



City of Laguna Beach

YOUR GUIDE FOR ACTIVITIES &
COMMUNITY SERVICES



WINTER 2024

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Registration begins November 27!



**Parks
Make
Life
Better!**

CONNECT WITH US!

ONLINE REGISTRATION

lagunabeachcity.net/recreation

EMAIL

recreation@lagunabeachcity.net

COMMUNITY & SUSI Q CENTER

380 Third Street
(949) 464-6645

COMMUNITY & RECREATION CENTER

30516 South Coast Highway
(949) 715-8620

We are @lagunabeachgov on social media. Follow us online for all the latest & greatest City updates!

CANCELLATION POLICY

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

Enrollment must be sufficient to hold a class, and activities may be cancelled if minimum participation is not met. Please register early to secure the activity of your choice!

REFUND POLICY

Refunds are not issued unless the activity is cancelled or changed by the City. Participants will be notified and a full refund will be processed within 2-4 weeks.

A processing fee of \$20 will be assessed. Transfers will be permitted if requested in writing at least one business day prior to the start of the activity.

INCLUSION POLICY

The City of Laguna Beach Recreation Division is dedicated to providing people with and without disabilities the opportunity to participate in classes and activities together. The ADA is federal legislation, which guarantees equal opportunity for individuals with disabilities in employment, public accommodations, transportation, local and state government services and telecommunications.

For ADA requests and questions concerning accessibility, contact the Recreation Division at (949) 497-0762. The City of Laguna Beach will make reasonable modifications to ensure equal access to programs, services, and activities. We cannot guarantee that all accommodation requests will be granted. To help ensure availability, requests must be received at least one month prior to the activity start date.

PARKS & CLASS LOCATIONS



Aliso Beach Park - 31131 S Coast Highway
Alta Laguna Park - 3300 Alta Laguna Boulevard
Bluebird Park - Cress & Bluebird Streets
Community & Recreation Center - 30516 S Coast Highway
Community & Susi Q Center - 380 Third Street
Crescent Bay Point Park - Crescent Bay Drive
Dog Park - 1085 Laguna Canyon Road
Heisler Park - Lower Cliff Drive
Lang Park - 21540 Wesley Drive
Main Beach Park - Coast Highway & Broadway Street
Moulton Meadows Park - Balboa & Del Mar Streets
LBHS & Community Pool and Tennis Courts - 670 Park Avenue
Riddle Field (Boat Canyon) - High Drive & Hillcrest Drive
Treasure Island Park - S Coast Highway & Wesley Drive
Village Green Park - Catalina & Monterey Streets

The City of Laguna Beach Recreation Division provides creative programs and diverse services to promote an active lifestyle, enhance the quality of life, and build a sense of community for residents and visitors of all ages.

The Recreation Division is located in the Community and Susi Q Center at 380 Third Street and at the new Community and Recreation Center at 30516 South Coast Highway. The Recreation team can help you with class and camp registration; wedding, photo and alcohol permits; and any questions you have about parks, recreation and community services.

You can visit us in-person or online! Sign up for the Recreation Division monthly e-newsletter or register for classes and camps at lagunabeachcity.net/recreation or call (949) 464-6645 to learn more about the programs and services we provide.



CO-SPONSORED BY THE
CITY OF LAGUNA BEACH
& LAGUNA BEACH CHAMBER OF COMMERCE



HOSPITALITY NIGHT

FRIDAY
1
DECEMBER

From
5 PM
Until
9 PM

LET'S CELEBRATE TOGETHER

ROAD CLOSURES BEGIN AT 3:30 PM

*TROLLEY AND NEIGHBORHOOD
ON-DEMAND SERVICE
UNTIL 11:00 PM*

*FRIDAY, DECEMBER 1 AT 5:00 PM
PEPPERTREE LOT (LOT 2) &
FOREST AVENUE
SANTA CLAUS, TREE LIGHTING,
MUSIC & MORE*



PATRIOTS DAY PARADE

The 2024 Patriots Day Parade will take place on Saturday, March 2, from 11:00 a.m. to 1:00 p.m. The parade begins at Park Avenue and ends at City Hall.

Street closures will be in effect from 9:45 a.m. until approximately 2:00 p.m. Residents and visitors are encouraged to take advantage of the City's free trolley and the Laguna Local on-demand services.



For more information call (949) 497-0788.



YOUTH *City Track Meet*



MID-APRIL

LAGUNA BEACH
HIGH SCHOOL TRACK
5 PM - 8 PM



New Class Preview



Aqua Blast

Water aerobics classes offer full-body, low-impact cardio and strength training
Page 9

Music & Wiggles

Sing-along stories, vocal techniques, play with instruments, dancing, and socializing
Page 10




Tumble N Kids

Youth tumbling and gymnastics programs for toddlers to teens
Page 10

Pro Touch Futsal

Indoor soccer skills & drills to develop game play and foot-to-eye coordination
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See what else we have to offer:
www.lagunabeachcity.net/recreation



Facility Reservations



Community & Susi Q Center
380 3rd Street



Community & Recreation Center
30516 S Coast Hwy

Available Amenities:

- Meeting rooms
- Indoor gymnasium
- Catering kitchens
- Presentation equipment

Let us host your next
meeting or presentation!



Scan to learn more or to
download a rental application:



Laguna Beach HS & Community Pool

The LBHS & Community Pool is a 25-yard pool with showers and day-use lockers available. It is accessible to individuals who are physically challenged. Please note that California state law requires patrons who use public pools to shower prior to entering the water. Young children must wear swim diapers or rubber pants in the pool. Adults are required to accompany and supervise children under the age of 12, and must stay within arm's reach of any child who cannot yet swim independently.

The pool is subject to unscheduled closures due to water polo tournaments, swim competitions, high school athletics events, and other unforeseen circumstances.

WINTER SCHEDULE: JANUARY 2 - MARCH 31		
DAY	LAP SWIM	RECREATION SWIM
Monday	7:00 a.m. - 1:30 p.m.	11:00 a.m. - 1:30 p.m.
Tuesday	6:00 a.m. - 1:30 p.m.	11:00 a.m. - 1:30 p.m.
Wednesday	7:00 a.m. - 1:30 p.m.	11:00 a.m. - 1:30 p.m.
Thursday	6:00 a.m. - 1:30 p.m.	11:00 a.m. - 1:30 p.m.
Friday	8:00 a.m. - 1:30 p.m. 6:00 p.m. - 7:30 p.m.	11:00 a.m. - 1:30 p.m.
Saturday*	10:00 a.m. - 3:00 p.m.	12:00 p.m. - 3:00 p.m.
Sunday*	7:00 a.m. - 3:00 p.m.	12:00 p.m. - 3:00 p.m.

WINTER POOL CLOSURES	
January	1, 14, 15 & 28
February	3, 18 & 19
March	2, 10 & 17
April	No evening lap 4/12 Closed all day 4/21

ENTRY FEES	
Annual pass	\$150
20-punch pass	\$30
Drop-in fee	\$2
Children under 24 months	Free

*Effective February 17, lap swim will begin at 7:00 a.m. on Saturdays and at 10:00 a.m. on Sundays

Aquatics

Swim Team Prep - Beeler Aquatics Staff

Practice dives and various swim strokes, including freestyle, backstroke, and breaststroke, in these twice-weekly sessions. Bring goggles and caps. Participants MUST be able to swim across the pool independently & without doggy-paddling. Skips 1/15, 2/19-2/22 & 4/8-4/11

Day	Time	Ages	Dates	Price
M/W	6:00-6:30p	5-10	1/8-1/31	\$126
T/Th	6:00-6:30p	5-10	1/9-2/1	\$144
M/W	6:00-6:30p	5-10	2/5-2/28	\$120
T/Th	6:00-6:30p	5-10	2/6-2/29	\$144
M/W	6:00-6:30p	5-10	3/4-3/27	\$160
T/Th	6:00-6:30p	5-10	3/5-3/28	\$160
M/W	6:00-6:30p	5-10	4/1-5/1	\$192
T/Th	6:00-6:30p	5-10	4/2-5/2	\$192

Laguna Beach Swim Team - Beeler Aquatics Staff

This program offers year-round instruction and training. During pool practice, the emphasis will be on proper stroke development and building fundamentals. Goggles and swim caps are required. Swimming ability is mandatory. Newcomers will be tested to determine placement. Skips 1/15, 2/19-2/22 & 4/8-4/11

Beginners

Day	Time	Ages	Dates	Price
M/W	6:30-7:15p	7-14	1/8-1/31	\$168
T/Th	6:30-7:15p	7-14	1/9-2/1	\$192
M/W	6:30-7:15p	7-14	2/5-2/28	\$168
T/Th	6:30-7:15p	7-14	2/6-2/29	\$144
M/W	6:30-7:15p	7-14	3/4-3/27	\$192
T/Th	6:30-7:15p	7-14	3/5-3/28	\$192
M/W	6:30-7:15p	7-14	4/1-5/1	\$192
T/Th	6:30-7:15p	7-14	4/2-5/2	\$192

Advanced

Day	Time	Ages	Dates	Price
M/W	7:15-8:00p	7-14	1/8-1/31	\$168
T/Th	7:15-8:00p	7-14	1/9-2/1	\$192
M/W	7:15-8:00p	7-14	2/5-2/28	\$168
T/Th	7:15-8:00p	7-14	2/6-2/29	\$144
M/W	7:15-8:00p	7-14	3/4-3/27	\$192
T/Th	7:15-8:00p	7-14	3/5-3/28	\$192
M/W	7:15-8:00p	7-14	4/1-5/1	\$192
T/Th	7:15-8:00p	7-14	4/2-5/2	\$192

Junior Lifeguard Swim Test Clinics - Pool staff

This is the perfect opportunity to prepare for the Junior Lifeguard program this summer. These goal-oriented clinics are designed to help participants develop and improve their swimming endurance, strength, and speed. JG swim tests are NOT offered through these clinics.

Registration for the Junior Lifeguard program will open for returning Laguna Beach residents on November 27, 2023. Non-resident registration opens on March 4, 2024.

Day	Time	Ages	Dates	Price
Sat	1:00-1:50p	8-15	3/9-3/23	\$30
Sat	2:00-2:50p	8-15	3/9-3/23	\$30
Sat	1:00-1:50p	8-15	4/6-4/20	\$30
Sat	2:00-2:50p	8-15	4/6-4/20	\$30

Youth Water Polo - LB Aquatics Foundation

The Laguna Beach Water Polo Club focuses on developing the tools athletes need to achieve their own personal potential and to exceed the boundaries of their physical gifts and talents in a training environment that is fun, positive and team-oriented. The coaches collaboratively work together to progressively develop the fundamental skills of both individual and team play in an environment that is challenging but never overwhelming. Water polo is a team sport; respect, teamwork and integrity are the steadfast guiding principles of the Laguna Beach Water Polo Club. Skips 1/15, 2/19-2/23 & 4/8-4/12

10 & under and 12 & under teams

Day	Time	Dates	Price
M-F	5:30-7:15p	1/8-2/2	\$200
M-F	5:30-7:15p	2/5-3/1	\$200
M-F	5:30-7:15p	3/4-3/29	\$200
M-F	5:30-7:15p	4/1-5/3	\$200

12 & under and 14 & under teams

Day	Time	Dates	Price
M-F	7:00-9:00p	1/8-2/2	\$200
M-F	7:00-9:00p	2/5-3/1	\$200
M-F	7:00-9:00p	3/4-3/29	\$200
M-F	7:00-9:00p	4/1-5/3	\$200

NEW! Aqua Blast - Debra Thurn

This full-body water workout will work out all muscle groups with resistive equipment and the water's natural resistance. Dynamic exercises and movements work to condition cardiovascular endurance, physical strength, and fitness. Drop-ins are offered at \$24 per class. Skips 1/15 & 2/19.

Day	Time	Ages	Dates	Price
M/W	10:00-11:00a	16+	1/3-1/31	\$160
M/W	10:00-11:00a	16+	2/5-2/28	\$140
M/W	10:00-11:00a	16+	3/4-3/27	\$160



Children's Activities

Ladybug Music in the Park - Brooke Briggs

This fun program nurtures your child's basic music skills but it's also designed for optimal early childhood development. Children will sing, dance, and play their own child-friendly instruments. Weaved into Ladybug Music's multisensory curriculum are activities developed specifically for building and strengthening body and brain connections; fine and gross motor skills; social-emotional understanding; and language and reasoning skills.

Location: Bluebird Park

Day	Time	Ages	Dates	Price
Fri	10:45-11:30a	0-5	1/12-3/15	\$325



NEW! Tumble Bugs - Tumble-N-Kids

Music, tumbling challenges, introducing simple directions, and routines will help your child develop listening and social interaction skills. Tumble Bugs and partners will learn a gymnastic "position of the day" each week and have FUN while balancing on the beam, jumping on the mini trampoline, traversing obstacle courses, enjoying parachute activities, and learning tumble rolls! Skips 2/20

Location: Laguna Beach Community & Recreation Center

Day	Time	Ages	Dates	Price
Tue	10:30-11:15a	1.5-3	1/23-3/26	\$149

NEW! Junior Olympians - Tumble-N-Kids

Girls and boys learn fundamental movement and gymnastics skills in a fun, safe, energetic environment. Beginning cartwheels, rolls, balance beam, obstacle courses, and more will be safely introduced. Build self-esteem, body awareness, strength, and coordination. Skips 2/19

Location: Laguna Beach Community & Recreation Center

Day	Time	Ages	Dates	Price
Mon	3:00-3:45p	3.5-5	1/22-3/25	\$149

NEW! Kartwheel-N-Kids - Tumble-N-Kids

Girls and boys learn gymnastic skills including jumps, handstands, bridge/backbends, and more. Practice on the balance beam, "Big Cheese" incline, and more! Beginning tumbling skills and gymnastic positions are incorporated with music, obstacle courses, and FUN! Progressive skill instruction creates confidence and success. Skips 2/19

Location: Laguna Beach Community & Recreation Center

Day	Time	Ages	Dates	Price
Mon	3:00-4:00p	5-7	1/22-3/25	\$199

NEW! Jammin' Gymnastics - Tumble-N-Kids

Learn age-appropriate gymnastics skills including floor tumbling, cartwheels, rolls, jumps, handstands and more! Students will experience the benefits of healthy exercise, strength, coordination, agility, and balance while building self-confidence. A lively, active atmosphere makes learning FUN while progressive skill instruction enhances individual accomplishment. Skips 2/19

Location: Laguna Beach Community & Recreation Center

Day	Time	Ages	Dates	Price
Mon	4:00-5:00p	8-12	1/22-3/25	\$199

NEW! Cheernastics - Tumble-N-Kids

All levels welcome! Cheer + Gymnastics = Cheernastics. Experienced coaches safely teach stunts, jumps, cheers arm motions, and gymnastics skills. Primary tumbling skills include cartwheels, roundoffs, handsprings, walkovers and routines! Enjoy learning the combination of skills in one fun, energetic class! Skips 2/19

Location: Laguna Beach Community & Recreation Center

Day	Time	Ages	Dates	Price
Mon	5:00-6:00p	6-12	1/22-3/25	\$199

Paint, Paste & Pour - Rachel Westfall

Watch your child explore and discover paint, glue, crayons, dough, and more. Kids enjoy a developmentally appropriate hands-on experience with manipulative and sensory materials. Skips 1/15 & 2/19

Location: Laguna Beach Community & Recreation Center

Day	Time	Ages	Dates	Price
Mon	10:00-10:45a	1.5-6	1/8-1/29	\$40
Mon	10:00-10:45a	1.5-6	2/5-2/26	\$40
Mon	10:00-10:45a	1.5-6	3/4-3/25	\$50
Mon	10:00-10:45a	1.5-6	4/1-4/29	\$50

NEW! Music & Wiggles - Fit First

This action-packed, fun-filled music class combines movement with the world of music to maximize the body and brain development benefits. Join in sing-along stories, learn vocal techniques, play with instruments, dance, and socialize! Students will learn fun musical techniques to build confidence, communication skills, memory, and time management.

Location: Laguna Beach Community & Recreation Center

Day	Time	Ages	Dates	Price
Wed	10:00-10:50a	1.5-5	1/10-2/14	\$120
Wed	10:00-10:50a	1.5-5	2/28-4/3	\$120

NEW! Tiny Twisters - Tumble-N-Kids

Shake-Tumble-N-Roll while enjoying fun activities for both the parent and little cruiser. Your tumbler will safely build important motor skills, balance, coordination, and confidence in a lively, energetic atmosphere. Little ones learn rolls down the "Big Cheese," balance on the beam, jump on the mini trampoline, crawl through tunnels, and learn gymnastic positions in circle time with fun songs and props. Skips 2/20

Location: Laguna Beach Community & Recreation Center

Day	Time	Ages	Dates	Price
Tue	9:30-10:15a	9mos-1.5 yrs	1/23-3/26	\$149

New classes and activities are still being added!
Visit our website to see everything we have to offer:
www.lagunabeachcity.net/recreation

Youth Sports



Pro Touch Soccer Camps - Pro Touch Staff

Our camp programs are geared toward players of all ages and abilities. Our professional coaching staff will work with players on mastering the proper fundamentals and techniques to advance their overall skills and knowledge of soccer. Half-day camp options available from 9:00a-12:00p at reduced cost.

Location: Moulton Meadows Park

Day	Time	Ages	Dates	Price
T-F	9:00a-3:00p	4-14	12/26-12/29	\$195
T-F	9:00a-3:00p	4-14	1/2-1/5	\$195
Mon	9:00a-3:00p	4-14	1/15	\$65
M-F	9:00a-3:00p	4-14	2/19-2/23	\$245
M-F	9:00a-3:00p	4-14	4/8-4/12	\$245

NEW! Futsal (Indoor Soccer) - Pro Touch Staff

Futsal is super fun indoor soccer that provides the best technical development and foot-to-eye coordination, and no rainouts are possible! The format includes 30 minutes of futsal-specific practice and 30 minutes of jamboree-style scrimmage. It's a fun and competitive game circuit, without the commitment usually required with teams playing in a league format.

Location: Community & Recreation Center

Day	Time	Ages	Dates	Price
Mon	3:30-4:30p	4-5	1/22-2/12	\$95
Mon	4:30-5:30p	6-7	1/22-2/12	\$95
Mon	5:30-6:30p	8-9	1/22-2/12	\$95
Mon	6:30-7:30p	10-14	1/22-2/12	\$95

Annual Field Maintenance

Park	Closure
Alta Laguna	November 13, 2023 - December 15, 2023
Moulton Meadows	December 18, 2023 - January 18, 2024
Riddle Field	November 27, 2023 - February 1, 2024

Track & Field Clinic - Fred Pichay

Learn the basics of track and field while developing endurance, strength, speed, and jumping ability. Running drills will include the 50 meter through 1600 meter. Jumping drills will include the high and long jump. Ages 13 and above will practice the shot put and ages 12 and under will practice the softball throw. Prepare for the upcoming Laguna Beach City Track Meet scheduled for mid-April 2024. Skips 1/15 & 2/19-2/23

Location: LBHS Guyer Field

Day	Time	Ages	Dates	Price
M/W/F	5:00-6:30p	6-14	1/8-4/17	\$400

Skyhawks Hoopster Tots - Skyhawks Staff

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing, and teamwork. Adjustable hoops and appropriately-sized basketballs are used to always provide just the right amount of challenge. Skips 2/21

Location: Lang Park

Day	Time	Ages	Dates	Price
Wed	4:00-4:40p	3.5-4.5	1/17-3/6	\$135
Wed	4:50-5:30p	4.5-6	1/17-3/6	\$135

Skyhawks Basketball - Skyhawks Staff

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player - teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding, and defense through skill-based instruction and small-sided scrimmages. Skips 2/21

Location: Lang Park

Day	Time	Ages	Dates	Price
Wed	5:40-6:40p	7-10	1/17-3/6	\$145

Laguna Beach Tennis Academy

Laguna Beach Tennis Academy

| andrew@lagunabeachtennisacademy.com

Junior Champions (ages 3-13)

Join our Junior Champions Program, where we craft tennis journeys from ages 4 to 13, blending skill development with the joy of the sport. Skills that will equip them for a sport they can play and enjoy for a lifetime. Modified courts and equipment tailored to a child's size are used in this fun and exciting program!

Beginner and intermediate groups will be separated by age and skill level.

Location: Alta Laguna Park

Frequency	Time	Dates	Monthly Fee
1/week	3:30-4:30p	Ongoing	\$144
2/week	3:30-4:30p	Ongoing	\$270
3x/week	3:00-4:00p	Ongoing	\$378
4x/week	3:00-4:00p	Ongoing	\$450

Youth Development (ages 8-15)

This year-round class is for young tennis players who are looking to take their game to the next level and want to develop their skills in a fast-paced environment. With an emphasis on technical skills and strategy, this class allows each player to improve their game in a shorter period of time.

Location: Alta Laguna Park/LBHS Tennis Courts

Frequency	Time	Dates	Monthly Fee
1/week	4:30-6:30p	Ongoing	\$270
2/week	4:30-6:30p	Ongoing	\$495
3x/week	4:30-6:30p	Ongoing	\$742
4x/week	4:30-6:30p	Ongoing	\$900

High Performance (Ages 12-18)

The High-Performance Program at Laguna Beach Tennis Academy is our elite training ground for dedicated players aged 12 to 18. Participation is by approval only, ensuring a high-caliber environment where robust satellite and open players can thrive.

Location: Alta Laguna Park

Frequency	Time	Dates	Monthly Fee
1/week	6:30-8:30p	Ongoing	\$270
2/week	6:30-8:30p	Ongoing	\$495
3x/week	6:30-8:30p	Ongoing	\$742
4x/week	6:30-8:30p	Ongoing	\$900

Live Ball

Dive into the high-octane world of Live Ball, where tennis meets a fitness rave, at Laguna Beach High School. Designed for novices to seasoned players, Live Ball is a thrilling blend of competitive tennis and cardiovascular workout that caters to everyone's love for the game and desire for an invigorating exercise. *For players 3.5+

Location: LBHS Tennis Courts

Level	Day	Time	Monthly Fee
Beg	Sat	12:00-1:30p	\$150
Int	Mon	6:00-7:30p	\$150
Int	Thur	6:00-7:30p	\$150
Int	Sun	9:00-10:30a	\$150
Adv	Sun	10:30a-12:00p	\$150

Cardio Tennis

Experience the ultimate tennis workout with cardio tennis, a high-energy fitness class that combines the excitement of tennis with the calorie-burning benefits of a cardio workout. Designed for adults of all fitness levels, this program is perfect for players seeking a fun, fast-paced exercise routine that challenges their tennis skills and aerobic endurance. Please note class is physically demanding and for 3.0 players and above.

Location: LBHS Tennis Courts

Day	Time	Dates	Monthly Fee
Wed	6:00-7:30p	Ongoing	\$180
Fri	6:30-8:00p	Ongoing	\$180



Adult Tennis

This training environment is ideal for achieving rapid progress. Students learn how to swing correctly, develop an effective serve, sharpen their volleys, practice technique under pressure, and play in real match situations while focusing on the four pillars of tennis.

Location: LBHS Tennis Courts

Level	Day	Time	Monthly Fee
Beg	Mon	9:00-10:30a	\$249
Beg	Wed	7:30-9:00p	\$249
Beg	Sun	3:00-4:30p	\$249
Int	Tue	10:30a-12:00p	\$249
Int	Tue	6:00-7:30p	\$249
Int	Wed	9:00-10:30a	\$249
Int	Thu	10:30a-12:30p	\$249
Int	Sat	9:00-10:30a	\$249
Adv	Mon	12:00-2:00p	\$249
Adv	Fri	12:00-2:00p	\$249

Senior Tennis at Alta Laguna Park

For the fun of the game! This tennis group is open to players 55 and up looking for social group play. More information: contact abraun@lagunabeachcity.net

Facilitator: Doug Sikorski

Day	Time	Dates	Monthly Fee
Wed	8:30-11:00a	Ongoing	FREE

Pickleball with Marc

IPTPA Certified Teaching Pro

| pbcoachmarc@gmail.com

Beginner

Join us for beginning pickleball! If you've never played pickleball or played a few times, this one-hour class is for you! Come and learn how to score, where to be on the court, how to serve and return the serve, the proper paddle grip, footwork, and basic skills.

Lang Park

Day	Time	Age	Dates	Price
Wed	10:00-11:00a	18+	1/10-1/31	\$135
Wed	10:00-11:00a	18+	2/21-3/13	\$135

Alta Laguna Park

Day	Time	Age	Dates	Price
Thu	1:30-2:30p	18+	1/11-2/1	\$135
Thu	1:30-2:30p	18+	2/22-3/14	\$135

Advanced Beginner

This class is for the beginning player that has some experience, has maybe taken some lessons, is able to score, serve, and play games. Taught by IPTPA Certified Teaching Professional Coach Marc. Let's advance and have some fun!

Lang Park

Day	Time	Age	Dates	Price
Wed	11:00a-12:00p	18+	1/10-1/31	\$135
Wed	11:00a-12:00p	18+	2/21-3/13	\$135

Alta Laguna Park

Day	Time	Age	Dates	Price
Thu	2:30-3:30p	18+	1/11-2/1	\$135
Thu	2:30-3:30p	18+	2/22-3/14	\$135

Alta Laguna Park Court Hours

Open Play	Closed Play
8:00a-12:00p daily	12:00p-dusk daily

Intermediate

Skills and drills for the 2.0-3.0 player: This class will focus on the six basic skills in the game of pickleball and the drills that will improve those skills. Class consists of 30 minutes of drills and 30 minutes of play with coaching.

Lang Park

Day	Time	Age	Dates	Price
Wed	3:00-4:00p	18+	1/10-1/31	\$135
Wed	3:00-4:00p	18+	2/21-3/13	\$135

Alta Laguna Park

Day	Time	Age	Dates	Price
Thu	3:30-4:30p	18+	1/11-2/1	\$135
Thu	3:30-4:30p	18+	2/22-3/14	\$135

4-Hour Boot Camp

Enjoy a four hour camp with three hours of skills and drills and one hour of coached play. We will be covering all of the essential shots in pickleball from dinking and the soft game to volleys, serves, returns, transition play and the all important third shot.

Skill Level: 2.5 to 3.5 level players (not for beginners)

Alta Laguna Park

Day	Time	Age	Dates	Price
Fri	12:30-4:30p	18+	1/5	\$135
Fri	12:30-4:30p	18+	3/15	\$135

Lang Park Court Hours

Open Play	Closed Play
8:00a-12:00p M/T/Th/F/Sa	12:00p-dusk M/T/Th/F/Sa
9:00a-1:00p on Sundays & holidays	1:00p-dusk on Sundays & holidays

Sport Court Locations

Park	Baseball	Basketball	Soccer	Tennis	Pickleball	Volleyball
Alta Laguna	Yes	Half court	Yes	4 courts	6 courts	No
Bluebird Park	No	Half court	No	No	No	No
Community & Recreation Center	No	Full court	Yes	No	Reservation only	2 courts
Irvine Bowl	No	No	No	2 lighted	No	No
Lang Park	No	Half court	Yes	No	3 courts	No
Main Beach Park	No	2 Half courts	No	No	No	4 sand courts
Moulton Meadows	No	2 Half courts	Yes	2 lighted	No	No
Riddle Field	Yes	2 Half courts	No	No	No	No

Adult Fitness

Body + Mind Barre Workout - Melissa Fernandez Evans

Hybrid workout focusing on cardio, core & strength training using ballet-inspired moves while performing high repetitions of large & small range movements. Benefits include increased muscle strength, flexibility, improved endurance & posture. This workout is gentle on joints and great for cross training. Beginner friendly and adaptable to different skill sets & ability levels. Skips 2/20, 2/22, 4/9 & 4/11

Location: Community & Susi Q Center

Day	Time	Age	Dates	Price
Tue	9:30-10:15a	16+	1/9-1/30	\$80
Thu	9:30-10:15a	16+	1/11-1/25	\$60
Tue	9:30-10:15a	16+	2/6-2/27	\$60
Thu	9:30-10:15a	16+	2/1-2/29	\$80
Tue	9:30-10:15a	16+	3/5-3/26	\$80
Thu	9:30-10:15a	16+	3/7-3/28	\$80
Tue	9:30-10:15a	16+	4/2-4/30	\$80
Thu	9:30-10:15a	16+	4/4-4/25	\$60

Mary's Spinal Flexibility - Mary Schmidt

Reduce back pain with gentle movement, stretching, and core exercises. This program was developed through years of working with high performance Olympic athletes and modified for all ages and fitness levels. This class is designed to achieve optimal flexibility, increase your range of motion, and promote muscular strength. With consistency and commitment to this exercise routine you'll feel the improvements throughout your body. Skips 1/15 & 2/19

Location: Community & Susi Q Center

Day	Time	Age	Dates	Price
Mon	9:00-10:00a	50+	1/8-1/29	\$45
Mon	9:00-10:00a	50+	2/5-2/26	\$60
Mon	9:00-10:00a	50+	3/4-3/25	\$75
Mon	9:00-10:00a	50+	4/1-4/29	\$75

T'ai Chi Ch'uan - Valarie Prince Gabel

The ancient art of T'ai Chi Ch'uan offers the strengthening found in Pilates, the stretching found in yoga and more. Physical tension, mental stress and disease are greatly diminished by performing the gentle, flowing movements specifically designed to increase the flow of 'chi' or energy. The discipline of practice leads to clearer mental and emotional states. Skips 2/29 & 3/4

Location: Lang Park

Day	Time	Level	Age	Dates	Price
Mon	6:00-7:45p	Beg/Int	18+	1/8-2/12	\$60
Thu	6:30-7:45p	Adv	18+	1/4-2/8	\$60
Mon	6:00-7:45p	Beg/Int	18+	2/19-4/1	\$60
Thu	6:30-7:45p	Adv	18+	2/15-4/4	\$70

Mary's Fitness Beyond 50! - Mary Schmidt

Fitness and fun come together with a safely instructed variety of low-impact aerobics designed to increase flexibility, balance, and range of movement. Classes will increase joint stability, coordination, agility, muscular strength, and cardiovascular endurance. Chairs are offered for support, stretching, and relaxation. Restorative breathing exercises help promote stress reduction and mental clarity. Join a community of mature adults for a total-body workout appropriate for any fitness level. Skips 1/15 & 2/19

Location: Community & Susi Q Center

Day	Time	Age	Dates	Price
Mon	11:00a-12:00p	50+	1/8-1/29	\$45
Wed	11:00a-12:00p	50+	1/10-1/31	\$60
Mon	11:00a-12:00p	50+	2/5-2/26	\$45
Wed	11:00a-12:00p	50+	2/7-2/28	\$60
Mon	11:00a-12:00p	50+	3/4-3/25	\$60
Wed	11:00a-12:00p	50+	3/6-3/27	\$60
Mon	11:00a-12:00p	50+	4/1-4/29	\$75
Wed	11:00a-12:00p	50+	4/3-4/24	\$60

New classes and activities are still being added!
Visit our website to see everything we have to offer:
www.lagunabeachcity.net/recreation

Martial Arts - Pete Rabino

International martial arts instructor teaches traditional Katas (forms), Kumite (fighting style) and Hsing-i Kung Fu; Physical fitness and self-defense will be the prime focus. Skips 3/2

Location: Lang Park

Day	Time	Age	Dates	Price
Sat	6:00-7:00p	12+	1/13-4/6	\$84

Better Life Boxing - Sara Gutierrez

At Better Life Boxing, we provide seniors with fun and challenging workouts to keep the brain and body healthy through safely learning techniques in mobility and boxing. Your instructor is a Yoga specialist and Savate ranked, meaning you will be led with grace to help improve your balance and coordination through movement arts. Beginner to advanced athletes welcome!

Location: Community & Susi Q Center

Day	Time	Ages	Dates	Price
Wed	9:15-10:15a	50+	1/10-2/14	\$98
Wed	9:15-10:15a	50+	2/21-3/13	\$98
Wed	9:15-10:15a	50+	3/20-5/1	\$75



Adult Dance

Mary's Beginner Line Dancing - Mary Schmidt

Join in on the fun, line dancing is for everyone! Dancing improves brain function and memory, heart health, overall muscle strength, balance and coordination! Learn the basic beginner steps, sequences, and terminology to build your confidence. Before you know it, you'll be movin' on the dance floor to all your favorite country songs!

Location: Community & Susi Q Center

Day	Time	Age	Dates	Price
Tue	5:00-6:00p	18+	1/2-1/30	\$75
Tue	5:00-6:00p	18+	2/6-2/27	\$60
Tue	5:00-6:00p	18+	3/5-3/26	\$60



"Fun"damentals of Belly Dance - Jheri St. James

A dance class for rebel spirits! Natural, basic movements, finger cymbals, veil dancing, cane/sword dancing, costume concepts, and choreography. Periodic recitals and field trips.

Location: Community & Susi Q Center

Day	Time	Age	Dates	Price
Tue	6:30-7:45p	16+	1/9-2/13	\$60
Tue	6:30-7:45p	16+	2/20-3/26	\$60

Intermediate Belly Dance - Jheri St. James

Solo improv, drills, finger cymbals. Prepare to perform! *Must have instructor approval*

Location: Community & Susi Q Center

Day	Time	Age	Dates	Price
Tue	7:45-9:00p	16+	1/9-2/13	\$60
Tue	7:45-9:00p	16+	2/20-3/26	\$60

Namaste Yoga - Jheri St. James

This introductory class offers students an opportunity to experience the basics of the physical hatha-yoga practice: a "work in" and a "work out." In the spirit of the Hindu greeting Namaste, we will breathe, stretch, balance, get upside-down, and enjoy conscious relaxation. All ages welcome.

Location: Community & Susi Q Center

Day	Time	Age	Dates	Price
Wed	5:30-6:30p	16+	1/10-1/31	\$44
Wed	5:30-6:30p	16+	2/7-2/28	\$44
Wed	5:30-6:30p	16+	3/6-3/27	\$55
Wed	5:30-6:30p	16+	4/3-4/24	\$33

Line Dancing Beyond Country - Sharon Plumley

Jump in on the fun! Learn country western favorites and other rhythmic moves (cha-cha, mambo, tango, samba) all in line dance style. Whirl and twirl to a variety of music genres while you master the art of line dancing. Don't wait! Now is the time to learn the dances everyone is doing at weddings and parties! No partner needed. Skips 1/15

Location: Community & Susi Q Center

Day	Time	Age	Dates	Price
Mon	5:30-6:45p	14+	1/8-2/12	\$50
Mon	5:30-6:45p	14+	2/26-4/8	\$70

Lyrical Modern Dance - Deborah Rouston-Benson

Class consists of a gentle stretching warm-up, free flowing across the floor movement, and fun combination routines, all to great music. Are you ready to reawaken your sleeping dancer? All levels welcome. Skips 3/2

Location: Community & Susi Q Center

Day	Time	Age	Dates	Price
Sat	10:00-11:30a	12+	1/6-3/30	\$180
Sat	10:00-11:30a	12+	4/6-6/15	\$165

Tango Expressions - Pete Rabino

Learn the 8-Step basic and adornments, positioning, the embrace, lead-follow, and walking and moving in line. Salon style will be taught. No partner needed. Skips 3/2

Tuesday class at Community & Susi Q Center

Saturday class at Lang Park Gym

Day	Time	Age	Dates	Price
Tue	7:00-8:00p	18+	1/9-4/2	\$91
Sat	7:00-8:00p	18+	1/13-4/6	\$84

Zumba Workout with Judith - Judith Cortes

Samba, merengue, & salsa rhythms exercise class. This is an easy class to follow exercise program that focuses on cardio exercise, and targets the core, abs, and legs. Upbeat exercise programs designed for all skill levels. You will have so much fun that you will not know you are exercising! Skips 1/15, 2/19, 2/28, 3/2 & 3/6

Monday & Saturday classes at Community & Susi Q Center

Wednesday classes at Lang Park

Day	Time	Age	Dates	Price
Mon	9:30-10:30a	16+	1/8-4/1	\$66
Wed	9:30-10:30a	16+	1/10-4/3	\$66
Sat	9:30-10:30a	16+	1/13-3/30	\$66

Call for Instructors

Great instructors wanted: Do you have a passion for sharing your skills with others? The Recreation Division is looking for contract instructors to teach classes for the City of Laguna Beach.

If you would like to become a contract instructor for the City of Laguna Beach, send an email to recreation@lagunabeachcity.net with your proposal and a resume. We are not accepting applications in any of the following categories: tennis, pickleball, and soccer. Applications to teach dance, foreign language, music, art, or adult fitness classes are welcomed.

Kyne Dance Academy

(949) 378-8806 | kynedanceacademy@hotmail.com

NEW! Tumbling

Students will improve coordination, strength and flexibility while learning basic tumbling skills, including forward/backward rolls, bridges, cartwheels, headstands/handstands, round offs and more. A fun obstacle course/balance beam for increased agility, stability & balance. Skips 2/22

Location: Community & Susi Q Center

Day	Time	Ages	Level	Dates	Price
Thu	4:00-4:40p	4-6	all	1/11-4/4	\$216
Thu	5:00-5:50p	7-9	all	1/11-4/4	\$216

Mini Ballet/Tap Combo

This fun introduction to dance includes Ballet and Tap fundamentals, with age appropriate songs & games, to encourage development in rhythm, coordination, balance, social skills, and more. Skips 1/24 & 2/21

Location: Community & Susi Q Center

Day	Time	Ages	Level	Dates	Price
Wed	3:00-3:50p	4-6	all	1/10-4/3	\$198
Wed	4:00-4:50p	3-4	all	1/10-4/3	\$198

Dance Mix Combo

Dance mix provides students with essential dance skills, in a fun mix of Ballet, Tap, Jazz & Hip Hop. Skips 2/20 & 2/21

Location: Community & Susi Q Center

Day	Time	Grade	Level	Dates	Price
Wed	5:00-6:00p	1-2	I/II	1/10-4/3	\$216
Tue	3:30-4:30p	3-5	I/II	1/9-4/2	\$216
Tue	4:30-5:30p	3-5	II/III	1/9-4/2	\$216

NEW! Dance Fusion

Dance Fusion is an exciting new class, that provides students with essential dance skills, in a fun mix of Ballet, Lyrical, Jazz, and Hip Hop. Skips 2/20 & 2/21

Location: Community & Susi Q Center

Day	Time	Grade	Level	Dates	Price
Wed	4:00-5:00p	6-8	I/II	1/10-4/3	\$216
Tue	5:30-6:30p	5-8	II/III	1/9-4/2	\$216



Adult Ballet

These classes includes technique at the barre, stretching and strengthening exercises to improve flexibility, grace, coordination, and balance. Skips 2/21

Location: Community & Susi Q Center

Day	Time	Ages	Level	Dates	Price
Wed	6:00-7:00p	16+	I/II	1/10-4/3	\$216
Wed	7:00-8:30p	16+	II/III	1/10-4/3	\$276

Adult Tap

Fun rhythm of all styles to great music. Across-the-floor and centre practice improves rhythm, coordination, and style. Come join the fun! Skips 1/25, 2/20 & 2/22

Location: Community & Susi Q Center

Day	Time	Ages	Level	Dates	Price
Thu	6:00-7:00p	16+	I	1/11-4/4	\$198
Tue	11:00a-12:00p	16+	II	1/9-4/2	\$216
Tue	10:00-11:00a	16+	III	1/9-4/2	\$216



Art Opportunities

LOCA Arts Education is a nonprofit coalition of arts educators, professional artists and advocates interested in arts education for people of all ages. We have been serving the community for over 25 years.

Our organization provides workshops to the public at the Laguna Beach Community & Susi Q Center and the Laguna Beach Community & Recreation Center.

Visit www.LOCAarts.org to see an upcoming schedule and register.



Art on the Wild Side - LOCA Artist Team

Art workshops are designed to blend ocean and canyon conservation efforts with art. Native plants, animals, insects, flowers and tide pool adaptations provide inspiration to create easy to follow art lessons. A variety of art mediums and techniques will be presented weekly including drawing, painting, printmaking and collage.

Students of all ages will gain knowledge of our local natural resources and will take home a finished piece of artwork from each class. Skips 2/19

Location: Community & Recreation Center

Day	Time	Ages	Dates	Price
Mon	3:30-4:30p	6+	1/22-3/18	\$195

Hands On with CLAY - LOCA Artist Team

Learn hand building techniques in this fun, creative clay class. Each week a new technique will be introduced with a step by step demonstration. Projects include coil bowls, handmade plates, sculptural animals, and tiles. Skips 2/21

Location: Community & Recreation Center

Day	Time	Ages	Dates	Price
Wed	2:30-3:30p	6-11	1/17-2/28	\$225

Connect with Nature Through Watercolor - LOCA Artist Team

Capture nature's beauty through watercolor. You will be amazed of how fun and easy learning to paint in watercolors can be. The fundamentals of watercolor painting will be taught. Learn the techniques that will enable you to capture the liveliness and freshness that only watercolors can give. Professional artist Lydia Delgado will be teaching her unique, organic style in color and design. Class open to all levels. Materials will be provided.

Location: Community & Recreation Center

Day	Time	Ages	Dates	Price
Tue	10:00a-12:00p	18+	1/16-1/30	\$150

Painting Nature with Oils - LOCA Artist Team

Enjoy a relaxed painting experience while learning new tips and techniques each session. Value, composition, color mixing and brushwork will be the focus of these workshops to create paintings that capture the beauty of nature in Southern California.

Whether you are an experienced painter who just wants to work alongside other artists or you have no experience painting, all levels are welcome. Upon registration a materials list will be sent to you. Drop-ins welcome if space is available for \$50.

Location: Community & Recreation Center

Day	Time	Ages	Dates	Price
Fri	11:00a-1:00p	18+	1/12-3/1	\$475

Art Salon Open Painting - Carole Zavala

The Artists' Salon offers artists the opportunity to work in watercolor, pastels, water-based oils, acrylics, and mixed media in a quiet environment. No instruction is offered but feedback and ideas are welcome. Students bring their own materials. The intent is to offer a studio-type environment for artists who would like to pursue their work in the company of others. All levels are welcome.

Location: Community & Susi Q Center

Day	Time	Ages	Dates	Price
Fri	12:00-3:00p	16+	1/12-4/5	\$25

New classes and activities are still being added!
Visit our website to see everything we have to offer:
www.lagunabeachcity.net/recreation

Adult Beg/Int Drawing & Watercolor - Bobbi Boyd

Have you always wanted to paint waves, palm trees, eucalyptus trees and the beautiful flowers on your street? We will go through easy, step-by-step instruction on how to achieve that goal. Painting what we love and having a great time doing it. The class will be using drawing and watercolor material is making it easy, without a lot of things to carry. Join us and bring a friend!

Location: Community & Susi Q Center

Day	Time	Dates	Price
Thu	10:00a-12:00p	1/11-2/1	\$130
Thu	10:00a-12:00p	2/8-2/29	\$130
Thu	10:00a-12:00p	3/7-3/28	\$130
Thu	10:00a-12:00p	4/4-4/25	\$130



Enrichment Programs

Puppy Kindergarten - Penny Milne

Participants will watch an online intro, then attend the in-person class, with homework and video check-in online. Gentle, positive training and socialization are vital for all puppies. Topics include: house manners (house-training, play biting, etc.); temperament training (anti-aggression, handling, and socialization); and command training (leash walking, sit, down, stand, stay, come, off, shake, and rollover). Skips 3/2

Location: Community & Susi Q Center (patio)

Day	Time	Dates	Price
Sat	8:30-9:30a	1/13-2/10	\$250
Sat	8:30-9:30a	2/24-3/30	\$250

Good Dog 101 - Penny Milne

Participants will watch an online intro, then attend the in-person class, with homework and video check-in online. We'll work on loose leash walking, come, attention to owner, and quiet settling (long down stay on mat). Skips 3/2

Location: Community & Susi Q Center (patio)

Day	Time	Dates	Price
Sat	9:30-10:30a	1/13-2/10	\$250
Sat	9:30-10:30a	2/24-3/30	\$250

Canine Good Citizen - Penny Milne

Participants will watch an online intro, then attend the in-person class, with homework and video check-in online. In this class we practice the skills necessary for you and your dog to earn the AKC's Canine Good Citizen Title, often used as a screening test before Therapy Dog work. Your Graduation Class will be the official AKC test.

Location: Community & Susi Q Center (patio)

Day	Time	Dates	Price
Sat	10:30-11:30a	1/13-2/10	\$250

Taking the Show on the Road - Penny Milne

Taking our show on the road! Online orientation followed by 5 in person meetings. This class meets at different, predetermined locations each week (downtown, the beach, the park and restaurants). We will work on attention, walking on a loose leash, come, leave it, stays with lots of distraction, dog greetings, etc. All dogs must be dog-friendly, and have had some previous training. Limited to 5 dogs. Skips 3/2

Location: Community & Susi Q Center (patio)

Day	Time	Dates	Price
Sat	10:30-11:30a	2/24-3/30	\$250

Hoffy Tours - Bill Hoffman

Hoffy Tours, LLC is an urban tour company whose motto is "Discovering the Best in Cities" - As a former teacher, Bill Hoffman "a.k.a. Hoffy" focuses on educating and entertaining, giving his guests a unique perspective and appreciation of the wonderful places we visit.

Tour	Date	Time	Price
The Getty Center	1/19	8:30a-5:00p	\$79



CERT Training - LB CERT team & City Staff

The CERT program is a nationally supported, locally implemented initiative that teaches people how to better prepare themselves for hazards that may affect their communities. Before, during, and after disasters, CERT volunteers perform basic response activities, including checking in on neighbors, distributing information to the public, supporting emergency operations centers, and helping to manage traffic and crowds.

To be considered for this training, you must be a resident or student in Laguna Beach or work within the city limits, be at least 16 years old and have no felony convictions (the City reserves the right to refuse admittance into this program). All individuals will receive a confirmation email once accepted into the program.

Location: Community & Susi Q Center

Day	Time	Dates	Price
TBD	TBD	TBD	FREE

Call for Instructors

Great instructors wanted: Do you have a passion for sharing your skills with others? The Recreation Division is looking for contract instructors to teach classes for the City of Laguna Beach.

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VISIT THE HORTENSE MILLER GARDEN



ABOUT THE PROPERTY

The Hortense Miller Garden covers 2.5 acres of the upper slopes of Boat Canyon in Laguna Beach and features over 1,200 species of native and exotic vegetation from all over the world.

Tours are pre-arranged through the City's Recreation Division at (949) 464-6645. All tours are docent led, and are held on Thursdays and Saturdays.

The Garden is located at a private residence in a gated community. Tours are limited to adults and teens accompanied by adults. The Garden is located on a hillside and some paths are steep and rugged, so please wear appropriate shoes.

The Garden is maintained by the Friends of the Hortense Miller Garden through donations. The Friends suggest a minimum donation of \$10.00 per person. Potted plants may also be available for purchase.

LEARN MORE:



www.hortensemillergarden.org



hortensemillerfriends@gmail.com



LOOKING FOR THE EASIEST WAY TO GET AROUND TOWN?



RIDE LAGUNA BEACH TRANSIT FOR FREE!

TAKE THE LAGUNA LOCAL FROM YOUR NEIGHBORHOOD AND HOP ON THE FREE TROLLEY!

The City's FREE Trolley and On Demand services are the easiest way to get around town to your favorite beaches, parks, restaurants, and other destinations.



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SCAN ME

Our free, on-demand, shared-ride transit service connects residential neighborhoods major activity centers within the City.

Rides can also be booked by calling Transit dispatch at
(949) 497-0766



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Trolley Tracker

For more information, call
(949) 497-0766 or visit
lagunabeachcity.net/trolley

Emergency Kit Backpack

Getting prepared for emergencies has never been easier! The Laguna Beach-specific Emergency Kit Backpack is now available for purchase and includes the following items:

- Customized red backpack with the City of Laguna Beach seal
- Hand crank AM/FM radio with flashlight and cell phone charger
- 4-in-1 utility shut off tool
- Light sticks
- Bio hazard bags
- 54-piece first aid kit
- N95 mask
- Duct tape
- Emergency poncho
- Solar blanket
- Personal hygiene kit.



Scan the QR code to purchase an Emergency Kit Backpack today and help us make Laguna Beach the most prepared city in Orange County!

Prepare Laguna Beach

Taking Steps to be the Most Prepared City in Orange County

Youth Sports Leagues in Laguna Beach



Laguna Beach Little League
www.beachbaseball.com



Laguna Beach American
Youth Soccer Organization
www.ayso86.org

WE ARE HERE TO HELP

**THE FAMILY RESOURCE CENTER MAY BE ABLE TO HELP WITH
SCHOLARSHIPS FOR CITY ENRICHMENT AND SPORTS CLASSES
FOR STUDENTS CURRENTLY ENROLLED IN LBUSD.**



ALL INQUIRIES ARE CONFIDENTIAL.
FOR MORE INFORMATION VISIT
LBSCHOOLPOWER.ORG/SUPPORT
OR CONTACT US AT (949) 494-6811.



SALLY'S FUND

The mission of Sally's Fund is to make it possible for the Senior Citizens of Laguna Beach to continue living independently by providing them transportation and other essential services, thereby enhancing the quality and dignity of their lives.

For residents 60+ Sally's Fund provides assisted door-to-door transportation within a 30-mile radius to medical and dental appointments, and assists residents with errands and grocery shopping. We provide daily rides to the Community & Susi Q Center to ensure seniors can attend classes, special events, and have time to socialize.

Weekday Transportation 8:00 a.m. – 5:00 p.m.

Call Sally's Fund at (949) 499-4100



AGE WELL SENIOR SERVICES

Come and meet new friends at Age Well Senior Services' Lunch program. We serve hot, nutritious lunches to active older adults in Laguna Beach at the Community & Susi Q Center. Our lunches are created by our registered dietitian to ensure they meet nutritional needs, and a hot or cold meal is offered at each lunch.

A contribution of \$5.50 is requested, though no one who is eligible is turned away for inability to pay.

Lunch service: Monday, Wednesday and Friday from 11:30 a.m. - 12:30 p.m.

Reservations required: (949) 715-5462

Age Well
Orange County's partner in aging

SEE YOU AT THE SUSI Q

EMBRACING WELLNESS + COMMUNITY. **LIVING IT UP!**

SPECIAL PRESENTATIONS



"EVENING WITH AN AUTHOR" SERIES
LB MUSIC FESTIVAL CONCERTS
LIVE AT THE SUSI Q OPERA
FIGHT CYBER CRIME
VOTER AWARENESS (OC REGISTRAR)
BRAIN BOOT CAMP: MEMORY TIPS
HEALTH EXPOS
CITY COUNCIL FORUMS
PACIFIC SYMPHONY "LA TRAVIATA"
UKULELE & JAZZ CONCERTS
SUSI Q LECTURE SERIES

FREE ACTIVITIES



BINGO
COMPUTER ASSISTANCE
SHAKESPEARE READING CIRCLE
AMERICAN LITERATURE
SHARED ADVENTURES
YOGA NIDRA
MINDFULNESS MEDITATION
IT'S YOUR MONEY/ESTATE
ASK THE DOC
MONDAY/FRIDAY MOVIES

AFFORDABLE CLASSES



WRITING WORKSHOPS
THEATRE APPRECIATION
MUSIC APPRECIATION
BRIDGE (BEG TO INTERMEDIATE)
COED STRETCH & STRENGTHEN
TAI CHI: MOBILITY + BALANCE
"LET'S DANCE" LESSONS
FALL PREVENTION
SUSI Q UKULELE ACADEMY
STANDING YOGA
SPANISH

MEMBER-RUN CLUBS



BOOK CLUB
NEEDLE ARTS GUILD
MEN'S SOCIAL CLUB
SCIENCE & SOCIETY
SCIENCE SALON
TED TALKS/QUEST CLUB Q
3RD STREET WRITERS
ANCESTRY CLUB
ART-A-WEAR
CULTURAL CLUBS



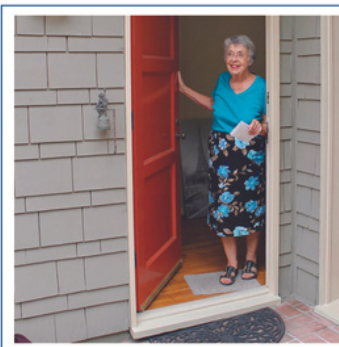
CARE MANAGEMENT SUPPORT GROUPS

THE SUSI Q IS A GREAT RESOURCE FOR FREE AND CONFIDENTIAL CARE MANAGEMENT AND MENTAL HEALTH SUPPORT.



GALLERY Q AT THE SUSI Q

OUR PUBLIC EXHIBITION SPACE DEDICATED TO SHOWCASING AND CELEBRATING THE TALENT OF EMERGING, SEMI-PROFESSIONAL AND PROFESSIONAL ARTISTS



AGING IN PLACE (LIFELONG LAGUNA)

LIFELONG LAGUNA REACHES BEYOND THE WALLS OF THE SUSI Q TO HELP US AGE IN PLACE IN THE HOMETOWN WE LOVE.



LUNCH MEALS ON WHEELS

AGE WELL SENIOR SERVICES
VISIT AGEWELL.ORG.



Laguna Beach Seniors at the Susi Q operates independently as a 501c3 nonprofit in collaboration with the City of Laguna Beach. The Susi Q offers a wide range of educational and fun programs, classes and clubs for older adults – though all ages are welcome. The Susi Q's Care Management Department provides free consultation, education and practical resources for vulnerable seniors, enabling them to stay safe, informed, and independent. For more information on the Susi Q, the portal to access the best of Laguna's community resources, visit www.thesusiq.org.



City of Laguna Beach
505 Forest Avenue
Laguna Beach, CA 92651

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