



TABLE OF CONTENTS



Director of Recreation and Community Services Department

Sara Somogyi

Director of Library and Museum Services Department

Darlene Bradley

Homeless Services

If you or someone you know requires services, please call 562.844.1484 or email arcadia@lacada.com.
Case Managers/Housing Navigators will respond to requests and questions as soon as possible.









Recreation and Community Services Department

ArcadiaCA.gov/recreation 375 Campus Drive, Arcadia, CA 91007 626.574.5113

Office Hours: Monday - Thursday, 7:30am-5:30pm • Friday, 8am-5pm



Arcadia Community Center

ArcadiaCA.gov/recreation 365 Campus Drive, Arcadia, CA 91007 626.574.5130

Office Hours: Monday-Thursday, 7:30am-5:30pm Friday, 7:30am-4:30pm



The Gilb Museum of Arcadia Heritage

ArcadiaCA.gov/museum 380 West Huntington Drive, Arcadia, CA 91007 • 626.574.5440

Admission is always free
Tuesday - Saturday, 10am-12pm and 1-4pm



Arcadia Public Library

ArcadiaCA.gov/library

20 West Duarte Road, Arcadia, CA 91006 626.821.5567

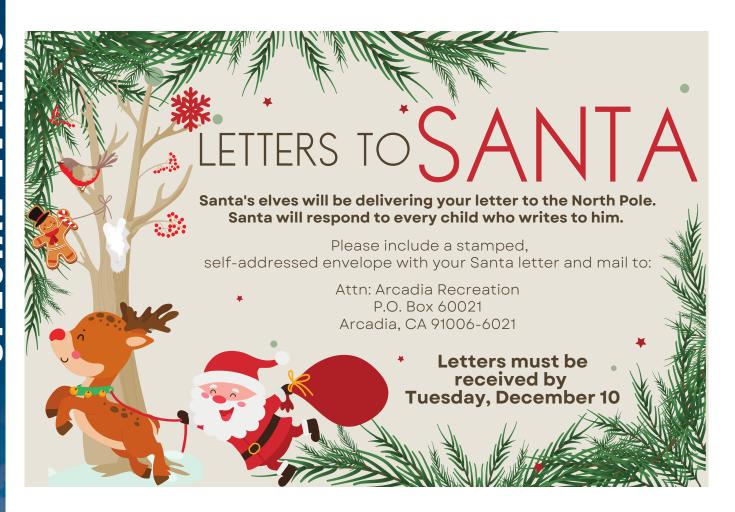
> Monday - Thursday, 10am-9pm Friday - Saturday, 10am-6pm



Thursday, December 5 | 6-8pm Arcadia Transit Plaza

Photos with Santa | Crafts | Carolers | Treats







CITY-WIDE HEALTH EDUCATION SERIES

Hosted by the Arcadia Health Committee
Free and open to all | Pre-registration recommended

Save the Pates

Wednesday, January 22

Wednesday, February 26

Wednesday, March 26





For seminar topics and more information scan the QR code or visit ArcadiaCA.gov/HealthSeries

Shen Yun

Friday, March 28 • 5-11pm Bridges Auditorium Claremont \$125



Enjoy a once in a lifetime performance celebrating the rich cultural heritage of China. Includes round trip transportation, admission, & light dinner.

Registration Opens December 9!



ARCADIA LUNAR



OPENING JANUARY 18, 2025

Join the Gilb Museum at this years Lunar New Year Exhibit. See artwork decorated by members of the community.

The Gilb Museum of Arcadia Heritage Presents:

- Seek out and capture the place, moments, or feelings that transform the night into your own personal paradise.
- Refelct on how the night transforms your surrondings into something magical or

1st, 2nd, 3rd & honorable mention winners will be announced at the opening reception.

Submission Dates MARCH 11- APRIL 5 Exhibit Opening APRIL 26

〔◎〕 *@GILBMUSEUM*



peaeful- what does your Arcadia look like?

PUBLIC LIBRARY

All Programs are at the Public Library unless stated otherwise

Grow your young reader with weekly storytimes! These early learning programs are a wonderful way to introduce children to learning new concepts and vocabulary, building their language skills, encouraging social interaction, and introducing children to a lifelong love of reading and visiting their community Library.

The Winter storytime session will run Tuesday, January 14 – Thursday, February 27.

The Spring session takes place Tuesday, March 11 – Thursday, April 24.

Registration is NOT required to attend a storytime program.



SEEDLINGS STORYTIME

A 15–20 minute interactive storytime of stories, songs, fingerplays, and other learning activities perfect for babies and their caregivers.

Tuesdays, 10:30am Ages 4 – 23 Months

SPROUTS STORYTIME

With favorite stories, songs, crafts, puppet play, and more, this 30-40 minute storytime is just right for toddlers.

Wednesdays, 10:30am Ages 24 - 47 Months

BLOOMS STORYTIME

This 45-minute program offers a unique blend of carefully selected stories and activities to enhance literacy skills, socialization, and school readiness.

Tuesdays, 6:30pm Ages 4 – 7 Years

BILINGUAL ENGLISH/MANDARIN STORYTIME

Join us for a storytime that introduces basic concepts to young children through stories, songs, and activities in both Mandarin and English. This is a 30-45 minute storytime designed for ages three to five years. Registration is not required.

Thursdays, January 30, February 27, March 27, & April 24, 6:30pm Ages 3-5 Years

STORYTIME SPECIAL – CELEBRATING BLACK HISTORY MONTH

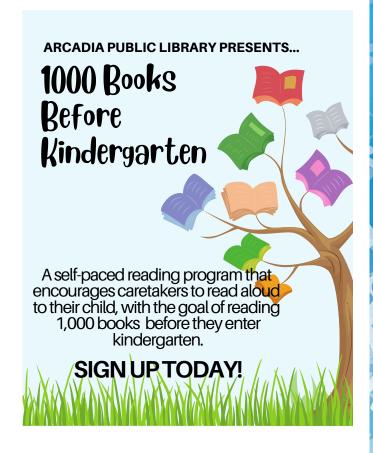
Join us for read alouds, activities, and crafts in celebration of Black History Month. Registration is not required.

Thursday, February 6, 3:45 – 4:45pm Ages 4 – 7 Years

GILB MUSEUM

All Programs are at the Gilb Museum unless stated otherwise





Dance

BABY BALLET

This is an introduction to ballet. Fun props are utilized during the class to keep the little ones engaged as they learn! A variety of age-appropriate music is played. Dance story time and dance etiquette are also incorporated into the class. This class requires pare/guardian participation. All students have performance opportunities!

Instructor: Dance Fit Staff

Location: Arcadia Community Center, 365 Campus Dr

Session 1

01/10-01/31	4:30-5pm	Fri	1.5-3yrs	\$138	W25-4091
01/11-02/01	9:45-10:15am	Sat	1.5-3yrs	\$138	W25-4091c

VIRTUAL Session 1 01/12-02/02 11:30am-12pm Sun 2-4yrs \$138 W25-4094

Session 2

Instructor: Dance Fit Staff

Location: Arcadia Community Center, 365 Campus Dr

W25-4091a 02/07-02/28 4:30-5pm Fri 1.5-3yrs \$138 02/08-03/01 W25-4091d 9:45-10:15am Sat 1.5-3yrs \$138

Session 2

VIRTUAL 02/09-03/02 \$138 W25-4094a 11:30am-12pm Sun 2-4yrs

Session 3

Instructor: Dance Fit Staff

Location: Arcadia Community Center, 365 Campus Dr

03/07-03/28 4:30-5pm Fri 1.5-3vrs \$138 W25-4091b 03/08-03/29 1.5-3yrs W25-4091e 9:45-10:15am Sat \$138

Session 3

03/09-03/30 11:30am-12pm Sun 2-4yrs \$138 W25-4094b



BABY HIP-HOP/JAZZ+TAP

Come and learn the basic techniques in Jazz, Hip-Hop and tap. Fun choreography will be taught in each class and all students will have performance opportunities!

Instructor: Dance Fit Staff

Location: Arcadia Community Center, 365 Campus Dr

Session 1

00001011 1					
01/09-01/30	5:20-5:50pm	Thu	1.5-3yrs	\$138	W25-4093d
01/11-02/01	10:15-10:45am	Sat	1.5-3yrs	\$138	W25-4096
Session 2					
02/06-02/27	5:20-5:50pm	Thu	1.5-3yrs	\$138	W25-4093e
02/08-03/01	10:15-10:45am	Sat	1.5-3yrs	\$138	W25-4096a
Session 3					
03/06-03/27	5:20-5:50pm	Thu	1.5-3yrs	\$138	W25-4093f
03/08-03/29	10:15-10:45am	Sat	1.5-3yrs	\$138	W25-4096b

Enrichment

ABCS AND 123S - PRESCHOOL PARENT & **CHILD CLASS**

Expose your child to shapes, colors, letters, and numbers using DUPLO® bricks, and other fun learning materials in order to strengthen their knowledge in a playful manner. Parent participation required. Duplo kits are reused and are not taken home.

Instructor: Snapology of Arcadia Staff

Location: Museum Education Center, 382 W Huntington Dr

01/14-03/04 9:30-10:30am Tue 2-4vrs W25-2045







Music

VIRTUAL

KINDERMUSIK MIXED AGES

Discover a musical world with your child through singing, moving, listening, playing instruments, and making friends. With the Digital Family Access (home material), which includes class songs and other albums, narrated eBooks, and activity videos, you can create more magical bonding times anywhere you are. \$25 material fee per family is due before the start of the first class. Different materials each session.

Instructor: Emily Chang

Location: Arcadia Community Center, 365 Campus Dr

02/10-03/10 Mon 7 & under \$114 4:45-5:30pm W25-4062

no class 02/17



Sports & Fitness

B.E.S.T 3 SPORT MULTI SPORT

Focusing on soccer, baseball/softball, and track n' field, players will get a well-rounded athletic program every week. Our goal is to maintain a highly active program that will teach, encourage and advance your young players, regardless of their skill level. Equipment required. To learn more about your BEST class check out here Welcome Page here: https://best-sports-usa.com/welcome/

Instructor: Beginner's Edge Sports Staff **Location:** City Hall Lawn, 240 W Huntington Dr

01/18-03/08 9:50-10:35am Sat 2-4yrs \$120 W25-4596

B.E.S.T SOCCER SKILLS AND DRILLS

Class will cover the basic skills through activities such as dribbling, kicking, throw-ins, goalie skills, and more! Our goal is to maintain a highly active program that will teach, encourage and advance your young players, regardless of their skill level. Equipment required. To learn more about your BEST class check out here Welcome Page here: https://best-sports-usa.com/welcome/

Instructor: Beginner's Edge Sports Staff **Location:** City Hall Lawn, 240 W Huntington Dr

01/18-03/08 8:10-8:55am Sat 16m-2yrs \$120 W25-4593 01/18-03/08 9-9:45am Sat 3-6yrs \$120 W25-4593a

PRE GYMNASTICS

Does your child like to run, jump, climb, swing, and roll? Gymnastics is a great way to channel that energy! This class provides developmental motor skills and basic tumbling necessary to learn gymnastics in a safe and progressive manner. Appropriate gymnastics apparel required; hair must be securely tied back away from the face with loose ends securely clipped; clean feet. Secondary registration (no additional fee) is required for Stars Athletic Foundation Staffat https://app.iclasspro.com/portal/starsathletics

Instructor: Stars Athletic Foundation Staff

Location: Arcadia Community Center, 365 Campus Dr

01/11-03/22 3-3:45pm Sat 4-5yrs \$126 W25-4070

no class 02/15

PARENT AND ME SOCCER

Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week. Adult participation is required.

Instructor: Kidz Love Soccer Staff

Location: Dana Middle School. 1401 S First Ave

01/11-03/01 9-9:30am Sat 2-3.5yrs \$189 W25-3053

TOT SOCCER

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game while building self-esteem. Children learn to follow instructions in a nurturing, age-appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Staff

Location: Dana Middle School, 1401 S First Ave

01/11-03/01 9:35-10:05am Sat 3.5-4yrs \$189 W25-3056

PEE WEE TENNIS ACADEMY

This clinic is the perfect tennis introduction for new younger tennis players ages 3-6. Students learn the basics of the: forehand, backhand, volley, and serve in a coordination-building, fitness-friendly, fun, atmosphere. 25% off additional classes when you register for more than 1 day within the same session. Visit our website at tennisanyone.info.

Instructor: Tennis Anyone Staff

Location: Arcadia High School, 180 Campus Dr

Session 1

00001011 1					
01/07-01/28	5:45-6:30pm	Tue	3-6yrs	\$129	W25-4226
01/09-01/30	5:45-6:30pm	Thu	3-6yrs	\$129	W25-4227
01/11-02/01	9:15-10am	Sat	3-6yrs	\$129	W25-4228
Session 2					
02/04-02/25	5:45-6:30pm	Tue	3-6yrs	\$129	W25-4226a
02/06-02/27	5:45-6:30pm	Thu	3-6yrs	\$129	W25-4227a
02/08-03/01	9:15-10am	Sat	3-6yrs	\$129	W25-4228a
Session 3					
03/04-03/25	5:45-6:30pm	Tue	3-6yrs	\$129	W25-4226b
03/06-03/27	5:45-6:30pm	Thu	3-6yrs	\$129	W25-4227b
03/08-03/29	9:15-10am	Sat	3-6yrs	\$129	W25-4228b



Kids Winter Camp

Week 1: December 23,26&27 W25-1020

Week 2: December 30, January 2&3 W25-1021

Foothills Middle School 171 E. Sycamore Drive



Participants will enjoy fun group themed activities including crafts, board games, movies and snacks.

Sign your child up for one day or more. Please be sure to pack your child a lunch.

8am - 6pm 5-12 yrs

\$47 per child, per day

KIDS NIGHTOUT

Enjoy a fun night of themed games, crafts, activities, a movie, and pizza at the Arcadia Community Center.



Pajama Party!

JANUARY 10 6-10PM | 5-12 YRS | \$30 PER CHILD WEAR YOUR FAVORITE PAJAMAS!





LOYE YOU TO PIZZÁS

FEBRUARY 14 6-10PM | 5-12 YRS | \$30 PER OHILD be our valentine!





SHAMROCKIN' SMASH

MARCH 14 6-10PM | 5-12 YRS | \$30 PER GHILD DON'T FORGET TO WEAR GREEN!



CITY OF ARCADIA

YOUTH TRACK MEET

ARCADIA HIGH SCHOOL 180 CAMPUS DRIVE 3PM

Free

MARCH 5

Participants born 2010 - 2013 MARCH 12

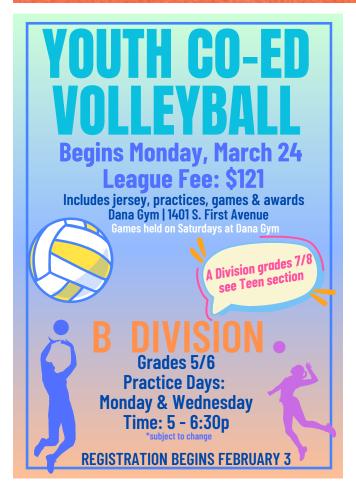
Participants born 2014 - 2018

- Participants must attend the meet corresponding to their birth year
- Participants may register for any two individual events plus a relay

RAIN DATE: MARCH 26

Register online at ArcadiaCA.gov/recreation or in person at the Recreation Office

REGISTRATION BEGINS DECEMBER 9





ARCADIA PUBLIC LIBRARY'S LUNAR NEW YEAR CELEBRATION

Celebrate the coming Year of the Snake with festive Lunar New Year activities at the Arcadia Public Library. Registration is not required.

Saturday, January 18, 2:30pm All Ages

READ ACROSS AMERICA

Read Across America is a national celebration of the joys of reading. Help us to celebration this special day by joining Arcadia Fire Fighters and Police Officers for some fun read alouds and a tour of their safety vehicles. Registration is not required

Wednesday, February 26, 10:30am All Ages

2025 BOOKMARK CONTEST

Whose original bookmark design will be selected for the Arcadia Public Library's annual Bookmark Contest? It could be yours! This year's Contest is open to ages 3 years to Adult. Visit the Library's Jerry Broadwell Children's Room or Youth Services webpage to access an entry form. All entries must be submitted to the Library's Children's Room no later than Saturday, April 19, 2025 before 5pm. Winning bookmarks will be professionally printed and distributed throughout the summer.

Saturday, March 1 – Saturday, April 19 Ages 3 Years – Adult

DOG MAN BOOK PARTY

March is children's author, Dav Pilkey's birthday month. Join us for a Dog Man Book Party inspired by the author's graphic novel series. There will be read alouds, activities, crafts, and more to celebrate. Registration is not required.

Saturday, March 15, 2:30pm Ages 6 – 10 Years

10 TO TRY SPRING READING PROGRAM

Register online then read and log 10 books from 10 different genres or categories. Earn a virtual badge and reading reward for every five books read. Each participant may earn up to two rewards during the program.

Saturday, March 15 – Saturday, April 26 Ages 4 – 14 Years

GAME DAY UNPLUGGED

Join friends for tabletop board and card games! During the last 30 minutes, join everyone for a full group game! Light snacks will be served to attendees. Registration is not required.

Thursdays, January 16, February 6, & March 20, 12:30 - 3:30pm 6th – 8th Grades



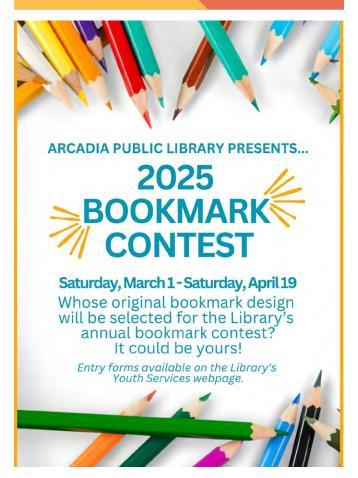
MIDDLE SCHOOL ADVISORY GROUP (MAG) MEETINGS

Are you a student in sixth to eighth grades? Looking to meet new friends? Want to help plan fun middle school events? Do you have ideas for how to make the Library a fun destination for other middle schoolers? We invite you to join the Middle School Advisory Group! The team will meet to plan and make a difference for middle school students at the Library. Registration is not required.

Wednesday, January 22, 3:30 pm 6th – 8th Grades

The Gilb Museum of Arcadia Heritage Presents: The Gilb Museum is offering free kits! Each kit comes with a short lesson and materials necessary to complete some fun crafts! Until supplies last! STEM in Arcadia January 11 - March 1 Art in Arcadia March 8 - May 30 Music in Arcadia May 10- June 28

Reserve your kit at ArcadiaCA.gov/museum



Art

WILD WORLD-THE ART OF CONSERVATION

Kids explore the wonder of the animal kingdom and discover nature in a way that inspires empathy, curiosity, and creativity. Kids learn about many different animals and know wildlife conservationists are working to protect species around the globe. Kids experiment with art techniques and use Crayola art materials to create frog paintings, ink-diffusion jellyfish, polar bear sculptures, and more!

Instructor: Crayola Staff

Location: Arcadia Community Center, 365 Campus Dr

01/07-02/25 4-5pm Tue 5-11yrs \$192 W25-4867

ELEMENTARY & CARTOON DRAWING FUNDAMENTALS

Join this fun, interactive session and learn art vocabulary and techniques. Students will learn to draw new subject matter each week, including Cartoons!

Instructor: Young Rembrandts Staff

Location: Arcadia Community Center, 365 Campus Dr

01/27-03/10 4-4:55pm Mon 6-12yrs \$96 W25-4049

no class 02/17

Cooking

COOKING AND BAKING

Come and join cooking and baking! \$35 materials fee.

Instructor: Parker Anderson Learning Centers Staff **Location:** Arcadia Community Center, 365 Campus Dr

01/09-03/13 5-5:55pm Thu 5-11yrs \$280 W25-4801

Dance

BALLET

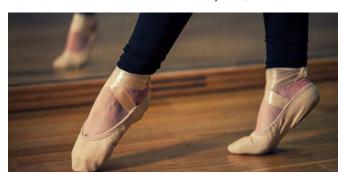
Ballet is the foundation of all dance styles. This is a great class for beginners. We incorporate stretching, ballet techniques and fun choreography. There are performance opportunities!

Instructor: Dance Fit Staff

Location: Arcadia Community Center, 365 Campus Dr

C۵	cei	ini	n	1
JU	<u> </u>	IUI	ш	1

01/09-01/30	4:35-5:20pm	Thu	4-10yrs	\$138	W25-4090
01/11-02/01	10:45-11:30am	Sat	4-10yrs	\$138	W25-4090d
Session 2					
02/06-02/27	4:35-5:20pm	Thu	4-10yrs	\$138	W25-4090a
02/08-03/01	10:45-11:30am	Sat	4-10yrs	\$138	W25-4090e
Session 3					
03/06-03/27	4:35-5:20pm	Thu	4-10yrs	\$138	W25-4090b
03/08-03/29	10:45-11:30am	Sat	4-10yrs	\$138	W25-4090f



The Buzz • ArcadiaCA.gov • Winter 2025

CLASSICAL BALLET

Classical Ballet is the foundation of all dance forms and adds a beautiful richness to all other art forms, which would never be obtained without it. Uses both Russian Vagonova and Balanchine ballet styles.

Instructor: Dance Fit Staff

Location: Virtual

Session 1

01/12-02/02	12:15-1pm	Sun	5-12yrs	\$138	W25-4092
Session 2 02/09-03/02	12:15-1pm	Sun	5-12yrs	\$138	W25-4092b
Session 3					
03/09-03/30	12:15-1pm	Sun	5-12yrs	\$138	W25-4092c

HIP-HOP/JAZZ+TAP

Come and learn the basic techniques in Jazz, Hip-Hop and tap. Fun choreography will be taught in each class and all students will have performance opportunities!

Instructor: Dance Fit Staff

Location: Arcadia Community Center, 365 Campus Dr

Session 1

01/10-01/31	5-5:45pm	Fri	3-8yrs	\$138	W25-4093
01/11-02/01	11:30am-12:15pm	Sat	4-10yrs	\$138	W25-4093g
Session 2					
02/07-02/28	5-5:45pm	Fri	3-8yrs	\$138	W25-4093a
02/08-03/01	11:30am-12:15pm	Sat	4-10yrs	\$138	W25-4093h
Session 3					
03/07-03/28	5-5:45pm	Fri	3-8yrs	\$138	W25-4093b
03/08-03/29	11:30am-12:15pm	Sat	4-10yrs	\$138	W25-4093i

Enrichment

BRICK ART AND DESIGN LAB

Edgar Degas, a famous artist, once said, 'Art is not what you see, but what you make others see'. As your child learns about different types of art and the periods they were created, students will be interpreting what they see and creating their own works of art using LEGO® bricks. Through Snapology's interactive Art History class, children will learn about Da Vinci's Mona Lisa, Van Gogh's Starry Night, Wright's Falling Water, and many more!.

Instructor: Snapology of Arcadia Staff

Location: Arcadia Community Center, 365 Campus Dr

01/18-03/08 11am-12pm Sat 6-10yrs \$125 W25-4253

CHESS CLUB

We introduce chess to students in a fun and exciting way! For all students and all levels, we teach students to play chess and help them succeed in school by stimulating their problem-solving skills, analytical skills, and critical thinking. Includes exclusive booklets and worksheets. Win certificates, medals, and trophies!

Instructor: Parker Anderson Learning Centers Staff **Location:** Arcadia Community Center, 365 Campus Dr

01/06-03/10 5-6pm Mon 6-12yrs \$198 W25-4300

no class 01/20, 02/17

CHINESE PINYIN

This class will provide a fun Chinese class with the unique teaching methods. The course will cover Chinese Pinyin vowels, consonants, tones, simple Chinese characters, Tang poetry, as well as children's rhymes. This is a great foundation for Chinese listening, speaking, reading and writing.

Instructor: Yonghong Shao

Location: Arcadia Community Center, 365 Campus Dr

01/09-03/13 4-5pm Thu 5-17yrs \$106 W25-4393b 01/09-03/13 5:05-6:05pm Thu 5-17yrs \$106 W25-4393

POKEMANIA

Come join Snapology for Pokemania. Students will build and explore the world of Pokémon as they create their own gyms, battles, and even their very own generation of Pokémon. Children will also learn about real world science as they learn about the habitats of the Pokémon. Your child will have a blast becoming the best Pokémon trainer ever. Our Lego® kits are reused and are not taken home.

Instructor: Snapology of Arcadia

Location: Arcadia Community Center, 365 Campus Dr

01/18-03/08 10-11am Sat 5-10vrs \$125 W25-4255

PHOTOGRAPHY 101

Bring your digital, film, or iPhone camera. Learn about settings and composition. We'll go over lighting, movement, style.

Instructor: Roxanna Chavarria-Cappella

Location: Arcadia Community Center, 365 Campus Dr

01/11-03/15 10 -11am Sat 6-12yrs \$206 W25-4910

Martial Arts

TAI CHI MIXED MARTIAL ARTS (MMA)

Learn striking, throwing, and submission techniques from the founder of Kinetic Tai Chi and 2014 Kung Fu Master. Coupling advanced, physical routines with Tai Chi's rich philosophy, achieve the ultimate goal of "soft as silk and hard as steel".

Instructor: Arnold Chien

Location: Arcadia Community Center, 365 Campus Dr

01/22-03/12 6:25-7:25pm Wed 12-17yrs \$239 W25-4081

KARATE BASIC

Designed to teach children important life skills in an enriching manner. Skills include focus, teamwork, discipline, self-control, fitness, balance and coordination all while participating in a kid-friendly environment.

Instructor: Champions Karate Greg Muttart

Location: Museum Education Center, 382 W Huntington Dr

01/06-03/10 no class 01/20,	-	Mon	7-17yrs	\$206	W25-2115
01/07-03/11	5-6pm	Tue	7-17yrs	\$256	W25-2115a
01/09-03/13	5-6pm	Thu	7-17yrs	\$256	W25-2115b



KARATE BEGINNER

Designed to teach children important life skills in an enriching manner. Skills include focus, teamwork, discipline, self-control, fitness, balance and coordination all while participating in a kid-friendly environment.

Instructor: Champions Karate Greg Muttart

Location: Museum Education Center, 382 W Huntington Dr

01/06-03/10 no class 01/20,	- 1-	Mon	5-6yrs	\$206	W25-2114	
01/07-03/11	4-5pm	Tue	5-6yrs	\$256	W25-2114a	
01/09-03/13	4-5pm	Thu	5-6yrs	\$256	W25-2114b	

KARATE DOUBLE STRIPE

Designed to help our students who have reached Double Stripe prepare for their Black Belt Test. Skills include focus, teamwork, discipline, self-control, fitness, balance and coordination all while participating in a kid-friendly environment.

Instructor: Champions Karate Greg Muttart

Location: Arcadia Community Center, 365 Campus Dr

01/08-03/12 4-5pm Wed 7-17yrs \$256 W25-4115

KARATE INTERMEDIATE/ADVANCED

Designed to teach children important life skills in an enriching manner. Skills include focus, teamwork, discipline, self-control, fitness, balance and coordination all while participating in a kid-friendly environment. This class is for our students who have reached orange belt or higher.

Instructor: Champions Karate Greg Muttart

Location: Museum Education Center, 382 W Huntington Dr

01/06-03/10 no class 01/20		Mon	7-17yrs	\$206	W25-2116
01/07-03/11	6-7pm	Tue	7-17yrs	\$256	W25-2116a
01/09-03/13	6-7pm	Thu	7-17yrs	\$256	W25-2116b

KARATE SPARRING

Designed to give students an opportunity to practice skills in real-time while using proper protective gear and a safe setting. Must be enrolled in a basic or intermediate / advanced class to be able to join. There is a one-time equipment fee of \$100 for sparring gear.

Instructor: Champions Karate Greg Muttart

Location: Arcadia Community Center, 365 Campus Dr

01/08-03/12 5-6pm Wed 7-17yrs \$256 W25-4116

Music

PIANO

Learn to play various musical styles from the beginning! Parent is required to attend class with the child. If you have any questions, email: kindermusikwithmsemily@gmail.com. \$28 materials fee.

Instructor: Emily Chang

Location: Arcadia Community Center, 365 Campus Dr

01/16-02/06	4-4:40pm	Thu	5-6yrs	\$119	W25-4064	
01/16-02/06	4:45-5:25nm	Thu	7-14vrs	\$119	W25-4065	

BEGINNING VIOLIN

Teaches correct, basic techniques, including how to play fun and simple songs. \$25 materials fee.

Instructor: Arcadia Music Staff

Location: Arcadia Music, 32 E Duarte Rd

01/18-03/22 1-1:45pm Sat 5-12yrs \$258 W25-4102

VOICE CLASS

Learn the fundamentals of singing to gain vocal power, range, pitch, and rhythmic skills. Musical, vocal, social skills, and language are addressed. Parents are welcome to observe classes, including an informal performance for family and friends in the final class.

Instructor: Judith Townsend

Location: Arcadia Community Center, 365 Campus Dr

BEGINNING GUITAR

Covers proper playing position, tuning, basic strumming and chords. \$25 materials fee.

Instructor: Arcadia Music Staff
Location: Arcadia Music. 32 E Duarte Rd

01/18-03/22 2-2:45pm Sat 8-12yrs \$258



Sports & Fitness

JUNIOR GYMNASTICS

These classes provide a great developmental program in gymnastics and pregymnastic activities. Tumbling, beam, bars, and vault are included. Appropriate gymnastics apparel required; hair must be securely tied back away from face with loose ends securely clipped. Class is barefoot; clean feet required. Secondary registration (no additional fee) is required for Stars Athletic Foundation Staffat https://app.iclasspro.com/portal/starsathletics

Instructor: Stars Athletic Foundation Staff

Location: Arcadia Community Center, 365 Campus Dr

01/11-03/22 2-2:55pm Sat 6-7yrs \$146 W25-4068

no class 02/15

GYMNASTICS

These classes provide a great developmental program in gymnastics and pre-gymnastic activities. Tumbling, beam, bars, and vault are included. Appropriate gymnastics apparel required; hair must be securely tied back away from face with loose ends securely clipped. Class is barefoot; clean feet required. Secondary registration (no additional fee) is required for Stars Athletic Foundation Staffat https://app.iclasspro.com/portal/starsathletics

Instructor: Stars Athletic Foundation Staff

Location: Arcadia Community Center, 365 Campus Dr

01/11-03/22 1-1:55pm Sat 8-12yrs \$146 W25-4069

no class 02/15

SMALL GROUP TENNIS CLASS-INTERMEDIATE TO ADVANCED

This Small Group lesson, for 2-5 Int/Adv Jr students, is perfect for students wishing to learn in a smaller group setting. This class is designed to bring students to a level where they have the tools to start playing matches. We believe that tennis will bring each of our students more fun, fitness, and friendships for a lifetime

Instructor: Tennis Anyone Staff

Location: Arcadia High School, 180 Campus Dr

01/11-02/01	10-11am	Sat	7-17yrs	\$179	W25-4029
02/08-03/01	10-11am	Sat	7-17yrs	\$179	W25-4029a
03/08-03/29	10-11am	Sat	7-17yrs	\$179	W25-4989

BEGINNING FENCING PROGRAM

This class is for people interested in learning the Olympic sport of fencing. In this program, learn proper techniques, conditioning exercises, footwork, and drills of the Olympic sport of fencing. No prior knowledge necessary.

Instructor: Fortune Fencing Staff

Location: Fortune Fencing, 139 W Maple Ave, Monrovia

01/06-02/03 no class 01/20	4:30-5:30pm	Mon	6-10yrs	\$175	W25-4390a
01/07-01/28	4:30-5:30pm	Tue	11-15yrs	\$175	W25-4390
01/08-01/29	4:30-5:30pm	Wed	6-10yrs	\$175	W25-4395
01/09-01/30	4:30-5:30pm	Thu	11-15yrs	\$175	W25-4397
01/11-02/01	10-11am	Sat	6-10yrs	\$175	W25-4399
02/10-03/10 no class 02/17	4:30-5:30pm	Mon	6-10yrs	\$175	W25-4390b
02/11-03/04,	4:30-5:30pm	Tue	11-15yrs	\$175	W25-4396a
02/12-03/05	4:30-5:30pm	Wed	6-10yrs	\$175	W25-4397a
02/13-03/06	4:30-5:30pm	Thu	11-15yrs	\$175	W25-4394a
02/15-03/08	10-11am	Sat	6-10yrs	\$175	W25-4399a

PRE-SOCCER

W25-4103

Have fun and learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing teaching environment. The focus will be more on skills and individual development as a result of the current accommodations. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer Staff jersey!

Instructor: Kidz Love Soccer Staff

Location: Dana Middle School, 1401 S First Ave

01/11-03/01 10:10-10:45am Sat 4-5yrs \$189 W25-3055



SOCCER SKILLS AND TRAINING

Class will cover the basic skills through activities such as dribbling, kicking, throw-ins, goalie skills, and more! Our goal is to maintain a highly active program that will teach, encourage and advance your young players, regardless of their skill level. Equipment required. To learn more about your BEST class check out here Welcome Page here: https://best-sports-usa.com/welcome/

Instructor: Beginner's Edge Sports Staff **Location:** Arcadia City Hall, 240 W Huntington Dr

01/18-03/08 11:40am-12:25pm Sat 7-10yrs \$120 W25-4595a

SOCCER 1 – TECHNIQUES AND TEAMWORK

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at their feet. Perfect for first time players while being fun and engaging for kids with some experience. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer Staff Jersey!

Instructor: Kidz Love Soccer Staff

Location: Dana Middle School, 1401 S First Ave

01/11-03/01 10:50-11:35am Sat 5-6yrs \$189 W25-3193

NRG BASKETBALL

A fundamentals-based training program teaching basketball skills needed to succeed on the court, developing players of all ages and skill levels. We're on a mission to create the Next Rising Generation of basketball stars!

Due to player skill level, it's the discussion of NRG BASKETBALL ACADEMY to move players from one class to another. It's with our experience to keep parity within all levels of our classes, giving player's the best possible experience! Parents will be notified at the end of class on the first day of players' participation in our monthly session of four days. This will change "Player to Coach Ratio" from class to class if movement is necessary.

Important Information: Some NRG class dates will be held outdoors due to City Arcadia Youth Sports League.

Instructor: NRG Staff

Location: Dana Middle School, 1401 S First Ave

Session 1

01/04-01/25	9-9:50am	Sat	5-6yrs	\$105	W25-3004b
01/04-01/25	10-10:50am	Sat	7-8yrs	\$106	W25-3005b
01/04-01/25	11am-12pm	Sat	8-10yrs	\$107	W25-3006b
01/04-01/25	12:05-1:05pm	Sat	11-13yrs	\$109	W25-3007b
Session 2					
02/01-02/22	9-9:50am	Sat	5-6yrs	\$105	W25-3004c
02/01-02/22	10-10:50am	Sat	7-8yrs	\$106	W25-3005c
02/01-02/22	11am-12pm	Sat	8-10yrs	\$107	W25-3006c
02/01-02/22	12:05-1:05pm	Sat	11-13yrs	\$109	W25-3007c
Session 3					
03/01-03/22	9-9:50am	Sat	5-6yrs	\$105	W25-3004d
03/01-03/22	10-10:50am	Sat	7-8yrs	\$106	W25-3005d
03/01-03/22	11am-12pm	Sat	8-10yrs	\$107	W25-3006d
03/01-03/22	12:05-1:05pm	Sat	11-13yrs	\$109	W25-3007d

SOCCER 2 – SKILLZ AND SCRIMMAGES

Learn advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goal-tending. Kids will scrimmage and learn to play together as a team, restrictions permitting. Kids get exposure to playing every position and have a blast doing it. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey!

Instructor: Kidz Love Soccer Staff

Location: Civic Center Grass Field, 240 W Huntington Dr

01/11-03/01 11:40am-12:25pm Sat 7-10yrs \$189 W25-3060

B.E.S.T 3 MULTI SPORT

Focusing on soccer, baseball/softball, and track n' field, players will get a well-rounded athletic program every week. Our goal is to maintain a highly active program that will teach, encourage and advance your young players, regardless of their skill level. Equipment required. To learn more about your BEST class check out here Welcome Page here: https://best-sports-usa.com/welcome/

Instructor: Beginner's Edge Sports Staff **Location:** Arcadia City Hall, 240 W Huntington Dr

01/18-03/08 10:50-11:35am Sat 5-8yrs \$120 W25-4596a

BEGINNING/INTERMEDIATE JR TENNIS ACADEMY

The focus of these lessons is on learning the 4 major strokes of the game in a fun filled, fitness friendly, atmosphere. Students will work to establish form on the forehand, backhand, volley, and serve. We believe that tennis will bring each of our students more fun, fitness, and friendships for a lifetime. Beginning students over the age of 13 should start in the lnt/Advanced Jr Tennis Academy. 25% off additional classes when you register for more than 1 day within the same session. Visit our website at tennisanyone.info

Instructor: Tennis Anyone Staff

Location: Arcadia High School, 180 Campus Dr

Session 1

<u> </u>					
01/07-01/28	6:30-7:30pm	Tue	7-13yrs	\$149	W25-4237
01/09-01/30	6:30-7:30pm	Thu	7-13yrs	\$149	W25-4238
01/11-02/01	8:15-9:15am	Sat	7-13yrs	\$149	W25-4239
Session 2					
02/04-02/25	6:30-7:30pm	Tue	7-13yrs	\$149	W25-4237a
02/06-02/27	6:30-7:30pm	Thu	7-13yrs	\$149	W25-4238a
02/08-03/01	8:15-9:15am	Sat	7-13yrs	\$149	W25-4239a
Session 3					
03/04-03/25	6:30-7:30pm	Tue	7-13yrs	\$149	W25-4237b
03/07-03/27	6:30-7:30pm	Thu	7-13yrs	\$149	W25-4238b
03/08-03/29	8:15-9:15am	Sat	7-13yrs	\$149	W25-4239b

INTERMEDIATE/ADVANCED JR TENNIS ACADEMY

For students coming in with proper form on their groundstrokes and volleys, or are beginners over the age of 13. Focus on building stroke dependability and tools for match play. 25% off additional classes when you register for more than 1 day within the same session. Visit our website at tennisanyone.info.

Instructor: Tennis Anyone Staff

Location: Arcadia High School, 180 Campus Dr

Session 1

01/07-01/28	6:30-8pm	Tue	7-17yrs	\$159	W25-4234
01/09-01/28	6:30-8pm	Thu	7-17yrs	\$159	W25-4233a
Session 2					
02/04-02/25	6:30-8pm	Tue	7-17yrs	\$159	W25-4234a
02/06-02/27	6:30-8pm	Thu	7-17yrs	\$159	W25-4232
Session 3					
03/04-03/25	6:30-8pm	Tue	7-17yrs	\$159	W25-4229
03/06-03/27	6:30-8pm	Thu	7-17yrs	\$159	W25-4230

SMALL GROUP TENNIS LESSONS

This is a small group lesson for three or more participants. Participants must reach out to Coach Nam before registering to a class. For more information regarding this lesson please contact Coach Nam directly at 626.318.5383. \$10 materials fee. No classes 01/20, 02/17.

Instructor: Jonathan Nam

Location: Camino Grove Elementary, 1420 Sixth Ave

01/06-03/10	8am-9pm	All Ages	\$246	W25-4199b	
Family Les	son 9 Weeks				
01/06-03/10	8am-9pm	All Ages	\$276	W25-4199a	
Family Lesson 10 weeks					
01/06-03/10	8am-9pm	All Ages	\$306	W25-4199	

SEMI PRIVATE TENNIS LESSONS

This is a semi private lesson for three or more participants. Participants must reach out to Coach Nam before registering to a class. For more information regarding this lesson please contact Coach Nam directly at 626.318.5383. \$10 materials fee. No classes 01/20, 02/17.

Instructor: Jonathan Nam

Location: Bicentennial Park, 518 E Longden Ave,

8 Weeks

O WCCKS				
01/06-03/16	8am-9pm	6-17yrs	\$326	W25-4391b
9 Weeks				
01/06-03/16	8am-9pm	6-17yrs	\$366	W25-4391a
10 weeks				
01/06-03/16	8am-9pm	6-17yrs	\$406	W25-4391



YOUTH INDIVIDUAL TENNIS LESSONS

This is an individual tennis lesson. Participants must reach out to Coach Nam before registering to a class. For more information regarding this lesson please contact Coach Nam directly at 626.318.5383. \$10 materials fee. No classes 01/20, 02/17.

Instructor: Jonathan Nam

Location: Bicentennial Park, 518 E Longden Ave

8 weeks

01/06-03/16	8am-9pm	6-17yrs	\$566	W25-4403b
9 weeks				
01/06-03/16	8am-9pm	6-17yrs	\$636	W25-4403a
10 weeks				
01/06-03/16	8am-9pm	6-17yrs	\$706	W25-4403

ADVANCED GROUP TENNIS WITH LYNN

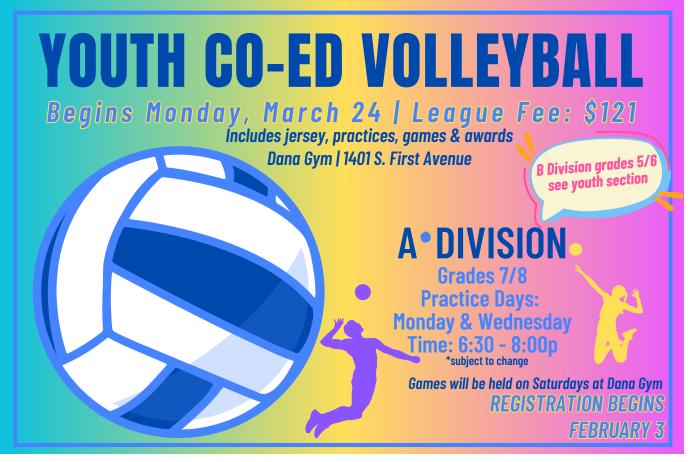
This program is designed for players who are currently playing Middle School Team,USTA junior tournaments on level 6, 7, or UTR 3-5. A more advanced level of technical and tactical development is included and physical and mental skills are enhanced. There is a heavy focus on tactics and strategy development for singles and doubles. Fitness sessions are a must as we see this as a necessity for injury prevention and to maximize your possibility of reaching your highest level. For more information please call 626.272.3112

Player needs to contact the coach before registering for the course and enter the team training through tryout (10-15mins rally or match). Only 1 hour of training.

Instructor: Lynn Liu

Location: Holly Ave Elementary, 360 W Duarte Rd					
01/13-03/10 no class 01/20,	3:30-6pm 01/27, 02/17	Mon	7-15yrs	\$246	W25-4301
01/13-03/10 no class 01/20,	7-9:30pm 01/27, 02/17	Mon	7-15yrs	\$246	W25-4329
01/14-03/11 no class 01/28,	3:30-6pm 02/17	Tue	12-17yrs	\$246	W25-4304
01/14-03/11 no class 01/28,	6:30-9pm 02/17	Tue	12-17yrs	\$246	W25-4306
01/15-03/12 no class 01/29	3:30-6pm	Wed	7-15yrs	\$246	W25-4311
01/15-03/12 no class 01/29	7-9:30pm	Wed	7-15yrs	\$246	W25-4332
01/16-03/13 no class 01/30	3:30-6pm	Thu	12-17yrs	\$246	W25-4315
01/16-03/13 no class 01/30	6:30-9pm	Thu	12-17yrs	\$246	W25-4317
01/17-03/14 no class 01/31	3:30-6pm	Fri	7-15yrs	\$246	W25-4318
01/17-03/14 no class 01/31	7-9:30pm	Fri	7-15yrs	\$246	W25-4336
01/18-03/15 no class 02/01	10:30am-12pm	Sat	7-15yrs	\$246	W25-4321
01/18-03/16 no class 02/01	7:30-10am	Sat	7-15yrs	\$246	W25-4323
01/18-03/15 no class 02/01	2:30-5:30pm	Sat	12-17yrs	\$246	W25-4324
01/18-03/15 no class 02/01	6:30-9:30pm	Sat	12-17yrs	\$246	W25-4326
01/19-03/16 no class 02/02	2:30-6pm	Sun	12-17yrs	\$246	W25-4328
01/19-03/16 no class 02/02	8-11:30am	Sun	12-17yrs	\$246	W25-4327



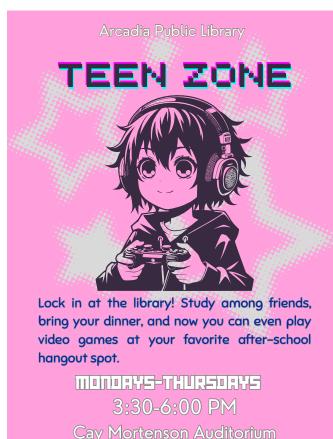


—JOIN OUR— VOLUNTEER TEAM!

TEEN VOLUNTEER OPPORTUNITIES
AT THE GILB MUSEUM

- Ages 14-17 years
- Build confidence and professional rapport Learn Arcadia's rich history
- Get familiarized with working in a setting museum.
- Earn volunteer hours & receive the Presidential Volunteer Service Award









Learn about decal design and vinyl cutting from your expert teen volunteers at the library. Registration required!

> January 2025 Library Memory Lab



Celebrate a throwback Valentine's Day with cute 2000s crafts. Create an icy, 3D decorated cell phone case and a charm strap to go with it.

> February 2025 Cay Mortenson Auditorium



Bring an item you love and let's workshop a zine. Inspire your peers by sharing a bit about your memento on the open mic.

> March 2025 Cay Mortenson Auditorium





PUBLIC LIBRARY

All Programs are at the Public Library unless stated otherwise

Bookish 2025



Join fellow bookish readers for fun & interesting discussions at the Arcadia Public library!

Tuesday, January 28 at 10AM Tuesday, February 25 at 10AM Tuesday, March 15 at 10AM

Every 4th Tuesday of the month - check the library in December for next years title!



Painting with Mocktails

0

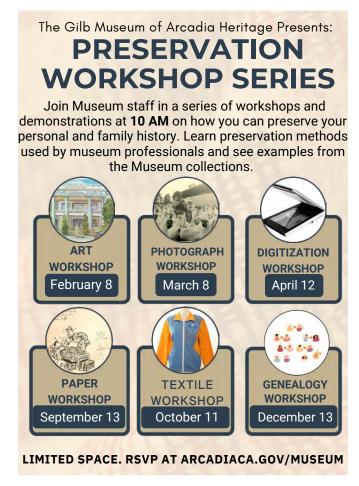
Enjoy a guided painting session of sunny day with flowers while enjoying a fun mocktail!

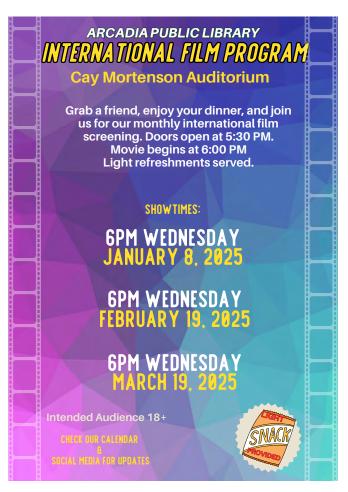
Adults only. All supplies provided.



Thursday, February 13, 2025 7 - 8 PM Cay Mortenson Auditorium







Art

INTRODUCTION TO DRAWING PRINCIPLES & **COLOR PENCILS**

Have fun learning to use these two different tools! Emphasis on color theory and composition to create beautiful works!

Instructor: Katherine Boyce

Location: Arcadia Community Center, 365 Campus Dr

01/09-02/13 7-8:30pm Thu 18+vrs \$168 W25-4805

DRAWING AND PAINTING

Students will learn composition, color theory, and use realistic or abstract techniques to draw subjects of their choice. Supply list will be designed for each students goals on the first day of class. Participants will purchase their own materials after which.

Instructor: Katherine Boyce

Location: Arcadia Community Center, 365 Campus Dr 02/20-03/20 7-9pm Thu 18+yrs

W25-4815

ARTIST'S CHOICE - OIL, ACRYLIC, WATERCOLOR, DRAWING, PAINTING

Students choose the medium. Draw or paint with pastels, color pencils, charcoal, oil, acrylic, or watercolor. Supply list will be designed for each students' goals on the first day of class. Participants will purchase their own materials.

Instructor: Katherine Boyce

Location: Arcadia Community Center, 365 Campus Dr

1:30-3:30pm 01/11-02/08 W25-4809 Sat 18+yrs \$122 02/22-03/22 1:30-3:30pm Sat \$88 W25-4809a 18+yrs

IKEBANA

Learn the traditional methods of Japanese flower arrangement, \$120 materials

Instructor: Yumiko Kikkawa

Location: Arcadia Community Center, 365 Campus Dr

01/17-03/07 11am-12:30pm Fri 18+yrs \$206 W25-4146a 01/17-03/07 9:30-11am Fri 18+yrs \$206 W25-4146

Dance

BALLETFIT BARRE MIX

This class is a low-impact, muscle toning and conditioning, full body workout. We will be

targeting muscle groups to lengthen, tighten and strengthen key areas of the body. This workout increases flexibility, sculpts & tones muscles, burns fat, improves posture and enhances self confidence. You should wear comfortable clothes that allow ease of movement, ballet shoes or socks.

Instructor: Dance Fit Staff

Location: Arcadia Community Center, 365 Campus Dr

Session 1

01/10-01/31 Fri \$138 W25-4900 5:45-6:30pm 18+yrs

Session 2

02/07-02/28 5:45-6:30pm 18+yrs \$138 W25-4900a Fri

Session 3

W25-4900b 03/07-03/28 \$138 5:45-6:30pm Fri 18+yrs

HIP-HOP CARDIO

This Class is 45 minutes long and is designed for all levels whether you are an athlete or a beginner. All classes can be modified according to individual's needs. The workout begins with a warm-up that incorporates stretching to help create long, lean muscles and prepares the body to then move in a constant motion creating an adrenaline- pumping workout. This class improves mobility, flexibility, strengthens and builds stamina while getting your heart pumping.

Instructor: Dance Fit Staff

Location: Arcadia Community Center, 365 Campus Dr

Session 1

01/11-02/01 9-9:45am Sat 18+yrs \$138 W25-4097 **Session 2** 02/08-03/01 9-9:45am \$138 W25-4097a Sat 18+vrs Session 3 03/08-03/29 W25-4097h 9-9:45am Sat 18+vrs \$138

SOCIAL BALLROOM & LATIN DANCE

This session brings the most popular social ballroom and Latin dances: Cha Cha Cha, Rumba, Swing, Tango, Foxtrot, and Waltz. Singles or couples are welcome. No partners required. Easy to learn.

Instructor: Dale Yu

Location: Arcadia Community Center, 365 Campus Dr

Waltz & Rumba

01/08-03/12 \$96 W25-4195 7:30-8:30pm Wed 18+vrs

International Standard Ballroom

01/08-03/12 8:30-9:30pm Wed 18+yrs \$106 W25-4195a

BASIC BELLY DANCE FOR FUN & FITNESS

Belly Dance is a beautiful form of dance from the Middle East & North Africa. Older teens through seniors will find this a creative, fun, & low impact way of movement. Class includes warm up, basic technique, continuous movement & gentle stretch. A few of the benefits of Belly Dance are building core strength & stamina, learning to isolate muscles & improve flexibility, improving memory and self-confidence, learning an expressive art form with music & dance from other cultures.

Instructor: Kim Almanzar Mischook

Location: Museum Education Center, 382 W Huntington Dr

01/08-02/12 W25-2010 8-9pm Wed 18+yrs \$85

SALSA

Beginner class is for those who want to polish their moves and learn a variety of footwork and combinations with a sharp technique. Intermediate class for those who are more comfortable with a faster pace and want to learn more impressive steps and combinations, spins and double turns, and fancy moves. We will also cover other Latin dances such as: Bachata, Latin Cha Cha and Merengue.

Instructor: Dorothy Tsu

Location: Arcadia Community Center, 365 Campus Dr

Beginner

01/09-03/13 7:10-8:10pm 18+yrs \$126 W25-4217 Thu Intermediate 01/09-03/13 W25-4218 8:20-9:20pm \$126 Thu 18+yrs

BEGINNING LINE DANCE

Add a little sizzle to your health and fitness program with Country Western line dancing. Learn new steps and dances that are choreographed to current hits on the radio. New dances and reviews are done weekly.

Instructor: Pam Wagoner

Location: Arcadia Community Center, 365 Campus Dr

01/14-03/11	7:15-8:15pm	Tue	18+yrs	\$60	W25-4219
01/15-03/12	7-8pm	Wed	18+yrs	\$60	W25-4221
01/16-03/13	7:15-8:15pm	Thu	18+yrs	\$60	W25-4220

INTERMEDIATE LINE DANCE

Adding on the basics, we will promote health and fitness through Country Western line dancing. Learn new steps and dances that are choreographed to current hits on the radio. New dances and reviews are done weekly.

Instructor: Pam Wagoner

Location: Arcadia Community Center, 365 Campus Dr

01/16-03/16 6-7pm Thu 18+yrs \$60 W25-4223

Enrichment

ENGLISH AS A SECOND LANGUAGE

Learn English in a comfortable environment. With ESL videos that instructor has created on You Tube to accompany the class, so you may practice outside of class.

Instructor: Roxanna Chavarria-Cappella

Location: Arcadia Community Center, 365 Campus Dr

01/06-03/10 6:15-7:15pm Mon 18+yrs \$156 W25-4901 no class 1/20, 2/17 01/08-03/12 7:15-8:15pm Wed 18+yrs \$156 W25-4901a

DOG OBEDIENCE

Provide the K9 team with Basic/Intermediate obedience training and handler etiquette in a playful environment. Furnish the tools for good K9 behavior reinforcement and skills needed to progress to additional canine training.

Instructor: Gary Francis

Location: Tierra Verde Park, 200 E Camino Real Ave

01/09-01/30 6:15-7:15pm Thu 18+yrs \$126 W25-4104 02/20-03/13 6:15-7:15pm Thu 18+yrs \$126 W25-4104a

LET'S BREW TEA - FUNDAMENTALS

Learn the benefits of tea and how to brew and appreciate that perfect cup. \$20 materials fee.

Instructor: Grand Master Arnold Chien

Location: Museum Education Center, 382 W Huntington Dr

01/27-03/10 1-2pm Mon 18+yrs \$179 W25-2508b

no class 02/17

Martial Arts

KARATE SELF-DEFENSE & FITNESS

Designed to teach self-defense and fitness skills that can be used to protect yourself and your loved ones. We will learn strategies to keep us out of danger as well as strikes, twists, and throws needed to protect ourselves and the people we care about.

Instructor: Champions Karate Staff

Location: Museum Education Center, 382 W Huntington Dr

01/07-03/11 7-8pm Tue 18+yrs \$256 W25-2117

TAI CHI & OI GONG

Learn the Tai Chi 24 and 42 styles, and Qi Gong. Tai Chi helps improve circulation and enhance energy flow at higher levels. Easy to learn and good for your health.

Instructor: Dale Yu

Location: Museum Education Center, 382 W Huntington Dr

01/09-03/13 6:30-7:30pm Thu 18+yrs \$86 W25-2037

TAI CHI CHUAN AND QI KUNG

Learn in a fun and easy, step-by-step method and help boost brain power, increase energy, release stress, improve flexibility, and balance. Beginners: Tai Chi 24 Form and Qi Kung. Advanced: Yang Style 115 Form and Tai Chi 13 Form. Tai Chi Sword and Tai Chi Fans time permitting.

Instructor: Higinio De La Rosa

Location: Museum Education Center, 382 W Huntington Dr

Beginner I

01/08-02/19 6:40-7:40pm Wed 18+yrs \$90 W25-4082 no class 01/22, 02/19

Advanced I

01/08-03/12 7:50-8:50pm Wed 18+yrs \$90 W25-4083 no class 01/22, 02/19

TAI CHI MIXED MARTIAL ARTS (MMA)

Focus on the principle of softness to conquer hardness to achieve physical and mental fitness, to reach the ultimate level of "soft as silk and hard as steel". Sessions include striking, throwing, submission, and apply MMA's full contact rules when Sparring.

Instructor: Grand Master Arnold Chien

Location: Arcadia Community Center, 365 Campus Dr

01/22-03/12 7:30-8:30pm Wed 18+yrs \$239 W25-4080

CHEN STYLE TAI CHI & TAI CHI FAN

Learn the 56 forms of Chen Style Tai Chi. Chen Style Tai Chi is the oldest Tai Chi and has been around for 400 years. All the Tai Chi styles originate from Chen Style Tai Chi. Learn the art of the Tai Chi fan. Tai Chi helps improve circulation and enhance energy flow. Students must bring their own fans.

Instructor: Dale Yu

Location: Museum Education Center, 382 W Huntington Dr

01/09-03/13 7:30-8:30pm Thu 18+yrs \$106 W25-2036



Sports & Fitness

BEGINNING PING PONG

Come join us for the fun game of ping pong while it can improve your cardiovascular health, hand-eye coordination, balance/strength, and much more.. This class will emphasize sport safety with physical conditioning, stretching, foot work as well as the fundamental ping pong skills. Bring your own paddle and have a great time. Classes are indoors.

Instructor: Dean Lee

Location: Arcadia Community Center, 365 Campus Dr

Beginner

01/07-03/11	4-5:30pm	Tue	18+yrs	\$106	W25-4558
01/08-03/13	3:45-5:15pm	Thu	18+yrs	\$106	W25-4558b

Intermediate

The intermediate Ping pong class is a continuation of the beginning level class after one has acquired the fundamental playing skills. The enrollment of this class would required an invitation and or permission from the instructor.

01/07-03/11	5:35-7:05pm	Tue	18+yrs	\$106	W25-4558a
01/09-03/13	5:15-6:45pm	Thu	18+yrs	\$106	W25-4558c



RC/DC RETRO CARDIO DANCE CLASS

Come move with us! Retro Cardio Dance Class is a fun packed 80's dance workout with a splash of the 60's, 70's and 90's. Dressing up in any old school workout clothes is encouraged! It's hammer time!

Instructor: Kristy Simone

Location: Arcadia Community Center, 365 Campus Dr

01/06-03/17 7:30-8:30pm Mon 18+yrs \$96 W25-4190

VOLLEYBALL

Open gym time where the teams are made on the spot. A fun experience to get up and move, all skill levels encouraged.

Location: Dana Gym, 1401 S First Ave

01/07-03/25 8:15-10:30pm Tue 18+ \$46 W25-3029

BADMINTON

Participants must agree to play by posted rules and must bring their own rackets and birdies.

Location: Dana Gym, 1401 S First Ave

01/09-03/20 8:15-10:30pm Thu 18+ \$46 W25-3030

YOGA & CHAIR YOGA



Introducing a unique method of conditioning that allows you to reshape and harmonize your body. This therapeutic approach will create a strong center with firm arms & legs and a healthy back. A modified version is simultaneously demonstrated for those with limited flexibility and strength. Can do in the chair or standing.

Instructor: Katalina Beltran

Location: Virtual

01/15-03/05 9:30-10:30am Wed 18+yrs \$50 W25-4202

TOTAL BODY WORKOUT

Stay trim, strong, flexible and healthy with a variety of challenging cardio and weight resistance training.

Instructor: Irma Moyao

Location: Dana Middle School. 1401 S First Ave

01/07-03/11	6:45-7:45pm	Tue	18+yrs	\$106	W25-3020	
01/11-03/15	7:30-8:30am	Sat	18+vrs	\$106	W25-3022	

ZUMBA

Zumba® fuses Latin and world rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away! New routines are rotated in weekly.

Instructor: Massiel Eva Rincon

Location: Arcadia Community Center, 365 Campus Dr

01/07-03/11 no class 02/18,	- 1	Tue	18+yrs	\$118	W25-4147
01/09-03/13		Thu	18+yrs	\$118	W25-4148
no class 02/20,	02/2/				

CARDIO FITNESS



Join us for low-impact, fun aerobics, small hand weights and exercise band training, and a cool down stretch to keep you flexible. Class level is demonstrated for all levels, can be done seated or standing.

Instructor: Katalina Beltran

Location: Virtual

01/13-03/03	9:30-10:30am	Mon	18+yrs	\$70	W25-4072
no class 01/20	02/17				
01/17-03/07	9:30-10:30am	Fri	18+yrs	\$70	W25-4072b

EXERCISE FOR LIFESKILLS

Join our specialized fitness class designed for those with past injuries or a future need for joint replacements. We focus on safe, practical exercises for walking, balance, moving quickly with obstacles, picking things up off the ground, and getting up from a seated position in a supportive boutique gym environment. Equipment provided.

Instructor: Stephanie Aikin

Location: Move Your Mountain Fitness, 120 E Santa Clara St

01/07-03/11 12-1pm Tue 18+yrs \$156 W25-4800a



SMALL GROUP TENNIS LESSONS

This is a small group lesson for three or more participants. Participants must reach out to Coach Nam before registering to a class. For more information regarding this lesson please contact Coach Nam directly at 626.318.5383. \$10 materials fee. No classes 01/20, 02/17.

Instructor: Jonathan Nam

Location: Camino Grove Elementary, 1420 Sixth Ave

Family Lesson 8 Weeks

01/06-03/10 W25-4199b 8am-9pm All Ages \$246 **Family Lesson 9 Weeks** 01/06-03/10 8am-9pm All Ages \$276 W25-4199a Family Lesson 10 weeks 01/06-03/10 8am-9pm \$306 W25-4199 All Ages

ADULT SEMI PRIVATE TENNIS LESSONS

This is a semi private lesson for two participants. For more information regarding this semi-private lesson or to set up a new date and time that is right for you please contact Coach Nam directly prior to registering at 626.318.5383. \$10 materials fee. No class 01/20, 02/17.

Instructor: Jonathan Nam

Location: Bicentennial Park, 518 E Longden Ave

Semi Private 8 Weeks

01/06-03/16 8am-9pm \$366 W25-4183b 18+yrs **Semi Private 9 Weeks** 01/06-03/16 8am-9pm 18+yrs \$366 W25-4183a Semi Private 10 weeks W25-4183 01/06-03/16 8am-9pm 18+vrs \$406

INDIVIDUAL TENNIS LESSONS

This is an individual tennis lesson. Participants must reach out to Coach Nam before registering to a class. For more information regarding this lesson please contact Coach Nam directly at 626.318.5383. \$10 materials fee. No class 01/20, 02/17.

Instructor: Jonathan Nam

Location: Hugo Reid Park (Primary/Windsor)

Individual Lessons 8 weeks

01/06-03/16 8am-9pm 18+yrs \$566 W25-4387b Individual Lessons 9 weeks
01/06-03/16 8am-9pm 18+yrs \$636 W25-4387a Individual Lessons 10 weeks

IIIUIVIUUUI ECSSOIIS TO WCCKS

01/06-03/16 8am-9pm 18+yrs \$706 **W**25-4387

BEGINNER PICKLEBALL

Come play one of the fastest growing sports in the country! In this class, we will focus on basic stroke mechanics, preparation, etiquette, having fun, and safety. Topics will include serve and serve return, footwork, score keeping, and understanding the game. Must bring own paddle. Please wear athletic shoes and bring water.

Instructor: Sandra Vizcarra

Location: Camino Grove Elementary, 1420 Sxith Ave (Outdoor courts) 01/07-02/25 8:30-10am Tue 18+yrs \$166 W25-4555

INTERMEDIATE PICKLEBALL

Designed for players who already know the basics but want to up their game. Improve your footwork, gain confidence at the kitchen line and learn to use natural body movement for more accurate and graceful shots. Please wear athletic shoes and bring water.

Instructor: Sandra Vizcarra

Location: Camino Grove Elementary, 1420 Sxith Ave (Outdoor courts) 01/10-02/28, 8:30-10am Fri 18+yrs \$166 W25-4556

Music

BEGINNING GUZHENG

Guzheng is a very popular Chinese musical instrument dating back to 500 B.C.; the sound is melodious, soothing, serene, and romantic. Learn all the basic techniques while experiencing the adventure of "east meets west" through beautiful music.



Instructor: Jing Mei Zhang

Location: Museum Education Center, 382 W Huntington Dr

Session 1

01/06-02/03 10:30am-12pm Mon 18+yrs \$102 W25-2019

Session 2

02/10-03/10 10:30am-12pm Mon 18+yrs \$102 W25-2019a no class 02/17

ADVANCED GUZHENG

For those who are proficient in Guzheng. Advance your techniques and refine your skills. Come join the fun and adventure for "east meets west" through beautiful music.

Instructor: Jing Mei Zhang

Location: Museum Education Center, 382 W Huntington Dr

Session 1

01/06-02/03 9-10:30am Mon 18+yrs \$102 W25-2021 no class 01/20

Session 2

02/10-03/10 9-10:30am Mon 18+yrs \$102 W25-2021a no class 02/17

23

All Programs are offered at the Arcadia Community Center, unless otherwise specified.

DROP-IN PROGRAMS

BILLIARDS

Monday-Friday ● 8am-5pm ● Free

The Billiard Room has three pool tables with the equipment required to play. Hours may vary depending on programs, classes, or events.

TABLE TENNIS

Monday-Friday ● 8am-4pm ● Free

Stop by the front counter to pick up table tennis equipment. Please note times may vary depending on program/event calendar.

BRIDGE

Wednesdays • 10am-1pm • Free

Bridge is the ultimate trick-taking card game, easily the greatest source of enjoyment that four people can have with a pack of cards.

KARAOKE

Every 1st and 3rd Thursday • 12:30-2:30pm • Free

Every1st and 3rd Thursday of the month, seniors can participate in Karaoke. In this FREE walk-in program, sing along to many different songs while making new friends!

SENIOR CINEMA

Wednesdays • 1pm • Free

Come enjoy a free movie every Wednesday at 1pm. Please refer to the monthly Connection or call the front desk for weekly showing.

SING ALONG WITH JAMES

Wednesdays • 1-3pm • Free

Participants look forward to singing each week because it allows them to engage with one another. Music promotes health, wellbeing, reduces stress and isolation and brings everyone together.

FIT & TALK

Thursdays • 10 am • Free

Fit & Talk will meet every Thursday in the Museum Education Center for a fun, easy, and free workout. RSVP 626.574.5130

YOU'VE GOT A FRIEND

This Program provides a friendly phone call to those in need. If you or anyone you know may be interested in receiving a call from an Arcadia staff or volunteer, please contact the Arcadia Community Center.

TRADITIONAL MAHJONG & AMERICAN MAHJONG

Traditional: Fridays • 12:30-3pm • Free American: Tuesdays • 1-4pm • Free

Traditional and American Mahjong are both a tile game played by four players with tiles that are drawn and discarded until a player secures a winning hand. Walk-ins are welcome!

PINOCHLE

Mondays • 9am-2pm • Free

Pinochle is a trick-taking, Ace-Ten card game typically for two to four players and played with a 48-card deck. It is derived from the card game Bezique; players score points by trick-taking and also by forming combinations of characters into melds.

RESERVATION PROGRAMS

TECH TALK

Every 2nd and 4th Friday • 4-5pm • Free

Need some assistance with your technological devices? Our Volunteers will help you get more familiar with using your devices and applications. Please contact the front desk to reserve your spot. Space is limited.

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)



Virtual or by phone

Receive unbiased information, counseling, and assistance with Medicare and related health insurance.

LIONS SIGHT PROGRAM – VISION ASSISTANCE

Free

Provides certification for a cost free eye exam, frames, and bifocal lenses to be used at a specific optometrist. Must be at least 62 years old and have a yearly income below \$29,900. Offered in partnership with the Arcadia Lions Club.

INFORMATION AND REFERRAL SERVICES

Free

Arcadia Senior Services has staff available to answer questions and provide assistance on issues that concern older adults and their families. Interested persons may schedule an appointment by calling the Arcadia Community Center.

Let's Do Lunch

MONDAY - FRIDAY

11:30am-12:15pm COST

- * \$4 age 50-54
- * \$3 age 55+
- Lunch is sold on a first-come, first-served basis beginning at 7:30am.
- Limited lunch meals
- Meals are to be consumed in the facility
- · Hot well balanced meal

Senior Meal Lunch Tickets NOW ONLINE!

Seniors who are 55+ are now eligible to purchase Senior Meal Lunch tickets online. To fill out a CDBG form at the Community Center before Purchasing a meal. Online ticket sales begin every morning from 7:30-10am. Ticket availability is limited.



Scan the barcode to purchase lunch ticket.





• Friday, March 7 for April appointments



Arcadia Community Center



626.574.5130







Want to meet new people? Pop into social hour where you'll get to meet new people. Come enjoy some freshly popped popcorn and lemonade. Sign up at the Arcadia Community Center or call at

626.574.5130.

Sweet Heart Bunco

Friday, February 7 **\$15 v** 12:30pm

Join a sweet game of bunco and enjoy three sets of six rounds. Light lunch and raffle prizes are included.

Registration Now Open!





Musical Moments

Presents

JAZZ

Friday, February 21 · 1-2:30pm

Come enjoy an afternoon of a special musical performance and discussion with Jazz pianist and singer Sabine.











Art

PHOTOGRAPHY

Bring your digital, film, or iPhone camera. Learn about settings and composition. We'll go over lighting, movement, style.

Instructor: Roxanna Chavarria-Cappella

Location: Arcadia Community Center, 365 Campus Dr

01/07-03/11 10:30-11:30am Tue 50+yrs \$136 W25-7910

WATER COLOR

Instructor: KT Boyce

Location: Arcadia Community Center, 365 Campus Dr

01/09-02/13 11:15am-1:15pm Thu 50+yrs \$69 W25-7013 02/20-03/20 11:15am-1:15pm Thu 50+yrs \$69 W25-7013a

DRAWING

Students will learn the fundamentals and the routine of sketching.

Instructor: KT Boyce

Location: Arcadia Community Center, 365 Campus Dr

01/09-02/13 1:30-2:30pm Thu 50+yrs \$46 W25-7047 02/20-03/20 1:30-2:30pm Thu 50+yrs \$46 W25-7047a

OIL & ACRYLIC PAINTING

This multi-level class presents the basic techniques of working in oil and acrylics using various palettes, mixing, and organizing values, light, and using color to enhance your work.

Instructor: KT Boyce

Location: Arcadia Community Center, 365 Campus Dr

01/09-02/13 9-11am Thu 50+yrs \$69 W25-7011 02/20-03/20 9-11am Thu 50+yrs \$69 W25-7011a

Dance

BALLETFIT STRETCH & FLOW

In this class we will be practicing ballet stretching, basic ballet techniques and we will be dancing to beautiful music, while giving the body an overall sense of wellbeing. This class is for everyone and requires no previous dance experience. This class is adaptable to all abilities. The class improves posture and balance, while maintaining mobility and easing of movement. It will strengthen and tone your muscles, increase blood flow,energize and relieve stress. This is a progressive class that will build each session throughout the year. You can wear comfortable clothes you can move in, ballet shoes or socks.

Instructor: Dance Fit Staff

Location: Arcadia Community Center, 365 Campus Dr

Session 1

<u> </u>					
01/08-01/29	8-8:45am	Wed	50+yrs	\$34	W25-7950
01/09-01/30	9-9:45am	Thu	50+yrs	\$34	W25-7950c
Session 2					
02/05-02/26	8-8:45am	Wed	50+yrs	\$34	W25-7950a
02/06-02/27	9-9:45am	Thu	50+yrs	\$34	W25-7950d
Session 3					
03/05-03/26	8-8:45am	Wed	50+yrs	\$34	W25-7950b
03/06-03/27	9-9:45am	Thu	50+yrs	\$34	W25-7950e

MOVIN & GROOVIN

This is a low-impact, full body workout that can be modified according to individual needs. If you choose you can use a chair for this class. This is an invigorating, fun class that is designed to keep us moving, mobile and healthy, while strengthening our bodies. We will learn fun, easy follow along dance moves to up-beat music, while we energize our bodies by using our muscles and creating better circulation. You should wear comfortable clothes you can move in, tennis shoes or dance shoes.

Instructor: Dance Fit Staff

Location: Arcadia Community Center, 365 Campus Dr

_				٠				á	
ď.	Ω	e	e	п	n	n	Ι.	7	
u	G	J	J	Ш	u	ш			

01/08-01/29	9-9:45am	Wed	50+yrs	\$34	W25-7960
Session 2			,		
02/05-02/26	9-9:45am	Wed	50+yrs	\$34	W25-7960a
Session 3					
03/05-03/26	9-9:45am	Wed	50+yrs	\$34	W25-7960b

TAPPERFIT

This is a low impact, full body work-out that is fun! This class starts with stretching and warming up. We will practice basic tap techniques and learn fun follow along dance routines. you will get a good aerobic workout while dancing! Wear comfortable clothes you can move in and tap shoes or tennis shoes.

Instructor: Dance Fit Staff

Location: Museum Education Center, 382 W Huntington Dr

Session 1

01/09-01/30 8-8:45am Thu 50+yrs \$34 W25-7990a Session 2 02/06-02/27 8-8:45am Thu 50+vrs \$34 W25-7990b Session 3 03/06-03/27 8-8:45am W25-7990c Thu 50+yrs \$34

BEGINNING LINE DANCE

This exciting class will teach you the basic line dance steps. Learn to line dance to your favorite song while getting a good workout.

Instructor: Willard Berry

Location: Arcadia Community Center, 365 Campus Dr

01/06-03/10 no class 01/20,		Mon	50+yrs	\$54	W25-7005
01/06-03/10 no class 01/20,		Mon	50+yrs	\$54	W25-7043
01/09-03/13,	12-1pm	Thu	50+yrs	\$66	W25-7006
01/09-03/13	1:05-2:05pm	Thu	50+yrs	\$66	W25-7044

INTERMEDIATE LINE DANCE

Add to your basic knowledge of line dancing by learning new steps in this intermediate class. Everyone will have fun dancing while getting exercise and building confidence.

Instructor: Willard Berry

Location: Arcadia Community Center, 365 Campus Dr

01/08-03/12	1:05-2:05pm	Wed	50+yrs	\$66	W25-7002
01/09-03/13	12-1pm	Wed	50+yrs	\$66	W25-7007

BALLROOM DANCING FOR SENIORS WITH DEMENTIA AND ALZHEIMER'S

This class will provide hours of fun while you learn the techniques of ballroom dancing including: the waltz, cha-cha, and rhumba. No partner is needed.

Instructor: Roxanna Chavarria-Cappella

Location: Museum Education Center, 382 W Huntington Dr

01/09-03/13 9-10am Thu 50+yrs \$156 W25-7900

VIRTUAL

Sports & Fitness

EXERCISE FOR LIFESKILLS

Join our specialized fitness class designed for those with past injuries or a future need for joint replacements. We focus on safe, practical exercises for walking, balance, moving quickly with obstacles, picking things up off the ground, and getting up from a seated position in a supportive boutique gym environment. Equipment provided.

Instructor: Stephanie Aikin

Location: Move Your Mountain Fitness, 120 E Santa Clara St

01/07-03/11 12-1pm Tue 50+vrs \$116 W25-7800

KINETIC TAI CHI

Students will gain balance, health benefits, and reduce anxiety. Offered in seven levels, each student will find their personal level according to their current physical condition.

Instructor: Arnold Chien

Location: Arcadia Community Center, 365 Campus Dr

01/21-03/11 9-10am Tue 50+yrs \$159 W25-7030

PILATES

Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core as well as all muscles of your body. The class is slow and fluid including stretching, balance and posture to increase your mobility and range of motion.

Instructor: Shannon Duffy

Location: Virtual

Mon 50+yrs 01/06-03/10 9-10am W25-7201 \$54 no class 01/20, 02/17

Instructor: Shannon Duffy

Location: Arcadia Community Center, 365 Campus Dr

01/08-03/12 11:45am-12:45pm Wed 50+vrs W25-7014

no class 02/05

GENTLE FITNESS

An adaptive fitness class designed to improve strength, flexibility, balance and range of motion. Low to moderate intensity while using a chair for standing and seated support. Restorative breathing and relaxation to promote stress reduction and mental clarity.

Instructor: Shannon Duffy

Location: Arcadia Community Center, 365 Campus Dr

01/09-03/13 8:15-9:15am Thu 50+yrs \$60 W25-7018

no class 02/06

STRENGTH TRAINING

Return youth to your body, prevent injury through strength and flexibility, and improve your balance. The instructor will guide you through exercises to increase your energy and strengthen bone density.

Instructor: Irma Moyao

Location: Arcadia Community Center, 365 Campus Dr

01/06-03/10 no class 01/20,	8:30-9:30am 02/17	Mon	50+yrs	\$56	W25-7016
01/06-03/10 no class 01/20,	9:35-10:35am 02/17	Mon	50+yrs	\$56	W25-7017
01/07-03/11	11-11:55am	Tue	50+yrs	\$66	W25-7026
01/08-03/12	8-9am	Wed	50+yrs	\$66	W25-7036
01/09-03/13	11am-12pm	Thu	50+yrs	\$66	W25-7027

FIT FOR LIFE

It's never too late to begin your fitness journey. Move to fun music in this multi-level class. Increase strength, flexibility, cardiovascular endurance, and range of motion. Emphasis on balance and injury prevention as regular exercise will help with day-to-day obstacles. Become stronger, feel happier and have fun with new friends. A chair will be provided as needed.

Instructor: Shannon Duffy

Location: Virtual

01/06-03/10 10:30-11:30am Mon 50+yrs \$54 W25-7202

no class 01/20, 02/17

Instructor: Shannon Duffy

Location: Arcadia Community Center, 365 Campus Dr

01/08-03/12 10:30-11:30am Wed 50+yrs \$60 W25-7203 no class 02/05 W25-7001a 01/09-03/13 9:30-10:30am Thu 50+yrs \$60

no class 02/06

STRENGTH & BALANCE

Learn the basics needed to improve your strength and balance which will allow you to maintain your independence longer and increase your overall quality of life.

Instructor: Irma Moyao

Location: Arcadia Community Center, 365 Campus Dr

01/08-03/11 9:05-10:05am Wed 50+yrs \$66 W25-7015

CARDIO PLUS

This class combines rhythmic, low impact, large and small muscle aerobic exercises. It is designed to get your heart rate up and tone your muscles simultaneously. Along with the cardiovascular workout to fun, energetic music there is a variety of light weight training and range of motion for a total body workout.

Instructor: Shannon Duffy

Location: Arcadia Community Center, 365 Campus Dr

01/09-03/13 12:30-1:30pm Thu 50+yrs W25-7001

no class 02/06

VIRTUAL

ZUMBA GOLD

Zumba® Gold is a world dance workout designed for the true beginner or active older adult. Every class includes a gradual warm-up, low-impact cardio, and cool down. One new routine rotated in weekly. Zumba® Gold routines focus on low-impact, simplified, and fun-filled choreography. Learning the steps provides workout for both your body and mind.

Instructor: Yiren Wang

Location: Arcadia Community Center, 365 Campus Dr

01/06-03/10 10:45-11:45am W25-7299 Mon 50+yrs \$46 no class 01/20, 02/17 W25-7200 01/07-03/11 9:45-10:45am Tue 50+yrs \$56 01/10-03/14 11-11:45am 50+vrs \$56 W25-7220 Thu

Instructor: Massiel Eva Rincon

Location: Arcadia Community Center, 365 Campus Dr

01/06-03/10 7:05-8:05pm W25-4026 Mon 50+vrs

no class 01/20, 02/17, 02/24

Yoga & Meditation

CHAIR & STRETCH YOGA

In this class, you will have passive movements along with easy stretches all done in a chair. Perfect for those who cannot do floor work. Move at your own pace and enjoy relaxation and flexibility through movement.

Instructor: Irma Moyao

Location: Arcadia Community Center, 365 Campus Dr

01/06-03/10 12-1pm Mon 50+vrs \$56 W25-7031

no class 01/20, 02/17

Parent/Adult Name:							
First:	Last:			<u>Bi</u>	rthdate:		
Address:				Ho	ome Number: ()		
City:	State:	Z	ip:	Ce	ell Number: ()		
Email Address:							
Person to notify in case of e	mergency, if parent/guardia	n cannot be reac	hed:				
Name:	Relation	nship:		PI	hone: ()		
Are there any special require concerns or other medical in	ns for Children under 18 years of ements, such as a vegetarian diet, nformation of which we should be n daily and time medication is take	, or conditions such e aware?					
Name of F	Participants	Birth Date	0	Sex Activ	Activity	Nome of Activity	Fee
First	Last	Diffui Date	Sex	Number	Name of Activity	ree	
DECIND DOLLOW ACKNOWLEDGMENT	Lunderstand and agree to the following re	fund policies			TOTAL FEES \$		

REFUND POLICY ACKNOWLEDGMENT - I understand and agree to the following refund policies

- · Refunds can be issued as user credit or check.
- Refunds will be assessed a \$22 fee per activity, per person unless the program was canceled by the City.
- Refunds and transfers for classes must be requested prior to the start of second class meeting.
- · Refunds for merit badge classes must be requested at least one day in advance.
- Refunds for special events and excursions will only be issued if the spot can be filled with someone from the waitlist.
- Refunds for camps must be requested one week prior to the start of the camp in which you are
 requesting a refund. All refund requests made less than one week prior to camp will only be
 issued if the spot can be filled from the waitlist.
- Material fees are non-refundable.

RELEASE OF LIABILITY AND INDEMNIFICATION FOR ALL PARTICIPANTS - I hereby waive, release and discharge any and all claims or rights to claims for damages for death, personal injury or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This Release is intended to discharge in advance the City of Arcadia, (and their respective agents, volunteers and employees), from and against any and all liability arising out of or connected in anyway with my participation in said activity. I further understand that accidents may occur during said activity, and that participants in such activity may sustain personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of said activity, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. If the participant is a minor, I also give permission for his/her participation in the above activities, and for any necessary emergency medical treatment. I understand that the City of Arcadia has no obligation to supervise my children at the close of the above activities and I recreation programs are subject to being photographed and such photographs may be used to publicize city programs.

In consideration for the City of Arcadia's acceptance of this registration, I hereby agree to indemnify and hold harmless the City of Arcadia, its officials, officers, employees, agents, or volunteers from any liability or claim or action for damages resulting from or in any way arising out of my participation in any City Recreation and Community Services Department program. I further understand and agree

(1) to assume all risks inherent in the activities which are available and in which I may participate, and understand that these activities involve risk to my person and property and (2) to assume the risks, if any, arising from the conditions and use of equipment and facilities. I further understand and agree that there may be risks and dangers not known or reasonably foreseeable to me at this time, and in accordance with Section 1542 of the California Civil Code, I understand that my release extends to claims which I did not know or suspect to exist in my favor at the time of execution of this release.

I understand that my participation in any City Recreation and Community Services Department program, including but not limited to the activities listed above, exposes me to the risk of communicable diseases and viruses. I hereby acknowledge that I am voluntarily participating in said activities and agree to assume any such risk of exposure to communicable diseases and viruses.

IF THE PARTICIPANT IS A MINOR, his or her custodial parent or legal guardian must read and execute this agreement. I hereby warrant that I am the custodial parent or legal guardian of (print minor's name), who is a minor, and I agree on my own and said minor's behalf to the terms and conditions of this release.

In the event of injury or illness while the participant who is a minor is attending the recreation activity, I hereby authorize the City of Arcadia Recreation and Community Services Department to consent to medical treatment on behalf of the minor as deemed necessary. The undersigned, as parent or legal guardian of the child identified on this form, hereby authorizes the Recreation and Community Services Department and its officers, employees and agents into whose care the registered child has been entrusted, to consent to the advice of trained emergency personnel. This authorization to consent to treatment of the minor identified above is given to the Recreation and Community Services Department in conjunction with any activity or event in which the minor's care is entrusted to the Recreation and Community Services Department.

The Recreation and Community Services Department may take and use photos of participants for publicity purposes. Photos of participants are used in the City's activity guide and other media publications. I hereby grant the City of Arcadia permission to use my, or if the participant is a minor, the minor's likeness, name, voice and words in any broadcast, telecast or print media account of this event or activity free of charge.

Signature (REQUIRED): Date:

Payment Via Credit Cards

Online or in-person registration only. The City accepts Visa, MasterCard, and Discover.

Payment Via Checks

By mail or in-person registration only. Please make checks payable to: City of Arcadia

Payment Via Cash In-person registration only.









ONLINE

Residents: Monday, December 9
Everyone: Monday, December 16
ArcadiaCA.gov/recreation



MAIL IN

Monday, December 16 P.O. Box 60021 Arcadia, CA 91066



WALK IN

Monday, December 16 375 Campus Drive Arcadia, CA 91007

General Information

- · We accept cash, checks, VISA, MasterCard, and Discover
- · Checks payable to "City of Arcadia"
- Individuals may only register for themselves and their own family members
- Only the registered participant may attend the class, unless it is Parent and Me



Refund Information

- Refunds and transfers must be requested prior to the second class meeting
- · Refunds can be given as user credit or check
- Refunds will be assessed a \$22 fee per activity, unless the program was canceled by the City
- · Please allow 2 weeks for processing
- · Materials fees are non-refundable
- Refunds for special events and excursions will only be issued if the spot can be filled with someone from the waitlist
- Requests for camp refunds must be submitted one (1) week prior to
 the start of the week of camp in which you are requesting a refund.
 All requests for refunds made less than one week prior to camp will
 only be issued if the spot can be filled from the wait list. All refunds
 are subject to a \$22 cancellation fee per week, per camper.















JANUARY 25 West Fork Trails

Trail Difficulty: Easy

4 MILES



APRIL 19

Switzer Falls

Trail Difficulty:
Moderate

4 MILES



JUNE 14

San Clamente Beach Trial

Trail Difficulty: Easy

4 MILES

Includes round trip transportation to the trail-head, a staff guided hike, and a sandwich packed lunch. Hikes may include steep inclines and uneven terrain.

May not be suitable for all individuals.