

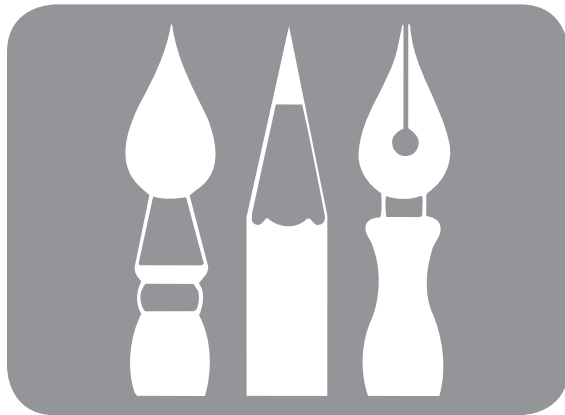
Community Services Program

PARKS MAKE LIFE BETTER

Special Events

September is National Childhood Obesity Awareness Month

One in three American children are considered overweight or obese. During the month of September, families across America are helping combat childhood obesity by making healthy choices. You can do your part by encouraging your child to consume fresh fruits and vegetables, eat smaller meal portions and engage in regular physical activity.



Kids Poster Contest

Theme: Unveiling the Magic of Parks through Art

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, water colors 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 Wednesday, October 16.

Winning Posters: Winning posters will be on display on the City's website cerritos.us starting Monday, November 4 through the month of November.

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

Autumn Moon Festival

Free	One Day
Tue., Sep. 17	5:30-8 PM Heritage Park

Celebrate the harvest moon and attend the third annual Autumn Moon Festival. This family-friendly event includes lantern decorating and food trucks. Lantern kits are free and will be available while supplies last. For more information, please call the Recreation Services Division at (562) 916-1254.

Halloween Festival

Free	One Day
Thur., Oct. 31	5-9 PM Los Cerritos Center

Come to the Cerritos Halloween Festival. Costume parades, entertainment, and game booths will be available for participants of all ages. Gourmet food trucks will also be on hand to provide an assortment of specialty items for purchase.

Ride Information

A variety of rides will be available.

- Most rides require each participant to be at least 42" in height. Adults may be required to accompany children on some rides.
- All-night wristbands may be purchased for \$10. All participants must have a wristband to ride.
- Wristbands will not be sold after 8:30 PM.
- Only cash will be accepted. Bills over \$20 will not be accepted.

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

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
Pumpkin Party	
12850	Fri., Oct. 11 6-7:30 PM Heritage Park

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
Camping Critters	
12851	Tue., Sep. 10-24 3:30-4:30 PM Cerritos Park East

Autumn Adventures

12852	Tue., Oct. 8-22 3:30-4:30 PM Liberty Park
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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.

\$23 resident/\$35 non-resident	5 classes
12853	Wed., Sep. 4-Oct. 2 10:15-11:15 AM Cerritos Park East
12854	Wed., Oct. 16-Nov. 13 10:15-11:15 AM Cerritos Park East

FEATURED

Parent/Child Groovy Ghoulies

Tiny witches, ghosts, and goblins are invited to come to the Parent/Child Groovy Ghoulies! Children can parade in their boo-tiful costumes (optional) and will enjoy preparing for Halloween with crafts, games, and activities. 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 the class.

\$17 resident/\$26 non-resident	One Day
12855	Sat., Oct. 26 3-5 PM Liberty Park

Parent/Child Mini Olympics Play Day

Enjoy various games and sports while focusing on good sportsmanship and teamwork! Participants will complete different activities and exercises in an effort to increase their activity level. 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 the class.

\$17 resident/\$26 non-resident	One Day
12856	Sat., Sep. 14 2-4 PM 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.

\$23 resident/\$35 non-resident	5 classes
12857	Mon., Sep. 9-Oct. 7 10:15-11:15 AM Heritage Park
12858	Mon., Oct. 14-Nov. 11 10:15-11:15 AM 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.

\$23 resident/\$35 non-resident	5 classes
12859	Fri., Sep. 13-Oct. 11 10:15-11:15 AM Heritage Park
12860	Fri., Oct. 18-Nov. 15 10:15-11:15 AM Heritage Park

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
12948	Tue., Sep. 3-24 10:15-11 AM Liberty Park
12949	Tue., Oct. 8-29 10:15-11 AM Liberty Park

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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
12950	Tue., Sep. 3-24	12:10-12:55 PM	2-4 years Liberty Park
12952	Sat., Sep. 7-28	10:30-11:15 AM	2-4 years Liberty Park
12951	Tue., Oct. 8-29	12:10-12:55 PM	2-4 years Liberty Park
12953	Sat., Oct. 12-Nov. 2	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
12954	Tue., Sep. 3-24	11:15 AM-Noon	2-4 years Liberty Park
12955	Tue., Oct. 8-29	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
12956	Sat., Sep. 7-Oct. 12	9:30-10:15 AM	3-4 years
12957	Sat., Sep. 7-Oct. 12	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	Daniel Catipon (562) 294-4360 Email: hptotlotvp@gmail.com
Liberty Park	Marijean Isla (562) 265-8805 Email: libertyparktotlot@gmail.com

REGISTER!**Help avoid
program cancellations!****A minimum number of registered
participants is required for each class.****Failure to register may result in
program cancellations.**

Youth Classes and Activities

Ceramics

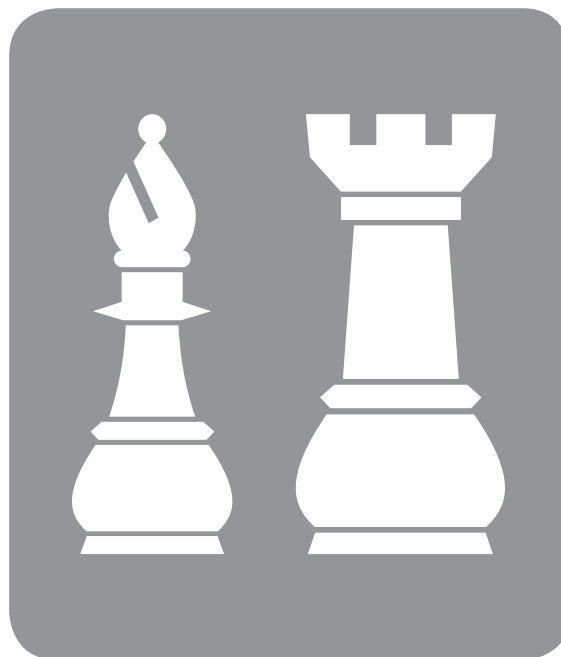
Stimulate the imagination by creating fun projects out of clay. Learn fundamental hand-building skills and ceramics terminology. Parents are required to sign children in and out of each class meeting. Please bring a \$15 materials fee to the first class.

	\$40 resident/\$60 non-resident		5 classes
12968	Tue., Sep. 10-Oct. 8	5:45-6:45 PM	13-Adult Cerritos Park East
12969	Thu., Sep. 12-Oct. 10	4:30-5:30 PM	6-12 years Cerritos Park East
12970	Thu., Sep. 12-Oct. 10	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. Optional \$28 materials fee.

	\$76 resident/\$114 non-resident		4 classes
Beginning/Intermediate			
12971	Wed., Aug. 28-Sep. 18	5-6:15 PM	6-Adult Heritage Park
12972	Wed., Aug. 28-Sep. 18	6:30-7:45 PM	6-Adult Heritage Park
12973	Wed., Oct. 30-Nov. 20	5-6:15 PM	6-Adult Heritage Park
12974	Wed., Oct. 30-Nov. 20	6:30-7:45 PM	6-Adult Heritage Park

**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.

	\$25 resident/\$38 non-resident		One Day
Capture the King Non-Rated Tournament			
13013	Mon., Sep. 9	5-7:30 PM	4-18 years Heritage Park
13014	Mon., Nov. 4	5-7:30 PM	4-18 years Heritage Park

	USCF Rated Tournament		
13015	Mon., Sep. 9	5-7:30 PM	4-18 years Heritage Park
13016	Mon., Nov. 4	5-7:30 PM	4-18 years Heritage Park

**Fall Holiday Camp –
Fall Fiesta****FEATURED**

Spend the fall school break at Liberty Park and participate in games, seasonal crafts, songs, and skits. Campers must bring a healthy sack lunch every day. A light snack will be provided. Wear sneakers and comfortable clothing. Enrollment is limited. Structured program activities will be conducted from 9 AM to 4 PM. Parents are required to sign children in and out of each class meeting. Waiver required. Camp will end at 4 PM on Wednesday, November 27. NO CLASS NOVEMBER 28.

	\$90 resident/\$135 non-resident		4 classes
13331	M/T/W/F, Nov. 25-29	8:30 AM-5:30 PM	6-12 years Liberty Park

**Introduction to
Theatre****NEW
PROGRAM**

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			
13064	Thu., Aug. 29-Oct. 3	6-7 PM	8-14 years Cerritos Park East

**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. NO CLASS ON OCTOBER 31.

	\$110 resident/\$165 non-resident		4 classes
12975	Thu., Sep. 26-Oct. 17	2:30-3:30 PM	6-15 years Heritage Park
12976	Thu., Oct. 24-Nov. 21	2:30-3:30 PM	6-15 years Heritage Park

Just Think Art**NEW
PROGRAM**

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 OCTOBER 31.

	\$110 resident/\$165 non-resident		4 classes
13066	Thu., Sep. 5-26	5-6:15 PM	7-13 years Cerritos Park East
13067	Thu., Oct. 24-Nov. 21	5-6:15 PM	7-13 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.

(Continued on the next column)



Manners for Young Ladies and Gentlemen (Continued)

	\$66 resident/\$99 non-resident		4 classes
12958	Sat., Sep. 7-28	12:30-1 PM	4-12 years Liberty Park
12959	Sat., Oct. 12-Nov. 2	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. NO CLASS ON OCTOBER 31.

	\$85 resident/\$128 non-resident		6 classes
12978	T/Th, Sep. 3-19	4:20-5:05 PM	7-11 years Cerritos Park East
12979	T/Th, Sep. 26-Oct. 15	4:20-5:05 PM	7-11 years Cerritos Park East
12980	T/Th, Oct. 22-Nov. 12	4:20-5:05 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. NO CLASS ON OCTOBER 31.

	\$85 resident/\$128 non-resident		6 classes
12985	T/Th, Sep. 3-19	5:10-5:55 PM	7-11 years Cerritos Park East
12986	T/Th, Sep. 26-Oct. 15	5:10-5:55 PM	7-11 years Cerritos Park East
12987	T/Th, Oct. 22-Nov. 12	5:10-5:55 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. NO CLASS ON OCTOBER 31.

	\$85 resident/\$128 non-resident		6 classes
12988	T/Th, Sep. 3-19	3:30-4:15 PM	5-6 years Cerritos Park East
12989	T/Th, Sep. 26-Oct. 15	3:30-4:15 PM	5-6 years Cerritos Park East
12990	T/Th, Oct. 22-Nov. 12	3:30-4:15 PM	5-6 years Cerritos Park East

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.us 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.

Finding School-Life Balance

Balancing the demands of work, school, and life can be difficult. This workshop will inform teens on the importance of maintaining a proper balance between all of their commitments and how to manage their time and responsibilities. Parents are required to sign children in and out of the class.

	Free		One Day
12861	Sat., Oct. 12	10-11:30 AM	13-18 years Heritage Park

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

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
12862	Wed., Sep. 18	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
12968	Tue., Sep. 10-Oct. 8	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
12863	Sat., Oct. 26	10 AM-3:30 PM	12-Adult Cerritos Park East

Watercolor Painting

NEW PROGRAM

In this class, participants will focus on getting comfortable with watercolor painting skills and techniques and enjoy the process of painting. The basics of materials, tools, techniques, and color will be explored with demonstrations. Join us to learn tips and tricks in watercolors and create your own masterpieces. Skill level is beginner to intermediate. Students must provide their own supplies and bring on the first day of class. A supply list will be emailed to all registered participants. NO CLASS ON OCTOBER 31.

	\$120 resident/\$180 non-resident		4 classes
13068	Thu., Sep. 5-26	10:30 AM-12:30 PM	18-Adult Cerritos Park East
13069	Thu., Oct. 24-Nov. 21	10:30 AM-12:30 PM	18-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.

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
12864	Wed., Sep. 18-Nov. 6 Cerritos Park East	6-6:45 PM 6-12 years
12865	Wed., Sep. 18-Nov. 6 Cerritos Park East	7-7:45 PM 13-Adult

Adaptive Dinner and a Movie Night – Despicable Me 3

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 36 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
12866	Sat., Sep. 14 Cerritos Park East	5-7 PM 16-Adult

Adaptive Families Halloween Party

Join in this hauntingly fun evening designed especially for Adaptive Recreation participants and their families. Dinner is provided and participants will make creepy crafts, enjoy some spooky snacks and have fun dancing to the 'Monster Mash'. Don't forget to wear costumes for the big costume contest! Families are encouraged to attend. Pre-registration is required for participants and each family member attending.

	\$10 resident/\$15 non-resident	One Day
12867	Fri., Oct. 18 Cerritos Park East	6-8:30 PM 3-Adult

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
12868	Sat., Nov. 23 Cerritos Park East	5-7 PM 16-Adult

Adaptive Sports Medley

This class will provide a great opportunity for physical activity and socialization. Each week participants will learn fundamentals of a new sport in a non-competitive manner such as, but not limited to, lawn bowling, volleyball, tennis, track and field, and softball. The field of play will be modified according to participant's abilities. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Wear sneakers or athletic shoes. Parents are required to sign participant in and out of each class meeting.

	\$26 resident/\$39 non-resident	6 classes
12869	Thu., Sep. 5-Oct. 10 Cerritos Park East	6-6:45 PM 5-12 years
12870	Thu., Sep. 5-Oct. 10 Cerritos Park East	7-7:45 PM 13-Adult

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

Special Olympics Soccer

This program offers instruction and training for competition in Special Olympics Soccer. Participants must meet Special Olympics eligibility requirements. Competitive tournaments take place between the months of August and November. 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	10 classes
12871	Mon., Sep. 9-Nov. 11 Cerritos Park East	5:45-7 PM 8-Adult

Dance, Adult/Youth

Baby Ballet

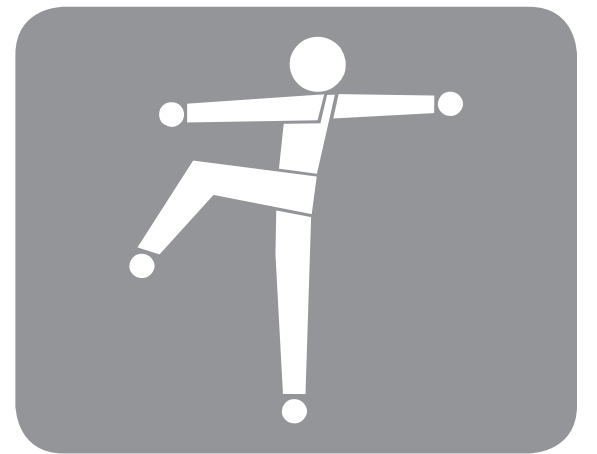
For little tykes who love to dance, this is a fun introduction to ballet, which includes beginning movements, and arm and foot positions. The class will help develop self-confidence and poise through the art of dance. Parents are required to sign children in and out of each class meeting.

	\$55 resident/\$83 non-resident	5 classes
12942	Fri., Oct. 4-Nov. 1 Liberty Park	4-4:45 PM 3-5 years

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 NOVEMBER 11 AND 27.

	\$40 resident/\$60 non-resident	4 classes
13025	Mon., Sep. 9-30 Liberty Park	10:15-11:15 AM 8-Adult
13024	Wed., Sep. 11-Oct. 2 Liberty Park	10:15-11:15 AM 8-Adult
13018	Mon., Oct. 7-28 Liberty Park	10:15-11:15 AM 8-Adult
13020	Wed., Oct. 9-30 Liberty Park	10:15-11:15 AM 8-Adult
13019	Mon., Nov. 4-Dec. 2 Liberty Park	10:15-11:15 AM 8-Adult
13021	Wed., Nov. 6-Dec. 4 Liberty Park	10:15-11:15 AM 8-Adult



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.

	\$55 resident/\$83 non-resident	5 classes
12945	Mon., Sep. 9-Oct. 7 Cerritos Park East	6-6:45 PM 3-5 years
12946	Mon., Sep. 9-Oct. 7 Cerritos Park East	7-7:45 PM 6-8 years
12943	Fri., Oct. 4-Nov. 1 Liberty Park	4:55-5:40 PM 4-7 years
12944	Sat., Oct. 5-Nov. 2 Liberty Park	10:15-11 AM 3-5 years



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. Parents are required to sign children in and out of each class meeting.

\$55 resident/\$83 non-resident		5 classes	
12991	Tue., Sep. 3-Oct. 1 Cerritos Park East	4-4:45 PM	3-5 years
12992	Tue., Sep. 3-Oct. 1 Cerritos Park East	4:55-5:40 PM	5-7 years
12993	Tue., Sep. 3-Oct. 1 Cerritos Park East	5:50-6:35 PM	7-12 years
12997	Fri., Sep. 6-Oct. 4 Cerritos Park East	4-4:45 PM	3-5 years
12994	Tue., Oct. 15-Nov. 12 Cerritos Park East	4-4:45 PM	3-5 years
12995	Tue., Oct. 15-Nov. 12 Cerritos Park East	4:55-5:40 PM	5-7 years
12996	Tue., Oct. 15-Nov. 12 Cerritos Park East	5:50-6:35 PM	7-12 years
12998	Fri., Oct. 18-Nov. 15 Cerritos Park East	4-4:45 PM	3-5 years

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. Parents are required to sign children in and out of each class meeting.

\$55 resident/\$83 non-resident		5 classes	
12999	Tue., Sep. 3-Oct. 1 Cerritos Park East	6:45-7:30 PM	6-10 years
13001	Fri., Sep. 6-Oct. 4 Cerritos Park East	4:55-5:40 PM	5-9 years
13002	Fri., Sep. 6-Oct. 4 Cerritos Park East	5:50-6:35 PM	7-12 years
13000	Tue., Oct. 15-Nov. 12 Cerritos Park East	6:45-7:30 PM	6-10 years
13003	Fri., Oct. 18-Nov. 15 Cerritos Park East	4:55-5:40 PM	5-9 years
13004	Fri., Oct. 18-Nov. 15 Cerritos Park East	5:50-6:35 PM	7-12 years

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 OCTOBER 31.

\$36 resident/\$54 non-resident		5 classes	
13005	Thu., Sep. 5-Oct. 3 Liberty Park	6:30-7:30 PM	14-Adult
13006	Thu., Oct. 17-Nov. 21 Liberty Park	6:30-7:30 PM	14-Adult

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.

\$39 resident/\$59 non-resident		5 classes	
13007	Mon., Sep. 2-30 Liberty Park	5:30-6:30 PM	16-Adult
13008	Mon., Oct. 14-Nov. 11 Liberty Park	5:30-6:30 PM	16-Adult

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., Aug. 13-Dec. 10	7-10 PM	12-Adult
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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., Aug. 14-Dec. 11	7-10 PM	14-Adult
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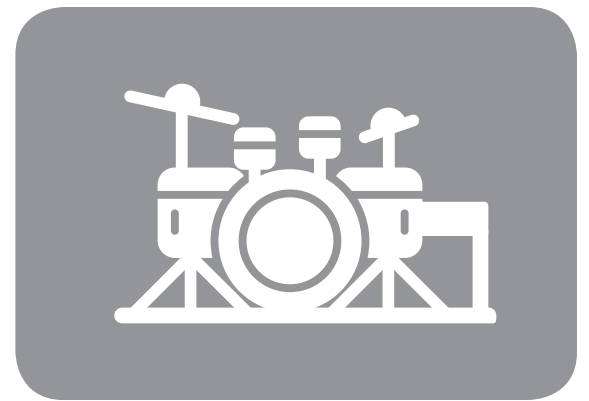
Cerritos College Community Orchestra

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., Aug. 12-Dec. 9	6-9 PM	12-Adult
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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. Students may purchase take-home pads at an additional fee.

\$98 resident/\$147 non-resident		6 classes	
13009	Tue., Sep. 3-Oct. 8 Heritage Park	3:15-4:15 PM	6-Adult
13010	Tue., Sep. 3-Oct. 8 Heritage Park	4:30-5:30 PM	6-Adult

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.

\$75 resident/\$112 non-resident		8 classes	
13011	Mon., Sep. 9-Oct. 28 Cerritos Park East	6:15-7:15 PM	7-12 years



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.

\$100 resident/\$150 non-resident		8 classes	
13012	Mon., Sep. 9-Oct. 28 Cerritos Park East	5-6 PM	7-13 years

REGISTER!

**Help avoid
program cancellations!**

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

**Failure to register may result
in program cancellations.**

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-8 PM*

*6 PM beginning October 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

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 NOVEMBER 27.

\$40 resident/\$60 non-resident 4 classes

13017	Wed., Sep. 11-Oct. 2	5:30-6:30 PM	8-Adult
	Liberty Park		
13022	Wed., Oct. 9-30	5:30-6:30 PM	8-Adult
	Liberty Park		
13023	Wed., Nov. 6-Dec. 4	5:30-6:30 PM	8-Adult
	Liberty Park		

FEATURED

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. NO CLASS ON NOVEMBER 29.

\$40 resident/\$60 non-resident 4 classes

13310	Fri., Sep. 13-Oct. 4	6-7 PM	8-Adult
	Liberty Park		
13311	Fri., Oct. 11-Nov. 1	6-7 PM	8-Adult
	Liberty Park		
13312	Fri., Nov. 8-Dec. 6	6-7 PM	8-Adult
	Liberty Park		

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 to class. Parents are required to sign children in and out of each class meeting.

\$60 resident/\$90 non-resident 5 classes

12960	Sun., Sep. 8-Oct. 6	10:15-11:40 AM	8-Adult
	Liberty Park		
12961	Sun., Oct. 20-Nov. 17	10:15-11:40 AM	8-Adult
	Liberty Park		

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.

\$75 resident/\$113 non-resident 5 classes

13026	Wed., Sep. 11-Oct. 9	3:20-4:20 PM	4-6 years
	Cerritos Park East		
13028	Wed., Sep. 11-Oct. 9	4:35-5:35 PM	5-10 years
	Cerritos Park East		
13027	Wed., Oct. 23-Nov. 20	3:20-4:20 PM	4-6 years
	Cerritos Park East		
13029	Wed., Oct. 23-Nov. 20	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 OCTOBER 31.

\$60 resident/\$90 non-resident 5 classes

13030	Tue., Sep. 3-Oct. 1	10:15-11:15 AM	18-Adult
	Cerritos Park East		
13032	Thu., Sep. 5-Oct. 3	10:15-11:15 AM	18-Adult
	Cerritos Park East		
13031	Tue., Oct. 15-Nov. 12	10:15-11:15 AM	18-Adult
	Cerritos Park East		
13033	Thu., Oct. 17-Nov. 21	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 OCTOBER 31, NOVEMBER 11, 25, 26, 27 AND 28.

	\$94 resident/\$141 non-resident	12 classes
13034	M/W, Sep. 4-Oct. 14 Liberty Park	3:30-4:30 PM 4-7 years
13036	T/Th, Sep. 5-Oct. 15 Liberty Park	3:30-4:30 PM 8-Adult
13035	M/W, Oct. 21-Dec. 9 Liberty Park	3:30-4:30 PM 4-7 years
13037	T/Th, Oct. 22-Dec. 10 Liberty Park	3:30-4:30 PM 8-Adult

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
12872	Thu., Sep. 19 Liberty Park	10 AM-noon 18-Adult

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. NO CLASS ON OCTOBER 31.

	\$50 resident/\$75 non-resident	5 classes
12962	Tue., Sep. 3-Oct. 1 Liberty Park	6-7 PM 8-Adult
12964	Thu., Sep. 5-Oct. 3 Cerritos Park East	6-7 PM 8-Adult
12963	Tue., Oct. 15-Nov. 12 Liberty Park	6-7 PM 8-Adult
12965	Thu., Oct. 17-Nov. 21 Cerritos Park East	6-7 PM 8-Adult

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.

	Free	15 classes
12873	T/Th, Sep. 5-Oct. 24 Liberty Park	6:30-7:30 PM 16-Adult

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
12966	Sat., Sep. 7-28 Liberty Park	11:30 AM-12:15 PM 4-12 years
12967	Sat., Oct. 12-Nov. 2 Liberty Park	11:30 AM-12:15 PM 4-12 years



Youth Basketball Clinic

Register your aspiring basketball star for this valuable skills clinic and benefit from the expertise of local high school coaches. Youngsters will learn and improve fundamental skills such as dribbling, rebounding, and shooting. Teamwork, sportsmanship, and leadership will also be emphasized. Parents are required to sign children in and out of the class.

	\$10 resident/\$15 non-resident	One Day
13042	Sat., Oct. 5 Heritage Park	10-11:30 AM 7-13 years

Sports Leagues, Adult/Youth

Sports Officials Needed

Adults and teenagers, 16 years and older, are invited to apply as sports officials. Hourly wages are dependent upon education and experience and range from \$20 to \$30 per game. All officials must be fingerprinted prior to being assigned. For more information, please call the Cerritos Sports Complex at (562) 916-8590. Previous officiating experience is desirable.

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.

REGISTER!

**Help avoid
program cancellations!**

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

**Failure to register may result
in program cancellations.**



Adult Men's and Coed

\$360 resident/\$395 non-resident

**Slow Pitch Leagues
\$35 new team 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 plus "all play" playoffs, statistics, game balls, individual awards and first and second place team awards. Officials' fees of \$30 per team per game must be paid prior to the first pitch of each game. For more information, please visit us online at www.mlsoftball.com.

LEAGUE	DAY	FIELD	STARTING DATE
Men	Thu.	Sports Complex / Liberty Park	Aug. 1
	Fri.	Sports Complex / Liberty Park	Aug. 2
	Sun.	Sports Complex / Liberty Park	Aug. 4
	Tue.	Sports Complex / Liberty Park	Aug. 6
Coed	Wed.	Sports Complex / Liberty Park	Aug. 7
	Fri.	Sports Complex / Liberty Park	Aug. 2
	Sun.	Sports Complex / Liberty Park	Aug. 4
	Wed.	Sports Complex / Liberty Park	Aug. 7

Registration Information

Registration for the upcoming season will take place on-line through Thursday, July 25. Please visit mlsoftball.com/programs/registration/1/cerritos 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.

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 handcars are available; reservations can be made up to one week in advance. Starting times will begin at 7 AM depending upon course conditions.

Hours of Operation:

Effective September 1, 2024

Monday through Friday	6:30 AM-7 PM
Saturday/Sunday	6:30 AM-6 PM

Course Hours:

Daily	6:30 AM-Sunset
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Range Hours:

Monday through Friday	6:30 AM-7 PM
Thursday	10 AM-7 PM
Saturday/Sunday	6:30 AM-6 PM

The last range bucket will be sold 30 minutes prior to closing.

(Continued on the next page)

(Continued)

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.

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

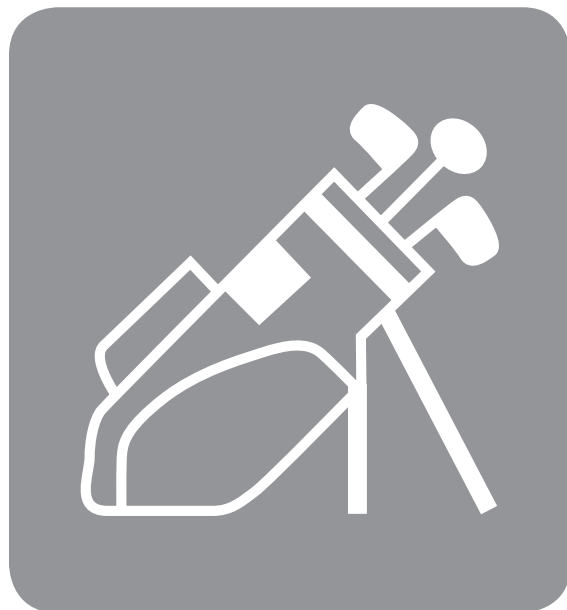
\$12.00	Cerritos Resident, age 18 and older
\$15.50	Non-resident, age 18 and older
\$7.50	Cerritos Resident Junior, age 18 and under with a current high school ID card
\$8.50	Non-resident Junior, age 18 and under with a current high school ID card

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. NO CLASS ON NOVEMBER 11.

(Continued on the next column)

Cerritos Junior Golf Academy (Continued)

\$55 resident/\$83 non-resident **4 classes**
Session I

13043	M/W, Sep. 4-16	5-5:45 PM	7-10 years
	Golf Course		
13044	M/W, Sep. 4-16	6-6:45 PM	11-17 years
	Golf Course		
13045	Sat., Sep. 7-28	10-10:45 AM	4-6 years
	Golf Course		
13046	Sat., Sep. 7-28	11-11:45 AM	4-6 years
	Golf Course		

Session II

13047	M/W, Sep. 23-Oct. 2	5-5:45 PM	7-10 years
	Golf Course		
13048	M/W, Sep. 23-Oct. 2	6-6:45 PM	11-17 years
	Golf Course		
13049	Sat., Oct. 12-Nov. 2	10-10:45 AM	4-6 years
	Golf Course		
13050	Sat., Oct. 12-Nov. 2	11-11:45 AM	4-6 years
	Golf Course		

Session III

13051	M/W, Oct. 14-23	5-5:45 PM	7-10 years
	Golf Course		
13052	M/W, Oct. 14-23	6-6:45 PM	11-17 years
	Golf Course		

Session IV

13053	M/W, Nov. 4-18	5-5:45 PM	7-10 years
	Golf Course		
13054	M/W, Nov. 4-18	6-6:45 PM	11-17 years
	Golf Course		



Fall 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**

12874	Sat., Sep. 28	6-7:30 PM	18-Adult
	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

13055	Sat., Sep. 7-28	8-8:45 AM	14-Adult
	Golf Course		
13056	Sat., Sep. 7-28	9-9:45 AM	8-13 years
	Golf Course		

Session II

13057	Sat., Oct. 12-Nov. 2	8-8:45 AM	14-Adult
	Golf Course		
13058	Sat., Oct. 12-Nov. 2	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**

12875	Sat., Sep. 7	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**

12876	Wed., Oct. 16	8-10 AM	60 years and older
	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) 407-2600.

Swim Center Hours

Recreational Swim

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

Adult Lap Swim

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.

REGISTER!

Help avoid
program cancellations!

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

Failure to register may result
in program cancellations.



Special Hours

Monday, September 2	Lap Swim 7 AM-2 PM, Recreational Swim 11 AM-9 PM
Wednesday, November 27	Lap Swim 7 AM-2 PM, Recreational Swim 11 AM-2 PM
Friday, November 29	Lap Swim 7 AM-2 PM, Recreational Swim 11 AM-2 PM

The pool will be closed on the following days:

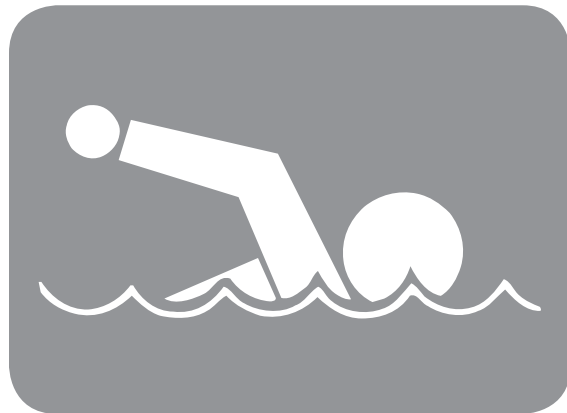
Facility Maintenance, Monday, August 19 to Sunday, September 1
 CAC Swim Meet, Saturday, October 12 and Sunday, October 13
 Thanksgiving Holiday, Thursday, November 28

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, age 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)

Ticket Booklets

Ticket Booklets are also available. Limit two books per visit. Ticket booklets are nontransferable. Patrons utilizing tickets as payment still need to meet all entrance requirements; patrons using tickets for recreational swimming will be required to show acceptable Cerritos identification.

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

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

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

	Fall 1 Sep. 9-Oct. 9	Fall 2 Oct. 21-Nov. 20
10:30-11 AM	13103	13105
6:30-7 PM	13104	13106

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Fall 1 Sep. 10-Oct. 10	Fall 2 Oct. 22-Nov. 21
10:30-11 AM	13107	13108

*NO CLASS OCT. 31

SATURDAY

\$25 resident/\$38 non-resident

	Fall 1 Sep. 7-Oct. 5	Fall 2 Oct. 19-Nov. 16
10:30-11 AM	13101	13102

SUNDAY

\$25 resident/\$38 non-resident

	Fall 1 Sep. 8-Oct. 6	Fall 2 Oct. 20-Nov. 17
10:30-11 AM	13109	13110



Preschool Pufferfish

3-5 years

Acquaint your preschool-aged child 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.

(Continued on the next column)

Preschool Pufferfish (Continued)

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Fall 1 Sep. 9-Oct. 9	Fall 2 Oct. 21-Nov. 20
10-10:30 AM	13111	13124
11-11:30 AM	13112	13125
11:30-Noon	13113	13126
Noon-12:30 PM	13114	13127
12:30-1 PM	13123	13128
1-1:30 PM	13115	13129
1:30-2 PM	13116	13130
5-5:30 PM	13117	13131
5:30-6 PM	13118	13132
6-6:30 PM	13119	13133
6:30-7 PM	13120	13134
7-7:30 PM	13121	13135
7:30-8 PM	13122	13136

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Fall 1 Sep. 10-Oct. 10	Fall 2 Oct. 22-Nov. 21
10-10:30 AM	13137	13150
11-11:30 AM	13138	13151
11:30 AM-Noon	13139	13152
Noon-12:30 PM	13140	13153
12:30-1 PM	13141	13154
1-1:30 PM	13142	13155
1:30-2 PM	13143	13156
5-5:30 PM	13144	13157
5:30-6 PM	13145	13158
6-6:30 PM	13146	13159
6:30-7 PM	13147	13160
7-7:30 PM	13148	13161
7:30-8 PM	13149	13162

*NO CLASS OCT. 31

SATURDAY

\$25 resident/\$38 non-resident

	Fall 1 Sep. 7-Oct. 5	Fall 2 Oct. 19-Nov. 16
9-9:30 AM	13163	13169
9:30-10 AM	13164	13170
10-10:30 AM	13165	13171
10:30-11 AM	13166	13172
11-11:30 AM	13167	13173
11:30 AM-Noon	13168	13174

SUNDAY

\$25 resident/\$38 non-resident

	Fall 1 Sep. 8-Oct. 6	Fall 2 Oct. 20-Nov. 17
9-9:30 AM	13175	13181
9:30-10 AM	13176	13182
10-10:30 AM	13177	13183
10:30-11 AM	13178	13184
11-11:30 AM	13179	13185
11:30 AM-Noon	13180	13186



Starfish/Minnows

6-16 years

Get acquainted with the excitement of the aquatic world. You 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

	Fall 1 Sep. 9-Oct. 9	Fall 2 Oct. 21-Nov. 20
5-5:45 PM	13187	13191
6-6:45 PM	13188	13192
7-7:45 PM	13189	13193
8-8:45 PM	13190	13194

(Continued on the next page)

Starfish/Minnows (Continued)

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Fall 1 Sep. 10-Oct. 10	Fall 2 Oct. 22-Nov. 21
5-5:45 PM	13195	13199
6-6:45 PM	13196	13200
7-7:45 PM	13197	13201
8-8:45 PM	13198	13202

*NO CLASS OCT. 31

SATURDAY

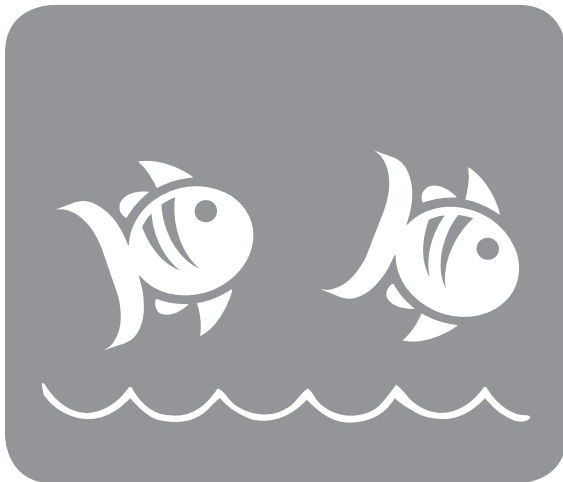
\$25 resident/\$38 non-resident

	Fall 1 Sep. 7-Oct. 5	Fall 2 Oct. 19-Nov. 16
8-8:45 AM	13203	13207
9-9:45 AM	13204	13208
10-10:45 AM	13205	13209
11-11:45 AM	13206	13210

SUNDAY

\$25 resident/\$38 non-resident

	Fall 1 Sep. 8-Oct. 6	Fall 2 Oct. 20-Nov. 17
8-8:45 AM	13211	13215
9-9:45 AM	13212	13216
10-10:45 AM	13213	13217
11-11:45 AM	13214	13218



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. (Skills may take more than one session to complete.) 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

	Fall 1 Sep. 9-Oct. 9	Fall 2 Oct. 21-Nov. 20
5-5:45 PM	13219	13223
6-6:45 PM	13220	13224
7-7:45 PM	13221	13225
8-8:45 PM	13222	13226

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Fall 1 Sep. 10-Oct. 10	Fall 2 Oct. 22-Nov. 21
5-5:45 PM	13227	13231
6-6:45 PM	13228	13232
7-7:45 PM	13229	13233
8-8:45 PM	13230	13234

*NO CLASS OCT. 31

SATURDAY

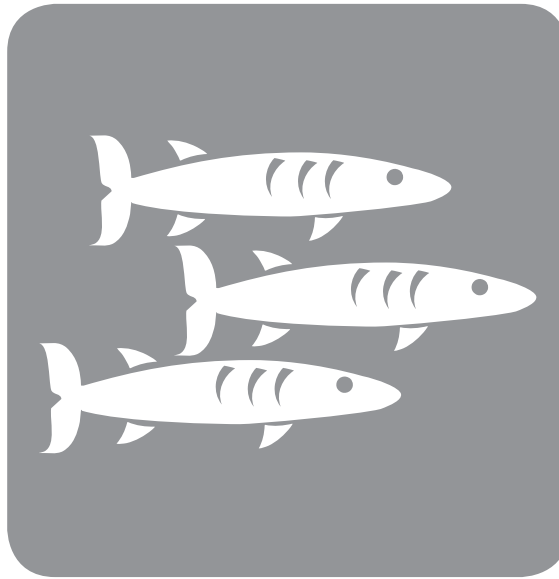
\$25 resident/\$38 non-resident

	Fall 1 Sep. 7-Oct. 5	Fall 2 Oct. 19-Nov. 16
8-8:45 AM	13235	13239
9-9:45 AM	13236	13240
10-10:45 AM	13237	13241
11-11:45 AM	13238	13242

SUNDAY

\$25 resident/\$38 non-resident

	Fall 1 Sep. 8-Oct. 6	Fall 2 Oct. 20-Nov. 17
8-8:45 AM	13243	13247
9-9:45 AM	13244	13248
10-10:45 AM	13245	13249
11-11:45 AM	13246	13250



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.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Fall 1 Sep. 9-Oct. 9	Fall 2 Oct. 21-Nov. 20
6-6:45 PM	13251	13254
7-7:45 PM	13252	13255
8-8:45 PM	13253	13256

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Fall 1 Sep. 10-Oct. 10	Fall 2 Oct. 22-Nov. 21
7-7:45 PM	13257	13259
8-8:45 PM	13258	13260

*NO CLASS OCT. 31

SATURDAY

\$25 resident/\$38 non-resident

	Fall 1 Sep. 7-Oct. 5	Fall 2 Oct. 19-Nov. 16
8-8:45 AM	13261	13265
9-9:45 AM	13262	13266
10-10:45 AM	13263	13267
11-11:45 AM	13264	13268

SUNDAY

\$25 resident/\$38 non-resident

	Fall 1 Sep. 8-Oct. 6	Fall 2 Oct. 20-Nov. 17
8-8:45 AM	13269	13272
9-9:45 AM	13270	13273
11-11:45 AM	13271	13274



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.

Dolphins (Continued)

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Fall 1 Sep. 9-Oct. 9	Fall 2 Oct. 21-Nov. 20
7-7:45 PM	13275	13276

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Fall 1 Sep. 10-Oct. 10	Fall 2 Oct. 22-Nov. 21
7-7:45 PM	13277	13278

*NO CLASS OCT. 31

SATURDAY

\$25 resident/\$38 non-resident

	Fall 1 Sep. 7-Oct. 5	Fall 2 Oct. 19-Nov. 16
8-8:45 AM	13279	13281
11-11:45 AM	13280	13282

SUNDAY

\$25 resident/\$38 non-resident

	Fall 1 Sep. 8-Oct. 6	Fall 2 Oct. 20-Nov. 17
8-8:45 AM	13283	13285
11-11:45 AM	13284	13286



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 5 card must be presented at the first class meeting. This class may be repeated.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Fall 1 Sep. 9-Oct. 9	Fall 2 Oct. 21-Nov. 20
8-8:45 PM	13287	13288

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Fall 1 Sep. 10-Oct. 10	Fall 2 Oct. 22-Nov. 21
8-8:45 PM	13289	13290

*NO CLASS OCT. 31

SATURDAY

\$25 resident/\$38 non-resident

	Fall 1 Sep. 7-Oct. 5	Fall 2 Oct. 19-Nov. 16
10-10:45 AM	13291	13292

SUNDAY

\$25 resident/\$38 non-resident

	Fall 1 Sep. 8-Oct. 6	Fall 2 Oct. 20-Nov. 17
10-10:45 AM	13293	13294

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

(Continued on the next column)



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

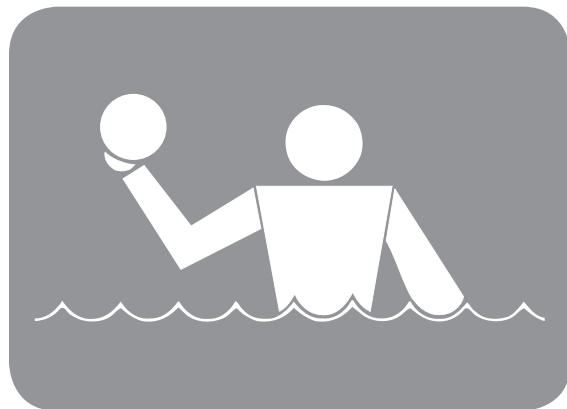
	Fall 1	Fall 2
	Sep. 10-Oct. 10	Oct. 22-Nov. 21
7-7:45 PM	13059	13060

*NO CLASS OCT. 31

SATURDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sep. 7-Oct. 5	Oct. 19-Nov. 16
9-9:45 AM	13061	13062



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

	Fall 1	Fall 2
	Sep. 8-Oct. 6	Oct. 20-Nov. 17
Noon-12:45 PM	13295	13296

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

	Fall 1	Fall 2
	Sep. 9-Oct. 9	Oct. 21-Nov. 20
8-8:45 PM	13297	13298

SATURDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sep. 7-Oct. 5	Oct. 19-Nov. 16
9-9:45 AM	13299	13300

SUNDAY

\$25 resident/\$38 non-resident

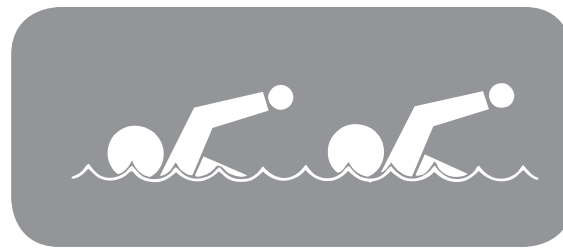
	Fall 1	Fall 2
	Sep. 8-Oct. 6	Oct. 20-Nov. 17
8-8:45 AM	13301	13302

REGISTER!

Help avoid program cancellations!

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

Failure to register may result in program cancellations.



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. The majority of class time will be spent in shallow water. 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

	Fall 1	Fall 2
	Sep. 10-Oct. 10	Oct. 22-Nov. 21
8-8:45 PM	13303	13304

*NO CLASS OCT. 31

SATURDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sep. 7-Oct. 5	Oct. 19-Nov. 16
8-8:45 AM	13305	13306

SUNDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sep. 8-Oct. 6	Oct. 20-Nov. 17
8-8:45 AM	13307	13308

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.us 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, August 21	7 PM	Heritage Park
Wednesday, September 18	7 PM	Heritage Park
Wednesday, October 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.

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, 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
NOTE DATES OF REGISTRATION
(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.us
- Cerritos Resident** On-Line and Walk-In
All Classes
Saturday, August 3
10 AM
- Non-Resident** On-Line and Walk-In
All Classes
Friday, August 9
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 Cerritos website at cerritos.us 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 **September 3** 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

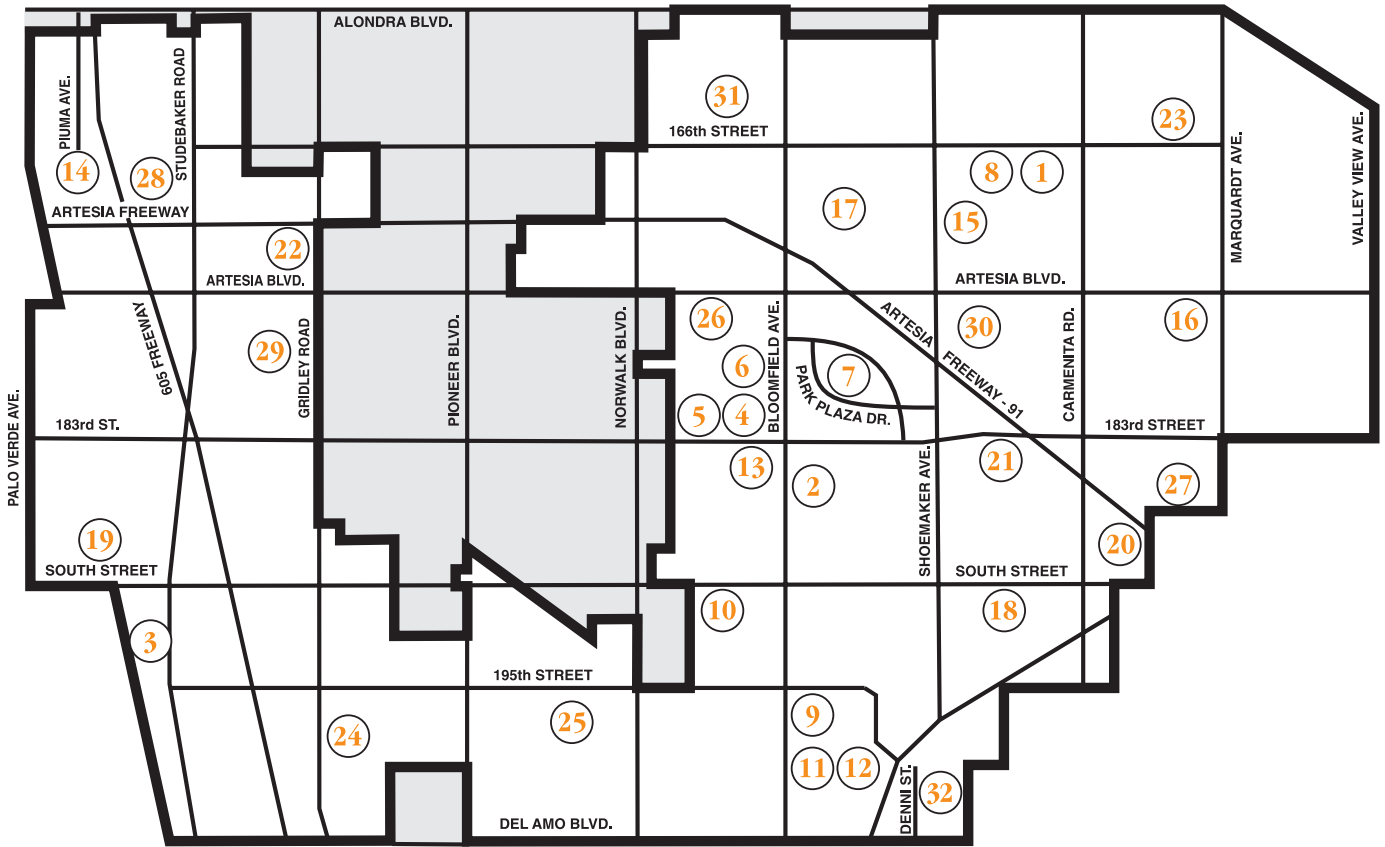
Community Centers

Monday-Friday, 10 AM-8 PM
Saturday/Sunday, 10 AM-8 PM*
*6 PM beginning October 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-9 PM
Saturday/Sunday, 7 AM-5 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
Range Hours:
Monday-Wednesday, 6:30 AM-7 PM*
Thursday, 11 AM-7 PM*
Friday, 6:30 AM-7 PM*
Saturday/Sunday, 6:30 AM-6 PM*
*The last range bucket will be sold 30 minutes prior to closing.

- 15 **Community Gym at Whitney High School**
16800 S. Shoemaker Ave., (562) 407-2635

Neighborhood Parks

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