

# Activities for Adults

**FOR FURTHER INFORMATION ON ANY OF OUR CLASSES OR TO REGISTER, CALL 562-383-4200.  
TO REGISTER ONLINE VISIT: [HTTPS://APM.ACTIVECOMMUNITIES.COM/CITYOFLAHABRA/HOME](https://apm.activecommunities.com/cityoflahabra/home)**

*The City reserves the right to substitute instructors, cancel activities, change dates, times and/or locations as necessary without public notice. We apologize for any resulting inconvenience.*

## Dance

### BEGINNING LINE DANCE

Join this introductory class for new dancers! Through basic steps with easy-to-follow instructions, you will learn popular line dances being done in all the country western dance clubs. It's also good exercise and a great way to have fun!

*Instructor: Nikki Sickles*

Age: 16+ yrs      Fee: \$35/4 wks      Location: LHCC  
#2505.100 ..... MON 1/27-2/17 ..... 7:00-8:30 pm

### INTERMEDIATE LINE DANCE

Get ready to learn some of those popular but slightly more challenging line dances being done in all the country western dance clubs! Basic line dance experience recommended, but not required. **No class on Monday, March 2nd.**

*Instructor: Nikki Sickles*

Age: 16+ yrs      Fee: \$30/3 wks      Location: LHCC  
#2509.100 ..... MON 2/24-3/16 ..... 7:00-8:30 pm

### PRE-INTERMEDIATE SOCIAL DANCE

Learn the fundamentals of the most popular and useful social dances — Foxtrot, Waltz, Rhumba, and Cha-Cha. You will develop lead and follow skills, while learning the basic patterns and techniques of each dance. Class is taught by Rudy & Maria Hernandez, Whittier's elite professional dance couple & choreographers of *Dancing with the Whittier Stars*. **No class on Tuesday, February 4th.**

*Instructor: Rudy & Maria Hernandez*

Age: 16+ yrs      Fee: \$81/8 wks      Location: PP  
#2501.100 ..... TUE 1/14-3/10 ..... 6:30-7:15 pm

### PRE-INTERMEDIATE LATIN DANCE

Learn the fundamentals of the most popular and useful Latin dances — Salsa, Bachata, and Merengue. You will develop lead & follow skills while learning basic patterns and techniques of each dance. Class is taught by Rudy & Maria Hernandez, Whittier's elite professional dance couple and choreographers of *Dancing with the Whittier Stars*. **No class on Tuesday, February 4th.**

*Instructor: Rudy & Maria Hernandez*

Age: 16+ yrs      Fee: \$81/8 wks      Location: PP  
#2504.100 ..... TUE 1/14-3/10 ..... 7:00-7:45 pm

### INTERMEDIATE LATIN DANCE

**★NEW★** This class is a continuation of Pre Intermediate Latin Dance, including Salsa, Bachata, and Merengue. Class is taught by Rudy & Maria Hernandez, Whittier's elite professional dance couple and choreographers of *Dancing with the Whittier Stars*. **No class on Thursday, February 6th.**

*Instructor: Rudy & Maria Hernandez*

Age: 16+ yrs      Fee: \$81/8 wks      Location: PP  
#2504.101 ..... THUR 1/16-3/12 ..... 7:15-8:00 pm

### BELLY DANCING WITH YERIL

Belly dancing, with its mystical movements, will inspire your spirit to breathe, expand and stretch. Come and celebrate the goddess within! With sharp hip accents, shimmies, undulations and veil work, you'll get an intense workout that feels wonderful.

*Instructor: Yeril Barlup*

Age: 15+ yrs      Fee: \$37/8 wks      Location: LHCC  
#2503.100 (Beg) .. TUE 1/7-2/25 ..... 7:30-8:30 pm  
#2503.101 (Beg) ... SAT 1/11-2/29 ..... 11:00 am-12:00 pm  
#2502.100 (Int).... WED 1/8-2/26 ..... 7:30-8:30 pm  
#2502.101 (Int).... SAT 1/11-2/29 ..... 10:00-11:00 am

## Fitness for Fun

### SCULPT & TONE

**★NEW★** You'll be challenged through different stations or sets of experience in this class, as we focus on contouring the body to help improve strength, bone density, power, flexibility and maximum core burn. Any exercise tools needed for this class will be provided by the facility.

*Instructor: Brown Chiropractic*

Age: 20+ yrs      Fee: \$75/11 wks      Location: BC  
#2530.100 ..... FRI 1/10-3/20 ..... 8:30-9:30 am

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# INFANT, PRESCHOOL & SCHOOL-AGE PROGRAMS

Services provided for children  
6 weeks to 12 years of age

6:15 am–6:00 pm

562-383-4270

Must meet eligibility requirements.



## EARLY HEAD START

Federally funded home-based educational enrichment program for children 0 to 2 years old and pregnant mommies. Home visits are conducted once a week for 1½ hours. Group socialization activities occur once every two weeks. **562-383-4270**

## STATE PRESCHOOL

State funded program for 3 to 5 year old children. Part-day (3 hours) or full-day (11 hours, 15 minutes) services are available. **562-383-4270**

## FAMILY CHILD CARE HOME PROVIDERS

Subsidized Child Care in Family Child Care Homes for Infants 6 weeks old to 3 years. **562-383-4285**

## SCHOOL-AGE YEAR ROUND SUBSIDIZED CHILD CARE

Before and After school program/full-day. Transportation to and from La Habra City School District on school buses. Please call for more information. Fees are based on income. **562-383-4250**

Children enrolled in the Center-based programs are provided with nutritious meals based on CACFP guidelines.

## Fitness for Fun

### YOGA FOR A HEALTHY SPINE

This class offers a series of asanas (poses) that will encourage proper spinal alignment and posture throughout the body. It will help keep your spine strong and flexible. Please bring your own yoga mat; any additional equipment needed will be provided at the facility.

Instructor: Gina Brown/Brown Chiropractic

Age: 20+ yrs      Fee: \$75/11 wks      Location: BC  
#3021.100 ..... MON 1/6-3/16 ..... 8:30-9:30 am

### BOOTY BARRE & CORE BURN

Join us for a core and lower body workout, concentrating on the areas most women struggle with – hips, thighs, booty and abs. We'll incorporate barre work, which helps with support and balance, while sculpting and toning your muscles. Any extra exercise tools needed for this class will be provided at the facility. Please wear workout shoes and comfortable clothing.

Instructor: Liana Lazos/Brown Chiropractic

Age: 20+ yrs      Fee: \$75/11 wks      Location: BC  
#3009.100 ..... THUR 1/9-3/19 ..... 5:30-6:30 pm  
#3009.101 ..... SAT 1/11-3/21 ..... 8:30-9:30 am

### FITNESS BOOTCAMP

Prestige Fitness provides full body Fitness Bootcamp classes where we emphasize building lean muscle and increase endurance through our 50-minute circuit style training. Our workouts are different every day so that we build on different muscle groups each time you come to class. Most importantly, be a part of a motivating, encouraging and driven fitness family that will help you reach your fitness goals! Five classes are offered each week; participants can attend as many or as few as they'd like.

Instructor: Premier Martial Arts & Mentorship

Age: 16+ yrs      Fee: \$79/4 wks      Location: PMA  
#3034.100 ..... TUE 1/7-1/28 ..... 7:30-8:20 pm  
..... WED 1/8-1/29 ..... 8:00-8:50 am  
..... SAT 1/11-2/1 ..... 8:00-8:50 am  
#3034.101 ..... TUE 2/4-2/25 ..... 7:30-8:20 pm  
..... WED 2/5-2/26 ..... 8:00-8:50 am  
..... SAT 2/8-2/29 ..... 8:00-8:50 am  
#3034.102 ..... TUE 3/3-3/24 ..... 7:30-8:20 pm  
..... WED 3/4-3/25 ..... 8:00-8:50 am  
..... SAT 3/7-3/28 ..... 8:00-8:50 am

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To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

For further information,  
please call 562-383-4200.

## ADULT BEGINNER ICE SKATING

Beginning ice skating made fun and easy! Learn to skate across the ice forward and backward, glide on one foot, stop, hop, turn and more! Skate rental and public skating from 3:30 to 5:30 pm or 7:00 to 9:00 pm for the Wednesday class and 11:30 am to 1:00 pm for the Thursday class, and three additional public skating passes (to be used during your 4-week session) are included in the fee. Please arrive 15 minutes early to the first class and dress warmly.

Age: 16+ yrs	Fee: \$49/4 wks	Location: Al
#3003.100	THUR 1/9-1/30	5:00-5:30 pm
#3003.101	THUR 2/20-3/12	5:00-5:30 pm
#3003.102	SAT 1/11-2/1	10:45-11:15 am
#3003.103	SAT 2/22-3/14	10:45-11:15 am

## ONE BODY STUDIOS CLASSES

### MORNING PILATES MAT

Our Pilates Mat classes are designed to strengthen core muscles and align the body. Using the Pilates foundation of slow, sustained, controlled movement, our classes will help you achieve a balanced, lean, muscular physique. At One Body Studios, we also incorporate the use of Pilates props to assist our students in properly executing these fun and challenging exercises. Please arrive 15 minutes before your first class meeting. **No class on Monday, February 17th.**

Age: 18+ yrs	Fee: \$50/5 wks	Location: OBS
#3018.100	MON 1/6-2/3	8:00-9:00 am
#3018.101	MON 2/10-3/16	8:00-9:00 am

## YOGA

Is yoga right for you? It is if you want to fight stress, get fit, and stay healthy! Yoga energizes the body and calms the mind through a variety of poses emphasizing balance, breath, and deep stretching. This all-levels class perfectly blends standing with seated poses, giving you a full body workout. The class closes with a guided relaxation, leaving you feeling relaxed and rejuvenated. Please arrive 15 minutes before your first class meeting. **No class on Monday, February 17th.**

Age: 18+ yrs	Fee: \$50/5 wks	Location: OBS
#3019.100	MON 1/6-2/3	12:00-1:00 pm
#3019.101	MON 2/10-3/16	12:00-1:00 pm
#3019.102	WED 1/8-2/5	6:30-7:30 pm
#3019.103	WED 2/12-3/11	6:30-7:30 pm
#3019.104	THUR 1/9-2/6	9:00-10:30 am
#3019.105	THUR 2/13-3/12	9:00-10:30 am

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# Orange County Youth Center @ La Habra

441 E. Whittier Blvd. Suite A  
La Habra, CA 90631

Open Monday-Friday  
8:00 a.m.-5:00 p.m.

**562-383-4227**

## Do you want to... Get a job & get your High School Diploma?



**ARE YOU:** A high school dropout? • 16-24 years old? Unemployed? • Motivated to make a CHANGE in your life?

**THIS IS YOUR CHANCE!**

Through the new Academy program at the Orange County Youth Center, you have the chance to earn your high school diploma AND gain paid work experience. Call for details!

This WIOA/Title I financially assisted program or activity is an equal opportunity program. Auxiliary aids and services are available upon request to individuals with disabilities. If you need special assistance to participate in this program, call 562-383-4227. TDD/TTY users please call the California Relay Service at 800-735-2922 or 711.

# Fitness for Fun

## ASPIRE WELLNESS STUDIO CLASSES

### GOOD MORNING SATURDAY YOGA

★NEW★ Leave the work week behind with this one hour Saturday morning Yoga class featuring classic yoga postures. No experience necessary. All levels are welcome!

Age: 18+ yrs	Fee: \$30/4 wks	Location: AWS
#3015.100	SAT 1/11-2/1	11:00 am-12:00 pm
#3015.101	SAT 2/8-2/29	11:00 am-12:00 pm
#3015.102	SAT 3/7-3/28	11:00 am-12:00 pm

### 3 "R" YOGA

★NEW★ Relax! Renew! Restore! Give your body a chance to recharge with this one hour yoga class, dedicated to renewing mind and body, as well as releasing tension and relieving tight muscles. Class will include class yoga postures for relaxation and rejuvenation, as well as work on the 36-inch foam roller to release tension. No experience necessary. All levels are welcome!

Age: 18+ yrs	Fee: \$30/4wks	Location: AWS
#3022.100	SAT 1/11-2/1	12:30-1:30 pm
#3022.101	SAT 2/8-2/29	12:30-1:30 pm
#3022.102	SAT 3/7-3/28	12:30-1:30 pm

## GENTLE YOGA

This gently paced class uses therapeutic sequencing, breath work, props and visualization to help restore balance and harmony to the mind and body. All levels of experience are welcome.

Age: 18+ yrs	Fee: \$30/4 wks	Location: AWS
#3025.100	THUR 1/9-1/30	5:30-6:30 pm
#3025.101	THUR 2/6-2/27	5:30-6:30 pm
#3025.102	THUR 3/5-3/26	5:30-6:30 pm

## INTRODUCTION TO PILATES REFORMER

The Reformer is one of the most popular pieces of equipment used in Pilates. The Reformer allows clients to feel supported in the movement, while adding resistance to help develop muscular strength. It's a total body workout centered on control, functional breathing, posture and balance. This class is designed for beginners or those with some experience using the Pilates Reformer or for those who need a class at a slower pace.

Age: 18+ yrs	Fee: \$65/4 wks	Location: AWS
#3004.100	TUE 1/7-1/28	6:00-7:00 pm
#3004.101	TUE 2/4-2/25	6:00-7:00 pm
#3004.102	TUE 3/3-3/24	6:00-7:00 pm

## PILATES REFORMER

The Reformer is one of the most popular pieces of equipment used in Pilates. The Reformer allows clients to feel supported in the movement while adding resistance to help develop muscular strength. It is a total body workout centered around control, functional breathing, posture and balance.

Age: 18+ yrs	Fee: \$65/4 wks	Location: AWS
#3024.100	SAT 1/11-2/1	8:00-9:00 am
#3024.101	SAT 2/8-2/29	8:00-9:00 am
#3024.102	SAT 3/7-3/28	8:00-9:00 am

## EVENING PILATES MAT

Pilates Mat class incorporates a series of movements designed to increase core strength using the body's own resistance to improve circulation, breathing, posture and body awareness. Classes incorporate small equipment, such as bands, magic circles, foam rollers and balls of various size. All levels of experience are welcome. **No class on Monday, February 17th.**

Age: 18+ yrs	Fee: \$30/4 wks	Location: AWS
#3033.100	MON 1/6-1/27	7:00-8:00 pm
#3033.101	MON 2/3-3/2	7:00-8:00 pm
#3033.102	MON 3/9-3/30	7:00-8:00 pm

## PILATES YOGA STRETCH & TONE

Destress from your day with a peaceful, energizing yoga and Pilates experience by candlelight. Tone and stretch the total body with mat Pilates exercises emphasizing the abdominals, thighs and buttocks, to shape and sculpt long, lean core muscles with the aid of Dynaflex bands and exercise balls. This class also includes in-depth instruction on basic yoga postures and

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## La Habra City School District Presents

### "The Music & Movement Phenomenon"

Sing, dance, play instruments and have a musical adventure with your child at our Music & Movement Workshop. It's never too soon to help your child develop a love of music. Workshops focus on movement, rhythms, building vocabulary and family fun! For more information or to obtain a schedule, please call 562-690-2353, ext. 40171.

### "Fenomeno de Musicay Movimiento"

Canta, baila, juega con instrumentos y ten una experiencia musical con tu niño en nuestro Taller de Musica y Movimiento. Ahora es una buena edad de comenzar en desarrollar el amor a la musica en los pequenos. El taller consiste de movimiento, ritmos, y diversion mientras desarrollamos su vocabulario! Para mas información or para obtener los horarios, por favor llame 562-690-2353, ext. 40171.

breathing techniques to enhance your sense of well-being and ability to relax. Beginning and intermediate levels are introduced. Please bring a yoga sticky mat, blocks, strap, and inflatable exercise ball to class. **No class on Monday, January 20th & February 17th.**

Instructor: Angela King,  
Registered Yoga Alliance Certified Teacher (RYT)

Age: 15+ yrs      Fee: \$54/8 wks      Location: LHCC  
#3008.100 ..... MON 1/13-3/16 ..... 5:45-6:45 pm

### YOGA BY CANDLELIGHT

Destress from your day with a peaceful, energizing yoga experience by candlelight. Tone and stretch the total body with yoga exercises emphasizing the abdominals, thighs and buttocks, to shape and sculpt long, lean core muscles. This class also includes in-depth instruction on yoga postures and breathing techniques to enhance your sense of well-being and ability to relax. Advanced beginner and intermediate levels are taught. Please bring a yoga sticky mat, blocks, and strap to class.

**No class on Monday, January 20th & February 17th.**

Instructor: Angela King,  
Registered Yoga Alliance Certified Teacher (RYT)

Age: 15+ yrs      Fee: \$54/8 wks      Location: LHCC  
#3001.100 ..... MON 1/13-3/16 ..... 7:00-8:00 pm

### ZUMBA®

Ditch the workout and join the party! Zumba is an easy to follow dance fitness program for people of all ages. Let loose to Latin-inspired rhythms and fun moves that get your body movin' and your heart pumpin'! Join your groove with mine, and let's burn some calories and have a blast! **Returning students receive a \$5 discount. Must register in person or by phone by the first class meeting in order to receive the discount.**

Instructor: Katrina Fritter, Licensed Zumba Instructor

Age: 12+ yrs      Fee: \$22/4 wks      Location: VMH  
#3012.100 ..... TUE 1/7-1/28 ..... 7:30-8:30 pm  
#3012.101 ..... TUE 2/4-2/25 ..... 7:30-8:30 pm

### ZUMBA GOLD WITH LEONOR

Get fit and stay healthy with Zumba Gold. Learn to dance salsa, merengue, cha-cha, mambo, cumbia, line dance and much more, while getting a great workout. Participants not only work their bodies in this class, but they sharpen their minds as they learn new routines. Instructor Leonor Garza has been teaching Zumba Gold since 2008; her passion is helping her clients stay in good health through dance exercise. **No class on Monday, January 20th & February 17th.**

Instructor: Leonor Garza

Age: 55+ years      Fee: \$32/10 wks      Location: VMH  
#3031.100 ..... MON 1/6-3/23 ..... 11:00 am-12:00 pm  
#3031.101 ..... WED 1/8-3/11 ..... 11:00 am-12:00 pm

### EASY MOVEMENT

This class includes easy moves that start with the head and neck and work all the way down to your toes! Instructor Karon Thomas

has taught this class for 15+ years, as well as teaching dance for many years. She combines moves from modern dance, ballet, jazz, Tai Chi walking, yoga, Chi Gong and aerobics to give you a thorough, safe workout. Please bring two 1-lb. weights or two 1-lb. cans of food to class. Mats are optional.

Instructor: Karon Thomas

Age: 40+ yrs      Fee: \$52/8 wks      Location: LHCC  
#3026.100 ..... TUE 1/14-3/3 ..... 5:30-6:30 pm

### TAI CHI: LIU HE BA FA

Six harmonies eight methods uses small increments to release the whole body, mind and spirit into every move. All moves are both attacks and defense. 16 movements unlock 66 movements, 66 movements explore triangles, circles and squares. **No class on Monday, January 20th & February 17th.**

Instructor: Nancy O'Brien,  
Certified International Judge (Tai Chi)

Age: 7+ yrs      Fee: \$31/4 wks      Location: LHCC  
#3007.100 ..... MON 1/6-2/3 ..... 7:00-8:30 pm

Age: 7+ yrs      Fee: \$38/5 wks      Location: LHCC  
#3007.101 ..... MON 2/10-3/16 ..... 7:00-8:30 pm

### TAI CHI CHUAN

This class includes eight treasures and 24 form. Movements are low impact with high health benefits. Slow movements and slow breathing help to develop balance, flexibility and stamina, while reducing stress. **No class on Saturday, February 15th. March 14th class will meet at Oeste Park, 2300 W. Lambert Rd.**

Instructor: Nancy O'Brien,  
Certified International Judge (Tai Chi)

Age: 7+ yrs      Fee: \$38/5 wks      Location: LHCC  
#3011.100 ..... SAT 1/11-2/8 ..... 10:30 am-12:00 pm  
#3011.101 ..... SAT 2/22-3/21 ..... 10:30 am-12:00 pm

### JACKI'S AEROBIC DANCING

Jacki's aerobic dancing is a fitness program that is totally FUN! Participants learn progressive choreographed dances that are designed to give an excellent cardiovascular and muscular workout. Participants dance to a wide variety of music at their own level of fitness. A good supportive shoe and towel or mat are required. **No class on Monday, January 20th & February 17th.**

Instructor: Nancy McNabb

Age: 15+ yrs      Fee: \$125/12 wks      Location: VMH  
#3005.100 ..... MON/WED 1/13-4/1 ..... 5:45-6:45 pm

Age: 15+ yrs      Fee: \$85/8 wks      Location: VMH  
#3005.101 ..... MON/WED 1/13-3/4 ..... 5:45-6:45 pm

Age: 15+ yrs      Fee: \$65/6 wks      Location: VMH  
#3005.102 ..... MON/WED 1/13-2/19 ..... 5:45-6:45 pm

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To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

## Fitness for Fun

### X-TREME FITNESS KICKBOXING

Are you ready to make a change with your body? Take control over your body with Fitness Kickboxing! It's a workout where you can kick and punch your way to achieving the fitness goals you've always wanted. Fitness Kickboxing is the best total body workout to lose weight, tone and shape up, gain endurance and flexibility, relieve stress, meet new friends and have fun. This class is the #1 calorie-burning workout, consuming an amazing 800 calories per hour. Classes are ongoing for women and men with ALL levels of fitness ability. Must have gloves or buy them for \$25 at first class meeting. Please arrive 15 minutes before first class meeting.

*Instructor: Amanda Molina*

Age: 13+ yrs	Fee: \$50/4 wks	Location: FMA
#3006.100	MON 1/6-1/27	7:45-8:30 pm
#3006.101	WED 1/8-1/29	7:45-8:30 pm
#3006.102	MON 2/17-3/9	7:45-8:30 pm
#3006.103	WED 2/19-3/11	7:45-8:30 pm

## Music

### VOICE FOR ADULTS

Do you like to sing? Tell your friends and neighbors about this class, which will teach them to breathe properly, sing on pitch and have fun at the same time. Participants will sing as a group, but will focus on individual performance.

*Instructor: Patrick's Music School*

Age: 16+ yrs	Fee: \$96/6 wks	Location: PMS
#5013.100	THUR 1/23-2/27	7:30-8:15 pm

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**GRAFFITI HOTLINE:**

**562-383-4220 or email  
No2Graffiti@lahabraca.gov**

## UKULELE

**★NEW★** This is the perfect instrument for having fun, but also can be used as an introduction to learning guitar. It is small enough for small children to handle, but satisfactory for musicians, as well as a serious musical instrument. Participants must provide their own instruments.

*Instructor: Patrick's Music School*

Age: 16+ yrs	Fee: \$96/6 wks	Location: PMS
#5016.100	FRI 1/24-2/28	8:00-8:50 pm

### BEGINNER GUITAR FOR ADULTS

Students will learn the basics of guitar playing, note reading and theory. Students must provide their own guitar; no guitar rentals are available at the school. A \$25 materials fee is payable to the instructor at the first class meeting.

*Instructor: Music Hill Center*

Age: 17+ yrs	Fee: \$120/8 wks	Location: LHYS
#5009.100	FRI 1/10-2/28	6:00-6:45 pm

### BEGINNER KEYBOARD FOR ADULTS

Students will learn the basics of piano playing in a group setting. Keyboards are provided in class, however students must have a piano or electronic keyboard to practice with at home. A \$20 material fee is payable to the school at the first class meeting.

*Instructor: Music Hill Center*

Age: 17+ yrs	Fee: \$120/8 wks	Location: LHYS
#5004.100	WED 1/8-2/26	7:00-7:45 pm

## Art

### INTRODUCTION TO HAND LETTERING AND CALLIGRAPHY

**★NEW★** This class will teach participants hand lettering and calligraphy. You'll be able to use these skills for sign-making, addressing envelopes, scrapbooking, embossing and more! First hour of class will focus on practicing skills, second hour of the class will include a take-home project. Instructor will provide all needed supplies. **No class on Monday, January 20th & February 17th.**

*Instructor: Grace Allen*

Age: 13+ yrs.	Fee: \$45/9 wks	Location: LHCC
#7004.100	MON 1/6-3/16	5:30-7:30 pm

## QUILTING

**★NEW★** Winter time is here again; time to snuggle up under a warm winter quilt. Look what happens when two squares meet. You'll be pleased with how easily these quilts go together. There is a \$5 supply fee payable to the instructor at the first class meeting.

*Instructor: Beverly Smyth*

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Age: 18+ yrs      Fee: \$86/12 wks      Location: LHCC  
 #7002.100 ..... THUR 1/3-3/21 ..... 6:00-8:30 pm

### INTRODUCTION TO DRAWING TECHNIQUES

This is a beginning course to introduce and develop drawing skills through demonstrations and examples of master drawings from children's book illustrations, animation and technical drawing. Course will cover contour, line, structure, perspective, light/shadow, color and modeling form. **No class on Monday, January 20th & February 17th.**

Instructor: Carlos Moreno

Age: 15+ yrs      Fee: \$40/5 wks      Location: LHCC  
 #7003.100 ..... MON 1/6-2/10 ..... 6:30-8:00 pm  
 #7003.101 ..... MON 2/24-3/23 ..... 6:30-8:00 pm

## Personal Enrichment

### MICROSOFT OFFICE APPLICATIONS FOR ALL AGES

Whether you want to use your computer to edit a document, create a slide show presentation, have fun with animations, or produce tables and spreadsheets with calculations, this class will let you explore the basic skills to enrich your computer knowledge in Microsoft Word, Excel and PowerPoint. Experienced learners can sharpen their skills to master advanced features. Hands-on exercises are included to accelerate the learning process. A \$10 supply fee is payable to the instructor at the first class meeting.

Instructor: AGI Academy

Age: 16+ yrs      Fee: \$108/8 wks      Location: PP  
 #5002.100 ..... THUR 2/6-3/26 ..... 6:45-7:30 pm

### INTRODUCTION TO COMPUTERS & THE INTERNET FOR AGES 55+

It's never too late to learn computers! Explore the basic skills to enrich your knowledge, understand the terminologies and access the online world through the internet. You will be surprised at how much you will enjoy this adventure! Experienced learners can sharpen their skills to master advanced levels. Our hands-on exercises can accelerate the learning process, making it easy and fun. A \$10 supply fee is payable to the instructor at the first class meeting.

Instructor: AGI Academy

Age: 55+ yrs      Fee: \$108/8 wks      Location: PP  
 #5007.100 ..... THUR 2/6-3/26 ..... 1:15-2:00 pm

### BASIC DOG OBEDIENCE 101

The class offers instruction on basic obedience, sit, stay, recall/come, loose leash walking, heel and down/stay. Problem behaviors such as jumping, nipping and biting will be addressed, as will house manners, meet and greets, and boundary training. The instructor has over 20 years of working with dogs of all breeds and graduated from the Animal Behavior College, where he learned basic obedience, intermediate and advanced dog skills. He also specializes in "aggression behavior". Dogs must be at least five months old to participate in the class. Equipment required includes a standard six ft. leash (non-retractable), treats and a pouch for the treats. There is a \$10 supply fee for handouts. **The first class will be an orientation without dogs at the Community Center. Please bring proof of vaccination and your supply fee.**

Instructor: Larry Ontiveros

Age: 16+ yrs      Fee: \$99/7 wks      Location: SMP  
 #5003.100 ..... SAT 1/11-2/22 ..... 10:00-11:00 am

*City of La Habra* **Facility Rentals**

**Grand Ballroom**  
 La Habra Community Center, 101 W. La Habra Blvd.

- 6,022 square feet of spacious accommodations
- Holds up to 400 Banquet Style, 600 Theater Style
- Banquet & Meeting Rooms Available
- Smaller rooms available at hourly rates
- Perfect for birthday parties & small gatherings

**Also Available:**

**Veteran's Memorial Hall, 209 N. Orange St. (at Erna)**

- 1,860 square feet
- Holds up to 150 Banquet Style, 250 Theatre Style

**City Hall Atrium, 110 E. La Habra Blvd.**

- 3,100 square feet
- Holds up to 150 Banquet Style, 250 Theatre Style

*Perfect for Quinceañeras, Wedding Receptions, Graduations, Baptisms, Retirements, Business Meetings & More!*

**Contact Alicia Kautz at 562-383-4219 for reservations or additional information.**