

Community Services Program

PARKS MAKE LIFE BETTER

Special Events

Cerritos Resident Talent Showcase

Celebrating the City's 69th Anniversary

Start the music! Light the lights! The stage awaits prospective Cerritos resident performers to participate in the annual citywide Talent Showcase Celebrating the City's 69th Anniversary. Performances may include: dancing, singing, musical instrument performances and variety (i.e., juggling, magic, dramatic reading performance or singing and dancing combination) for performers ages 4 to adult. No stand up comedy, please.

- The number of acts will be limited.
- Qualifying acts must be able to record their performances on Monday, April 7 or Tuesday, April 8 by appointment only.
- Group performances are allowed and may have a maximum of six members; fifty percent or more of each group must be Cerritos residents.
- Acts are limited to four (4) minutes maximum.
- All recorded accompaniment music must be in mp3 format.
- Qualifying acts will be notified by e-mail.
- Participation certificates will be distributed.

Complete and submit the digital entry form on the City's website at cerritos.gov beginning Friday, February 14 through Monday, March 3.

The Talent Showcase will be cablecast on Cerritos TV3 on

Friday, April 25	7 PM
Saturday, April 26	7 PM
Sunday, April 27	7 PM

For more information, please call Cerritos Park East at (562) 407-2611.



Spring Fling & Fireworks Spectacular

Celebrating the City's 69th Anniversary

Free Sat., Apr. 26
One Day 4-8:30 PM
Cerritos Sports Complex

In honor of the 69th anniversary, the City of Cerritos will host a one-day festival which will include entertainment, food trucks, and conclude with a fireworks show at 8:30 PM. The celebration will begin at 4 PM with a dance recital featuring the City's youth dance classes. Local talent and professional acts will also be showcased on the main stage throughout the evening. Gourmet food trucks will be on hand to provide an assortment of specialty menu items for purchase. There is no admittance fee to the event. For more information, please call the Recreation Services Division at (562) 916-1254.

Arbor Week Poster Contest

Theme: Trees Build Communities

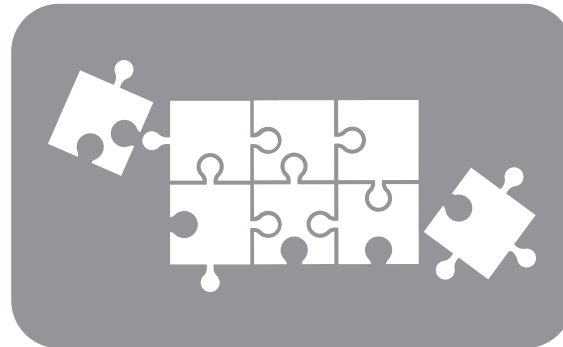
Cerritos residents, ages 5 to 14, and students currently attending schools in the ABC Unified School District, Valley Christian Schools or Bellflower Unified School District are invited to submit one poster no larger than 11" x 17" using any drawing/painting materials (pencils, chalks, pastels, crayons, watercolors or acrylics) to depict the theme.

Directions: Please do not mat, mount or frame your poster; City staff will mount all posters for display purposes. Please make sure your name, age, address and phone number are on the back of the poster or use the official entry form when possible.

Deadline: Entries must be delivered to the Recreation Services Division at Cerritos City Hall no later than 5 PM on Friday, April 4.

Winning Posters: Winning posters will be displayed on the City's website cerritos.gov starting Monday, April 28 through Monday, May 26.

For more information, please call the Recreation Services Division at (562) 916-1254.



Jigsaw Puzzle Contest

How fast can you and five of your friends complete a 1,000-piece mystery puzzle? Join the fun at this event designed to promote teamwork. All teams and participants must register by 5 PM, Wednesday, March 5. Participation will be limited to the first six teams to register. Only the Cerritos resident must register for the contest.

	\$30 resident team		One Day
13773	Sat., Mar. 15	10 AM-4 PM	15-Adult
	Liberty Park		

Preschool Classes and Activities

Half Pint's Night

Join us for an evening of themed activities that may include games, crafts, and stories. Parents are required to sign children in and out of the class.

	\$10 resident/\$15 non-resident		One Day
Fiesta Fun			
13774	Fri., May 2	6-7:30 PM	3-5 years
	Cerritos Park East		

FEATURED

Little One's Hour

Children will enjoy a fun-filled hour of crafts, games and stories at the community centers. Parents are required to sign children in and out of each class meeting.

	\$18 resident/\$27 non-resident		3 classes
Lucky Leprechauns			
13775	Tue., Mar. 4-18	3:30-4:30 PM	3-5 years
	Cerritos Park East		

Frogs, Flowers & Fun

13776	Tue., Apr. 1-15	3:30-4:30 PM	3-5 years
	Liberty Park		

Parent/Child Create Art with Me

Participants will explore different types of art and make a new masterpiece each week. Each project will encourage participants to use their imagination and creativity. Staff will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

NO CLASS ON APRIL 23

	\$23 resident/\$35 non-resident		5 classes
13777	Wed., Feb. 26-Mar. 26	10:15-11:15 AM	2-4 years
	Cerritos Park East		
13778	Wed., Apr. 9-May 14	10:15-11:15 AM	2-4 years
	Cerritos Park East		

Parent/Child Story Time Fun

Participants will explore their creativity and use their imaginations. Each week, staff will read a story followed by a craft that relates to the tale. Staff will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting. NO CLASS ON APRIL 21

	\$23 resident/\$35 non-resident		5 classes
13779	Mon., Feb. 24-Mar. 24	10:15-11:15 AM	2-4 years
	Heritage Park		
13780	Mon., Mar. 31-May 5	10:15-11:15 AM	2-4 years
	Heritage Park		

Parent/Child Wiggle and Giggle with Me

This play-based class will get participants wiggling and giggling as they explore various mediums of play. Dancing and movement games will get them wiggling, while singing silly songs and stories will get children giggling. Staff will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

NO CLASS ON APRIL 25

	\$23 resident/\$35 non-resident		5 classes
13781	Fri., Feb. 28-Mar. 28	10:15-11:15 AM	2-4 years
	Heritage Park		
13782	Fri., Apr. 4-May 9	10:15-11:15 AM	2-4 years
	Heritage Park		

Parent/Child Springtime Eggs & Aprons

Kids will decorate their own springtime apron and make various springtime crafts. Decorate plastic eggs to hide special treasures or to display at home. Instructors will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class.

	\$17 resident/\$26 non-resident		One Day
13783	Sun., Apr. 13	2:30-4:30 PM	2-4 years
	Liberty Park		

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Preschool Play & Practice

Children will sing, play, and learn numbers and letters through age-appropriate activities. Each class is based on a different theme and may include cutting, pasting, and coloring. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$66 resident/\$99 non-resident		4 classes	
13857	Tue., Feb. 18-Mar. 11	10:15-11 AM	2-4 years
	Liberty Park		
13858	Tue., Mar. 25-Apr. 15	10:15-11 AM	2-4 years
	Liberty Park		

Teeny Tumblers

Enjoy quality time together participating in activities that are fun for both parents and little cruisers. Early walkers will build important motor skills, balance and coordination as they explore tunnels, slides and ramps. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$66 resident/\$99 non-resident		4 classes	
13801	Tue., Feb. 18-Mar. 11	12:10-12:55 PM	2-4 years
	Liberty Park		
13802	Sat., Feb. 22-Mar. 15	10:30-11:15 AM	2-4 years
	Liberty Park		
13803	Tue., Mar. 25-Apr. 15	12:10-12:55 PM	2-4 years
	Liberty Park		
13804	Sat., Mar. 29-Apr. 19	10:30-11:15 AM	2-4 years
	Liberty Park		

Tumble and Yoga

Tumbling and yoga increases strength, balance, flexibility and coordination while increasing attention span. Children will have fun without realizing how healthy and relaxed they are becoming. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$66 resident/\$99 non-resident		4 classes	
13805	Tue., Feb. 18-Mar. 11	11:15 AM-Noon	2-4 years
	Liberty Park		
13806	Tue., Mar. 25-Apr. 15	11:15 AM-Noon	2-4 years
	Liberty Park		

Waddles Tumbling

Children will learn basic gymnastic skills to help them become more independent. The class will begin with group stretches and warm ups, followed by gymnastics and tumbling. Students will participate in climbing, balancing, swings, and more. Parent observation is required. Parents are required to sign children in and out of each class meeting. This class will be held at Oodles Learning Center and Kids Gym, 19101 Bloomfield Avenue, Cerritos, (562) 888-1496.

\$50 resident/\$75 non-resident		6 classes	
13956	Sat., Mar. 15-Apr. 19	9:30-10:15 AM	3-4 years
13957	Sat., Mar. 15-Apr. 19	10:30-11:15 AM	3-4 years

Cerritos Tot Lots

September through June

This is a cooperative preschool program (not child care or day care) for children, 2 years 9 months to 5 years old at Liberty Park and 3 to 5 years old at Heritage Park. Activities will include lessons, songs, plays, crafts, excursions and parties. Parents are required to work one morning per week and attend a monthly evening meeting. Fees include initial registration, quarterly tuition and insurance.

This educational program is conducted September through June, Monday through Friday. There will be no program on ABC Unified School District breaks and holidays. New members may join as openings occur. Priority is given to Cerritos residents. For more information, contact the membership chairperson of the individual Tot Lot.

Heritage Park Susan Koo
10:30 AM-1:25 PM (510) 288-8686
Email: hptotlotvp@gmail.com

Liberty Park Marijean Isla
10:15 AM-1:15 PM (562) 265-8805
Email: libertyparktotlot@gmail.com

Youth Classes and Activities

Bricks 4 Kidz One Day Camp

World of Imagination with LEGO®!

Get excited for a World of Imagination! Join the adventure as we dive into the world of Disney. LEGO Bricks come to life as we travel through Disney's most popular characters and themes. Spark your imagination as we build your Disney inspired favorites!

\$55 resident/\$83 non-resident		One Day	
13902	Sat., Mar. 22	10 AM-1 PM	5-12 years
	Heritage Park		

Game on Challenge with LEGO®!

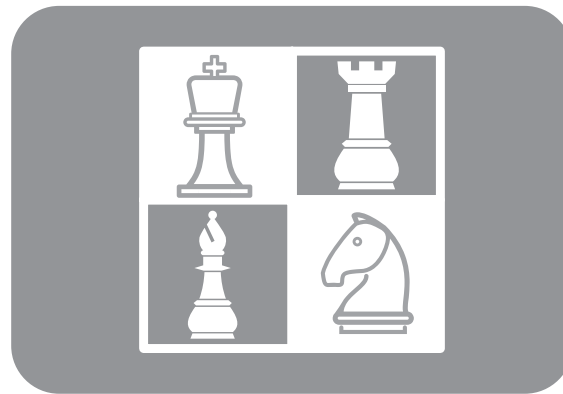
In this interactive 1-Day Workshop, campers will use LEGO® Bricks to create and build different characters from their favorite video games. Themes such as Super Mario Bros, Roblox, Bey-blades, Pokémon, and Minecraft come to life through the use of our robots, mosaics, and 3D art, all made out of LEGO® Bricks.

\$55 resident/\$83 non-resident		One Day	
13903	Sat., Apr. 26	10 AM-1 PM	5-12 years
	Heritage Park		

Ceramics

Stimulate the imagination by creating fun projects out of clay. Learn fundamental hand-building skills and ceramics terminology. Parents are required to sign children in and out of each class meeting. Please bring a \$15 materials fee to the first class.

\$40 resident/\$60 non-resident		5 classes	
13807	Tue., Feb. 18-Mar. 18	5:45-6:45 PM	13-Adult
	Cerritos Park East		
13808	Thu., Feb. 20-Mar. 20	4:30-5:30 PM	6-12 years
	Cerritos Park East		
13809	Thu., Feb. 20-Mar. 20	5:45-6:45 PM	6-12 years
	Cerritos Park East		



Chess Academy

Learn the game of chess in a fun and enriching environment. Chess boards and pieces will be provided each week for use during each class session. Students will be evaluated and placed into their proper skill group where they will learn the Hanley Chess Academy 8 level curriculum. Learn the basic skills necessary to play a game of chess with knowledge of how all pieces move, capture, check, and checkmate. Participants will also improve their critical thinking skills, concentration, focus, and have a lot of fun in the process. When ready, they can take a test to advance to the next level! Parents are required to sign children in and out of each class meeting.

\$76 resident/\$114 non-resident		4 classes	
Beginning/Intermediate			
13810	Wed., Feb. 19-Mar. 12	5-6:15 PM	6-Adult
	Heritage Park		
13811	Wed., Feb. 19-Mar. 12	6:30-7:45 PM	6-Adult
	Heritage Park		
13812	Wed., Mar. 26-Apr. 16	5-6:15 PM	6-Adult
	Heritage Park		
13813	Wed., Mar. 26-Apr. 16	6:30-7:45 PM	6-Adult
	Heritage Park		

Monday Night Chess Tournament

Make your move! Beginners, who have little to no experience, are invited to enroll in the Capture the King Non-Rated tournament. Players enrolled in the United States Chess Federation (USCF) Rated tournament will be grouped according to their rating. Trophies will be awarded to top finishers. Parents are required to sign children in and out of the class.

(Continued on the next column)

Monday Night Chess Tournament

(Continued)

\$25 resident/\$38 non-resident		One Day	
Capture the King Non-Rated Tournament			
13814	Mon., Feb. 24	5-7:30 PM	4-18 years
	Heritage Park		
13815	Mon., Mar. 17	5-7:30 PM	4-18 years
	Heritage Park		
13816	Mon., Apr. 14	5-7:30 PM	4-18 years
	Heritage Park		
USCF Rated Tournament			
13817	Mon., Feb. 24	5-7:30 PM	4-18 years
	Heritage Park		
13818	Mon., Mar. 17	5-7:30 PM	4-18 years
	Heritage Park		
13819	Mon., Apr. 14	5-7:30 PM	4-18 years
	Heritage Park		

FEATURED

Introduction to Typing, Microsoft Word and PowerPoint

Learn proper typing skills and how to use various functions in Microsoft Word for writing reports and turn your projects into awesome slideshow presentations with animations using PowerPoint. Laptops will be provided for hands-on learning. Parents are required to sign children in and out of each class meeting. Please bring a \$10 materials fee to the first class.

\$110 resident/\$165 non-resident		4 classes	
13820	Thu., Feb. 27-Mar. 20	6-7 PM	6-15 years
	Heritage Park		
13821	Thu., Mar. 27-Apr. 17	6-7 PM	6-15 years
	Heritage Park		

Introduction to Theatre

In this introduction to theatre course, students will demonstrate understanding that theatre is the art of telling stories through acting and how observing the world around you is a first step to becoming a great actor. Participants will learn to work together, build trust, and involve each member in group activities, working as an ensemble to develop confidence for the stage. Parents are required to sign children in and out of each class meeting.

\$100 resident/\$150 non-resident		6 classes	
Beginning			
13900	Thu., Feb. 20-Mar. 27	6-7 PM	8-14 years
	Cerritos Park East		

Just Think Art

Immerse into the world of drawing, sketching, and painting where young artists can explore a world of creativity! Through exciting projects and guided instruction, participants will discover the magic of different techniques and mediums while exploring various subjects. This class is the perfect opportunity for children to unleash their imagination and develop their creative skills in a supportive and inclusive environment. Join us for a journey of artistic discovery and endless possibilities! Students must provide their own supplies and bring on the first day of class. A supply list will be emailed to all registered participants. Parents are required to sign children in and out of each class meeting.
NO CLASS ON APRIL 24

\$110 resident/\$165 non-resident		4 classes	
13897	Thur., Mar. 6-27	5-6:15 PM	7-13 years
	Cerritos Park East		
14142	Thur., Apr. 10-May 8	5-6:15 PM	7-13 years
	Cerritos Park East		

Mad Science

Join this fun-filled and educational class where new and exciting activities will be conducted each week. Students will become detectives, geologists, and bug scientists. All classes are hands-on, minds-on, and fun. Participants will create and take home projects. Please bring a \$10 materials fee to the first class. Parents are required to sign children in and out of each class meeting.

\$115 resident/\$173 non-resident		5 classes	
13822	Tue., Mar. 4-Apr. 1	3:45-4:45 PM	5-12 years
	Cerritos Park East		



Manners for Young Ladies and Gentlemen

Knowing what to do in social situations can build self-esteem and confidence in everyone. Children will receive a foundation of good manners while learning good communication, positive body language and proper grooming in a relaxed, fun atmosphere. Parents are required to sign children in and out of each class meeting.

\$66 resident/\$99 non-resident		4 classes	
13823	Sat., Feb. 22-Mar. 15	12:30-1 PM	4-12 years
	Liberty Park		
13824	Sat., Mar. 29-Apr. 19	12:30-1 PM	4-12 years
	Liberty Park		

Math Development

Readwrite Educational Solutions, Inc.™ comprehensive, individualized math program evaluates students and pinpoints skill gaps. The primary building blocks of addition, subtraction, multiplication, and division are continually reinforced. Participants will build confidence and a solid foundation of fundamental math knowledge. Parents are required to sign children in and out of each class meeting.

\$85 resident/\$128 non-resident		6 classes	
13825	T/Th, Feb. 18-Mar. 6	5:40-6:25 PM	7-11 years
	Cerritos Park East		
13826	T/Th, Mar. 18-Apr. 3	5:40-6:25 PM	7-11 years
	Cerritos Park East		
13827	T/Th, Apr. 29-May 15	5:40-6:25 PM	7-11 years
	Cerritos Park East		

Reading Development

Readwrite Educational Solutions, Inc.™ supplementary reading program is designed to improve vocabulary, comprehension and spelling skills. Periodic testing will be conducted to assess progress and reports will be distributed to parents. Parents are required to sign children in and out of each class meeting.

\$85 resident/\$128 non-resident		6 classes	
13828	T/Th, Feb. 18-Mar. 6	4:50-5:35 PM	7-11 years
	Cerritos Park East		
13829	T/Th, Mar. 18-Apr. 3	4:50-5:35 PM	7-11 years
	Cerritos Park East		
13830	T/Th, Apr. 29-May 15	4:50-5:35 PM	7-11 years
	Cerritos Park East		

Sound Start Reading

Readwrite Educational Solutions, Inc.™ beginning reading program can make the difference between a struggling student and a successful one. Specially trained teachers will test, structure, and implement an individualized phonics program. Decoding, spelling, vocabulary, and comprehension are all featured in this fundamental approach to reading. Parents are required to sign children in and out of each class meeting.

\$85 resident/\$128 non-resident		6 classes	
13831	T/Th, Feb. 18-Mar. 6	4-4:45 PM	5-6 years
	Cerritos Park East		
13832	T/Th, Mar. 18-Apr. 3	4-4:45 PM	5-6 years
	Cerritos Park East		
13833	T/Th, Apr. 29-May 15	4-4:45 PM	5-6 years
	Cerritos Park East		



Spring Break Spectacular Camp

Spend Spring Break at Liberty Park and participate in outdoor activities, seasonal crafts, and hands-on fun. A sack lunch and beverage must be provided daily by the camper. Food and drink with nutritional value is encouraged. A daily snack will be provided. Wear closed toe athletic shoes and comfortable clothing. No sandals allowed. Enrollment is limited. Structured program activities are conducted from 9 AM to 4 PM. Campers must purchase one T-shirt for \$10 to be worn on excursion day. The excursion will be held on Thursday, April 24. Buses will leave promptly at 9 AM and return by 5 PM. Parents are required to sign children in and out of each class. Waiver required.

\$175 resident/\$225 non-resident		One Week	
14219	M-F April 21-25	8:30 AM-5:30 PM	6-12 years
	Liberty Park		

Teen Classes and Activities

The Recreation Services Division offers a variety of programs and activities for teens ages 13 to 17. For more information regarding teen programs and activities, please call the Recreation Services Division at (562) 916-1254.

Volunteer Opportunities

Be a Recreation Services Volunteer and assist leaders with daily park programs, swim classes, and city-wide special events. All volunteers need to be 13 years of age or older, and each volunteer must have a City of Cerritos Recreation Services Division Volunteer Application/Waiver on file, complete the fingerprinting process, and attend a volunteer orientation workshop prior to being assigned to any program or event. In addition, volunteers are required to attend two enrichment workshops a year to maintain their active status.

The Application/Waiver is available online in the Recreation section of the City's website at cerritos.gov or at any Cerritos community center. Volunteers under the age of 18 must obtain a signature from their parent or guardian. Fingerprinting is conducted by appointment only on the first Wednesday of every month, except holidays. Orientation dates are listed in the volunteer section.

Pursuant to California state law, a county, city or special district shall not assign a volunteer to perform services, in a position having supervisory or disciplinary authority over a minor, if that person has been convicted of an offense specified in Public Resource Code 5164.

Registered volunteers will receive a letter with their recorded hours on a quarterly basis. Upon completion of a minimum number of service hours, volunteers will be invited to an annual volunteer recognition. The demand for volunteers, assignments, and hours vary from season to season. For more information regarding volunteer opportunities, workshops, orientations, and fingerprinting appointments, please call Heritage Park at (562) 916-8570.



Teen Workshop: Employment Workshop – Applications and Interviews

Looking for that perfect job and do not know where to start? Sign up and receive helpful information and assistance on filling out applications, maintaining work and volunteer history, and what to expect in an interview. Mock interviews and proper interview attire will also be covered. After this workshop, participants will be ready to search and find that perfect job.

Free	One Day	
13834	Sat. March 8	10-11:30 AM
	Cerritos Park East	

Adult Classes and Activities

Adult CPR

Learn how to perform adult, single-rescuer CPR, recognize the signs of a heart attack, and assist choking victims. Participants who successfully complete the course will receive a two-year certificate from the American Red Cross. Parents are required to sign children in and out of the class. A \$25 materials fee will be charged at the time of registration.

resident: \$25 materials fee only	non-resident: \$38 plus \$25 materials fee		One Day
13835	Wed., Apr. 16	4:30-7:30 PM	12-Adult
	Cerritos Park East		
13836	Wed., May 14	4:30-7:30 PM	12-Adult
	Cerritos Park East		



Ceramics

Stimulate the imagination by creating fun projects out of clay. Learn fundamental hand-building skills and ceramics terminology. Parents are required to sign children in and out of each class meeting. Please bring a \$15 materials fee to the first class.

\$40 resident/\$60 non-resident		5 classes	
13807	Tue., Feb. 18-Mar. 18	5:45-6:45 PM	13-Adult
	Cerritos Park East		



Community CPR and First Aid Basics

Prepare for accidents that may occur at home or around the workplace. Learn methods for basic first aid and performing infant, child, and adult CPR. Participants who successfully complete the course will receive a two-year certificate from the American Red Cross. Parents are required to sign children in and out of the class. A \$25 materials fee will be charged at the time of registration.

resident: \$25 materials fee only	non-resident: \$60 plus \$25 materials fee		One Day
13837	Sat., Mar. 22	10 AM-3:30 PM	12-Adult
	Cerritos Park East		

Adaptive Recreation

The Recreation Services Division is pleased to comply with the Americans with Disabilities Act (ADA). Reasonable accommodations will be made in recreation programs and facilities to enable participation by an individual with a disability. Cerritos is committed to providing residents with disabilities the benefit of City programs. Participants must meet eligibility requirements for the program.

For more information and support for accessibility of programs and facilities, call the Recreation Services Division office at (562) 916-1254.

Recreation Programs

- Adaptive Basketball – January through February
- Adaptive Dance and Movement – Year-round
- Adaptive Fitness Fun – April through May
- Adaptive Game Night – Quarterly
- Adaptive Golf Clinic – July through August
- Adaptive Movie Night – Quarterly
- Adaptive Soccer – June through August
- Adaptive Sports Medley – September through November
- Special Olympics Soccer – September through November
- Special Olympics Basketball – March through June

Special Olympics

Special Olympics is an international non-profit organization dedicated to empowering individuals with intellectual disabilities to become physically fit, productive, and respected members of society through sports training and competition. Special Olympics training and competition opportunities exist through the Recreation Services Division on a seasonal basis. Special Olympics basketball and soccer training and competition is offered once per year to individuals who meet the eligibility requirements. For more information, please call the Recreation Services Division at (562) 916-1254.

Transportation

The City of Cerritos provides the community with a Dial-A-Ride transit system. Offered to seniors and people with disabilities, the system operates seven days a week throughout the Cerritos area. To use the service, call (866) 402-RIDE (7433) between 8 AM and 8 PM, Monday through Friday or from 8 AM to 5 PM on Saturday and Sunday. Reservations can be made up to 48 hours in advance of required pick-up times.



Special Olympics Basketball

This program offers instruction and training for competition in Special Olympics Basketball. Participants must meet Special Olympics eligibility requirements. Competitive tournaments take place between the months of February and June. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide and Special Olympics cleared volunteer if additional assistance is needed. Parents are required to sign athletes in and out of each class.

Free	14 classes		
13930	Fri., Mar. 7-June 6	6:45-8 PM	8-Adult
	Community Gym at Cerritos and Whitney High Schools and Cerritos Park East		

Due to facility availability the location of each class is listed below.

March	7	Community Gym at Cerritos High School
	14	Community Gym at Cerritos High School
	21	Cerritos Park East
	28	Community Gym at Cerritos High School
April	4	Cerritos Park East
	11	Community Gym at Cerritos High School
	18	Community Gym at Cerritos High School
	25	Community Gym at Cerritos High School
May	2	Community Gym at Whitney High School
	9	Cerritos Park East
	16	Cerritos Park East
	23	Community Gym at Cerritos High School
	30	Community Gym at Cerritos High School
June	6	Community Gym at Cerritos High School

Adaptive Dance and Movement

Put on those dancing shoes and come participate in this fun class that will have everyone moving to the music. This class will incorporate physical fitness and fun games while teaching choreographed dance steps. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of each class meeting.

\$12 resident/\$18 non-resident	8 classes		
13785	Wed., Mar. 5-Apr. 23	6-6:45 PM	6-12 years
	Cerritos Park East		
13786	Wed., Mar. 5-Apr. 23	7-7:45 PM	13-Adult
	Cerritos Park East		

Adaptive Dinner and a Movie Night – Kung Fu Panda 4

Come spend a Saturday night at Cerritos Park East and enjoy a movie and dinner from a local restaurant. Ice breaker games will be conducted prior to the movie. The program is an excellent opportunity for socialization and fun. The movie is rated PG and is 1 hour and 34 minutes in length. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of the class.

\$10 resident/\$15 non-resident	One Day		
13787	Sat., Apr. 5	5-7 PM	16-Adult
	Cerritos Park East		

Adaptive Fitness Fun

Learn about fitness in a fun environment! This class will emphasize physical activity and socialization among participants. Students will participate in a variety of workouts and exercises throughout the course. Workouts will be modified according to participant's abilities. Wear sneakers or athletic shoes. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of each class meeting.

\$26 resident/\$39 non-resident	6 classes		
13789	Thu., Apr. 24-May 29	6-6:45 PM	6-12 years
	Cerritos Park East		
13790	Thu., Apr. 24-May 29	7-7:45 PM	13-Adult
	Cerritos Park East		

Adaptive Game Night

Adaptive Game Night is all about games, games, and more games! Spend an evening with friends playing board games, card games, and other organized games such as scavenger hunts and team builders. A light snack will be provided. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of the class.

Free	One Day		
13788	Sat., Mar. 22	5-7 PM	16-Adult
	Cerritos Park East		

Dance, Adult/Youth

Baby Ballet

For little tykes who love to dance, this is a fun introduction to ballet, which includes beginning movements, and arm and foot positions. The class will help develop self-confidence and poise through the art of dance. Parents are required to sign children in and out of each class meeting. NO CLASS ON APRIL 18

A spring dance recital will be conducted on Saturday, April 26 at 4 PM on an outdoor stage as part of the Community Spring Fling at the Cerritos Sports Complex. Participation is optional. Costumes for the recital will cost an additional \$45 to \$55. PARENT OR GUARDIAN MUST BE PRESENT AT THE FIRST CLASS MEETING TO RECEIVE RECITAL AND COSTUME INFORMATION.

\$77 resident/\$116 non-resident	6 classes		
13838	Fri., Mar. 14-Apr. 25	4-4:45 PM	3-5 years
	Liberty Park		

FEATURED

Ballet Barre

Join this low impact ballet based exercise class. By using the barre you will stretch, strengthen, lengthen, tone, and elongate your muscles. Also increase balance, strength, stamina, posture, endurance, core strength, and muscle tone. Beginners welcome. No dance experience required. Parents are required to sign children in and out of each class meeting. NO CLASS ON APRIL 22 AND 24

\$45 resident/\$68 non-resident	4 classes		
13851	Tue., Mar. 4-25	10:15-11:15 AM	8-Adult
	Liberty Park		
13853	Thu., Mar. 6-27	10:15-11:15 AM	8-Adult
	Liberty Park		
13852	Tue., Apr. 8-May 6	10:15-11:15 AM	8-Adult
	Liberty Park		
13856	Thu., Apr. 10-May 8	10:15-11:15 AM	8-Adult
	Liberty Park		

Ballet/Tap Combo

Children will develop self-confidence and poise through the art of dance. Posture, grace, rhythm, basic stretches, and body positions are taught through specially designed exercises. Parents are required to sign children in and out of each class meeting. NO CLASS ON APRIL 18

A spring dance recital will be conducted on Saturday, April 26 at 4 PM on an outdoor stage as part of the Community Spring Fling at the Cerritos Sports Complex. Participation is optional. Costumes for the recital will cost an additional \$45 to \$55. PARENT OR GUARDIAN MUST BE PRESENT AT THE FIRST CLASS MEETING TO RECEIVE RECITAL AND COSTUME INFORMATION.

(Continued on the next column)

Ballet/Tap Combo (Continued)

\$77 resident/\$116 non-resident	6 classes		
13839	Mon., Mar. 17-Apr. 21	5-5:45 PM	3-5 years
	Cerritos Park East		
13840	Mon., Mar. 17-Apr. 21	6-6:45 PM	6-8 years
	Cerritos Park East		
13841	Fri., Mar. 14-Apr. 25	4:55-5:40 PM	4-7 years
	Liberty Park		
13842	Sat., Mar. 15-Apr. 19	10:15-11 AM	3-5 years
	Liberty Park		

Hip Hop Dance

Learn the latest dance moves! Moves and music are age appropriate. This fun, high energy class for boys and girls introduces fundamental hip hop and hip hop funk moves. Class promotes coordination, rhythm, creativity, and fun. LEVEL II: For returning Hip Hop dancers with SoCa Arts. Parents are required to sign children in and out of each class meeting.

Session I	\$44 resident/\$66 non-resident 4 classes		
13931	Tue., Feb. 18-Mar. 11	4-4:45 PM	3-5 years
	Cerritos Park East		
13932	Tue., Feb. 18-Mar. 11	4:55-5:40 PM	5-7 years
	Cerritos Park East		
13935	Tue., Feb. 18-Mar. 11	5:50-6:35 PM	5-11 years
	Cerritos Park East		

Level II			
13933	Fri., Feb. 21-Mar. 14	4-4:45 PM	3-5 years
	Cerritos Park East		

Session II – Dance Recital

A spring dance recital will be conducted on Saturday, April 26 at 4 PM on an outdoor stage as part of the Community Spring Fling at the Cerritos Sports Complex. Participation is optional. Costumes for the recital will cost an additional \$45 to \$55. PARENT OR GUARDIAN MUST BE PRESENT AT THE FIRST CLASS MEETING TO RECEIVE RECITAL AND COSTUME INFORMATION.

\$77 resident/\$116 non-resident	6 classes		
13937	Tue., Mar. 18-Apr. 22	4-4:45 PM	3-5 years
	Cerritos Park East		
13938	Tue., Mar. 18-Apr. 22	4:55-5:40 PM	5-7 years
	Cerritos Park East		
13936	Tue., Mar. 18-Apr. 22	5:50-6:35 PM	7-12 years
	Cerritos Park East		

Level II			
13939	Fri., Mar. 21-Apr. 25	4-4:45 PM	3-5 years
	Cerritos Park East		

K-Pop Dance

K-Pop is a musical genre class that teaches an easy and fun mix of electronic, hip-hop, and pop dance moves to upbeat K-Pop music. Class improves coordination and rhythm with a focus on performance skills. Athletic attire and sneakers required. LEVEL II: For returning K-Pop dancers with SoCa Arts. Parents are required to sign children in and out of each class meeting.

Session I	\$44 resident/\$66 non-resident 4 classes		
13940	Tue., Feb. 18-Mar. 11	6:45-7:30 PM	6-10 years
	Cerritos Park East		
13942	Fri., Feb. 21-Mar. 14	4:55-5:40 PM	6-10 years
	Cerritos Park East		

Level II			
13944	Fri., Feb. 21-Mar. 14	5:50-6:35 PM	7-12 years
	Cerritos Park East		

Session II – Dance Recital

A spring dance recital will be conducted on Saturday, April 26 at 4 PM on an outdoor stage as part of the Community Spring Fling at the Cerritos Sports Complex. Participation is optional. Costumes for the recital will cost an additional \$45 to \$55. PARENT OR GUARDIAN MUST BE PRESENT AT THE FIRST CLASS MEETING TO RECEIVE RECITAL AND COSTUME INFORMATION.

\$77 resident/\$116 non-resident	6 classes		
13941	Tue., Mar. 18-Apr. 22	6:45-7:30 PM	6-10 years
	Cerritos Park East		
13943	Fri., Mar. 21-Apr. 25	4:55-5:40 PM	6-10 years
	Cerritos Park East		

Level II			
13945	Fri., Mar. 21-Apr. 25	5:50-6:35 PM	7-12 years
	Cerritos Park East		



Salsa

In this beginning salsa class, participants will learn the basic figures and footwork to get started on the dance floor. Partner combinations will be covered. No partner is necessary; singles are welcome. Parents are required to sign children in and out of each class meeting. NO CLASS ON APRIL 24

\$36 resident/\$54 non-resident	5 classes
13844 Thu., Apr. 10-May 15 6:30-7:30 PM	14-Adult Liberty Park

Zumba

Zumba is an aerobic work out that combines different movements and rhythms such as salsa, cumbia, merengue, belly dance, rock and roll, and much more! Zumba is an effective, easy, and fun way to get in shape. Parents are required to sign children in and out of each class meeting. NO CLASS ON APRIL 21

\$39 resident/\$59 non-resident	5 classes
13845 Mon., Feb. 24-Mar. 24 5:30-6:30 PM	16-Adult Liberty Park
13846 Mon., Mar. 31-May 5 5:30-6:30 PM	16-Adult Liberty Park

Music, Adult/Youth

Cerritos College Community Concert Band

Fees paid to Cerritos College

The Cerritos College Community Concert Band is dedicated to the performance of popular, family-oriented compositions and is comprised of brass, woodwind and percussion instruments. Emphasis will be placed upon the development of individual musicianship through both large and small group rehearsals. Musical compositions of a wide variety will be studied with an emphasis on medleys, marches, and overtures. Registration will take place through Cerritos College. For further information, please contact David Betancourt, Director of Bands and Orchestra, at dbetancourt@cerritos.edu.

Concert Band	
Tue., January 14-May 20 7-10 PM	12-Adult Cerritos College

Cerritos College Community Jazz Band

Fees paid to Cerritos College

The Cerritos College Community Jazz Band is dedicated to the performance of popular, family-oriented jazz compositions and is comprised of brass, woodwind and rhythm instruments. Emphasis will be placed upon the development of individual musicianship through both large and small group rehearsals. Musical compositions of a wide variety will be studied with an emphasis on jazz and latin styles. Registration will take place through Cerritos College. For further information, please contact David Betancourt, Director of Bands and Orchestra, at dbetancourt@cerritos.edu.

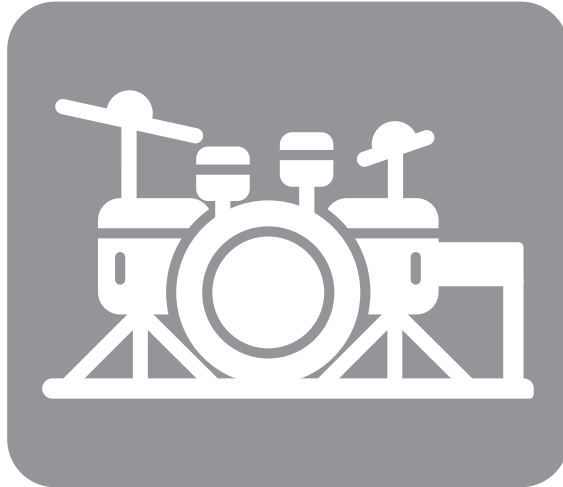
Jazz Band	
Wed., January 15-May 21 7-10 PM	12-Adult Cerritos College

Cerritos College Community Orchestra

Fees paid to Cerritos College

The Cerritos College String Ensemble is dedicated to the performance of popular, family-oriented compositions and is comprised of violin, viola, cello, and string bass. Emphasis will be placed upon the development of individual musicianship through both large and small group rehearsals. Musical compositions of a wide variety will be studied. Registration will take place through Cerritos College. For further information, please contact David Betancourt, Director of Bands and Orchestra, at dbetancourt@cerritos.edu.

Orchestra	
Mon., January 13-May 19 6-9 PM	12-Adult Cerritos College



Drums for Fun

Learn the basic techniques of drumming from a professional musician. Instruction will include proper grip positions, hand and wrist development, sight reading, hand and foot coordination, rudimentary training, and drum set techniques. Practice pads and sheet music will be provided. Parents are required to sign children in and out of each class meeting. Please bring your own drum sticks to each class meeting or bring \$7 materials fee to purchase drum sticks. NO CLASS ON APRIL 22

\$98 resident/\$147 non-resident	6 classes
13847 Tue., Feb. 18-Mar. 25 4-5 PM	6-Adult Heritage Park
13849 Tue., Apr. 1-May 13 4-5 PM	6-Adult Heritage Park

Joy of Singing

Students learn the basics of singing, choosing a theme, singing group songs, solos, light dancing, and put on a show at the end of the session for family and friends. Please bring a \$5 music materials fee to the first class. Parents are required to sign children in and out of each class meeting. NO CLASS ON APRIL 7

\$75 resident/\$112 non-resident	8 classes
13850 Mon., Feb. 24-Apr. 21 6:15-7:15 PM	7-12 years Cerritos Park East



Piano

Learn to play the piano from the very beginning! Students will learn the basics and play new songs each week. Students must have access to a piano or keyboard outside of class to practice lessons. Course instruction will be provided on electronic keyboards and participants may need to share keyboards during class. All students are required to purchase a music book; information will be given at the first class meeting. Parents are required to sign children in and out of each class meeting. NO CLASS ON APRIL 7

\$100 resident/\$150 non-resident	8 classes
Beginning	
13934 Mon., Feb. 24-Apr. 21 5-6 PM	7-13 years Cerritos Park East

Sports/Fitness, Adult/Youth

Cerritos Fitness Centers

Fitness Centers are located in the Cerritos Olympic Swim & Fitness Center and the Liberty Park Community Center. The Swim & Fitness Center is equipped with locker room facilities.

- Membership is available to Cerritos residents, 16 years and older.
- Individual memberships are \$50 per year.
- Replacement card may be purchased for \$5.
- Fitness Centers include a multi-max station, treadmills, stair climbers, and life cycles.
- Adults working in Cerritos can purchase an annual business membership for \$50, valid only Monday through Friday from 6 AM to 2 PM at the Swim Center location and 10 AM to 5 PM at the Liberty Park location.
- Waiver required.

Membership cards are valid at both locations and must be presented to enter.

Fitness Center Hours:

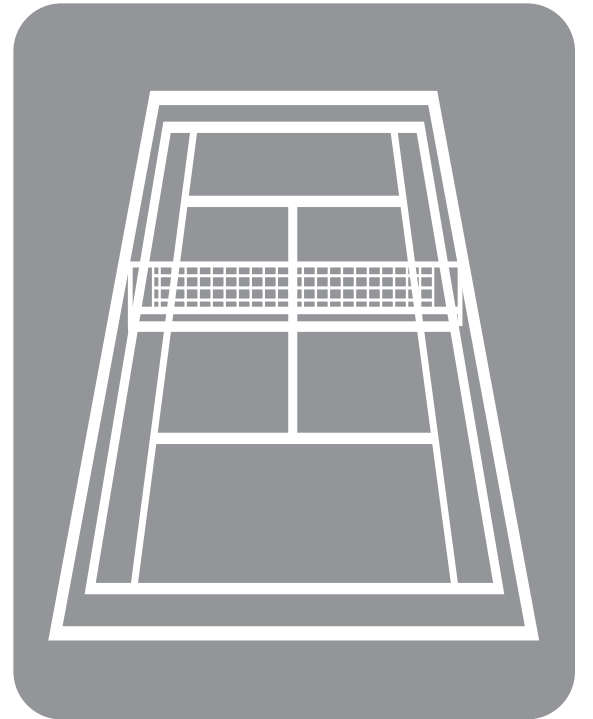
Swim Center Location	
Monday through Friday	6 AM-2 PM / 5-9 PM
Saturday/Sunday	7 AM-2 PM

Liberty Park Location

Monday through Friday	10 AM-8 PM
Saturday/Sunday	10 AM-6 PM*

*8 PM beginning April 6

For more information, please call the Recreation Services Division at (562) 916-1254.



Tennis Courts

Courts are available for use at Liberty Park and Cerritos Park East. Tennis courts may be closed without prior notice.

Cerritos residents:

- May use the courts at no charge during regular park operating hours.
- Age 16 years and older may reserve one (1) court up to one (1) week in advance and no less than one (1) hour in advance.
- A 5-minute grace period will be given before the court is released.
- Only one (1) reservation per family account may be held at any given time.
- Must present a valid California Driver's License or valid California ID with current Cerritos address and must be in the City's database to check out a court key.
- Reservations will only be taken in person or over the phone by calling Liberty Park at (562) 916-8565 or Cerritos Park East at (562) 407-2611 during normal operating hours.

Non-residents:

- May use the courts for drop-in play Monday through Friday, between 10 AM and 3 PM, for a \$7 hourly fee.
- No reservations allowed.
- Adults working in Cerritos may drop-in to play Monday through Friday only, between 10 AM and 3 PM, at no charge.
- Must present a valid California Driver's License or California ID and proof of employment in Cerritos.

Sand Volleyball Courts

- Courts are available for use at Liberty Park. The sand volleyball courts may be closed without prior notice.
- Cerritos residents, 16 years and older, may reserve one court up to one (1) week in advance free of charge.
 - Non-residents, 16 years and older, may reserve one (1) court up to two (2) days in advance free of charge.
 - Reservations will be a maximum of one (1) hour and may be booked on the hour or on the half hour.
 - A 5-minute grace period will be given before the court is released.
 - Only one (1) reservation per family account may be held at any given time.
 - Must present a valid California Driver's License or valid California ID with current Cerritos address and must be in the City's database to access court.
 - Reservations will be taken in person or over the phone by calling Liberty Park at (562) 916-8565 during normal operating hours.



Jazzercise

Monthly Fees \$69 with EFT*
One Time Class \$15
Registration taken at class site by course instructor.

Blending easy to follow dance steps with fun dance routines, Jazzercise will enhance cardiovascular fitness, balance, posture, strength, and flexibility. Certified professional Jazzercise instructors will cue participants through the moves that incorporate various elements of dance with resistance training, pilates, yoga, kickboxing, and more. The 60-minute workout is effective for every age, skill, and fitness level. Please bring a floor mat and water bottle; hand weights are optional.

Monthly fee allows patrons to attend any of the classes.

*EFT (Electronic Funds Transfer) or Easy Fitness Ticket allows patrons to automatically pay for Jazzercise programs through an electronic funds transfer each month. Patrons must pay a \$30 joining fee.

Monday	10:15-11:15 AM	Cerritos Park East
Wednesday	10:15-11:15 AM	Cerritos Park East
Friday	10:15-11:15 AM	Cerritos Park East
Sunday	10:15-11:15 AM	Cerritos Park East

FEATURED

Ballet Barre Beats

Barre Beats is a high energy ballet based, low impact workout that combines traditional Barre exercises with non-stop, fat burning, metabolic movements. This class is designed to raise your heart rate, burn calories, and strengthen your entire body with fun and upbeat music. Beginners welcome. No dance experience required. Parents are required to sign children in and out of each class meeting.
NO CLASS ON APRIL 23

\$45 resident/\$68 non-resident		4 classes	
13854	Wed., Mar. 5-26	5:30-6:30 PM	8-Adult Liberty Park
13855	Wed., Apr. 9-May 7	5:30-6:30 PM	8-Adult Liberty Park

Belly Jamz

Enjoy a low impact, high energy workout that strengthens and stretches your muscles. The class will focus on the abdominal muscle group by increasing the strength of the back, shoulders, and arms. Be prepared to have fun while utilizing moves from the ancient art of Middle Eastern belly dancing! All fitness levels are welcome. Parents are required to sign children in and out of each class meeting.

\$45 resident/\$68 non-resident		4 classes	
14212	Fri., Feb. 21-Mar. 14	6-7 PM	8-Adult Liberty Park
14213	Fri., Mar. 21-Apr. 11	6-7 PM	8-Adult Liberty Park

Co-Ed Youth Basketball Organized Play

Learn the basic fundamentals of basketball such as shooting, ball handling and passing while acquiring new skills through various drills and contests. The Intermediate class will build upon the basic fundamentals and challenge the skills of each participant with advanced instruction. Parents are required to sign children in and out of each class meeting.

\$20 resident/\$30 non-resident		4 classes	
5 to 7 years - Beginning			
14221	Sat., May 3-24	9-9:45 AM	5-7 years Community Gym at Whitney High School
8 to 11 years - Beginning			
14222	Sat., May 3-24	10-11 AM	8-11 years Community Gym at Whitney High School
10 to 13 years - Intermediate			
14223	Sat., May 3-24	12:30-1:30 PM	10-13 years Community Gym at Whitney High School

Core Yolates

Enjoy this new workout trend that combines two popular methods of exercise - yoga and Pilates. This course will emphasize core stabilization, lengthening, toning, and body sculpting. Yolates also improves core strength, posture and overall body awareness. Please bring a stability ball, resistance band and weights to class. Parents are required to sign children in and out of each class meeting. NO CLASS ON APRIL 20

\$60 resident/\$90 non-resident		5 classes	
13859	Sun., Feb. 23-Mar. 23	10:15-11:40 AM	13-Adult Liberty Park
13860	Sun., Mar. 30-May 4	10:15-11:40 AM	13-Adult Liberty Park



Girls Youth Basketball Organized Play

Learn the basic skills of basketball such as shooting, ball handling, and passing, while increasing physical conditioning and strength. Register and learn new skills through drills, contests, and 3-on-3 and 5-on-5 play. Parents are required to sign children in and out of each class meeting.

\$20 resident/\$30 non-resident		4 classes	
14220	Sat, May 3-24	11:15 AM – 12:15 PM	8-12 years Community Gym at Whitney High School

Gymnastics: Jammin' Gymnasts

Discover the inner gymnast inside everyone! Gymnastics also improves coordination and strength development. Girls and boys of all skill levels will safely learn recreation gymnastics techniques such as cartwheels, round-offs, rolls, handstands, and more. Obstacle courses and music will make learning fun while creating confidence and a positive learning environment! Parents are required to sign children in and out of each class meeting. Please bring a \$2 materials fee to the first class.
NO CLASS ON APRIL 23

\$90 resident/\$135 non-resident		6 classes	
13889	Wed., Feb. 19-Mar. 26	3:20-4:20 PM	4-6 years Cerritos Park East
13890	Wed., Feb. 19-Mar. 26	4:35-5:35 PM	5-10 years Cerritos Park East
13891	Wed., Apr. 2-May 14	3:20-4:20 PM	4-6 years Cerritos Park East
13892	Wed., Apr. 2-May 14	4:35-5:35 PM	5-10 years Cerritos Park East

Hatha Yoga

Experience the release of tension and stress through a series of postures which develop strength, flexibility, concentration, and balance. Please bring your own yoga mat to each class and wear comfortable clothing. NO CLASS ON APRIL 22 & 24

\$60 resident/\$90 non-resident		5 classes	
13893	Tue., Feb. 18-Mar.18	10:15-11:15 AM	18-Adult Cerritos Park East
13894	Thu., Feb. 20-Mar. 20	10:15-11:15 AM	18-Adult Cerritos Park East
13895	Tue., Apr. 1-May 6	10:15-11:15 AM	18-Adult Cerritos Park East
13896	Thu., Apr. 3-May 8	10:15-11:15 AM	18-Adult Cerritos Park East



Martial Arts

Karate provides an excellent physical and mental workout, increasing coordination and flexibility. The well-rounded curriculum incorporates ground and stand-up self-defense, kata and weaponry. Experience strength and confidence boosting fun classes with something for every member of the family. Parents are required to sign children in and out of each class meeting. Participants arriving more than 10 minutes after the class start time will not be permitted entry. NO CLASS ON APRIL 21-24

\$84 resident/\$126 non-resident		12 classes	
13867	M/W, Feb. 24-Apr. 2	3:30-4:30 PM	4-7 years Liberty Park
13869	T/TH, Feb. 20-Apr. 1	3:30-4:30 PM	8-Adult Liberty Park
13868	M/W, Apr. 7-May 21	3:30-4:30 PM	4-7 years Liberty Park
13870	T/TH, Apr. 8-May 22	3:30-4:30 PM	8-Adult Liberty Park

For more information and support for accessibility of programs and facilities, please call the Recreation Services Division at (562) 916-1254.



Pickleball Round-Robin Social

Join the Pickleball Round Robin Social at Liberty Park! All players will participate in three, 30-minute matches against different players in a true round-robin format. No partner is needed. Mixed-doubles play are randomly drawn based on the number of registrants. Intermediate level preferred. Prizes are awarded for first and second place.

\$5 per person	One Day		
13800	Thu., Mar. 20	10 AM-noon	18-Adult Liberty Park

Pilates

This Pilates class will combine barre work and cardio to tone and strengthen the entire body. Thera-bands and exercise balls will be provided by the instructor to work on specific muscles and muscle groups to increase strength and agility. This revolutionary toning and conditioning system stretches, strengthens, and realigns overused joints, and muscles. Participants will work at an individualized pace. Parents are required to sign children in and out of each class meeting.

\$50 resident/\$75 non-resident	5 classes		
13861	Tue., Feb. 18-Mar. 18	6-7 PM	13-Adult Liberty Park
13863	Thu., Feb. 20-Mar. 20	6-7 PM	13-Adult Cerritos Park East
13862	Tue., Apr. 1-May 6	6-7 PM	13-Adult Liberty Park
13864	Tue., Apr. 3-May 8	6-7 PM	13-Adult Cerritos Park East

Stride Cerritos - Fitness Walkers

Join Stride Cerritos and walk to fitness. During each session, walkers will receive instruction on the fundamentals of aerobic development through walking workouts. Cardiovascular improvement, muscle development and decreased body fat will be emphasized. Parents are required to sign children in and out of each class meeting. NO CLASS APRIL 22 & APRIL 24

Free	16 classes		
13791	T/Th., Apr. 1-May 29	6:30-7:30 PM	16-Adult Liberty Park

Yoga For Kids

Yoga is a safe, fun and non-competitive way for children to exercise and develop coordination. Yoga also strengthens the body, builds self-esteem, and increases focus and concentration. Parents are required to sign children in and out of each class meeting.

\$66 resident/\$99 non-resident	4 classes		
13865	Sat., Feb. 22-Mar. 15	11:30 AM-12:15 PM	4-12 years Liberty Park
13866	Sat., Mar. 29-Apr. 19	11:30 AM-12:15 PM	4-12 years Liberty Park

Yoga For Relaxation

Enjoy an introductory course in conditioned relaxation based on the ancient art of hatha yoga as it is taught in India. This course consists of stretching, breathing, and relaxation exercises, which relieve mental tension, emotional stress, and physical strain. Exercise mats will be provided. Parents are required to sign children in and out of each class meeting. NO CLASS ON APRIL 21 AND 23

\$60 resident/\$90 non-resident	5 classes		
13871	Mon., Feb. 24-Mar. 24	7-7:50 PM	14-Adult Liberty Park
13873	Wed., Feb. 26-Mar. 26	7-7:50 PM	14-Adult Liberty Park
13872	Mon., Mar. 31-May 5	7-7:50 PM	14-Adult Liberty Park
13874	Wed., Apr. 2-May 7	7-7:50 PM	14-Adult Liberty Park



Youth Soccer Clinic

Boys and girls are encouraged to register and learn new skills from a local coaching staff. In addition to soccer-specific training, participants will learn the value of teamwork, communication, and leadership, on and off the field. Parents are required to sign children in and out of the class.

\$10 resident/\$15 non-resident	One Day		
13792	Sat., Mar. 22	9-10:30 AM	5-12 years Sports Complex

Youth Soccer Organized Play Class

Soccer is the worlds most popular sport. Register to learn new skills or refine old ones. Participants will learn ball control, shooting and passing through drills and competition. Parents are required to sign children in and out of each class meeting.

\$45 resident/\$68 non-resident	6 classes		
14215	M/W., Mar. 31-Apr. 16	6:30-7:30 PM	8-12 years Sports Complex

Sports Leagues, Adult/Youth

Adult Men's and Coed Slow Pitch Leagues

\$360 resident/\$395 non-resident
\$35 new team one-time registration fee
\$60 fine payable after forfeiture

The City of Cerritos, in conjunction with Major League Softball, offers an Adult Slow Pitch League to community and business teams. The registration fee includes eight games, statistics, game balls, newsletters, team and individual awards and league leader awards. Officials' fees of \$30 per team per game must be paid prior to the first pitch of each game. For more information, please call Major League Softball at (714) 289-1983.

League	Day	Field	Starting Date
Men	Sun.	Sports Complex and Liberty Park	Feb. 2
	Tue.	Sports Complex and Liberty Park	Feb. 4
	Wed.	Sports Complex and Liberty Park	Feb. 5
	Thu.	Sports Complex and Liberty Park	Feb. 6
	Fri.	Sports Complex and Liberty Park	Feb. 7
Coed	Sun.	Sports Complex and Liberty Park	Feb. 2
	Wed.	Sports Complex and Liberty Park	Feb. 4
	Fri.	Sports Complex and Liberty Park	Feb. 7

Registration Information

Registration for the upcoming season will take place online through Monday, January 20. Please visit mlsoftball.com to register your team. Priority registration is granted to any team presenting proof that 51% of the members on their roster reside in the City of Cerritos or are employees of a business located in the City of Cerritos. Proof of residency with a valid California identification card is required for Cerritos residents and valid business identification is required for Cerritos businesses.

Striders Track and Field Team

Join the Striders Youth Track and Field team and have the opportunity participate in local track meets. Team members will attend up to two track meets and will be allowed to select their events. Registration includes coaching, workouts, a jersey and meet entry fees. For more information, please call the Sports Complex at (562) 916-8590. NO CLASS APRIL 22 & 24

\$25 resident/\$38 non-resident	16 classes		
13793	T/Th., Apr. 1-May 29	5-6 PM	7-15 years Liberty Park

Golf, Adult/Youth

Cerritos Iron-Wood Nine Golf Course

(562) 916-8400

The City of Cerritos Iron-Wood Nine Golf Course is a nine-hole, par 29, 1,468-yard, executive golf course. The lighted driving range offers a choice of hitting off mats or grass. Rental clubs and handcarts are available; reservations can be made up to one week in advance. Starting times will depend upon course conditions.

Hours of Operation:	Monday through Friday	6:30 AM-7 PM
	Saturday/Sunday	6:30 AM-6 PM
Course Hours:	Daily	6:30 AM-Sunset
Range Hours:	Monday through Friday	6:30 AM-7 PM
	Thursday	10 AM-7 PM
	Saturday/Sunday	6:30 AM-6 PM

*Beginning April 27, the course and range will open at 6 AM. The range will close at 8 PM. The last range bucket will be sold 30 minutes prior to closing.



Cerritos residents must present a valid California Driver's License or a valid California ID with current Cerritos address. Residents that have not secured a new California issued ID with a current Cerritos address must present an ID and provide a utility bill, rent receipt, tax bill, escrow papers, credit card, bank statement, or car registration that is postmarked within the last 60 days.

Golf Course Dress Code

The Cerritos Iron-Wood Nine Golf Course enforces its dress code policy.

Men must wear a presentable shirt with sleeves. Tank tops, sleeveless shirts, swim suits and other dress deemed inappropriate for the course will not be allowed. Women must also wear a presentable shirt. Halter tops, tube tops, swim suits, and other dress deemed inappropriate for the course will not be allowed.

REGISTER!

Help avoid program cancellations!

A minimum number of registered participants is required for each class.

Failure to register may result in program cancellations.

Golf Course Fees

Weekday Green Fees

\$11.00	Cerritos Resident, age 18 and older
\$13.00	Non-resident, age 18 and older
\$8.00	Cerritos Resident Senior, age 60 and older
\$9.00	Non-resident Senior, age 60 and older
\$7.50	Cerritos Resident Junior, age 18 and under with a current high school ID card
\$8.50	Non-resident Junior, age 18 and under with a current high school ID card

Weekend/Holiday Green Fees

\$12.00	Cerritos Resident, age 18 and older
\$15.50	Non-resident, age 18 and older
\$7.50	Cerritos Resident Junior, age 18 and under with a current high school ID card
\$8.50	Non-resident Junior, age 18 and under with a current high school ID card

Driving Range Fees

\$7.00	Small Bucket Card (50 balls)
\$10.50	Large Bucket Card (100 balls)
\$50.00	Value Card (650 balls)

Novice Golfers

New to the game of golf? Having trouble learning the way around the course? The Cerritos Iron-Wood Nine Golf Course staff would be happy to play a few holes of golf with patrons to help in these areas. Please contact the Cerritos Iron-Wood Nine Golf Course at (562) 916-8400 to schedule an appointment based on staff availability. Staff assistance is free; however, regular green fees apply.



Cerritos Junior Golf Academy

The Junior Golf Academy with Cerritos Iron-wood Nine Golf Professional Jason Holmes, is designed for youth golfers of all ability levels. From beginners to advanced golfers, participants will improve their game in a small group setting. Instruction will be conducted on the Course's driving range, putting greens, and pitching area. Range balls will be provided for each class and loaner clubs are available during class time. Parents are required to sign children in and out of the class meeting.

\$55 resident/\$83 non-resident 4 classes

Session I

13875	Sat., Feb. 22-Mar. 15	10-10:45 AM	4-6 years
	Golf Course		
13876	Sat., Feb. 22-Mar. 15	11-11:45 AM	4-6 years
	Golf Course		
13877	M/W, Feb. 24-Mar. 5	5-5:45 PM	7-10 years
	Golf Course		
13878	M/W, Feb. 24-Mar. 5	6-6:45 PM	11-17 years
	Golf Course		

Session II

13879	M/W, Mar. 17-26	5-5:45 PM	7-10 years
	Golf Course		
13880	M/W, Mar. 17-26	6-6:45 PM	11-17 years
	Golf Course		
13881	Sat., Mar. 29-Apr. 19	10-10:45 AM	4-6 years
	Golf Course		
13882	Sat., Mar. 29-Apr. 19	11-11:45 AM	4-6 years
	Golf Course		

Session III

13883	M/W, Apr. 7-16	5-5:45 PM	7-10 years
	Golf Course		
13884	M/W, Apr. 7-16	6-6:45 PM	11-17 years
	Golf Course		

Group Golf Lessons

Join Cerritos Iron-Wood Nine Golf Professional Jason Holmes in a relaxed group setting designed for all skill levels, from the novice to the experienced player. For novice players, fundamental skills such as stance, grip and swing will be covered. More experienced players will sharpen their skills and develop game techniques. One small bucket of practice balls will be provided at each lesson. Parents are required to sign children in and out of each class meeting.

\$70 resident/\$105 non-resident 4 classes

Session I

13885	Sat., Feb. 22-Mar. 15	8-8:45 AM	14-Adult
	Golf Course		
13886	Sat., Feb. 22-Mar. 15	9-9:45 AM	8-13 years
	Golf Course		

Session II

13887	Sat., Mar. 29-Apr. 19	8-8:45 AM	14-Adult
	Golf Course		
13888	Sat., Mar. 29-Apr. 19	9-9:45 AM	8-13 years
	Golf Course		



Itsy Bitsy Golf Clinic

This clinic is designed to introduce participants to the game of golf. The program will provide preschool golfers with brief instruction on grip, stance, swing and putting. Complimentary driving range use is also included. Parents are required to sign children in and out of the class.

\$15 resident/\$23 non-resident One Day

13797	Sat., Mar. 8	4-5 PM	4-5 years
	Golf Course		

Senior Golf Quarterly Tournament

Seniors, 60 years of age and older, are invited to participate in this fun-filled 9-hole, shotgun start tournament.

\$15 Tournament Fee One Day

13798	Wed., Apr. 16	8-10 AM	60 years and older
	Golf Course		

Spring Break Youth Golf Clinic

This clinic is designed to introduce the beginning junior to the game of golf. Staff will provide basic instruction including the swing, putting skills and golf etiquette. Games and skill contests will be conducted to keep the clinic fun, and participants will get actual experience on the driving range and practice putting greens. Parents are required to sign children in and out of each class meeting. Participants are encouraged to register for the Spring Break Youth Golf Tournament on Friday, April 5.

\$22 resident/\$33 non-resident 4 classes

13794	M/T/W/Th, Apr. 21-24	10 AM-noon	7-14 years
	Golf Course		

For more information and support for accessibility of programs and facilities, please call the Recreation Services Division at (562) 916-1254.

FEATURED

Spring Break Youth Golf Tournament

Enjoy this fun, golf tournament for the novice junior golfer. This non-competitive event will offer participants the opportunity to play in a supervised golf tournament with others their age. Fee includes green fees and refreshments. Parents are required to sign children in and out of the class.

\$17 resident/\$26 non-resident One Day

13795	Fri., Apr. 25	10 AM-noon	7-14 years
	Golf Course		

Spring Junior Target Challenge

Test your accuracy and shot-making abilities by participating in the driving range target challenge. Participants will go through a series of challenges on the driving range. Win points and earn rewards for successfully completing the challenges.

\$16 resident/\$24 non-resident One Day

13796	Sat., May 3	6-7:30 PM	8-13 years
	Golf Course		

Aquatics, Adult/Youth

General Information

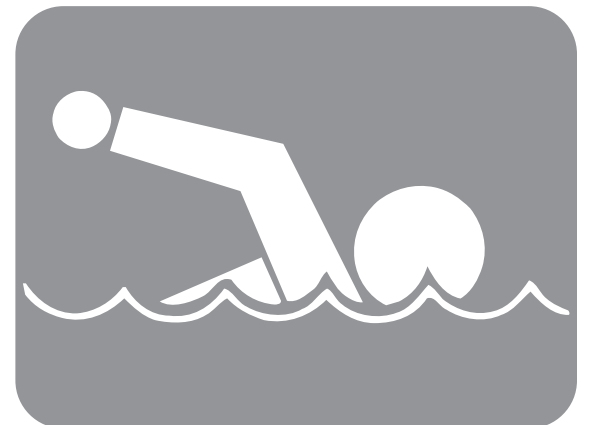
The Cerritos Olympic Swim & Fitness Center is located at 13150 E. 166th Street, adjacent to Cerritos Park East. For general information, including hours of operation and admission fees, please call the Swim & Fitness Center at (562) 4072600. For swim lesson registration, see below.

Admission Policies

The Swim & Fitness Center is open to Cerritos residents, accompanied guests, and adults working in the City of Cerritos. Each resident may bring up to four (4) guests during recreational swimming only.

Cerritos residents must present a valid California Driver's License or a valid California ID with current Cerritos address. Residents that have not secured a new California issued ID with a current Cerritos address must present an ID and provide a utility bill, rent receipt, tax bill, escrow papers, credit card, bank statement, or car registration that is postmarked within the last 60 days.

Children under 16 years of age may present a Cerritos resident library card. Parents are responsible for the supervision of children. Adults working in the City of Cerritos must present a valid driver's license and a business ID. Children who cannot swim and are less than four feet tall must be accompanied in the water by an adult. All residents using tickets for recreational swimming will be required to show acceptable Cerritos identification. Children over 5 years of age are not permitted in the locker room of the opposite sex.



Swim Fees

Lap Swim Fees

\$3.00	Adults, ages 18 to 59
\$2.50	Seniors, age 60 and older

Recreational Swim Fees

\$2.00	Cerritos Resident
\$2.00	Adults who work in Cerritos with business ID
\$2.50	Nonresident Child, age 17 and under.
Must be a guest of a Cerritos resident (see above)	
\$3.25	Nonresident Adult, age 18 and older.
Must be a guest of a Cerritos resident (see above)	

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Swim Fees (Continued)

Ticket Books

Ticket books are non-transferable. Patrons utilizing tickets as payments still need to meet all entrance requirements. Patrons using tickets for recreation swimming will be required to show acceptable Cerritos identification. Purchase limit of two (2) ticket books per visit.

Age 17 and under	15 tickets - \$20
Adults, ages 18 to 59	20 tickets - \$60
Seniors, age 60 and older	20 tickets - \$50

Swim Center Hours

Hours of Operation

Monday-Friday	6 AM-9 PM
Saturday/Sunday	7 AM-2 PM

Recreational Swimming

Monday/Wednesday/Friday	7-9 PM
Saturday/Sunday	noon-2 PM

Adult Lap Swimming

Monday/Friday	6 AM-2 PM
Tuesday/Thursday*	7-9 PM
Saturday/Sunday	7 AM-noon

*Open to Cerritos Residents only.

A minimum of four lanes will be available for all lap swim sessions. Please refer to the Sports/Fitness section for Fitness Center hours.

The pool will have modified hours on the following days:

- Monday, April 21 through Friday, April 25, Recreational Swimming, 11 AM-2 PM
- Monday, May 26, Recreational Swimming from 11 AM-9 PM and Lap Swimming from 7 AM-2 PM

Please Register Carefully

Any person registered in a class above their skill level will be dropped from the class without a refund.

Free Skills Testing

Skills testing is available prior to registration if assistance is needed to determine class level. Participants may come to the Swim & Fitness Center during recreational swim hours for testing.



Mommy/Daddy and Me

6 months-3 years

This class allows parents to share in the fun of children learning to swim. Children will learn basic safety skills, breath control, floating, kicking and paddling. Up to two adults per child are permitted to participate. Swim diapers are available for purchase at the Swim Center. Parents are required to sign children in and out of each class meeting.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Spring 1	Spring 2
	Mar. 3-Apr. 2	Apr. 7-May 14*
10:30-11 AM	13958	14051
6:30-7 PM	13959	14052

*NO CLASS APRIL 21 & 23

(Continued on the next column)

Mommy/Daddy and Me (Continued)

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Spring 1	Spring 2
	Mar. 4-Apr. 3	Apr. 8-May 15*
10:30-11 AM	14165	14166

*NO CLASS APRIL 22 & 24

SATURDAY

\$25 resident/\$38 non-resident

	Spring 1	Spring 2
	Mar. 1-29	Apr. 5-May 10*
10:30-11 AM	13960	14053

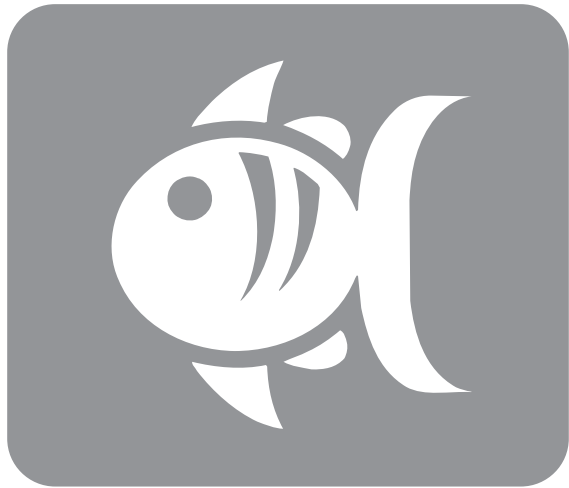
*NO CLASS APRIL 19

SUNDAY

\$25 resident/\$38 non-resident

	Spring 1	Spring 2
	Mar. 2-30	Apr. 6-May 11*
Noon-12:30 PM	14179	14054

*NO CLASS APRIL 20



Preschool Pufferfish

3-5 years

Acquaint preschool-aged children to the aquatic environment. Beginners will learn breath control, floating and kicking. More advanced students will be presented with the basic elements of front crawl and backstroke. Parents are required to sign children in and out of each class meeting.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Spring 1	Spring 2
	Mar. 3-Apr. 2	Apr. 7-May 14*
10-10:30 AM	13964	14055
1-1:30 PM	13967	14058
1:30-2 PM	13968	14059
5-5:30 PM	13969	14060
5:30-6 PM	13970	14061
6-6:30 PM	13971	14062
6:30-7 PM	13972	14063
7-7:30 PM	13973	14064
7:30-8 PM	13974	14065

*NO CLASS APRIL 21 & 23

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Spring 1	Spring 2
	Mar. 4-Apr. 3	Apr. 8-May 15*
10-10:30 AM	14167	14168
1-1:30 PM	14169	14170
1:30-2 PM	14171	14172
5-5:30 PM	13975	14066
5:30-6 PM	13976	14067
6-6:30 PM	13977	14068
6:30-7 PM	13978	14069
7-7:30 PM	13979	14070
7:30-8 PM	13980	14071

*NO CLASS APRIL 22 & 24

SATURDAY

\$25 resident/\$38 non-resident

	Spring 1	Spring 2
	Mar. 1-29	Apr. 5-May 10*
9-9:30 AM	13981	14072
9:30-10 AM	13982	14073
10-10:30 AM	13983	14074
10:30-11 AM	13984	14075
11-11:30 AM	13985	14076
11:30 AM-noon	13986	14077

*NO CLASS APRIL 19

(Continued on the next column)

Preschool Pufferfish (Continued)

SUNDAY

\$25 resident/\$38 non-resident

	Spring 1	Spring 2
	Mar. 2-30	Apr. 6-May 11*
9-9:30 AM	13987	14078
9:30-10 AM	13988	14079
10-10:30 AM	13989	14080
10:30-11 AM	13990	14081
11-11:30 AM	13991	14082
11:30 AM-noon	13992	14083

*NO CLASS APRIL 20



Starfish/Minnows

6-16 years

Get acquainted with the excitement of the aquatic world. Children will learn breath control, floating and other elementary skills. Parents are required to sign children in and out of each class meeting.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Spring 1	Spring 2
	Mar. 3-Apr. 2	Apr. 7-May 14*
5-5:45 PM	13993	14084
6-6:45 PM	13994	14085
7-7:45 PM	13995	14086
8-8:45 PM	14159	14160

*NO CLASS APRIL 21 & 23

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Spring 1	Spring 2
	Mar. 4-Apr. 3	Apr. 8-May 15*
5-5:45 PM	13996	14087
6-6:45 PM	13997	14088
7-7:45 PM	13998	14089
8-8:45 PM	14173	14174

*NO CLASS APRIL 22 & 24

SATURDAY

\$25 resident/\$38 non-resident

	Spring 1	Spring 2
	Mar. 1-29	Apr. 5-May 10*
8-8:45 AM	13999	14090
9-9:45 AM	14000	14091
10-10:45 AM	14177	14178
11-11:45 AM	14001	14092

*NO CLASS APRIL 19

SUNDAY

\$25 resident/\$38 non-resident

	Spring 1	Spring 2
	Mar. 2-30	Apr. 6-May 11*
8-8:45 AM	14002	14093
9-9:45 AM	14003	14094
10-10:45 AM	14004	14095
11-11:45 AM	14005	14096

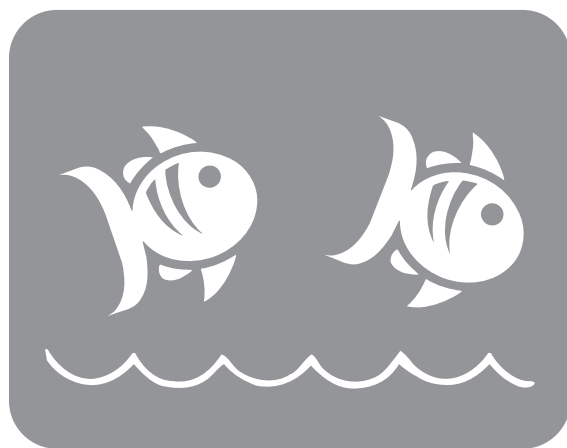
*NO CLASS APRIL 20

REGISTER!

Help avoid program cancellations!

A minimum number of registered participants is required for each class.

Failure to register may result in program cancellations.



Flying Fish

6-16 years

Knowing the elementary skills of swimming, develop the front crawl and backstroke techniques. Along with these strokes, learn safety skills, self-rescue and diving. Prerequisite: Minnows-level swimming skills. Parents are required to sign children in and out of each class meeting.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Spring 1 Mar. 3-Apr. 2	Spring 2 Apr. 7-May 14*
5-5:45 PM	14006	14097
6-6:45 PM	14007	14098
7-7:45 PM	14161	14162
8-8:45 PM	14008	14099

*NO CLASS APRIL 21 & 23

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Spring 1 Mar. 4-Apr. 3	Spring 2 Apr. 8-May 15*
5-5:45 PM	14009	14100
6-6:45 PM	14010	14101
7-7:45 PM	14011	14102
8-8:45 PM	14012	14103

*NO CLASS APRIL 22 & 24

SATURDAY

\$25 resident/\$38 non-resident

	Spring 1 Mar. 1-29	Spring 2 Apr. 5-May 10*
8-8:45 AM	14013	14104
9-9:45 AM	14014	14105
10-10:45 AM	14015	14106
11-11:45 AM	14016	14107

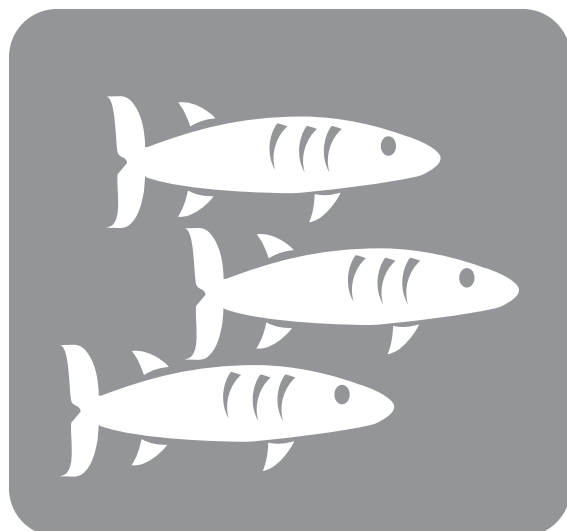
*NO CLASS APRIL 19

SUNDAY

\$25 resident/\$38 non-resident

	Spring 1 Mar. 2-30	Spring 2 Apr. 6-May 11*
8-8:45 AM	14017	14108
9-9:45 AM	14018	14109
10-10:45 AM	14019	14110
11-11:45 AM	14180	14181
Noon-12:45 PM	14020	14111

*NO CLASS APRIL 20



Barracudas

6-16 years

Improve stamina, coordination, and learn breaststroke and side-stroke kicks and more safety skills. Prerequisite: Flying Fish-level swimming skills. Parents are required to sign children in and out of each class meeting.

(Continued on the next column)

Barracudas (Continued)

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Spring 1 Mar. 3-Apr. 2	Spring 2 Apr. 7-May 14*
5-5:45 PM	14021	14112
6-6:45 PM	14163	14164
7-7:45 PM	14022	14113
8-8:45 PM	14023	14114

*NO CLASS APRIL 21 & 23

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Spring 1 Mar. 4-Apr. 3	Spring 2 Apr. 8-May 15*
5-5:45 PM	14024	14115
6-6:45 PM	14025	14116
7-7:45 PM	14175	14176
8-8:45 PM	14026	14117

*NO CLASS APRIL 22 & 24

SATURDAY

\$25 resident/\$38 non-resident

	Spring 1 Mar. 1-29	Spring 2 Apr. 5-May 10*
8-8:45 AM	14027	14118
9-9:45 AM	14028	14119
10-10:45 AM	14029	14120
11-11:45 AM	14030	14121

*NO CLASS APRIL 19

SUNDAY

\$25 resident/\$38 non-resident

	Spring 1 Mar. 2-30	Spring 2 Apr. 6-May 11*
8-8:45 AM	14031	14122
9-9:45 AM	14032	14123
10-10:45 AM	14182	14183
11-11:45 AM	14033	14124

*NO CLASS APRIL 20



Dolphins

6-16 years

This class coordinates, refines and polishes skills learned in previous levels. Butterfly is introduced, as are open turns, surface dives and diving. Emphasis is placed on developing efficiency, power and endurance. Prerequisite: Barracuda-level swimming skills. Parents are required to sign children in and out of each class meeting.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Spring 1 Mar. 3-Apr. 2	Spring 2 Apr. 7-May 14*
7-7:45 PM	14046	14125

*NO CLASS APRIL 21 & 23

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Spring 1 Mar. 4-Apr. 3	Spring 2 Apr. 8-May 15*
7-7:45 PM	14047	14126

*NO CLASS APRIL 22 & 24

SATURDAY

\$25 resident/\$38 non-resident

	Spring 1 Mar. 1-29	Spring 2 Apr. 5-May 10*
8-8:45 AM	14048	14127
11-11:45 AM	14049	14128

*NO CLASS APRIL 19

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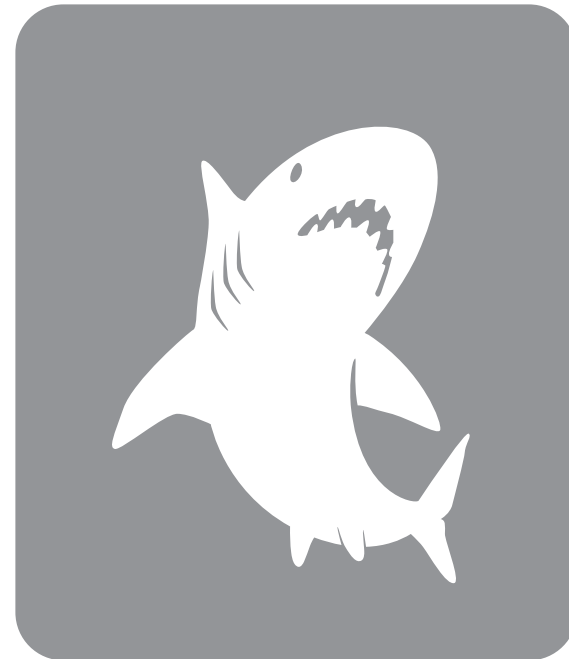
Dolphins (Continued)

SUNDAY

\$25 resident/\$38 non-resident

	Spring 1 Mar. 2-30	Spring 2 Apr. 6-May 11*
8-8:45 AM	14184	14185
11-11:45 AM	14050	14129

*NO CLASS APRIL 20



Sharks

6-16 years

Prepare for a competitive team or just improve swimming skills. Learn flip turns, starts and dives. Refine the competitive strokes learned in previous classes. Prerequisite: Dolphin-level swimming skills. This class may be repeated. Parents are required to sign children in and out of each class meeting.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Spring 1 Mar. 3-Apr. 2	Spring 2 Apr. 7-May 14*
8-8:45 PM	14034	14130

*NO CLASS APRIL 21 & 23

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Spring 1 Mar. 4-Apr. 3	Spring 2 Apr. 8-May 15*
8-8:45 PM	14035	14131

*NO CLASS APRIL 22 & 24

SATURDAY

\$25 resident/\$38 non-resident

	Spring 1 Mar. 1-29	Spring 2 Apr. 5-May 10*
10-10:45 AM	14036	14132

*NO CLASS APRIL 19

SUNDAY

\$25 resident/\$38 non-resident

	Spring 1 Mar. 2-30	Spring 2 Apr. 6-May 11*
10-10:45 AM	14037	14133
12-12:45 PM	14186	14187

*NO CLASS APRIL 20

Board Diving

6-16 years

Learn the basics of one and three meter springboard diving. The course will focus on safely teaching the fundamentals of basic board diving. Prerequisite: Standing front dive and Barracuda-level swimming skills. This class may be repeated. Parents are required to sign children in and out of each class meeting.

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Spring 1 Mar. 4-Apr. 3	Spring 2 Apr. 8-May 15*
7-7:45 PM	14038	14134

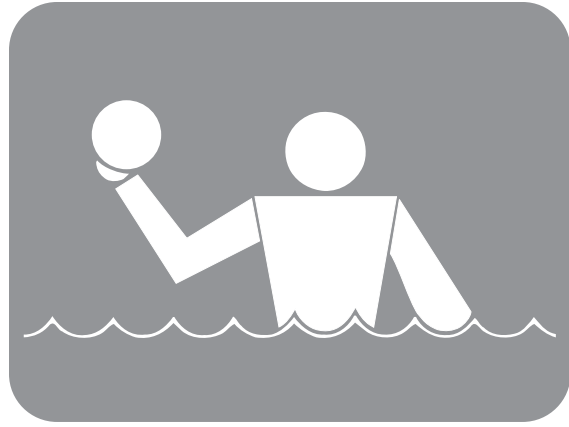
*NO CLASS APRIL 22 & 24

SATURDAY

\$25 resident/\$38 non-resident

	Spring 1 Mar. 1-29	Spring 2 Apr. 5-May 10*
9-9:45 AM	14039	14135

*NO CLASS APRIL 19



Fundamentals of Water Polo

8-17 years

This course will cover the basic skills and strategies of the game. Learn game rules, ball control, passing, shooting and basic play. Prerequisite: Barracuda-level swimming skills. Parents are required to sign children in and out of each class meeting.

SUNDAY

\$25 resident/\$38 non-resident

	Spring 1	Spring 2
Time	Mar. 2-30	Apr. 6-May 11*
	Noon-12:45 PM	14040
		14136

*NO CLASS APRIL 20

Adult Beginning Swimming

16 years and older

This is a basic swim course for the adult just learning to swim. The course is designed to teach floating and basic stroke techniques, including the front crawl and elementary backstroke. No previous skills required. Parents are required to sign children in and out of each class meeting.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Spring 1	Spring 2
	Mar. 3-Apr. 2	Apr. 7-May 14*
	8-8:45 PM	14041
		14137

*NO CLASS APRIL 21 & 23

SATURDAY

\$25 resident/\$38 non-resident

	Spring 1	Spring 2
	Mar. 1-29	Apr. 5-May 10*
	9-9:45 AM	14042
		14138

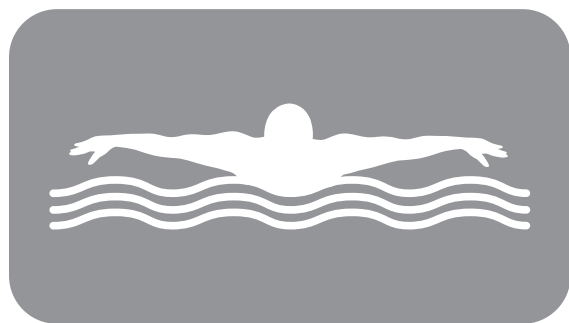
*NO CLASS APRIL 19

SUNDAY

\$25 resident/\$38 non-resident

	Spring 1	Spring 2
	Mar. 2-30	Apr. 6-May 11*
	8-8:45 AM	14043
		14139

*NO CLASS APRIL 20



Adult Intermediate Swimming

16 years and older

Continue to improve the front crawl and be introduced to the breaststroke and sidestroke. Depending on skill level, treading water, diving and flip turns may be introduced. Prerequisite: Adult Beginning-level swimming skills. Parents are required to sign children in and out of each class meeting.

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Spring 1	Spring 2
	Mar. 4-Apr. 3	Apr. 8-May 15*
	8-8:45 PM	14044
		14140

*NO CLASS APRIL 22 & 24

SATURDAY

\$25 resident/\$38 non-resident

	Spring 1	Spring 2
	Mar. 1-29	Apr. 5-May 10*
	8-8:45 AM	14045
		14141

*NO CLASS APRIL 19

Volunteer Opportunities

Looking for work experience or something to add flair to your college or job application? If so, the Recreation Services Division's volunteer program is a great place to start. Opportunities exist for teens and adults to assist the City in a variety of volunteer capacities within the Recreation Services Division.

All volunteers need to be 13 years of age or older, and each volunteer must have a City of Cerritos Recreation Services Division Volunteer Application/Waiver on file, complete the fingerprinting process, and attend a volunteer orientation workshop prior to being assigned to any program or event. In addition, volunteers are required to attend two enrichment workshops a year to maintain their active status.

The Application/Waiver is available online in the Recreation section of the City's website at cerritos.gov or at any Cerritos community center. Volunteers under the age of 18 must obtain a signature from their parent or guardian. Fingerprinting is conducted by appointment only on the first Wednesday of every month, except holidays. Orientation workshops are listed below.



Pursuant to California state law, a county, city or special district shall not assign a volunteer to perform services, in a position having supervisory or disciplinary authority over a minor, if that person has been convicted of an offense specified in Public Resource Code 5164.

Registered volunteers will receive a letter with their recorded hours on a quarterly basis. Upon completion of a minimum number of service hours, volunteers will be invited to an annual volunteer recognition. The demand for volunteers, assignments, and hours vary from season to season. For more information regarding volunteer opportunities, workshops, orientations, and fingerprinting appointments, please call Heritage Park at (562) 916-8570.

Orientation Dates

Wednesday, February 19	7 PM	Heritage Park
Wednesday, March 19	7 PM	Heritage Park
Wednesday, April 16	7 PM	Heritage Park

Recreation Services Volunteer

Volunteers, age 13 years or older, are needed for a variety of youth activities such as Parent/Child programs, Little One's Hour, Half Pint's Night, crafts, and much more. Special events include the Halloween Festival, Christmas Tree Lighting, Summer Entertainment Showcase, and the July 4th Let Freedom Ring Celebration.

For more information and support for accessibility of programs and facilities, please call the Recreation Services Division at (562) 916-1254.

Swim Assistant Volunteer

Volunteers will assist swim instructors as well as help with special events at the Cerritos Swim & Fitness Center. Orientation is required. For more information, please call the Cerritos Swim & Fitness Center at (562) 407-2600.

Youth Sports Volunteer

The sports section of the Recreation Services Division recruits volunteer coaches on a seasonal basis for its three youth sports leagues. Volunteer coaches must be 18 years and older and are required to undergo a certification process, which includes fingerprinting and mandatory meetings. For more information on becoming a youth sports volunteer, please call the Cerritos Sports Complex at (562) 916-8590.

Facility Information

Moon Bounce use at Cerritos Recreational Facilities

Cerritos residents are permitted to have a moon bounce at their family or neighborhood-related functions at a staffed Cerritos Recreation Facility. Moon bounces are only allowed at the following Cerritos recreational facilities, during normal operating hours: Cerritos Park East, Frontier Park, Heritage Park, Liberty Park, and Westgate Park.



Please be aware of the following policies and procedures:

- Advance reservation for a shelter is required. Fees and deposits are required for all shelter reservations. There is a limited number of moon bounce areas designated at each facility. Moon bounce must be powered by a gasoline generator with enough gas to last for the duration of the reservation (maximum of six (6) hours). Moon bounces may not be plugged in to City electrical outlets.
- Moon bounce may not exceed 16 ft. x 16 ft. in size. Combos, climbers, slides or water features are prohibited.
- The permit holder must be present when the equipment is dropped off and must remain at the facility until the equipment is picked up by the vendor. All moon bounces must be supervised by an adult at all times.
- Choose from one (1) of the vendors who have a current certificate of insurance on file with the City of Cerritos or select an alternate company.
- If using an alternate company, an original certificate of insurance is required in the amount of one (1) million dollars, naming the City of Cerritos, its officers, employees, agents and volunteers as additional insured, along with an endorsement. Both documents are due at least ten (10) business days prior to the reservation date.
- All moon bounce requests are subject to approval by the Facility Coordinator and Supervisor.

Please visit one of the Cerritos Community Centers – Cerritos Park East, Heritage Park, or Liberty Park – for reservation information and facility availability.

For additional information, please contact the Recreation Services Division at (562) 916-1254.

Registration Instructions



RACER (Register for Activities, Classes and Excursions Rapidly), powered by CivicRec, offers many exciting features for patrons to register for classes and activities.

Below are the required steps to register for a RACER account:

1. Have an existing e-mail address..
2. Visit a City facility and provide a valid photo ID for each adult within your family.
 - To be registered as a Cerritos Resident, proof of residency is required. Please provide one of the following:
 - A valid California Driver's License or California Identification Card with your current Cerritos address
 - Government-issued I.D.

AND

- One of the of the following, which must be postmarked within the last 60 days:
 - Utility bill
 - Rent receipt
 - Tax bill/Social Security statement
 - Escrow papers
 - Credit card statement
 - Bank statement
 - Car registration

Note: Both items presented for residency verification must show your name and the same address. We cannot accept a P.O. Box as a mailing address.

3. To register a child under the age of 18, please provide one of the following for age verification:

- Birth certificate (*original or copy*)
- Statement from the local registrar or County Recorder listing the date of birth
- Baptism certificate (*duly attested*)
- Passport
- Adoption record
- Hospital or physician's certificate listing the date of birth
- Affidavit from the parent, guardian or custodian of the minor
- Current year tax form
- Insurance paperwork
- School I.D. or school emergency card with birthdate

After your account has been created, you will be able to register on-line or in person for classes and activities.

REGISTRATION INSTRUCTIONS

- Step 1 Read through the brochure for suitable classes.
- Step 2 Choose method of Registration: On-line or Walk-In
(Any patron that does not have a RACER account must submit proper paperwork, which includes a birth certificate for all children under 18 years of age.)
- Step 3 Confirmation of registered and waitlisted classes can be viewed on-line. If a class is full, you may be placed on the waiting list and no payment will be taken for the registration. Staff will contact you if a space becomes available.

REGISTRATION

Cerritos website: cerritos.gov

Cerritos Resident On-Line and Walk-In

All Classes
**Saturday, February 1
10 AM**

Non-Resident On-Line and Walk-In

All Classes
**Friday, February 7
10 AM**

On-line registration is the recommended method of registering for classes. To check the availability of classes or register for classes, please visit the City's website at cerritos.gov and look for the on-line registration link. RACER is best viewed with Google Chrome.

If computers are not accessible for patrons, computers at the Cerritos Library may also be used.

Visa, MasterCard, Discover, and American Express are accepted payment types for on-line registration.

Walk-in registration will be held at all community centers, Swim & Fitness Center and Golf Course, beginning at 10 AM. Registration will continue until classes are full.

ADDITIONAL INFORMATION

- Classes will begin the week of **February 18** unless otherwise listed.
- Class fees and times are subject to change without notice.

REFUND POLICY:

- **If a class is cancelled by the City, a full refund will be given.**
- **If the request to withdraw from a class is three (3) days or more before the first class meeting, a refund will be granted, minus a \$5 service fee per registrant, per class.**
- **Requests for class withdrawal less than three (3) days prior to the first class meeting will not be granted.**
- **Any person registered in an aquatics class above their skill level will be dropped from the class without a refund.**

RECREATION SERVICES DIVISION

Bloomfield Avenue at 183rd Street
Cerritos, California 90703
Monday-Friday, 8 AM-5 PM
(562) 916-1254

City Facilities and Hours

Community Centers

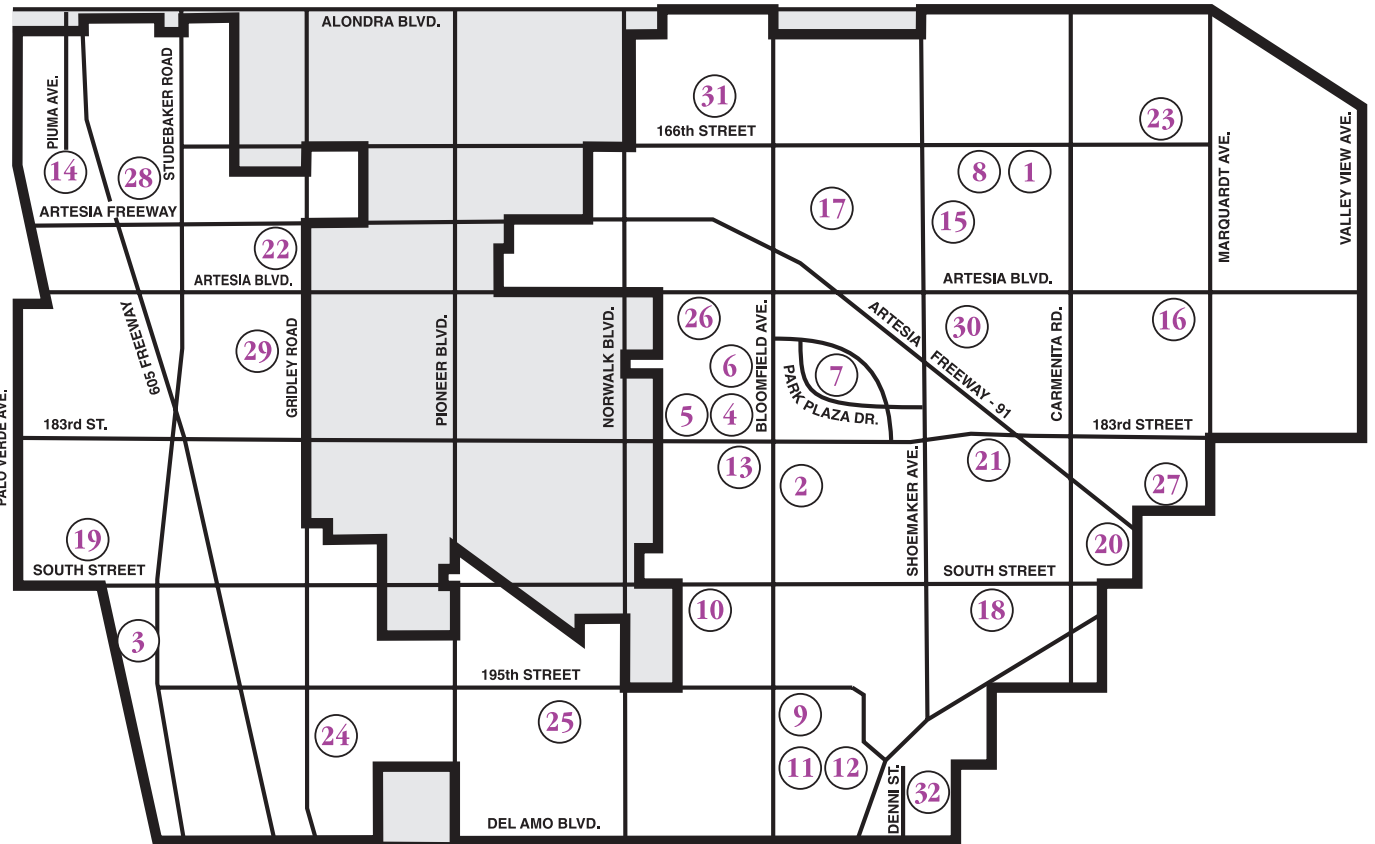
Monday-Friday, 10 AM-8 PM
Saturday/Sunday, 10 AM-6 PM*
*8 PM Beginning April 6.

- 1 **Cerritos Park East**
13234 E. 166th St., (562) 407-2611
- 2 **Heritage Park**
18600 Bloomfield Ave., (562) 916-8570
Play Island: Daily, 10 AM to Dusk
Tuesday, 2 PM to Dusk
- 3 **Liberty Park**
19211 Studebaker Rd., (562) 916-8565

Special Facilities

- 4 **Cerritos City Hall/Civic Center**
Bloomfield at 183rd Street, (562) 860-0311
Monday-Friday, 8 AM-5 PM
- 5 **Cerritos Sheriff's Station/
Community Safety Center**
18135 Bloomfield Ave., (562) 860-0044
- 6 **Cerritos Library/Civic Center**
18025 Bloomfield Ave., (562) 916-1350
Monday-Friday, 11 AM-7 PM
Saturday/Sunday, 11 AM-5 PM
- 7 **Cerritos Center for the Performing Arts**
12700 Center Court Drive, (562) 916-8500

- 8 **Cerritos Olympic
Swim and Fitness Center**
13150 E. 166th St., (562) 407-2600
Monday-Friday, 6 AM-2 PM; 5-9 PM
Saturday/Sunday, 7 AM-2 PM
- 9 **Don Knabe Community Regional Park**
19700 Bloomfield Ave., (562) 924-5144
- 10 **Cerritos Senior Center
at Pat Nixon Park**
12340 South St., (562) 916-8550
- 11 **Cerritos Sports Complex**
19900 Bloomfield Ave., (562) 916-8590
- 12 **Cerritos Skate Park
at the Cerritos Sports Complex**
19900 Bloomfield Ave., (562) 916-8590
- 13 **Community Gym at
Cerritos High School**
12500 E. 183rd St., (562) 916-8577



- 14 **Cerritos Iron-Wood Nine
Golf Course**
16449 Piuma Ave., (562) 916-8400
Pro-Shop Hours:
Monday through Friday 6:30 AM-7 PM
Saturday/Sunday 6:30 AM-6 PM
Course Hours:
Daily 6:30 AM-Sunset
Range Hours:
Weekdays 6:30 AM-7 PM
Thursday 10 AM-7 PM
Weekends 6:30 AM-6 PM
The last range bucket will be sold 30 minutes prior to closing. Beginning April 27, golf course will be open 6 AM-8 PM daily
- 15 **Community Gym at
Whitney High School**
16800 S. Shoemaker Ave., (562) 407-2635

Neighborhood Parks

- 16 **Friendship Park**
13650 Acoro St.
- 17 **Frontier Park**
16910 Maria Ave., (562) 407-2648
- 18 **Sunshine Park**
19310 Vickie Ave.
- 19 **Westgate Park**
18830 San Gabriel, (562) 916-8580
- 20 **Bettencourt Park**
13575 Andy St.
- 21 **Brookhaven Park**
13167 Brookhaven St.
- 22 **Ecology Park**
17133 Gridley Rd.
- 23 **Gonsalves Park**
13611 E. 166th St.
- 24 **Gridley Park**
Gridley and Yearling
- 25 **Jim Edwards Park**
Jacob and Yearling
- 26 **Loma Park**
17503 Stark St.
- 27 **Rainbow Park**
18600 S. Linda Cir.
- 28 **Reservoir Hill Park**
16733 Studebaker Rd.
- 29 **Rosewood Park**
17715 Eric Ave.
- 30 **Saddleback Park**
13037 Acoro St.
- 31 **Satellite Park**
12410 Ash Creek Road
- 32 **El Rancho Verde Park**
7815 Denni St.