspect dementia or Alzheimer's in yourself or a loved one? Come meet with the Alzheimer's Association, and get the answers to the questions and concerns you have. During your one-on-one Care Consultation, you will be given a free care giving manual called What Now and educated on such topics as the signs and symptoms of dementia, steps to getting a diagnosis, dealing with challenging behaviors, planning for the future, connecting with community resources, getting financial and other needed support, etc. A Care Consultant will be available to provide these appointments in Spanish or English at the Anderson Recreation Center, the 1st and 3rd Wednesdays of each month from 10-12. To make an appointment, please call (805) 875-8098.

Instructor: Marisol Mariscal

Session 1:	Wed	1:00PM-3:00PM	1/4-1/18	CONF
Session 2:	Wed	1:00PM-3:00PM	2/1-2/15	CONF
Session 3:	Wed	1:00PM-3:00PM	3/7-3/21	CONF
Session 4:	Wed	1:00PM-3:00PM	4/4-4/18	CONF

AMERICAN CANCER SOCIETY

Stop by for information on local FREE services for cancer patients, cancer prevention and early detection, special events including the Daffodil Days Campaign and Relay for Life. Sign up as a volunteer driver or find out how YOU can support the fight against cancer.

Instructor: Cancer Society Staff

Session 1:	M	9:00AM-12:00PM	1/9-4/30	LIBRARY
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APRIA HEALTHCARE

If you are currently an Apria patient and are in need of additional equipment / supplies please come and join our workshop. No appointments are necessary. We will have respiratory therapists to assist you. Apria Health care will be offering community education about obstructive sleep apnea and the need for oxygen. If you should have any questions do not hesitate to call (805) 783-7412.

Instructors: Apria Staff

Session 1:	F	10:00AM-4:00PM	1/27	PANORAMA
Session 2:	F	10:00AM-4:00PM	2/24	PANORAMA
Session 3:	F	10:00AM-4:00PM	3/30	PANORAMA
Session 4:	F	10:00AM-4:00PM	4/27	PANORAMA

BLOOD PRESSURE CHECKS

Lompoc Valley Volunteer Nurses will be giving free blood pressure checks to keep you updated on the status of your blood pressure. Stay healthy and monitor your blood pressure with this free service!

Facilitator:	Lompoc	Valley	Nurses
Session 1: Tu	9:30AM-12:00PM	1/3	LEISURE
Session 2: Th	9:30AM-12:00PM	2/2	LEISURE
Session 3: F	9:30AM-12:00PM	3/2	LEISURE
Session 4: Th	9:30AM-12:00PM	4/12	LEISURE

BRILLE INSTITUTE

The Braille Institute will be available the 4th Friday of the month to do low-cost vision care. To schedule an appointment, please call 682-6222.

Instructor: Braille Institute Staff

Session 1: F	9:30AM-2:00PM	1/27	CURB
Session 2: F	9:30AM-2:00PM	2/24	CURB
Session 3: F	9:30AM-2:00PM	3/23	CURB
Session 4: F	9:30AM-2:00PM	4/27	CURB

BROWN BAG PROGRAM

The mission of the Brown Bag Program is to provide bags of groceries to low-income seniors as a supplement to their own food budget and to assist seniors with maintaining an independent, self-sufficient lifestyle. To apply, please call (805) 875-8100.

Facilitator: Renate Butler

Session 1: M	11:00AM- 12:00PM	1/9 & 1/23	GYM
Session 2: M	11:00AM- 12:00PM	2/6 & 2/27	GYM
Session 3: M	11:00AM- 12:00PM	3/5 & 3/19	GYM
Session 4: M	11:00AM- 12:00PM	4/2 & 4/16	GYM

CANCER SUPPORT GROUP

All cancer survivors (newly diagnosed, undergoing treatment, in remission or cured) are invited to attend the monthly Cancer Support Group, hosted by Joyce Morey. The group meets on the first Thursday of each month and provides a social setting to interact and share experiences with other Cancer survivors.

Instructor: Joyce Morey

Session 1: Th	1:00PM-3:00PM	1/5	CONF
Session 2: Th	1:00PM-3:00PM	2/2	CONF
Session 3: Th	1:00PM-3:00PM	3/1	CONF
Session 4: Th	1:00PM-3:00PM	4/5	CONF

DOMINOS

Don't eat and run... stay and have some fun! Join others after lunch in a few games of Dominos. Have a good social time as well as experience the enjoyment of playing Domino's and an opportunity to catch up the latest news.

Instructor: None

Session 1: M	12:30PM-3:00PM	1/9-4/30	CONF
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DUPLICATE BRIDGE

If you have played party bridge or duplicate bridge before, or if you have been away from the game for awhile, or if you want to hone your duplicate playing and convention skills, come and join us!

Facilitator: Varies

Session 1: Tu/Th	1:00PM-3:00PM	1/3-4/26	CONF
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FINE & APPLIED ARTS PAINTING

This class offers beginning to advanced instruction in acrylic painting, using oil techniques, experimenting with a palette knife in color mixing, composition, values and techniques. Demonstration and lively class critique with valuable discussion are a vital part of each session.

Instructor: Shirley Wallace

Session 1: Tu	9:00AM-12:00PM	1/3-4/24	PANORAMA
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GENERATION ON-LINE

Welcome to a program that provides a one on one, on-screen experience with the computer. You will be shown how to navigate from the Internet to E-mail and various programs, in a relaxed environment. Path Point has provided this program and it is free. For more information, please call Denise Hare (707) 592-4514 or Evelyn Edwards (805) 868-6920 or 875-8098

Instructor: Denise Hare

Session 1: M-F	9:00AM-1:00PM	1/3-4/30	LEISURE
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GRIEF RECOVERY TRANSITION GROUP

Transition group, for those who have moved beyond grief, but still find the need to get together and talk about their loss and to be with each other for social and emotional support

Session 1: Th	10:00AM-11:30PM	1/5-4/26	CONF
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We will be closed on the following dates to observe the Holidays, January 2, January 16, February 20 & May 28th

HICAP ASSISTANCE

Assistance for Medicare beneficiaries to understand their coverage, HMO'S and Medigap insurance. HICAP also assists with billing problems and appeals. Please call 1-800-434-0222 for appointments.

Facilitator: HICAP Staff

Session 1: **M** 1:00PM-3:00PM 1/9-4/30 LEISURE

LOOK GOOD... FEEL GOOD

Look Good...Feel Better is a program that teaches beauty techniques to women in active cancer treatment to help them combat the appearance-related side effects of treatment. For more information or register, call 1-800-227-2345.

Facilitator: Cancer Society Staff

Session 1: **Tu** 1:00PM-3:00PM 1/10 LEISURE

Session 2: **Tu** 1:00PM-3:00PM 4/10 LEISURE

MARIAN HOSPICE BEREAVEMENT CARE SUPPORT

Marian Hospice Bereavement Care Program in collaboration with Anderson Recreation Center announces a new group specifically for the "Newly Bereaved"; the group will be for those who have had a loss of any kind within the last 12 to 15 months. The group will meet the first and third Tuesday of each month. Registration is required, Please call Marian Hospice at

To pre-register call (805) 739-3830 EXT 1136.

Facilitator: Marian Hospice

Session 1: **Tu** 10:30AM - 12:00PM 1/3-1/10 PANORAMA

Session 2: **Tu** 10:30AM - 12:00PM 2/7-2/21 PANORAMA

Session 3: **Tu** 10:30AM - 12:00PM 3/6-3/21 PANORAMA

Session 4: **Tu** 10:30AM - 12:00PM 4/3-4/17 PANORAMA

MEMORY LOSS SCREENING

Screenings are held by appointment and take approximately 45 minutes - 1 hour. The service is free, but donations are kindly accepted to help defray costs. To make an appointment, please call (805) 875-8098.

Facilitator: Mary Lou Parks

Session 1: **F** 1:00PM-3:00PM 1/6-4/2 LEISURE

MOVIE MATINEE

If you don't go to the movies or own a VCR or DVD, this is your chance to watch current movies! Join us for a fun afternoon enjoying a movie and some delicious popcorn! The last Friday of the month

Facilitator: None

Session 1: **F** 12:30PM-3:00PM 1/27 SKY

Session 2: **F** 12:30PM-3:00PM 2/24 SKY

Session 3: **F** 12:30PM-3:00PM 3/30 SKY

Session 4: **F** 12:30PM-3:00PM 4/27 SKY

RAG RUG RAG RUG AND MISC. HANDWORK

The Rag Rug Class is branching out to encompass other handwork including (but not limited to) knitting, crocheting, quilting, embroidery and cross-stitch. Participants are encouraged to bring their projects and share ideas with people who are working on varied handwork, from easy and simplistic to time consuming and difficult and everything in between. In addition to doing handwork, meeting like minded folks and making new friends, it's a great class to come to, just to get away from the TV, phone and computer. Just handwork, friendly chatter, sharing, thoughts and ideas. We'd like to invite you to join us. We meet in the Panorama Room. This class is for seniors 50 and older. Hope to see you!

Facilitator: Varies

Session 1: **Tu** 1:00PM-3:00PM 1/3-4/24 PANORAMA

STRENGTH TRAINING CLASS

Come and join a free Strength Training Class. Increase balance, coordination, and flexibility and have FUN. This class uses sitting and standing positions only to aid in a gentle approach to wellness. Terri, the instructor, makes this class fun and enjoyable.

Instructor: Terry Robinson

Session 1: **Tu** 9:00AM-10:00AM 1/3-4/24 GYM

Session 2: **Th** 9:00AM-10:00AM 1/5-4/26 GYM

All Active Aging Programs are held at the Anderson Recreation Center

**GYM = GYMNASIUM
PANORAMA = PANORAMA ROOM
CONF = CONFERENCE ROOM
SKY = SKYROOM**

Community Action Commission

The Community Action Commission (CAC) offers a nutritional lunch program for seniors age 60 and older, Monday through Friday. Lunch is served 11:45 am – 12:00 pm. For more information call 737-9366

Recreation Facility Abbreviation List

Anderson Recreation Center – ARC

125 West Walnut Avenue

Civic Auditorium Classroom – CA

217 South L Street

Lompoc Aquatic Center - LAQC

207 West College Avenue

ADAPTIVE DANCE

Thank Goodness it's Friday, and it's time to dance! Participants ages 13 and up with developmental disabilities can enjoy a great evening of fun, music, dancing and friends! Snacks and refreshments are provided. Participants requiring one-on-one assistance must provide their own assistant.

Friday

Ages: 13 and up

Dates: January 20
February 17
March 16
April 20

Time: 7:00 PM-8:30 PM

Location: Anderson Recreation Center

Fees: \$3.00 per person, at the door



NORTHERN SANTA BARBARA SPECIAL OLYMPICS

In Ancient Rome, the gladiators went into the arena with these words on their lips, "Let me win, but if I cannot win, let me be brave in the attempt."

THE MISSION OF SPECIAL OLYMPICS

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and their local community.

YOUR LOCAL "S.O." PROGRAM

Northern Santa Barbara County Special Olympics offers training and competition in 11 different Olympic-type sports year-round specifically for athletes 8 years and older with intellectual disabilities. No matter what your ability level, you can benefit from Special Olympics. And no matter what your interest, there is a sport for you. There is no charge to participate in Special Olympics.

Athletes have the opportunity to attend weekly practices, compete at local and regional competitions, and participate in various special events throughout the year available only to Special Olympics Athletes.

For information regarding your local Special Olympics program, please visit the Anderson Recreation Center at 125 West Walnut

Avenue or please call us at 875-8096.

For competition dates and special events go to www.sosc.org and click on the event tab.

SPRING/SUMMER SPORTS

February - June

Athletics Saturdays TBA

Aquatics Saturdays at Lompoc Aquatic Center

Basketball Fridays at Anderson Recreation Center

Bocce Wednesdays at Anderson Recreation Center

Golf TBA

Signing up Athletes right now at Anderson Recreation Center

FALL/WINTER

August - December

Bowling, Floor Hockey, Soccer, Softball, Volleyball and Tennis

SUMMER GAMES June 9th and 10th Long Beach

LOMPOC POLICE DEPARTMENT CAR SHOW & CRUISE

To benefit Special Olympics

Cruise Night Friday, August 10, 2012

Car Show, Saturday, August 11, 2012

Entry forms available at ARC & LPD

HOW TO GET INVOLVED:

New Athletes & Volunteers

Athletes ages 8 and up are eligible to participate in Special Olympics and all it takes to become an athlete is for you to complete an Athlete Registration form. Volunteers ages 14 and up are encouraged to volunteer with Special Olympics and all it takes to do so is to complete a Volunteer Registration form.

We are always seeking new athletes, new volunteers, new coaches and unified partners, to become part of our team. Whether playing alongside our athletes, or leading them to victory, we want you to join our winning team today!

If you are interested in learning more about becoming a Special Olympics Athlete or a Special Olympics Coach or Volunteer, please stop by the Anderson Recreation Center at 125 West Walnut Avenue to request more information or you may request a free mailing by calling 875-8096.



FATHER DAUGHTER DANCE

All daddies are invited to bring their favorite little valentine to our annual dance! Enjoy dancing, games, flowers, pictures and refreshments all night long. Make a lasting memory for your daughter by giving her this special evening with her dad. Professional portraits will be available for purchase. The doors will open at 5:00 pm for pictures only, with the dance and activities beginning at 6:00 pm. Pre-registration is required.



Friday, Saturday & Sunday
Session: 001 Feb 10 • 002 Feb 11 • 003 Feb 12
Time: 6:00 PM - 8:30 PM
Location Anderson Recreation Center, Gym
Deadline: Jan 27
Fees: \$16.00 per couple / \$ 8.00 for second child

PINEWOOD DERBY

Together with the Lompoc Police Activities League, the Boy Scouts of America and Lompoc Parks & Recreation, Pinewood Derby Cars will be racing once again this year! A complete list of rules for the Annual Pinewood Derby, entry forms and official kits will be available for pick up at the Anderson Recreation Center after January 2, 2012. Information on car making workshops to come soon!

Saturday

Ages: All (different categories for age groups)
Date: Saturday, March 17
Location: Anderson Recreation Center
Time: Check in begins at 2:00PM, first race at 3:00PM
Fee: \$5 does not include car kit (for adults only)



3RD ANNUAL BOYS INVITATIONAL BASKETBALL TOURNAMENT

The Lompoc Parks and Recreation Department will be hosting its 3rd Annual Boys Invitational Tournament March 23-25, 2012. The tournament will offer a Recreation & Open Divisions for boys 3rd through 8th grade. The tournament will have teams from up and down the state to compete for the weekend. Please come and show your support.

Friday (if needed), Saturday, Sunday

Divisions: Recreation & Open (3rd & 4th, 5th & 6th, 7th & 8th Grades)
Session: Mar 23-25
Location: CHS, LHS, LVMS, Trinity Church
Deadline: March 16
Fees: \$225.00 by Feb 24
 \$250.00 after Feb 24



RISING STARZ!

Let's start this New Year out the right way, crowning the best talent in all of Lompoc! It's our very own, "Lompoc's Got Talent" showcase and production! Join us as talented individuals compete for cash and other prizes. Tickets are available at the Anderson Recreation Center at 125 West Walnut Avenue beginning Tuesday, January 2nd from 9am – 5pm. If you are interested in competing in this program, please refer to our youth programs area for competition details and audition information.

Ages: All ages
Date: Saturday January 28
Time: 7:00 pm
Location: Lompoc Civic Auditorium
Fee: \$3.00 for pre-sale \$5.00 at the door



31ST ANNUAL GIRLS INVITATIONAL BASKETBALL TOURNAMENT

The Lompoc Parks and Recreation Department will be hosting it's 31st Annual Girls Invitational Tournament March 16-18, 2012 The tournament will offer a Recreation & Open Divisions for girls 3rd through 8th grade. The tournament will have teams from up and down the state to compete for the weekend. Please come and show your support.

Friday (if needed), Saturday, Sunday

Divisions: Recreation & Open (3rd & 4th, 5th & 6th, 7th & 8th Grades)
Session: Mar 16-18
Location: CHS, LHS, LVMS, Trinity Church
Deadline: March 9
Fees: \$225.00 by Feb 17 / \$250.00 after Feb 17



8TH 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 - Date: April 1st

Ages: 14 and up
Time: Check In - 11:00 AM, Shot-Gun Start 12:30 PM
Location: Marshallia Ranch Golf Course
Fees: \$100.00 early bird registration - before March 12
 \$120.00 per person - after March 13
 \$80.00 Military or VAFB Member
 \$100 - Tee Sign

Tee Sponsor:
Business Sponsor:

\$500 - Includes 4 Golfers + Tee sign

Other Sponsorship Opportunities Available !!!!!!!

EASTER EGG HUNT

Once again, the Easter Bunny visits Lompoc in time to host the eggciting Easter Egg Hunt! This is an eggstraordinary event sponsored by the Lompoc Kiwanis Club and various other community organizations. The Lompoc Kiwanis Club offers lunch opportunities, while Campfire USA has carnival games to entertain children. Remember as long as you bring your manners with you, hunting is free. Bring the family for a fun filled day!

Saturday • April 7
Times: 10:00 a.m.-12:00 p.m.
Location: River Park, American Legion Area
Fees: FREE!



LOMPOC KIWANIS TRACK & FIELD MEET

Come out and be a part of the Central Coast's premier track meets. Open to Boys and Girls 3rd thru 8th grade. Awards given to top 6 places. Events include: Sprint and distance runs, field events.

Sunday

Divisions: 3rd & 4th, 5th & 6th, 7th & 8th Grades
Session: 001 Apr 29
Time: 9:00 AM-5:00 PM
Check In: 8:00 AM-8:45 AM
Location: Lompoc High School, Track
Fees: \$10.00 per athlete
 \$100.00 per club or school team
 (25 athletes max per \$100)
 Register by: April 16



MOTHER/SON LUAU

An opportunity for moms and sons to have a special night of dancing, games and fun. Professional portraits will be available for purchase. The doors will open at 6:00 pm for pictures only, with the dance and activities beginning at 6:30pm.

Friday & Saturday

Session: 001 May 4 / 002 May 5
Time: 6:30 PM - 8:30 PM
Location: Anderson Recreation Center, Gym
Deadline: April 20
Fees: \$16.00 per couple
 \$ 8.00 for second child

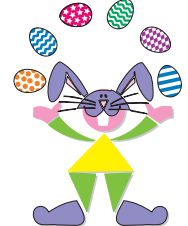


EASTER EGG DECO WROKSHOP

This workshop will be the perfect opportunity to get all of your egg decorating done! Join us for an afternoon of gluing, drawing, laughing, and fun. This program is open to children between the ages of 6-12, though children under age 6 will be allowed to participate under the supervision of a parent. Eggs and all decorating materials will be provided. Pre-registration is required.

Wednesday

Ages: 6-12
Session: 001 April 4th
Time: 3:30 PM – 4:30 PM
Location: Anderson Recreation Center, Panorama Room
Fees: \$3.00



HEALTH & RESOURCE SENIOR EXPO

The Senior Expo is the premier event in Lompoc to learn about health and resources for older adults. Featured activities will include Health Screenings, Fitness Testing, exhibits on health and wellness and Car Fit. This will be the first time Car Fit is offered in Lompoc. For drivers over the age of 60, Car Fit volunteers take you through a 15 minute, 12-point checklist with your vehicle and recommend vehicle adjustments to fit you better and enhance your safety. For more information on Car Fit call 805-925-9554. Senior Expo is free of charge and open to the community. It will be held at Trinity Church of the Nazarene. For more information please call (875-8098)

Time: 9:00 AM – 12:00 PM
Location: Trinity Church of the Nazarene
Address: 500 E North Ave, Lompoc
Date: TBA • Fee: FREE

NEW YEAR RESOLUTION

NEW THIS YEAR

Make fitness one of your priorities for 2012! We are here to help with a series of events to help prepare you for the ultimate challenge – the 2012 Triathlon in August. Join us for these fun and exciting new fitness events this year, where all ages and abilities are welcome. Visit our website for complete details for each event.

- RESOLUTION RUN** @ Lompoc Multipurpose Trail
Saturday, January 7th
- SPRING SPLASH & DASH** @ Lompoc Aquatic Center
Saturday, March 24
- LOMPOC DUATHLON** @ Dick DeWees Community & Senior Center • Saturday, June 2nd

3RD ANNUAL BOAT FLOAT!

SATURDAY MAY 5, 2012

Business "Small" (Under 10 employees).....	\$50/team
Business "Large" (over 10 employees)	\$50/team
Organizations Team	\$50/tea
Schools	\$25/team
Elementary ___ Middle ___ High ___ College	
Instant Boat Kits	\$50/team

Design and Build a human powered boat made of corrugated cardboard, capable of racing a 100-yard "M" shape course, in the competitive pool, at the Lompoc Aquatic Center. We're all in this to enjoy a great event, be with friends, and try some outrageous inventions. Please remember, the idea is to explore the inherent characteristics of corrugated cardboard while being creative in meeting the challenge. "Stay Afloat."

CLASS I boats must have 2 passengers. No more than 5 crewmembers.

CLASS II boats must have a minimum of 3 and a maximum of 4 passengers.

CLASS III boats, the "Instant Boats" are to be designed and built on site the day of the event with only the materials provided in your purchased boat kit. Construction will begin at 8am and conclude at 11:30am. Boats must be able to fit through our door opening (6'6" x 6'6") and no longer than 12' in length.

EXCURSIONS (2012 WINTER/SPRING)

DAY EXCURSIONS

Transportation is provided in an air-conditioned 15-passenger van or a 20-passenger bus. Pre-registration is required 2 weeks in advance of excursion date. Meals and souvenirs are the responsibility of the individual participant. The Parks & Recreation reserves the right to cancel an excursion due to insufficient registration, weather conditions, or unexpected circumstances. If you decide to cancel after the deadline date has passed, a refund cannot be issued unless another customer fills the space. Waivers are needed for each excursion and have to be completed prior to boarding the vehicle. A letter will be sent to all participants one week in advance with the final schedule of the day including the departure time. The departure time listed on your receipt is an estimated time, the letter will confirm the final departure time. Unless specified, all of our excursions are designed for all ages. Any participant under the age of 18 years old **MUST** be accompanied by a paying adult.

ESTATE TOUR AT THE HUNTINGTON LIBRARY, ART COLLECTION AND BOTANICAL GARDENS

An easy outdoor one-hour walking tour that covers the central area of the estate including the world renowned galleries and gardens. Visitors will learn how Henry and Arabella Huntington turned their San Marino Ranch into a world famous cultural landmark. Price includes walking tour fee and admission.

Session 1: **Sa** Varies 2/25 \$55

CHARLES PADDOCK ZOO

Pack your bags for the day to enjoy a special day enjoying something unique to the Central Coast! We have all had a favorite animal to view and this is a great opportunity to bring your camera and view the unique animals at the Charles Paddock Zoo. The Charles Paddock Zoo is granted accreditation by the American Zoo and Aquarium Association (AZA) Accreditation Commission. The mission of the Charles Paddock Zoo is to provide an educational resource for wildlife awareness and conservation, and an enriched recreational experience for the residents and visitors of the California Central Coast.

Session 1: **Sa** Varies 3/24 \$40

REAGAN LIBRARY

The Reagan Library is the largest of all the Presidential Libraries. On this tour you will see documents, photographs and artifacts from his two terms in the White House. Also included in this tour is the tour of the presidential airplane, Air Force One. This museum is perched on a mountain with sweeping views of mountains, valleys and the Pacific Ocean. This 100-acre estate offers memorable experiences for people of all ages.

Session 1: **Sa** Varies 4/21 \$60

MULTI-DAY EXCURSIONS

The Lompoc Parks & Recreation is now offering overnight excursions available through Premier World Discovery! Registration is available at the Anderson Recreation Center located at 125 West Walnut Avenue, Monday through Friday between 9 a.m. and 5 p.m. Deposits are due at registration. For a more detailed itinerary for the tours listed below, please call 875-8100 or pick up a flyer at the Anderson Recreation Center. Price is per person for double occupancy.

GREAT TRAINS AND GRAND CANYONS

Have you always wanted to see how 'grand' the Grand Canyon was? Well now is your chance, by train! Enjoy a 6 day, 5 night stay while letting someone do the driving! This tour includes five nights in Sedona, Sedona Trolley Tour featuring the Chapel of the Holy Cross and the Airport Mesa for spectacular views. Begin Day three with an unforgettable day with a drive through the amazing Oak Creek canyon, board the Grand Canyon Railway and be amazed by the awe-inspiring South Rim view of the Grand Canyon National Park. Tour includes roundtrip airfare, sightseeing and admissions per itinerary, eight meals, hotel transfers, professional tour direction, motor coach transportation and baggage handling.

Session 1: **Su** Varies 2/19-2/25 \$1,599

***Come and learn about the
2012 Over Night Excursions
on Wednesday February 29 at 6:00 PM. A
Representative from World Premiere Discovery
will be onsite to go over in detail the upcoming
excursions and available for questions!
Call 875-8100 for more details!***

Tree Planting Program

SPONSORED BY THE CITY OF LOMPOC URBAN
FORESTRY DIVISION & UTILITY DEPARTMENT

The City of Lompoc Urban Forestry
Division has an active Electric Utility
Tree Replacement Program.

If a City of Lompoc resident has a tree in their back yard or on private property and the tree is in conflict with overhead electric utility lines, the City crew will remove the tree, grind the stump and replace the tree with a more suitable tree that will not be compromised by the overhead utility lines.



*Please call
875-8034
and request service today!*

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

ADULT PROGRAMS

We Create Community Through People, Parks and Programs

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!!

ADULT SPORTS



Whether it's spiking or hitting a grand slam...the Lompoc Parks & Recreation has a sports program for you! Team sports traditionally play ten games with playoffs. Teams are separated into divisions of compatible ability. Adult sports league participants must be at least 16 years of age.

The team entry fee covers the costs of officials, facility attendants, equipment, utilities, awards, balls (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.

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, Recreation and Urban Forestry Department at 875-8100.

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 is \$500.

BASKETBALL LEAGUE/ 16 & UP

Join the fun by playing a little hoop against other teams. Games are played during the week after 6:00 pm. Men's division will be offered. Teams must provide uniforms with six-inch numbers on the back of their jerseys. 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. Fees are based on per team. Registration Dates 1/16-2/24

\$425.00 (R) \$450.00 (NR) Lompoc Valley Middle School

Session 1: **M** 6:00PM-10:00PM 3/5-5/14

SLOW-PITCH SOFTBALL LEAGUE/ 16 & UP

Men's, Women's, Church and Coed. All ability levels are welcome. **NEW!! – ALL TEAMS WILL USE BATS PROVIDED BY THE RECREATION DIVISION – NO EXCEPTIONS!** Those 16 and older are eligible. Men's teams may roster up to 16 players, Coed teams may roster up to 16 with 4 additional substitutes. This league plays modified SCMAF softball rules. 10 week season and playoffs. \$42.00 additional for PMBF. *Mandatory Managers Meeting on Wednesday February 22, at 6:00 PM. Registration Dates 1/2-2/10

Ryon & Thompson Softball Fields

Coed League \$497.00 (R) \$522.00 (NR)

Session 1: **S** 5:00PM-11:00PM 2/5-5/2

Men's League \$480.00 (R) \$505.00 (NR)

Session 1: **W/Th** 6:00PM-11:00PM 2/5-5/20

COED SOCCER LEAGUE 7 ON 7/ 16 & UP

Coed Soccer is open to all ability levels. Teams may roster up to 12 players. This league plays modified SCMAF / Cal South Soccer rules. 10 week season and playoffs. Days of the week are open to change depending on request. *\$42.00 additional for PMBF. Mandatory Managers Meeting on Wednesday, February 29 at 6:00 PM. Registration Dates 1/16-2/24

\$445.00 (R) \$470.00 (NR) Riverbend Park

Session 1: **S** 10:00AM-6:00PM 3/4-5/20

9TH ANNUAL LOMPOC P&R GOLF TOURNAMENT

Come out and enjoy the Annual Lompoc P & R 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, VAFB. Remember, Sponsorship opportunities are available for people or businesses.

Marshallia Golf Course – April 1

Session 1: **S** Check In - 11:00 AM, Shot-Gun Start 12:30 PM

\$100.00 Early Bird Registration Deadline - March 16

\$120.00 Per Person – after March 16

\$80.00 Active Military or VAFB Member

Tee Sponsor: \$150 – Tee Sign

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

Other Sponsorship Opportunities

Available !!!!!!!

Travel with overnight accommodations & transportation in 2012!!

The opportunity is here for all to enjoy! Overnight accommodations and transportation to National Parks, New York City or even Europe! Call 875-8100 for more information and travel opportunities through your Lompoc Parks & Recreation!!



MARK YOUR CALENDAR!

FOR UPCOMING ADULT SPORTS FOR SUMMER 2012

- 5 ON 5 BASKETBALL
- SLOW PITCH SOFTBALL
- COED VOLLEYBALL
- EASTER EGG HUNT
- 3 ON 3 BASKETBALL TOURNAMENT
- TENNIS TOURNAMENT
- BEATTIE PARK 5K/10K RUN

AQUATICS



PUBLIC SWIM FEES

Under 2	\$.100 per entry
2 years – 12 years	\$.300 per entry
13 years – 17 years	\$.350 per entry
18 years – 59 years	\$.400 per entry
60 & Older	\$.300 per entry

POOL RULES

For the protection & enjoyment of all aquatic patrons, we ask that you familiarize yourself with the program and facility regulations.

1. All patrons must **shower** before entering the pools.
2. **Proper swimsuits** are required for those entering the pool, no cut-offs of any type or t-shirts allowed. Metal exposed zippers, buckles, rivets or metal ornamentation are not permitted.
3. Adults of **Children age 3 and under** must be in the water within arms reach at all times. (1 to 1 ratio).
4. Upon arrival at the Aquatic Center children who need adult supervision will be given a wristband matching one that will be given to the parent/guardian. Wristbands will be issued and must be worn by both parent/guardian and child at all times.
5. **Children under the age of 3 must be fitted with a swim diaper and snug fitting plastic pants.**
6. **Children ages 4 through 6** must be supervised by an adult in the water at all times (1 to 2 ratio).
7. **Children 8 years old and younger** must be accompanied by an adult at all times.
8. **Children under 12 years** may play on and be in the AquaPlay area
9. **No foods, drink, or gum** permitted in the dressing rooms or the pool area.
10. **Children of the opposite sex**, over 5 years of age, must change in the appropriate dressing room or the family changing room.
11. **Inflatable toys**, mattresses or water wings are not allowed.
12. **Glass or other breakable** objects are not allowed in the facility.
13. **No food, drink or gum** permitted inside the facility.
14. No cell phone use in the locker rooms.
15. A complete list of pool rules is available at the Anderson Recreation Center & Lompoc Aquatic Center

POOL CLOSURES

November 28 through January 1, 2012
 (Pool repairs and cost savings)
 Easter, Sunday, April 8

Additional Recreation Swim Opportunities 1PM – 3PM:

- LUSD Winter Break, January 2 – January 8
- Martin Luther King Day, Monday, January 16
- Lincoln Day Observance, Monday, February 13
- President’s Day, Monday, February 20
- Non-School Day, Friday, March 9
- Spring Recess, April 2 through April 8
- Memorial Day, Monday, May 28

RECREATIONAL SWIM

It doesn't have to be hot outside to enjoy some serious "splash time". At the Lompoc Aquatic Center, every weekend is "water time". Join us for tons of water FUN!!! Grab your suit, friends, family, and head down to the Lompoc Aquatic Center for fun on one of the two 125-foot water slides, the shallow lap pool or more than 20 interactive features on the Aqua Play Center, which includes twin waterslides, water cannons, cargo nets, and the famous "bucket".

Ages: All
 Day: **Fridays NEW**
 Time: 6:30 PM – 8:00 PM
 Days: **Saturdays and Sundays**
 Time: 1:00 PM – 3:00 PM

Sun Lotion

The Lompoc Aquatic Center is a unique indoor facility with retractable ceiling panels. During warm sunny days, the ceiling panels may be open to bring the outdoors in for the enjoyment of our pool users. You may wish to use skin protection such as, hats, rash guards, and water proof sun-screens. If you choose to use a sunscreen please make sure you apply it

- 30 minutes before entering the pool.
- Sunscreen is a filter that must be applied to the skin 20-30 minutes before exposure.
- Sun Block (zinc oxide & titanium dioxide) is not absorbed and the blocking effects are immediate.
- Please use only water-proof products.

INNER TUBES

For only one dollar you can rent one of our water park inner tubes to float around the Competition Pool with your friends (All tube users must be able to demonstrate their ability to swim to participate in the all deep Competitive Pool).

FEE: \$1.00

Locker Rentals

No need to bring a lock or worry about your valuables, we have ample lockers available to secure your clothes and valuables while you are enjoying our facility.

FEE: \$.25

FAMILY SWIM

We are offering quiet swim opportunities for you to enjoy together with the members of your family in our warmest pool. This is a great way to experience swimming in slower and quieter recreational opportunities in our very warm 90-degree therapy pool. This pool is only for those family members interested in a more passive recreational opportunity.

Ages: All
 Days: **Saturdays and Sundays**
 Time: 1:00 PM – 3:00 PM

PARENT & TOT SWIM

We have set time aside for infants and toddlers to experience and enjoy the wonderful world of aquatics with their adult companions. This quiet time will allow you to enjoy quality time together in the 85 degree Aqua Play area. This area ranges in depth from 0 to 2.5' deep. Children are required to wear swim diapers, covered with plastic pants. **The water features are not on at this time.**

Monday - Saturday
 Ages: Infant & Toddler with Parent
 Days: **Monday - Saturday**
 Time: 11:30 AM – 1:00 PM

RENT THE POOL

Several areas are available to rent for your group. The Aqua Play at \$75.00 per hour, The Activity pool at \$150.00 per hour and the patio for \$40.00 per hour, are some of your options. For more information about rental availability please call the Anderson Recreation Center at 875-8100.

The rental times are as follows:

Saturdays:

10:00 AM – 11:30 AM • 3:15 PM – 5:15 PM
 5:30 PM – 7:30 PM

(Available if the 3:15 PM slot has been rented)

Sundays:

10:00 AM – 11:30 AM
 (Available if the 11:30 AM slot has been rented)

11:30 AM – 1:00 PM • 3:15 PM – 5:15 PM
 5:30 PM – 7:30 PM

(Available if the 3:15 PM slot has been rented)

*Please note that the pool will be cleared 10 minutes prior to the rental end time to allow sufficient time to clear the building

** 1 ½ hour minimum pool rental required.

LAP SWIM

Lap Swim is available at varying times in the competition pool and the activity pool lap swim lanes. While the program is geared towards adults, youth participants are welcome but may be asked to demonstrate their swimming ability to a certified lifeguard before being allowed to participate in lap swim.

Ages: 14 & up
 Fee: \$4.00 per entry
 \$3.00 (60+)
 \$35.00 per month*
 \$30.00 (60+)
 \$85.00 3-month*
 \$75.00 (60+)

*Discounts are applied if registering for 3 consecutive months.

WARM WATER LEISURE – THERAPY POOL

Enjoy the soothing properties of the 90 degree therapy pool in our 30' x 50', 3.5' to 4.5' deep pool. The therapy pool allows you to walk or swim in the warm water at your own pace during many of our lap swim times. There is easy access from the deck by the way of our long and gentle, sloping ramp in addition to the traditional stair entry. The Lompoc Aquatic Center also has two wet wheelchairs for use to enter and exit the water.

Ages: 14 & up (A quiet time reserved for adults and persons with disabilities). **Patron under the age of 14 may use the Therapy pool if they provide a physician's prescription that states the need for this facility. There is no recreational play in this pool.**

Fee: \$4.00 per entry
 \$3.00 (60+)
 \$35.00 per month*
 \$30.00 (60+)*
 \$85.00 three month*
 \$75.00 (60+)*

Sessions: 001 Jan 3 – May 31

Days: **Monday - Thursday**
 Times: 5:00 PM – 6:30 PM

Days: **Monday – Saturday**
 Times: 11:30 AM – 1:00 PM

*Discounts are applied if registering for 3 consecutive months

DROP-IN WATER POLO

Each Wednesday night from 6:30 PM to 8:00 PM join local current and past polo players as they scrimmage in organized games. Local coaches and local legends officiate these games to ensure fair play in this demanding sport. Due to the popularity of this program, the Competition Pool will be divided into two games to accommodate different levels of play.

FEE: \$3.00

LAP SWIM - POOL & LANE AVAILABILITY • JANUARY 3 - JUNE 8, 2012



Time	Mon & Wed			Tues & Thurs			Fri			Sat			Sun
	Comp	Rec	Ther	Comp	Rec	Ther	Comp	Rec	Ther	Comp	Ther	Rec	Comp
5:45 am	10	4					10	4					
6:00 am	10	4					10	4					
7:00 am	10	4					10	4					
7:30 am	10	4					10	4					
8:30 am										8	4		
9:00 am										8	4		
9:30 am	10			10			10			8	4		
10:00 am	10			10			10						
10:30 am	10			10			10						
11:00 am	10			10			10						
11:30 am	10	4	*	10	4	*	10	4	*	10	4	*	
12:00 am	10	4	*	10	4	*	10	4	*	10	4	*	
12:30 am	10	4	*	10	4	*	10	4	*	10	4	*	
1:00 pm										10			
1:30 pm										5			5
2:00 pm										5			5
3:00 pm										5			5
4:00 pm		2			2								
4:30 pm		2			2								
5:00 pm	4	2	*	4	2	*	4						
5:30 pm	4	2	*	4	2	*	4						
6:00 pm	4	2	*	4	2	*	4						
6:30 pm		4		6			10						
7:30 pm		4		6			10						

mark your calendar for the.....

THIRD ANNUAL BOAT FLOAT!

SATURDAY MAY 5, 2012

Design and Build a human powered boat made of corrugated cardboard, capable of racing a 100-yard "M" shape course, in the competitive pool, at the Lompoc Aquatic Center. We're all in this to enjoy a great event, be with friends, and try some outrageous inventions.

Please remember, the idea is to explore the inherent characteristics of corrugated cardboard while being creative in meeting the challenge, "Stay Afloat."

- CLASS I boats must have 2 passengers. No more than 5 crewmembers.
- CLASS II boats must have a minimum of 3 and a maximum of 4 passengers.
- CLASS III boats, the "Instant Boats" are to be designed and built on site the day of the event with only the materials provided in your purchased boat kit. Construction will begin at 8am and conclude at 11:30am.

Boats must be able to fit through our door opening (6'6" x 6'6") and no longer than 12' in length.

Business "Small" (Under 10 employees)	\$50/team
Business "Large" (over 10 employees)	\$50/team
Organizations Team	\$50/tea
Schools	\$25/team
Elementary	
Middle	
High	
College	
Instant Boat Kits	\$50/team

PRIVATE/SEMI PRIVATE LESSONS

Our private lesson program has been changed to help alleviate the long wait for private lessons. The Private (1:1 ratio) and Semi-Private (1: 2-4 ratio) swim lessons will follow our new guidelines. Private lessons are \$100 for 5, 30-minute classes and Semi - Private lessons are \$75 for 5, 30-minute classes. For more information and a complete list of our private lesson guidelines, please contact our office at 875-8100.

NEW AND IMPROVED LEARN - TO - SWIM

After years of working with of young swimmers and listening to our patron we have made some significant changes to your Learn - to - Swim program at the Lompoc Aquatic Center.

Simplicity: The fundamental elements of swimming are organized into 10 stages. Each station builds upon skills learned at the previous class.

Goal Driven: Advancement criteria have been established which provide the student (and parents) with clear tests for advancement.

Advancement: Advancement is objective driven age will not play a significant role.

Quality Control: Student skills are evaluated by a supervisor at least twice during the stage.

Class size: Recommendation for the following stage:

Station 1-3, 4-6 students

Station 4-7, 6-8 students

Station 8-19, 8-10 students

SWIM LESSON SCHEDULE • WINTER / SPRING 2012

STAGE -1 (STARFISH)

Gradual water adaptation, Movement in the water. Breath holding and release, Submersion of the face, Opening eyes underwater, Blowing bubbles, Bobbing with bubbles and air exchange. Advancement Skills: **10 relaxed Bobs.**

STAGE - 2 (MINNOW)

Front float and recovery, Front glide and recovery, Back float and recovery, Back glide and recovery. Advancement Skills: **Front glide and recovery 5 – sec, Back glide and recovery 5 – sec.**

STAGE - 3 (PUFFER FISH)

Porpoising, Front kick, glide, and recovery, Back kick, glide and recovery. Advancement Skills: **Front kick 15 – feet. Back kick 15 – feet.**

STAGE - 4 (SEA TURTLES)

Rolling – front to back, back to front., Finning and skulling, Side – glide – kick, Crawl armstrokes. Advancement Skills: **Slide – glide – kick, 20 – feet, Crawl stroke, 20 – feet (no breathing).**

STAGE - 5 (SEALS)

Crawl stroke with breathing, Back crawl stroke, Advancement Skills: **Crawl stroke with breathing (30 – feet minimum of 4 – breaths).**

STAGE - 6 (STING RAYS)

Extending Freestyle swimming, Tread water, Jump in and tread water. Sitting dive, Kneeling dive, Standing dive. Advancement Skills: **Swim Freestyle 17 – feet, Swim backstroke 30 – feet, Tread water for 1 – minute.**

STAGE - 7 (PIRANHAS)

Breaststroke kick, Breaststroke swim, Butterfly arms, Butterfly swim. Advancement Skills: **Swim Freestyle 50 – yards, Swim backstroke 25 – yards, Kick breaststroke 20 – yards.**

STAGE - 8 (BARACUDAS)

Freestyle with bilateral breathing, turns. Advancement Skills: **Swim freestyle for 100 yards (25 – yards using bilateral breathing), Swim 25 – yards breaststroke, Swim 30 – feet Butterfly.**

STAGE - 9 (KILLER WHALES)

Sidestroke kick, Sidestroke swim, Elementary backstroke, Advancement Skills: **Swim 200 – yards freestyle, bilateral breathing 50 – yards), Swim 25 – yards butterfly, Swim 50 – yards breaststroke, Swim 50 – yards elementary backstroke, Swim 50 – yards sidestroke.**

STATION - 10 (SHARKS)

Extended swimming and technique refinement in all major strokes and turns. Advancement Skills: **Swim 300 – yards Freestyle, Swim 100 – yards backstroke, Swim 100 – yards Individual Medley.**

MONDAY and WEDNESDAY – 8 Lessons

	SESSION 1		SESSION 2		SESSION 3		SESSION 4		SESSION 5	
	January 9	February 1	February 6	February 29	March 5	March 28	April 9	May 2	*May 7	May 30
4:00pm	4:35pm	4:00pm	4:35pm	4:00pm	4:35pm	4:00pm	4:35pm	4:00pm	4:35pm	4:00pm
4:40pm	5:15pm	4:40pm	5:15pm	4:40pm	5:15pm	4:40pm	5:15pm	4:40pm	5:15pm	4:40pm
5:20pm	5:55pm	5:20pm	5:55pm	5:20pm	5:55pm	5:20pm	5:55pm	5:20pm	5:55pm	5:20pm
6:00pm	6:35pm	6:00pm	6:35pm	6:00pm	6:35pm	6:00pm	6:35pm	6:00pm	6:35pm	6:00pm

*No Lesson Monday, May 28, Memorial Day

TUESDAY and THURSDAY – 8 Lessons

	SESSION 1		SESSION 2		SESSION 3		SESSION 4		SESSION 5	
	January 10	February 2	February 7	March 1	March 6	March 29	April 10	May 3	May 8	May 31
4:00pm	4:35pm	4:00pm	4:35pm	4:00pm	4:35pm	4:00pm	4:35pm	4:00pm	4:35pm	4:00pm
4:40pm	5:15pm	4:40pm	5:15pm	4:40pm	5:15pm	4:40pm	5:15pm	4:40pm	5:15pm	4:40pm
5:20pm	5:55pm	5:20pm	5:55pm	5:20pm	5:55pm	5:20pm	5:55pm	5:20pm	5:55pm	5:20pm
6:00pm	6:35pm	6:00pm	6:35pm	6:00pm	6:35pm	6:00pm	6:35pm	6:00pm	6:35pm	6:00pm

SHARKS & MINNOW'S (SATURDAYS) PARENT & TOT

This class is intended for **dads** and their tots to enjoy a parent tot class, moms are welcome. This class is taught in our 85-degree splash pool. Classes meet four consecutive Saturdays for 30 minutes.

Saturdays

Ages: 6 mos – 36 mos
 Sessions: 001 Jan 7 – Jan 28
 002 Feb 4 – Feb 25
 003 Mar 3 – Mar 24
 004 Mar 31 – Apr 21
 005 Apr 38– May 19
 Time: 9:30 AM – 10:00 AM
 Fee: \$40.00

SWIM LESSONS FOR ADULTS AND CHILDREN WITH INTELLECTUAL DISABILITIES – PLEASE BOX

The Lompoc Parks & Recreation Department will be offering group swim lessons at the Lompoc Aquatic Center for children and adults in our community with intellectual disabilities. For a complete list of class offerings, please contact our office at 875-8100.

LIFEGUARD TRAINING

Here is your chance to take a great class, with the benefit of becoming an American Red Cross certified Lifeguard. The course includes Lifeguard Training, CPR/AED, First Aid. A pre-test date will be announced upon registration and attendance at all sessions is required.

Monday through Saturday

Ages: 15 & Up
 Dates/Times: March, TBA
 Times: 9:00 am – 5:00 pm
 Fee: TBA

WATER SAFETY INSTRUCTOR

If you have ever wanted to teach swim lessons, here is your opportunity. This course includes instruction on your personal swim strokes, breaking down the fundamentals of each stroke for teaching technique, and prepares you for the coordination and implementation of teaching children and adults how to swim. Upon successful completion, students will exhibit proper swim technique, communicate fundamentals and display the necessary maturity that accompanies this type responsible position. The course schedule will be discussed on the first class meeting date.

Ages: 16 & Up

F.I.T. Date:

Session: 001 TBA
 Dates/Time: TBA Spring

Course Start Date:

Sessions: 002 TBA
 Time: TBA Spring

Lab Dates:

Throughout the course
 Fee: \$150.00**

**FIT students may need to purchase an additional book

FIRST RESPONDER CERTIFICATION OPPORTUNITIES **NEW**

If you need to re-certify for CPR, AED or Lifeguard training, we are here to help. Our ever current American Red Cross Instructors will be ready with the NEW material for 2012 Reviews and Challenges.

FEES: \$60.00 Challenge Lifeguard/First Aid (9hrs) *min two students

\$50.00 Challenge CPR/AED (2hrs)

\$120.00 Review Lifeguard/first Aid (16hrs) *min

two students

\$100.00 Review CPR/AED (5hrs)

ADULT LEARN TO SWIM CLASSES (SATURDAYS)

These swim classes are designed for adults and teens that want to learn swimming skills in a small group setting. This class allows you to work on personal goals, that might include perfecting alternate breathing or flip turns. This class is taught in our 85-degree Lap pool. Classes meet four consecutive Saturdays for one hour.

Saturdays

Ages: 14 & up
 Time: 8:30 AM - 9:30 AM
 Sessions: 001 Jan 7 – Jan 28
 002 Feb 4 – Feb 25
 003 Mar 3 – Mar 24
 004 Mar 31 – Apr 21
 005 Apr 7 – May 19
 Fee: \$40.00

PERSONAL TRAINING **NEW**

You need some direction and motivation for those goals you've set this year, like refining your freestyle or training for the 6th Annual "Hank Hudson" Triathlon, well we have the answer. Sign up to receive twelve individual workouts, two of which will be supervised by Ironman and USA swim coach Jeff Storie. (Pool admission is not included).

FEE: \$15.00

EASY WALKING **NEW**

This new program is designed for people having difficulty with aches and pains - young and old, male and female, fit and no-so-fit. It is also suitable for people suffering from arthritis, or anyone who would like to begin a regular walking program to gain the benefits of regular aerobic exercise in a group setting. Class sessions utilize the Aquatic Center classroom for education about exercise and fitness. The Aquatic Center's indoor climate controlled deck serves as a warm, safe, well lit 1/8th mile track. If you can be on your feet for 10 minutes without increased pain, you can participate successfully.

Mondays, Wednesdays & Fridays

Ages: 18 & up
 Fee: \$30.00
 Time: 8:30 AM – 9:30 AM
 Sessions: 001 Jan 2 – Jan 30
 002 Feb 1 – Feb 29
 003 Mar 2 – Mar 30
 004 April 2 – April 30
 005 May 2 – May 30*
 *No class on May 28th.

WATER EXERCISE DROP IN PROGRAM

Adults are welcome to come and drop into any of our water exercise classes, space permitting on the roster, at a cost of only \$5.00 per visit. You can contact our office at 875-8100 or the Aquatic Center at 875-AQUA (2782) to determine space availability.

AQUA AEROBICS

This class is designed for those who would love to exercise in the water without stressing your joints. In this class, you will use the water for resistance as you build muscle tone and strength.

Mondays & Wednesdays

Ages: 18 & up
 Fee: \$30.00
 Time: 6:00 PM – 7:00 PM OR 6:30AM-7:30AM
 Sessions: 001 Jan 2 – Jan 30
 002 Feb 1 – Feb 29
 003 Mar 2 – Mar 28
 004 Apr 2 – Apr 25
 005 May 2 – May 30
 * No class May 28th.
 Instructor: *Nancy Jacobs*

GENTLE WATER EXERCISE

This class is taught in warm water with slow movements and joint movement. Class is perfect for those mature adults who want to exercise in the water without stressing their muscles or joints. Designed for those individuals suffering from arthritis, fibromyalgia and other special sensitivities such as stress, the need to start an exercise program or those recovering from illness or injury. This class will be offered in the therapy pool, which maintains a wonderful temperature at 90 degrees!

Tuesdays & Thursdays

Ages: 18 & Up
 Fee: \$30.00
 Time: 9:15 AM – 10:15 AM
 Sessions: 001 Jan 3 – Jan 31
 002 Feb 2 – Feb 28
 003 Mar 1 – Mar 29
 004 Apr 3 – Apr 26
 005 May 1 – May 31
 Instructor: *Nancy Jacobs*

AQUA AEROBICS

This class is designed for those who would love to exercise in the water without stressing your joints. In this class, you will use the water for resistance as you build muscle tone and strength.

Tuesdays & Thursdays

Ages: 18 & Up
 Fee: \$30.00
 Time: 10:30 AM – 11:30 AM
 Sessions: 001 Jan 3 – Jan 31
 002 Feb 1 – Feb 23
 003 Mar 1 – Mar 29
 004 Apr 5 – Apr 26
 005 May 3 – May 31
 Instructor: *Nancy Jacobs*

AQUA STEP AEROBICS

This class offers a terrific workout in the lap lanes of our recreation pool, at a depth of 4.5'. Our instructor will lead you through a fast-paced routine set to music using water steps. This class is unlike any other step aerobics class you have experienced.

Mondays, Wednesdays, Fridays

Ages: 18 & up
 Time: 10:30 AM - 11:30 AM
 Sessions: 001 Jan 2 – Jan 30
 002 Feb 1 – Feb 29
 003 Mar 2 – Mar 30
 004 April 2 – April 30
 005 May 2 – May 30*
 Fee: \$30.00
 Instructor: *Wendy Knowles*
 *No Class May 28th.

DEEP WATER AEROBICS

This class offers you the chance to enjoy water exercise in our competition pool, which ranges from 7' to 9' feet in depth. The resistance of the water will help build strength in your joints and muscles, while using a floatation belt to stay afloat. The ability to swim is not required in order to participate in this class.

Tuesdays & Thursdays

Ages: 18 & up
 Time: **6:15PM – 7:15PM** **NEW TIME**
 Sessions: 001 Jan 3 – Jan 31
 002 Feb 1 – Feb 23
 003 Mar 1 – Mar 29
 004 Apr 5 – Apr 26
 005 May 3 – May 31
 Fee: \$30.00
 Instructor: *Gabrielle Freedain*

WARM WATER EXERCISE

The class will take you through a variety of exercises in the water using the natural water resistance and equipment to tone and strengthen your muscles. This is a painless exercise choice for joint and bone issues taught in a warm therapy pool.

Mondays, Wednesdays and Fridays

Ages: 18 & Up
 Time: 9:15 AM – 10:15 AM
 Sessions: 001 Jan 2 – Jan 30
 002 Feb 1 – Feb 29
 003 Mar 2 – Mar 30
 004 April 2 – April 30
 005 May 2 – May 30*
 Fee: \$30.00
 Instructor: *Wendy Knowles*
 *No Class May 28th.

***“We create community through people,
 parks and programs”***

YOUTH & TEEN CLASSES & PROGRAMS

RISING STARZ!

Now is the time to dust off your talents and get ready to perform for all to see. That's right, it's our very own Central Coast Talent showcase and production! All types of performing arts are invited and encouraged to participate to include singing, dancing, poetry reading, etc. The night of the showcase, we will award the **2012 RISING STAR**. Auditions are required and the top individuals from the auditions will be invited to perform at the competition on Saturday, January 28, 2012. Pre-register today for your audition time!

Audition Information/10 – 22 years \$5
 Session 1: **Wed** 4:30PM-6:00PM 1/11 **CA**
 Session 2: **Wed** 4:30PM-6:00PM 1/18 **CA**

Performance/Competition Information/ALL AGES
 Session 1: **SAT** 7:00 PM 1/28 **CA**

Ticket Price: \$3.00 for pre-sale
 \$5.00 at the door

** Tickets for the performance are available at the Anderson Recreation Center at 125 West Walnut Avenue Monday through Friday from 9am – 5pm, after January 2, 2012

KARATE-TANG SOO DO/ 5 & 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 1/3-1/31
 Session 2: **T/Th** 5:30PM-6:45PM 2/2-2/28
 Session 3: **T/Th** 5:30PM-6:45PM 3/1-3/29
 Session 4: **T/Th** 5:30PM-6:45PM 4/3-4/26

Advanced Class

Session 1: **T/Th** 7:00PM-8:15PM 1/3-1/31
 Session 2: **T/Th** 7:00PM-8:15PM 2/2-2/28
 Session 3: **T/Th** 7:00PM-8:15PM 3/1-3/29
 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.

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

ARCHERY/ 7 – 16 YEARS

We are proud to offer this exciting and popular archery class for youth. Classes include safety, physical and mental skill, proper shooting form, and the physics and math of archery. Archery instills confidence and self-esteem in athletes and all training is done in a positive, self-assuring manner with emphasis on the enjoyment of the sport.

Instructor: Thom Chamberlain \$40(R), \$48(N) KAP
 Session 1: **T** 4:00PM-5:00PM 4/3-4/6

MEMORY BOOK WORKSHOP/8 – 13 YEARS

For the beginner or expert, this class is designed to bang out a scrapbook pages in a small amount of time. We will use stickers, die cuts, acid-free paper, pens and more to create our pages! We will work fast and cover a lot of ground! By the end of this class, you will have completed pages to add to your album. Please bring 15-20+ photos that can be cut, glued or decorated and your scrapbook. Photos may follow a certain theme, such as holidays, school, pets or sports, or may be random. All supplies (paper, glue, stickers, pen, etc) are included, except the student's main scrapbook. Small snack and drink included.

Instructor: Cathy Clark \$24(R), \$28(N) ARC
 Session 1: **Tues** 5:30PM-7:00PM 1/17

ART ATTACK/8 – 13 YEARS

In this class, we will explore fun and creative techniques with chalk, oil pastels, and acrylic paints. Wear "work clothes" and bring your imagination! All supplies (paper, pastels, paint and brushes) are included, except the student's main scrapbook. Small snack and drink included.

Instructor: Cathy Clark \$24(R), \$28(N) ARC
 Session 1: **Tues** 5:30PM-7:00PM 1/24

CARD WORKSHOP/6-12 YEARS

Make as many cards as humanly possible in 1 1/2 hours! Make cards for birthdays, graduations, holidays, any time! Make cards for your friends, family, your pets, your teachers! Make cards for the whole year! All supplies are included – cards of every color, envelopes, lots of stickers, pens, die cuts, stencils, rubber stamps, ink, paint, sequins, and everything you need to express yourself through your cards. Be ready for any event!

Instructor: Cathy Clark \$16(R), \$19.50(NR) ARC
 Session 1: **Tues** 5:30PM-7:00PM 1/31

VALENTINE'S DAY CRAFTS/8 – 13 years

Celebrate Valentine's Day by making these classic crafts for your parents, a special friend or event to keep for yourself. We will make a minimum of 3 valentine's gifts, with cards to match and wrap them up to give to family or friends. A small snack included.

Instructor: Cathy Clark \$24(R), \$28(N) ARC
 Session 1: **Tues** 5:30PM-7:00PM 2/7

DECOUPAGE/8 – 13 YEARS

Try the old fashioned French art of bottle decorating – Keep the bottles or give them as gifts. After a short discussion of decoupage, we will make a minimum of 3 decorated bottles using tiles, paper, and other materials. Wear work clothes – this class gets messy. Small snack and drink included.

Instructor: Cathy Clark \$24(R), \$28(N) ARC
 Session 1: **Tues** 5:30PM-7:00PM 2/21

***"We create community through people,
parks and programs"***

EASTER EGG DECO WORKSHOP

This workshop will be the perfect opportunity to get all of your egg decorating done! Join us for an afternoon of gluing, drawing, laughing, and fun. This program is open to children between the ages of 6-12, though children under age 6 will be allowed to participate under the supervision of a parent. Eggs and all decorating materials will be provided. Pre-registration is required.

Wednesday

Ages: 6-12
 Session: 001 April 4th
 Time: 3:30 PM – 4:30 PM
 Location: **ARC, Panorama**
 Fees: \$3.00

MEMORY BOOK WORKSHOP/8 – 13 YEARS

For the beginner or expert, this class is designed to bang out a scrapbook pages in a small amount of time. We will use stickers, die cuts, acid-free paper, pens and more to create our pages! We will work fast and cover a lot of ground! By the end of this class, you will have completed pages to add to your album. Please bring 15-20+ photos that can be cut, glued or decorated and your scrapbook. Photos may follow a certain theme, such as holidays, school, pets or sports, or may be random. All supplies (paper, glue, stckers, pen, etc) are included, except the student's main scrapbook. Small snack and drink included.

Instructor: Cathy Clark \$24(R), \$28(N) ARC
 Session 1: **Tues** 5:00PM–7:00PM 2/28

BEAD CREATIVE/8 – 13 YEARS

Love beads? Love to create beautiful pieces of unique jewelry, to keep or give as gifts? This class is for you! We will make a minimum of 3 projects. All supplies, includeing beads, string, clasps, and other items are included. Small snack and drink included.

Instructor: Cathy Clark \$24(R), \$28(N) ARC
 Session 1: **Tues** 5:30PM–7:00PM 3/6

MEMORY BOOK WORKSHOP/8 – 13 YEARS

For the beginner or expert, this class is designed to bang out a scrapbook pages in a small amount of time. We will use stickers, die cuts, acid-free paper, pens and more to create our pages! We will work fast and cover a lot of ground! By the end of this class, you will have completed pages to add to your album. Please bring 15-20+ photos that can be cut, glued or decorated and your scrapbook. Photos may follow a certain theme, such as holidays, school, pets or sports, or may be random. All supplies (paper, glue, stckers, pen, etc) are included, except the student's main scrapbook. Small snack and drink included.

Instructor: Cathy Clark \$24(R), \$28(N) ARC
 Session 1: **Tues** 5:00PM–7:00PM 3/13

BEADIE ANIMALS/8-12 YEARS

Let's make bead animals! We will use pony beads, wire, and plastic lace to make a variety of animals. Use them as keychains, magnets, necklaces. Make at least 3 projects and bring home a kit and pattern for a home project. Beginner and experts welcome! All supplies and a small snack are included in the class fee.

Instructor: Cathy Clark \$16(R), \$19.50(NR) ARC
 Session 1: **Tues** 5:30PM-7:00PM 3/20

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

CREATIVE DANCE/ 3 – 4 YEARS

Come enjoy our introductory class that offers instruction on the basic movements of ballet. Students will learn a simple routine and parents will have the opportunity to observe their children on the last day of each session. Tights, leotards, and pink ballet shoes or soft shoes are required for each class.

Instructor: Melissa Resendiz \$20(R), \$24(NR) ARC
 Session 1: **Sat** 9:00AM–9:45AM 1/7-1/28
 Session 2: **Sat** 9:00AM–9:45AM 2/4-2/25
 Session 3: **Sat** 9:00AM–9:45AM 3/3-3/24
 Session 4: **Sat** 9:00AM–9:45AM 4/7-4/28

BALLET FOR BEGINNERS/ 5 – 7 YEARS

Turn and Twirl your way into our new basic ballet class where students will learn basic dance steps with emphasis on rhythm, and following directions. Students will learn basic dance steps, leading to a performed routine that can be observed by parents on the last class of each session. Tights, leotards, and ballet or soft-toed shoes are required.

Instructor: Melissa Resendiz \$20(R), \$24(NR) ARC
 Session 1: **Sat** 10:00AM-11:00AM 1/7-1/28
 Session 2: **Sat** 10:00AM-11:00AM 2/4-2/25
 Session 3: **Sat** 10:00AM-11:00AM 3/3-3/24
 Session 4: **Sat** 10:00AM-11:00AM 4/7-4/28

KIDZ JAZZ/6 – 8 YEARS

Come and explode with energy with our new Kidz Jazz class. Jazz has become a very popular dance style in the past years, due to its poularity in television shows, movies, jusic videos and ocmmercials. Jazz lets kids express themselves in their own individual ways. Come and join us for this new class that's filled with energy!

Instructor: Melissa Resendiz \$20(R), \$24(NR) ARC
 Session 1: **Wed** 3:30PM-4:30PM 1/4-1/25
 Session 2: **Wed** 3:30PM-4:30PM 2/1-2/22
 Session 3: **Wed** 3:30PM-4:30PM 3/7-3-28
 Session 4: **Wed** 3:30PM-4:30PM 4/4-4/28

BEGINNERS HIP-HOP DANCE/7 – 10 YEARS

This new Hip Hop dance class will be a fast, very energetic dance class. It lets dancers perform to their own movement and style. Kids are able to enjoy their time and express themselves. Hip Hop dancing can also be a great way to keep kids active. The kids will enjoy learning some fun hiop hop moves as well as learns a bit of choreography.

Instructor: Melissa Resendiz \$20(R), \$24(NR) ARC
 Session 1: **Wed** 4:45PM-5:45PM 1/4-1/25
 Session 2: **Wed** 4:45PM-5:45PM 2/1-2/22
 Session 3: **Wed** 4:45PM-5:45PM 3/7-3/28
 Session 4: **Wed** 4:45PM-5:45PM 4/4-4/28

MOTHER SON LUAU

An opportunity for moms and sons to have a special night of dancing, games and fun. Professional portraits will be available for purchase. The doors will open at 6:00 pm for pictures only, with the dance and activities beginning at 6:30pm.

Friday & Saturday
 Session: 001 May 4
 002 May 5
 Time: 6:30 PM - 8:30 PM
 Locaton: **ARC, Gym**
 Deadline: April 20
 Fees: \$16.00 per couple \$ 8.00 for second child

YOUTH & TEEN SPORTS

TENNIS LESSONS/ 8 AND UP

Come out, have some fun, get some great exercise, and learn a life-time activity - - the wonderful game of Tennis! Our Tennis Instructor, Dennis Laws, has been playing and teaching Tennis for over 30 years. This is his 10th year teaching for the Lompoc Parks and Recreation Department. Dennis is an enthusiastic and motivating instructor, with outstanding credentials and experience. He is a Life Member of the United States Tennis Association (USTA), a United States National Tennis Academy (USNTA) Certified Tennis Teaching Professional and a United States Professional Tennis Association (USPTA) Developmental Coach. Instruction is tailored to each student's experience, knowledge, and playing ability. His 8 – lesson monthly class, the “Basics of Tennis”, covers Conditioning and Stretching, Grips, Stroke Mechanics, Tennis Terminology and History, Scoring, Strategy and Tennis Etiquette. Students bring their own Tennis Racket and the instructor provides the Tennis Balls.

Instructor:	Dennis Laws	Ryon Park	\$50(R), \$60(N)
Session 1:	T/W	6:00PM-7:00PM	2/7-2/29
Session 2:	T/W	6:00PM-7:00PM	3/6-3/28
Session 3:	T/W	6:00PM-7:00PM	4/3-4/25

SKATE BOARDING WORKSHOPS

Come out and learn the basic to advanced skateboarding techniques. All participants must pre-register and wear full gear in order to participate. Returning students should contact Mario Guerrero at 875-8095 each Friday by 4pm to confirm their attendance for the following day. Registration packets are available at the Anderson Recreation Center and must be completed by a parent or guardian before participating in the program. Boards and gear are required to participate. Some safety equipment will be available for use on a first come first serve basis each Saturday.

Instructor:	Recreation Staff	Skate Park	FREE
Session 1:	Sa	9:00AM-12:00PM	on-going

LOMPOC KIWANIS TRACK AND FIELD MEET

Come out and be a part of the Central Coasts premier track meets. Open to Boys and Girls 3rd thru 8th grade. Awards given to top 6 places. Events include: Sprints and distance runs, field events. Register by April 20th.

Lompoc High School, Track- April 29

Session 1:	S	9:00AM-5:00PM
Divisions:		(3rd & 4th, 5th & 6th, 7th & 8th Grades)
Check In:		8:00 AM-8:45 AM
Fees:		\$10.00 per athlete
		\$100.00 per club or school team
		(25 athletes max per \$100)

31ST ANNUAL GIRLS INVITATIONAL BASKETBALL TOURNAMENT

The Lompoc Parks and Recreation Department will be hosting its 31st Annual Girls Invitational Tournament March 16-18, 2011. The tournament will offer a Recreation & Open Divisions for girls 3rd through 8th grade. The tournament will have teams from up and down the state to compete for the weekend. Please come and show your support. Register by March 9!

CHS, LHS, LVMS, Trinity Church

Session 1:	F/Sa/S	8:00AM-5:00PM	3/16-3/18
Divisions:		Recreation & Open	(3rd & 4th, 5th & 6th, 7th & 8th Grades)
Fees:		\$225.00 by Feb 17	\$250.00 after Feb 17

3RD ANNUAL BOYS INVITATIONAL BASKETBALL TOURNAMENT

The Lompoc Parks and Recreation Department will be hosting it's 3rd Annual Boys Invitational Tournament. The tournament will offer a Recreation & Open Divisions for boys 3rd through 8th grade. The tournament will have teams from up and down the state to compete for the weekend. Please come and show your support. Register by March 16!

CHS, LHS, LVMS, Trinity Church

Session 1:	F/Sa/S	8:00AM-5:00PM	3/23-3/25
Divisions:		Recreation & Open	(3rd & 4th, 5th & 6th, 7th & 8th Grades)
Fees:		\$225.00 by Feb 24	\$250.00 after Feb 24

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 & Recreation at 875-8100 to find out more!

MARK YOUR SPORTS CALENDAR FOR UPCOMING YOUTH SPORTS - SUMMER 2012

- ~Little Stars Basketball
- ~Little Kickers Soccer
- ~Spudball
- ~Volleyball
- ~Soccer
- ~Golf
- ~Tennis
- ~Wrestling
- ~Softball
- ~Beattie Park 5k/10k Run
- ~Flag Football 1st - 4th Grade League



PARK MAINTENANCE

The parks division, under the direction of Parks and Urban Forestry Manager, Cindy McCall, maintains nearly 400 acres of City parks, public facility grounds, parkways, and open space. City parks are open to the public daily from 7:30 am until dusk.

PARK RESERVATIONS

Large groups are encouraged to reserve City park group picnic areas and BBQ pits. Group picnic facilities are available at Ryon Park, Beattie Park, Ken Adam Park and River Park. These group areas can accommodate large groups up to 150 persons. Please complete facility reservation forms at the Anderson Recreation Center, 125 W. Walnut Ave., between the hours of 9:00 am and 5:00 pm, Monday through Friday. Smaller individual tables and braziers are available on a first-come, first-served basis in all parks. For more information call 875-8100

FACILITIES

The Lompoc Parks & Recreation has various facilities and rooms available for rent. Rental facilities include the Anderson Recreation Center and the Lompoc Valley Community Center, each accommodating 30-200 people for special events, exhibition, meetings, etc., and the Civic Auditorium, with a seating capacity of 430 for performing arts, seminars, meetings, etc. Rates will vary depending on the size of the facility needed, the type of activity and the length of the activity. Applications and fee schedules are available at the Anderson Recreation Center, 125 W. Walnut Ave. Call the Facility Supervisor, at 875-8100, for more information.

URBAN FORESTRY

The Urban Forestry division plants and maintains over 250 miles of median or public right-of-way along city streets. This division also provides landscape maintenance along V Street, Olive Avenue, portions of Central Avenue and D Street. Medians on D and H Streets, along with the downtown flowerbeds, are included in landscape maintenance schedules. Requests for service can be made by calling 875-8034, from 7:00 am to 3:30 pm on weekdays.

BEATTIE PARK RECOGNITION GROVE

You can honor that special individual who has made significant contributions to the quality of life in the Lompoc Valley. An application and a brief narrative including a listing of achievements, contributions and/or service to the community must be submitted by December 1st each year. The application will be reviewed and must be approved by a sub-committee before a tree and permanent bronze plaque can be installed in the Recognition Grove. The Beautification and Appearance Commission will approve a maximum of four applications each year. Remaining applications will be returned to the sponsor or held for the next year's review and consideration. Once the Commission has approved the applications, they are forwarded to the City Clerk who prepares an official resolution commending the individual. Persons to be cited as members of Recognition Grove are acknowledged at the annual Arbor Day ceremony, held each spring. At that time, the resolution is presented to the individual. For an application, please call 875-8034.

NEW CITY TREE PLANTING PROGRAM

The city of Lompoc Urban Forestry Division has established a program for citizens to request that a street tree be planted at their residence. Each residence is allowed one tree per 30-40 feet of street frontage based on the tree selected. This program is offered at no cost to the public, providing the tree is planted on a city street. Citizens are only asked to assist with watering. The City provides all other maintenance. To make a street tree request, call Sheri Reid at 875-8032.

PENNIES FOR PLAYGROUNDS

We need your pennies! The Pennies for Playgrounds program is a community wide effort to raise money for safe, quality and fun equipment for the children of our community. Thanks to your support, new equipment has already been installed at Beattie Park, Westvale Park and Pioneer Park as a result of this exciting program. Our new goal is to raise \$100,000 by December 30, 2004. Help provide a stimulating environment for children of the Lompoc Valley. All it takes is for every person to give just 100 pennies a year! You can authorize the City of Lompoc to add \$5, \$3, \$2, or \$1 to your monthly utility bill by picking up a Pennies for Playgrounds brochure at the Anderson Recreation Center or you can deposit your pennies at the following locations:

Anderson Recreation Center, 125 W. Walnut Ave.
Lompoc City Hall, 100 Civic Center Plaza
Parks and Urban Forestry Division, 1300 W. Laurel Ave.

An important component of this program, are the volunteers who collect and count pennies. We also need your help in promoting our exciting project! To get involved, call Cindy McCall, Parks and Urban Forestry Manager at 875-8036.

Reserve your spot today!
Reserve a picnic area for your upcoming family BBQ, reunion or child's birthday party with Lompoc Parks & Recreation!

Call 805-875-8100

HOW TO SIGN UP



MAIL-IN: Fill out the registration form attached and send it to Lompoc Parks & Recreation at 125 West Walnut Avenue, Lompoc, Ca 93436. Be sure to include payment and your class choice.



PHONE-IN: Give us a call at (805) 875-8100, Monday through Friday between 9:00 am and 5:00 pm. We can take payment over the phone with a Visa or MasterCard.



FAX-IN: Fax us your registration form to (805)736-5195. Be sure to include your Visa or MasterCard number and expiration date.



WALK-IN: Come visit us Monday through Friday from 9:00 am – 4:45 pm. We are located at the Anderson Recreation Center at 125 West Walnut Avenue, Lompoc, Ca 93436. We accept Cash, Check, Visa or MasterCard.

GENERAL REGISTRATION INFORMATION

- You can sign up for your programs with cash, check, Visa or MasterCard
- A \$25 NSF Fee will be charged on all returned checks
- Enrollment received after the class start date will be returned
- Instructors, program locations, dates, times and fees are subject to change without notice
- Non-residents are those who reside outside of City limits (Mission Hills, Vandenberg Village, Mesa Oaks, VAFB and all other unincorporated areas)
- Program fees apply to non-residents
- Financial assistance is available for qualifying families, contact us at 875-8100 for more information

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.

**DON'T FORGET TO CHECK US OUT ON THE WEB AT
WWW.CITYOFLOMPOC.COM**

*“We Create Community Through People,
Parks & Programs”*

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.

Recreation Division

JoAnne Plummer, Recreation Manager
Mario Guerrero Jr., Recreation Manager
Haley Lepper, Recreation Supervisor
Jeff Storie, Recreation Supervisor
Sue Slavens, Recreation Coordinator

Parks and Urban Forestry Division

Cindy McCall, Parks and Urban Forestry Manager
Codie Blea, Urban Forestry Supervisor

Administrative Staff

Diane Najera, Office Staff Assistant III
Johanna Kinard, Office Staff Assistant III
Melissa Resendiz, Office Support
Joana Zepeda, Office Support

Parks and Recreation Commission

Patti Coggin, Chair
Pat Brady, Commissioner
Beverly Kennedy, Commissioner
Craig McNamee, Commissioner
Arlen Sechrest, Commissioner

Beautification and Appearance Commission

Becky Barritt, Chairperson
James Dunlavey, Vice-Chairperson
Donald Buck, Commissioner
Michelle Schaeffer, Commissioner
Barry Weaver, Commissioner

Senior Commission

Mary Lou Parks, Chair
Shirley Garcia, Commissioner
Noel Lossing, Commissioner
Gloria Shanks, Commissioner
Arvan Washington, Commissioner

Youth Commission

Camron Filburn, Chair
Maribel Anguiano, Commissioner
Kristopher Brock, Commissioner
Cadman Owens, Commissioner
Karina Rich, Commissioner
Julia Ruiz, Commissioner
Edith Vargas, Commissioner
Sara Carillo, Commissioner
Roselei Redrick

The Parks and Recreation, Senior, Youth and Beautification Commissions are voluntary boards appointed by the City Council. Regular meetings are open to the public.

Lompoc City Council

John Linn, Mayor
Ashley Costa, Council Member
Bob Lingl, Council Member
Cecilia Martner, Council Member
Dirk Starbuck, Council Member

City Administration

Laurel Barcelona, City Administrator



City of Lompoc

Lompoc Parks & Recreation

Active Aging Survey

The City of Lompoc Parks & Recreation understands the necessity of offering programs and classes geared towards residents who are 55+ years of age. Our goal is to offer an expansive list of classes and programs that improves the overall health and well-being for our Boomers and Seniors. With the City's Community & Senior Center opening soon, the City will have the great opportunity to increase the number of daytime classes and programs...but we need your input! Please take a moment to complete & return this survey. When completed please mail to Dick DeWees Community & Senior Center, Attn: Sue Slavens, 125 W. Walnut Ave. Lompoc, CA 93436, or fax to 805-875-8345. For more information about upcoming classes, activities, how to get involved or the Community Center please contact Sue Slavens, Recreation Coordinator at 805-875-8098.

- | | | |
|--|-----|----|
| Have you read the Flower Valley Senior Citizen Gazette? | YES | NO |
| Are you aware of any active senior classes the City offers? | YES | NO |
| Have you received a FREE copy of our Senior Resource Directory? | YES | NO |
| Have you ever attended any of the Senior Health Expos in Lompoc? | YES | NO |

How do you receive information?
(please number in order of use)

- Email
- Magazine
- City of Lompoc Website
- Radio
- News
- TV
- Flyer
- City Hall

Please indicate the time that would be most convenient for you to attend a class:

- 7am-10am
- 10am-12pm
- 12pm-3pm
- 3pm-6pm
- 6pm-9pm
- Weekdays
- Weekends

Please indicate which type of activities you are most interested in and are most likely to participate in (mark as many as apply);

- | | | |
|-----------------|---------------------------|-----------------------------|
| Exercise | Pool Table | Computers |
| Crafts/Painting | Yoga | Movie Club |
| Cooking | Tai Chi | Dance |
| Bingo | Health & Wellness Classes | Other Class or Group Ideas: |
| Golf | Digital Photography | _____ |
| Team Sports | Book Club | _____ |
| Scrap Book | Card Games | _____ |
| AARP | Braille | |

If you would like to be informed of upcoming classes & activities, please provide your contact information.

Name: _____ Address: _____

Phone#: _____ Email: _____

Would you be interested in leading a group or activity, or teaching a class? YES NO

If so, please provide your contact information so we can contact you!

LOMPOC PARKS & RECREATION
 125 West Walnut Avenue
 Lompoc, California 93436-6479
 Phone 805-875-8100
 Fax 805-736-5195

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**9TH 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 - April 1st

Ages: 14 and up
Time: Check In - 11:00 AM, Shot-Gun Start 12:30 PM
Location: Marshallia Ranch Golf Course
Fees: \$100.00 early bird registration - before March 12
 \$120.00 per person – after March 13
 \$80.00 Military or VAFB Member
Tee Sponsor: \$100 – Tee Sign Business
Sponsor: \$500 – Includes 4 Golfers + Tee sign

Other Sponsorship Opportunities Available!!!



New Year's Resolution Special
 waiving the processing fee from
 January 1 - January 31st
 for new Splash Pass Holders.

The Splash Pass is an all-inclusive program to allow it's holders to take full advantage of the Lompoc Aquatic Center and it's programs.

Included programs are:
 recreation swim, lap swim,
 warm water leisure, swim lessons
 (1 session at a time)
 and all of our water exercise programs.

The Splash Pass also offers priority registration (2 days early) to it's holders for each brochure season, although spots will not be reserved specifically for Splash Pass holders so please remember to register for each program early!



For more information on pricing and how you can get your Splash Pass please call our office at
875-8100