WAYS TO REGISTER

ONLINE
Log onto cypressrec.org. Select online registration, log in to your account/create an account. All major credit cards accepted. If you need any assistance call (714) 229-6780.

APPOINTMENT ONLY
Call (714) 229-6780 to arrange to visit the Community Center in person.

DROP BOX
For your convenience, we have a 24-hour drop box located in front of the Community Center, 5700 Orange Avenue. All registration in the drop box will be processed the next business day.

MAIL-IN
Mail registration form and payment to:
Cypress Recreation, 5700 Orange Ave.
Cypress, CA 90630 (Check Only).

• REGISTRATION WILL NOT BE TAKEN IN CLASS
• Make Checks Payable to the City of Cypress.
• If enrollment does not meet the minimum required, the class will be cancelled and fee refunded.
• If you need special accommodations for any of our activities, please notify staff at time of registration.

INFO LINE (714) 229-6734
The 24-hour “Info Line” provides general information on events and programs.

REGISTRATION INFO

• Cypress Resident Registration begins Monday, November 16 at 8:00am.
• Non-Resident Registration begins Monday, November 30 at 8:00am.
• $10 Non-Resident fee per participant per class.
• Please check each class schedule for specific starting date.

Already looking forward to our spring activities? The Spring Activity Guide will be available to Cypress residents in February.

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City Council

Rob Johnson ........................................ Mayor
Mariellen Yarc ...................................... Mayor Pro Tem
Stacy Berry .......................................... Council Member
Paulo Morales ...................................... Council Member
Jon Peat .............................................. Council Member

Recreation & Community Services Commission

Linda Croce .......................................... Chair
Vanessa Burtle ...................................... Vice Chair
Nancy Conze ........................................ Commissioner
Roger Hollenbeck ................................ Commissioner
Jennifer Park ........................................ Commissioner
Vacant .................................................. Commissioner
Vacant .................................................. Commissioner

The Recreation and Community Services Commission meets at 6:00pm on the 3rd Tuesday of the month at the Cypress Community Center.

Senior Citizens Commission

Gincy Heins .......................................... Chair
Sheere Yurenko .................................... Vice Chair
Ginger Osman ...................................... Commissioner
Carlos Ramirez .................................... Commissioner
Jan Stein ............................................. Commissioner
Vacant .................................................. Commissioner
Vacant .................................................. Commissioner

The Senior Citizens Commission meets at 3:00pm on the 2nd Wednesday of the month at the Cypress Senior Center.

Recreation & Community Services Staff

Cameron Harding ................................. Director
Jeff Draper .......................................... Manager
Shelly Myers ....................................... Supervisor
Jenni Worsham .................................... Supervisor
Kaylie Kontaratos ................................. Coordinator
Shayna Gutierrez ................................ Coordinator
Lauren Parga ....................................... Coordinator
Andi Terry .......................................... Specialist
Teena Tomlinson ................................. Specialist
HOLIDAY FUN
with Cypress Recreation

- Virtual Tree Lighting
- Santa’s Sleigh Ride ‘Round Cypress Parks
- Family Fun Holiday Activity Calendar
Check cypressrec.org for event details!

SPECIAL EVENTS

HOLIDAY DECORATING CONTEST 2020

- All residences and businesses within the City of Cypress are eligible
- For entry and guidelines, visit www.cypressca.org/holiday-decorating
- Entries will be placed on the City’s website
- Deadline is Friday, December 11, 5:00pm

- All participants will receive a yard sign noting their award or recognizing their participation
- There is no charge for residents and businesses to participate in the “Holiday Decorating Contest”
- For more information visit www.cypressrec.org or call (714) 229-6780
The City of Cypress is looking forward to seeing you again! In an effort to keep our participants safe and healthy, we will be instituting new mandatory protocols to help minimize the transmission of the COVID-19 virus. These protocols are required when participating in a Cypress program or activity.

MANDATORY SAFETY PROTOCOLS FOR INDOOR CLASSES

Registration for a class, lecture or event is required for entry into the Cypress Community Center and Cypress Senior Center.

- Enter through designated doors only.
- Temperature and health questions will be conducted upon entering.
- All individuals over the age of 2 will be required to wear a mask or face covering when entering City facilities.
- Masks/face coverings must be worn correctly at all times. Masks/face coverings must cover mouth and nose at all times.
- Physical distancing of 6 feet or more.
- Proper hygiene (washing with soap and water or using hand sanitizer).
- Designated traffic flow must be followed.
- Common seating areas are closed until further notice.
- Capacity is limited in classes and activities.
- Participants are to leave facility promptly after scheduled activity ends.
- Additional protocols may be in place and will be communicated to all prior to entering and posted throughout the facility.

MANDATORY SAFETY PROTOCOLS FOR OUTDOOR CLASSES

- Temperature and health questions will be conducted prior to the start of class.
- Additional protocols may be in place and will be communicated to all prior to entering and posted throughout the area.
- Wear a mask or face covering, especially when it is difficult to stay less than 6 feet apart from other people.

People with these symptoms may have COVID-19 and should not attend activities:

- Cough
- Loss of Taste or Smell
- Chills
- Shortness of Breath or Difficulty Breathing
- Sore Throat
- Fever (Temperature over 100.4 F)
- Muscle Pain

Wearing is caring
Masks are required in this area at all times

Six Feet Please
Keep your distance to reduce the spread

Don't Pass It On
Wash your hands frequently

We appreciate and thank you in advance for your cooperation.
Recreation staff are available during business hours. Please call (714) 229-6780 for assistance.
CITY UPDATES

Even though we had to be closed these past few months, we quickly made adjustments to keep ALL of our great services available to you virtually. We recently partially reopened our facilities and are excited for the possibility of being completely reopen in the near future. In preparation for a transition into what will be our “new normal”, we are working hard to organize events and community gatherings to be conducted within CDC safety guidelines keeping everyone safe. Feel free to contact us via email or phone during regular business hours. If you need assistance that requires you to meet in person you can make an appointment.

CITY HALL
5275 Orange Ave
Administration and Finance: (714) 229-6700
Building Division Services: (714) 229-6730
Public Works: (714) 229-6740
Maintenance Yard: (714) 229-6760
Planning Division Services: (714) 229-6727

NEW Schedule appointments online

POLICE DEPARTMENT
5275 Orange Ave | (714) 229-6600

COMMUNITY CENTER
5700 Orange Ave | (714) 229-6780

SENIOR CENTER
9031 Grindlay St | (714) 229-2005

2021 CITY CLOSURES
JAN 1
JAN 18
FEB 15
MAY 31
JUL 5
SEPT 6
NOV 11
NOV 25
DEC 23
DEC 24
DEC 31

We’re hiring
CYPRESS POLICE OFFICERS

Requirements: Minimum age of 21, high school diploma or G.E.D., a U.S. citizen or filed application for citizenship, capable of physical demands of law enforcement, good moral character, and no felony convictions.

Highly desirable: Bilingual, a Bachelor’s degree and/or a Master’s degree

CALL US TODAY
(714) 229-6630

www.cypresspd.org

CYPRESS COMMUNITY

Thanks to the partnership between the community and the Police Department, Cypress enjoys a low crime rate compared to many parts of California. Our community is grateful for their service and enjoy their frequent participation in community events and educational demonstrations.

$82,494 - $107,904 annual salary
Paid vacation and sick leave
3/12 & 4/10 work schedules
11 paid holidays
Health benefits
EVERY SATURDAY
from 9 AM to 2 PM

CYPRESS FARMERS MARKET
Located in the Cottonwood Church Parking Lot

Cypress staff will be there the first Saturday of every month sharing city updates and crafts.

DOWNLOAD our Cypress Central App

Cypress Central app users will have City resources at their fingertips. With features like issue reporting, service requests, contacts for City Council or City departments, maps, City news, and upcoming events. You will find it easier than ever to stay connected with just a few taps on your mobile device.

FOLLOW US ON SOCIAL MEDIA

@cityofcypress  @city_of_cypress  @cityofcypress

SUBSCRIBE ON YOUTUBE

Check out our newest channel for creative craft ideas, workshop recaps, Recreation and Community Services staff tutorials, event videos and messages from our city representatives.

WATCH NOW

@CityofCypress

SORT BY

Sorted playlists

Holiday Crafts
Recreation & Community Services
City Updates
Police Department
Senior Center
CITY SPOTLIGHT!
In an effort to promote and host more events in the coming months, Recreation and Community Services staff put together a very successful Drive Through Halloween Town event in the Civic Center parking lot. We distributed over 850 goodie bags and were so happy to see so much participation from the community. We are looking forward to our next event!

CITY COUNCIL APPROVED RELIEF GRANTS FOR 158 SMALL BUSINESSES

The City Council is so thankful for the leadership and timeliness on providing much needed CARES Act funding to the cities of the Second District. The City Council established the Small Business Relief Grant Program (SBRGP) to provide grants up to $7,500 to the small businesses that make up the fabric of Cypress. The program was created, implemented and successful in getting this vital CARES Act Funding to over 158 Cypress businesses, totaling $1.1 million dollars.

OC PUBLIC LIBRARY GRAB & GO SERVICES

- Designated self-service checkout of holds and popular items
- Physically distanced single-user computers by reservation for one-hour sessions
- For safety purposes, staff and visitors must wear face masks and maintain safe physical distancing
- Contactless curbside pickup service

Grab & Go Service Hours:
Tuesday - Thursday from 11 AM to 7 PM
Friday - Saturday from 9 AM to 5 PM

New hours for Curbside Pickup Service:
Tuesday - Thursday from 12 PM to 6 PM
Friday - Saturday from 10 AM to 4 PM
The Cypress Police Department will undergo an extensive modernization starting in November. Our 20,000 square-foot Police station is the City’s most heavily used facility, operating 24 hours a day, seven days a week, 365 days a year. This project will provide vital seismic retrofits to protect from earthquakes, and a new emergency operations center. Completion is scheduled for Fall 2021.

COMING FALL 2021

For more info visit: www.cypressca.org/newpark

Breaking ground begins this November. The goal is to have the park complete by November 2021 and will include facilities like walking paths, children playgrounds, exercise stations, turf fields, and multi-purpose courts.

In the past year, the City has updated several other parks in the community for public use.

The City completed playground rubberized resurfacing for Maple Grove South, Cedar Glen, Eucalyptus, Evergreen, Oak Knoll, Peppertree, and Pinewood parks. A new concession stand and restrooms were installed at Oak Knoll. Six pickleball courts were put in Arnold Cypress park. Additionally, the playground equipment was replaced and basketball court was resurfaced at Cedar Glen Park in conjunction with the Boys & Girls Club of Cypress in partnership with KaBOOM! and the Tarsadia Foundation.
SHEA MARKETPLACE
The City Center by Shea was approved by the City Council earlier this year. “The development will bring beauty to our Katella corridor and is long overdue for the city” said Mayor Johnson “The center will be a place for residents and guests to spend time together enjoying the amenities while also adding an additional revenue stream for Cypress.” The project is a mixed-use commercial and residential development consisting of retail, restaurants, a hotel, and apartments. “We at Shea Properties are so excited to bring the City Center project to life. It’s going to be a dynamic mixed use center that will become a hub for the Cypress community” said Kevin McCook, Vice President at Shea. Anticipated ground breaking occurring in fall of 2021 with a projected opening date of mid-2024.

CYPRESS TOWN CENTER DEVELOPMENT
MELIA HOMES
The first project to come forward as a result of voters approving Measure A. The Town Center and Commons 2.0 specific plan is 135 townhomes by Melia Homes called The Town Center. The project is proposed for a portion of the Los Alamitos Race Course parking lot near Costco. The Town Center includes two types of homes: 56 two-story condominiums and 79 three-story row townhomes with a central open space area including a pool and areas for active and passive recreation. An EIR is being prepared for the project with an anticipated public hearing date in summer 2021.

DO YOUR PART TO REDUCE THE SPREAD OF COVID-19

Wearing is caring
Masks are required in this area at all times

PLEASE STAND 6 FEET APART
Six Feet Please
Keep your distance to reduce the spread

Don’t Pass It On
Wash your hands frequently
INTRO TO CARTOON DRAWING
8-15yrs (4 weeks)
Learn the secrets of cartoon drawing and create your very own cartoon story in this unique arts class. Students will learn to draw cartoon characters and other elements to create their own story ideas and turn them into actual cartoons.
Instructor: Creative Brain Learning Staff
Location: Online

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<tr>
<th>COURSE</th>
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<th>DAY</th>
<th>TIME</th>
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<td>Feb 4- Feb 25</td>
<td>TH</td>
<td>4:00-5:00pm</td>
<td>$61</td>
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ANIME DRAWING
8-15yrs (4 weeks)
Anime art is a specialized field similar to cartoon drawing. Students will learn the essence of anime art and will recreate their favorite anime characters and design new ones.
Instructor: Creative Brain Learning Staff
Location: Online

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<th>COURSE</th>
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<td>6451</td>
<td>Feb 4- Feb 25</td>
<td>TH</td>
<td>5:00-6:00pm</td>
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ART FUN FOR KIDS
6-12yrs (4 weeks)
Join our online community! We meet every Friday via Zoom. You do not need to have a Zoom account to participate. The Zoom link is provided by the instructor. Each week we have a new lesson. Since this is a group class there are no makeups for missed classes.
K – 1st grade materials needed include: white copy paper, pencil and eraser, scissors, glue stick and crayons.
2nd – 5th grade materials needed include: watercolor paper, watercolor paint tray, paint brushes, practice paper, pencil and eraser. You can email Miss Ronda at thefoundation123@gmail.com for Amazon links to these supplies.
Instructor: Foundation for the Performing Arts, Inc.
Location: Online

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<tr>
<th>COURSE</th>
<th>DATE</th>
<th>DAY</th>
<th>AGES</th>
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<td>6444</td>
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<tr>
<td>6446</td>
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<td>F</td>
<td>K-1st</td>
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<td>6447</td>
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<td>2nd-5th</td>
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</table>
OC Dance offers a variety of classes with highly trained instructors and low student to instructor ratios. Winner of OC Parenting Magazine’s “Reader’s Choice Best Dance Studio” in 2015 through 2019, classes are taught by family friendly staff, detailed progression programs for young dancers to track accomplishments, and inexpensive recitals on stage twice a year. For recital photos, recommended attire, and instructor bios, please visit ocdanceproductions.com or Instagram at @ocdanceproductions

**LOCATION OF ALL CLASSES LISTED BELOW: CYPRESS COMMUNITY CENTER**

**PRINCESS BALLET**
3-6yrs (7 weeks)
Dancers learn beginning ballet and creative movement with a princess twist! Class also helps improve coordination and musicality. Ballet shoes required. $10 craft fee due on first day. *No class Jan 18 and Feb 15.

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<th>COURSE</th>
<th>DATES</th>
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<td>Jan 11-Mar 8</td>
<td>M</td>
<td>3:30-4:15pm</td>
<td>$101</td>
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</tbody>
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**BALLET, JAZZ, TAP COMBO**
3-6yrs (7 weeks)
Children involved in dance improve coordination, rhythm and listening skills. This beginning class introduces tap, jazz, and ballet movements and dance terminology. Ballet and tap shoes required. *No class Jan 18 and Feb 15.

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<td>4:45-5:30pm</td>
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**BUTTERFLY BALLERINAS**
4-6yrs (9 weeks)
For dancers just finding their “wings”. Participants learn beginning ballet, motor skills, and creative movement! Class promotes coordination, rhythm, & listening skills. Ballet shoes required.

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</table>

**ALL-IN-ONE DANCE**
5-9yrs (7 weeks)
Dancers learn beginning ballet, jazz, tumbling, and hip hop. Perfect for those wanting to try multiple styles! Class also helps improve balance, coordination, and rhythm. Dance shoes required. *No class Jan 18 and Feb 15.

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<th>COURSE</th>
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<td>Jan 11-Mar 8</td>
<td>M</td>
<td>6:00-6:45pm</td>
<td>$101</td>
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**HIP HOP TUMBLE**
3-5yrs (9 weeks)
Dancers learn beginning jazz, hip-hop, and basic tumbling incorporated in dance combinations. Class improves coordination, rhythm, listening skills, and agility. Sneakers or dance shoes are required.

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<th>COURSE</th>
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<tbody>
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<td>6473</td>
<td>Jan 12-Mar 9</td>
<td>T</td>
<td>4:45-5:30pm</td>
<td>$126</td>
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</table>

**POP STAR HIP HOP**
5-9yrs (9 weeks)
Dance and choreograph like your favorite star! Through clean and fun jazz and hip hop based moves, participants learn choreography and lyrics to popular age-appropriate artists. Sneakers required.

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<tr>
<th>COURSE</th>
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<tbody>
<tr>
<td>6474</td>
<td>Jan 12-Mar 9</td>
<td>T</td>
<td>6:00-6:45pm</td>
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**IN-PERSON CLASS**

**ONLINE CLASS**
LIKO INTERMEDIATE KEIKI
5-7yrs (5 weeks)
This class is for students who have been approved to transition from Recreational Polynesian classes. We begin by introducing basic footwork/hand motions to Hula & Tahitian choreography, then add more complex techniques and choreography. Activities include practice in Hawaiian language, chanting/singing, playful basics. Students will also learn to make costumes, adornments and instruments. Hawaiian vocabulary will be tested while they are performing their hula basics. Performing is required. *No class Feb 23.
Instructor: H. Miles
Location: Cypress Community Center

COURSE   DATES   DAY   TIME   FEE
6656   Jan 5-Feb 2   T   5:00-5:45pm   $42
6657*   Feb 9-Mar 16   T   5:00-5:45pm   $42

MAILE INTERMEDIATE KEIKI
7-10yrs (5 weeks)
This class is for students who have been approved to transition from Recreational Polynesian classes. We begin by introducing basic footwork/hand motions to Hula & Tahitian choreography, then add more complex techniques and choreography. Activities include practice in Hawaiian language, chanting/singing, playful basics. Students will also learn to make costumes, adornments and instruments. Hawaiian vocabulary will be tested while they are performing their hula basics. Performing is required. *No class Feb 23.
Instructor: H. Miles
Location: Cypress Community Center

COURSE   DATES   DAY   TIME   FEE
6658   Jan 5-Feb 2   T   6:15-7:15pm   $47
6659*   Feb 9-Mar 16   T   6:15-7:15pm   $47

LEHUA
12-17yrs (5 weeks)
Lehua dancers have had a few years with Leiali‘inani. Dancers must demonstrate solid hula experience, is able to perform all levels of hula with all traditional hula implements, Students must be committed to being in both hula & Tahitian dance classes and regularly attend class, perform regularly, learn quickly, practice outside of class on their own and project confidence. We begin by introducing basic footwork/hand motions to Hula & Tahitian choreography, then add more complex techniques.

Instructor: H. Miles
Location: Cypress Community Center

RECREATIONAL HULA
5yrs-Adult (5 weeks)
Aloha kakou (greetings all). Adult Hula focuses on basic footwork & hand motions, timing, integrating Hawaiian language & applying basics to Hula. This class will help you develop as a dancer, have a deeper understanding of Hula & have opportunities to learn lei making, implements & costumes for shows (optional). Students should wear comfortable clothing. All skill levels are welcome. Materials Fee: $2 due at first class. *No class Mar 11.
Instructor: H. Miles
Location: Cypress Community Center

COURSE   DATES   DAY   TIME   AGES   FEE
6662   Jan 7-Feb 25   TH   5:30-6:15pm   5-10yrs   $55
6666   Jan 7-Feb 25   TH   6:00-6:45pm   5-10yrs   $52
6668*   Feb 11-Mar 18   TH   6:00-6:45pm   5-10yrs   $52
6669*   Feb 11-Mar 18   TH   7:15-8:00pm   15-Adult   $52

Serving the City of Cypress for over 30 years, the GC Dance Program under the direction of Miss Ginger and Miss Charlotte offers professional instruction in tap, ballet, and hip hop for ages 3 to adult (see Adult Section for more information). Dance helps develop poise, coordination, self-confidence, and self-control. Students are instructed in technique and learn dances to showcase those learned skills. This structured learning process helps students develop into skilled dancers.

Location: Cypress Community Center

TAP/BALLET (8 weeks)
Instructor: Miss Ginger
COURSE LEVEL/AGE DATES   DAY   TIME   FEE
6482   E (9-12yrs)   Jan 7-Feb 25   TH   5:30-6:15pm   $55

HIP HOP 8-15yrs (8 weeks)
Instructor: Miss Charlotte
COURSE   DATES   DAY   TIME   FEE
6670   Jan 7-Feb 25   TH   5:15-6:00pm   $67
YOUTH EDUCATION CLASSES

LEARN & GROW PLAYGROUP
1½-2½ yrs (6 weeks)
Come join us as we meet new friends, share ideas to foster positive parenting, and all the while sharing some smiles. Children will engage in various activities including movement, literature, music, and crafts that will heighten their development in social, cognitive, and fine and gross motor skills. Parent or caregiver participation is required; please do not bring unregistered siblings. A $5 material fee is payable to the instructor at the first class. *No class Feb 17
Instructor: D. Perez
Location: Los Alamitos Community Center, 10911 Oak Street, Los Alamitos

SHAPING IT UP WITH ABC's & 123's
2½-5yrs (6 weeks)
Come join us as we explore our world of numbers, shapes, and letters. Class will target classification, counting, numbers/letters/colors/shapes, socialization, music, movement, crafts, and prepare children for school readiness. Parent or caregiver participation is required; please do not bring unregistered siblings. A $5 material fee is payable to the instructor at the first class.
Instructor: D. Perez
Location: Los Alamitos Community Center, 10911 Oak Street, Los Alamitos

WRITE ON! EL NINO, RED TIDE, AND PINNIPEDS
9-12yrs (4 weeks)
Project based, “real world” instruction inspires critical thinking and writing skills! This class focuses on sea lions, and our expository essays will integrate writing, marine science, and ecology. Students will analyze research articles about sea lions, and they will also gather field notes about this pinniped’s behavior, traits, habitat, and survival during a visit to the Marine Mammal Center in San Pedro on Jan 18th (a school holiday). Materials fee: $28
*No class Jan 19 in lieu of field trip on Jan 18
Instructor: Write On!
Location: Online

WRITE ON! EXPOSITORY ESSAYS: LOCAL ANIMALS & HUMAN INTERACTION
9-12yrs (4 weeks)
Active learning raises curiosity, advances critical thinking, and inspires writing. This class combines writing, biology, and ecology as we learn about coyotes, one of our native local animals. Kids will analyze articles and organize outlines before creating their expository essays. On February 16, we may visit the El Dorado Nature Center, in lieu of class, for field notes about coyote habitat and behavior. The visit could be virtual with a presentation from a naturalist. Materials fee: $28
Instructor: Write On!
Location: Online

REGISTER ONLINE
cypressrec.org
INTRODUCTION TO TYPING, WORD, AND POWERPOINT
8yrs-Adult (7 weeks)
Develop your basic typing skills and prepare for many years of future usage. Introduce you to Microsoft Word for writing reports, homework, or basic communication. Hands-on exercises are provided with the opportunity to make a flyer and turn into an awesome slide show presentation by using PowerPoint. Come to sharpen your skills to the next level of learning and get a head start in school or at work. Materials Fee: $10.
Instructor: AGI Academy
Location: Buena Park Community Center
6688 Beach Blvd., Buena Park (Behind City Hall)

COURSE             DATES            DAY            TIME            FEE
6437               Jan 14-Feb 25  TH            4:45-5:30pm    $102
6438               Mar 4-Apr 15  TH            4:45-5:30pm    $102

MATH WORKSHOP FOR 2ND TO 8TH GRADERS
7-13yrs (7 weeks)
This is a great refresher course for students who want to brush up on their math skills. Experience a new approach o math problem solving and hands-on practice for 2nd - 8th graders. Whether students need help with homework assistance, chapter review or want to prepare for a test, AGI is here to help. The program not only helps with individual improvement, but will also help students manage overall success in school learning. Materials Fee: $10.
Instructor: AGI Academy
Location: Buena Park Community Center
6688 Beach Blvd., Buena Park (Behind City Hall)

COURSE             DATES            DAY            TIME            FEE
6439               Jan 14-Feb 25  TH            4:00-4:45pm    $102
6440               Mar 4-Apr 15  TH            4:00-4:45pm    $102

Make sure you register for classes early to help us determine if there is sufficient enrollment to hold a class

REGISTER ONLINE
cypressrec.org

DO YOUR PART TO REDUCE THE SPREAD OF COVID-19

Wearing is caring
Masks are required in this area at all times

Six Feet Please
Keep your distance to reduce the spread

Don’t Pass It On
Wash or sanitize your hands frequently

SMALL ACTIONS MAKE A BIG DIFFERENCE
PRIVATE GUITAR LESSONS VIA ZOOM
10yrs-Adult (4 lessons)
Private guitar lessons are available for ages 10 to adult via Zoom. You will receive four 30 minute lessons. Once you register you can contact Miss Ronda at thefoundation123@gmail.com to schedule your lessons. You will receive a link to purchase your guitar book and the Zoom link for your lessons. You must have a guitar at home to learn and practice on.
Instructor: Foundation for the Performing Arts, Inc.
Location: Online
COURSE 6452 FEE $102

PRIVATE PIANO LESSONS VIA ZOOM
6yrs-Adult (4 lessons)
Private piano lessons are available for ages 6 to adult via Zoom. You will receive four 30 minute lessons. Once you register you can contact Miss Ronda at thefoundation123@gmail.com to schedule your lessons. You will receive a link to purchase your piano book and the Zoom link for your lessons. You must have a piano or keyboard at home to learn and practice on.
Instructor: Foundation for the Performing Arts, Inc.
Location: Online
Course 6453 FEE $102

GROUP GUITAR
8-15yrs (4 weeks)
NEW! Learn how to play one of the world’s most popular instruments in just a few sessions. No previous music experience is necessary. Students must have their own guitars.
Instructor: Creative Brain Learning Staff
Location: Online

GROUP UKULELE
8-15yrs (4 weeks)
NEW! Come and learn to play the ukulele in this fun group class, ages 8 and up. Students must have their own ukulele.
Instructor: Creative Brain Learning Staff
Location: Online

GROUP KEYBOARD
8-15yrs (4 weeks)
NEW! Learn to play piano/keyboard in these fun-filled classes. Begin with no previous knowledge of music. Students must have their own keyboard or piano.
Instructor: Creative Brain Learning Staff
Location: Online
**COMPUTER CODING**
7-12yrs (4 weeks)
This introduction to computer coding lets participants explore basic concepts of coding. Join us for the fun and science of creating your very own computer programs.

**Instructor:** Creative Brain Learning Staff  
**Location:** Online

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<th>COURSE</th>
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<td>6531</td>
<td>Jan 5-Jan 26</td>
<td>T</td>
<td>4:00-5:00pm</td>
<td>$61</td>
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<td>Feb 2-Feb 23</td>
<td>T</td>
<td>4:00-5:00pm</td>
<td>$61</td>
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**VIDEO GAME DESIGN**
8-15yrs (4 weeks)
You play the games, now learn to design and develop them. Students will create and develop their own video game that they can take home and play. This program only runs on Microsoft devices. KODU Gamelab is a Microsoft product and is designed to work on Windows devices. It is not supported on Mac OS or Android devices.

**Instructor:** Creative Brain Learning Staff  
**Location:** Online

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<td>Feb 2-Feb 23</td>
<td>T</td>
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**MIT APP INVENTOR**
8-15yrs (4 weeks)
MIT App Inventor is an intuitive, visual programming environment that allows everyone to build fully functional apps for smartphones and tablets. App Inventor is a cloud-based tool, which means you can build apps right in your web browser. Required: Android phones and tablets.

**Instructor:** Creative Brain Learning Staff  
**Location:** Online

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**LEGO ENGINEERS JR.**
5-7yrs (4 weeks)
Learn elementary science principles using LEGO. Great way to explore LEGO and science and physics.

**Instructor:** Creative Brain Learning Staff  
**Location:** Online

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<td>W</td>
<td>4:00-5:00pm</td>
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</table>

**LEGO ENGINEERS**
7-12yrs (4 weeks)
Bring your imagination and engineering talents and learn about basic physics and engineering principles and apply them to various projects.

**Instructor:** Creative Brain Learning Staff  
**Location:** Online

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<th>COURSE</th>
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**STOP MOTION ANIMATION**
8-15yrs (4 weeks)
Movieworkz offers a unique opportunity to explore stop motion animation production. Students will learn about image capturing, video recording techniques, and more. Cameras and computers will be provided for classroom use. A $20 material fee is payable to the instructor at the first class.

**Instructor:** Creative Brain Learning Staff  
**Location:** Online

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<th>COURSE</th>
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<td>Feb 4-Feb 25</td>
<td>TH</td>
<td>6:00-7:00pm</td>
<td>$61</td>
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</table>
CHESS WIZARDS
5-12yrs (10 weeks)
Chess Wizards is one of the nation’s premier chess education companies and is so popular with kids because of our unique structure. Our interactive, discovery-based curriculum inspires students to think ahead, visualize their goals, treat others with respect and to learn from mistakes. Our classes are geared to suit children of all skill levels; from chessling to checkmate artist, students will build upon their knowledge through lessons, tournaments, variation games and more!
Instructor: Chess Wizards Staff
Location: Cypress Community Center

MAD SCIENCE CRAZY CHEMWORKS
5-12yrs (8 weeks)
Create Chemical Concoctions in our NEW extended 2 hour Lab! Children make gooey slime, experiment with different reactions and learn to use the tools that chemists use. Polymers and catalysts are only two of the fascinating concepts young scientists explore in this thrilling trip through the chemistry lab! Materials Fee: $30 due the first day.
Instructor: Mad Science Staff
Location: Buena Park Community Center, 6688 Beach Blvd., Buena Park (Behind City Hall)

MAD SCIENCE ONLINE SENSATIONAL SENSES
5-12yrs (8 weeks)
What makes your hair stand up? Is it a magnet or magic? And just what are carbs, anyway? Kids explore a variety of introductory topics about the wonders of both the life and physical sciences. Our Mad Scientist will guide your child through 45-60 minute active virtual lessons (via ZOOM) and INCLUDES delivery of Mad Science Projects and additional materials that you will use throughout the class! We also email parents a summary card and extra activity following each week’s lesson. Materials Fee: $30.
Instructor: Mad Science Staff
Location: Online

MAD SCIENCE ONLINE FUN-DAMENTAL FORCES
5-12yrs (8 weeks)
Ever wonder how bridges stand up over water? Or how gravity works? Explore a variety of topics including engineering, physics and electricity as you learn how science can impact our everyday lives. Our Mad Scientist will guide your child through 45-60 minute active virtual lessons (via ZOOM) and INCLUDES delivery of Mad Science Projects and additional materials that you will use throughout the class! We also email parents a summary card and extra activity following each week’s lesson. Materials Fee: $30.
Instructor: Mad Science Staff
Location: Online

TEEN JOB WORKSHOP
• February 11, 2021
• 6:00 PM
• Via Zoom
• Free Event *Must Pre-Register
• Visit cypressrec.org to register and for more information
This Teen Job Workshop was created specifically for teenagers between 15 and 18 years of age. Our professionals will teach your teen how to conduct an effective job search, how to have a successful interview, and might even land them a part-time job! Join us for this exciting and informative event.
PEE WEE BASKETBALL
3-7yrs (6 weeks)
Recreation staff gives a great introduction to the game of basketball. Learning how to shoot, dribble, pass, and play zone defense are all part of this awesome program. Baskets are lowered to help players make their shots and having fun is an essential tool incorporated for quick learning. Age appropriate activities and games are also included. Parent involvement is encouraged.

Instructor: Recreation Staff
Location: Arnold Cypress Park, 8611 Watson St.

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<thead>
<tr>
<th>COURSE</th>
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<th>DAY</th>
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<th>FEE</th>
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<td>6631</td>
<td>Jan 26-Mar 2</td>
<td>T</td>
<td>4:00-4:50pm</td>
<td>$51</td>
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PEE WEE HOCKEY UNDER THE LIGHTS
3-7yrs (6 weeks)
Strap on some tennis shoes and grab one of our hockey sticks!! Come learn what a face-off, high stick, penalty box, the net, and a slap shot are. Age appropriate activities and games will be played in the roller hockey rink, under the lights, giving players an exciting atmosphere to have fun with friends and release some energy. Parent involvement is encouraged.

Instructor: Recreation Staff
Location: Arnold Cypress Park, 8611 Watson St.

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<tr>
<th>COURSE</th>
<th>DATES</th>
<th>DAY</th>
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<th>FEE</th>
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<td>Jan 27-Mar 3</td>
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<td>5:30-6:20pm</td>
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PEE WEE BASEBALL
3-7yrs (6 weeks)
Calling on all participants to lace up their shoes, grab a glove and head out to the baseball diamond. Recreation staff will encourage “fun fundamentals” to all players and parents in this class. Baseball is a game of repetition and this is a great opportunity for young ball players to focus on their fundamentals. Six weeks of age-appropriate activities and fun games will teach the ball players to field, hit, run the bases, and the positions. Parent involvement is encouraged.

Instructor: Recreation Staff
Location: Evergreen Park, 9300 Moody St.

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<tr>
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<td>Jan 28-Mar 4</td>
<td>TH</td>
<td>4:00-4:50pm</td>
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BEGINNING GOLF
5-8yrs (6 weeks)
Participants will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New at Golf) system to its curriculum. SNAG is specifically designed for the entry-level player, and simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided.

Instructors: Skyhawks Sports Academy Staff
Location: Veterans Park, 4554 Avenida Granada

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<td>W</td>
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<td>$99</td>
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MINI-HAWK MULTI-SPORT
2½-5½ (9 weeks)
Introduce your little superstar to sports in our most popular program! This baseball, basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation required for 2-3½yrs.

Instructors: Skyhawks Sports Academy Staff
Location: Veterans Park, 4554 Avenida Granada

<table>
<thead>
<tr>
<th>COURSE</th>
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<th>DAY AGES</th>
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<td>6581</td>
<td>Jan 23-Mar 20</td>
<td>SA  3½-5yrs</td>
<td>1:50-2:30pm</td>
<td>$149</td>
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SPECIAL NEEDS MARTIAL ARTS
4-18yrs (4 weeks)
This training is a blend of Kung Fu and Brazilian Jiu Jitsu. Benefitting both the body and the mind, students will develop increased strength, balance and coordination while learning focus and discipline. Classes are structured, but not rigid, and will promote self-confidence and a sense of accomplishment.
Instructor: K. Davidson
Location: Buena Park Community Center, 6688 Beach Blvd., Buena Park (Behind City Hall)

Session I: Jan 6-30
COURSE  DAY  TIME  FEE
6582  W  4:30-5:30pm  $87
6583  SA  9:00-10:00am  $87

Session II: Feb 3-27
COURSE  DAY  TIME  FEE
6584  W  4:30-5:30pm  $87
6585  SA  9:00-10:00am  $87

Session III: Mar 3-27
COURSE  DAY  TIME  FEE
6586  W  4:30-5:30pm  $87
6587  SA  9:00-10:00am  $87

PEE WEE TIGER KARATE
3-5yrs
Our Pee Wees will learn behavioral skills, including how to focus and pay attention in a classroom, line up, raise hands to speak, self-control, and basic motor skills (punching, kicking, balance, and more). This class emphasizes learning while having FUN and is excellent preparation for pre-school and kindergarten! Advanced students from other classes often assist the class, to serve as role models for the Pee Wees and to develop their own leadership skills. Parents may stay in class for the first and last classes only. An $8 material fee is payable to the instructor for all new students at the first class.
*No class Jan 18 & Feb 15
Instructor: K. Wegener and A. Sbini
Location: Cypress Community Center

Session I: Jan 4-Feb 3
COURSE  LEVEL  DAY  AGE  TIME  FEE
6592*  Beg & Int  M  5-15yrs  4:30-5:30pm  $31
6593*  Advanced  M  7-16yrs  6:00-7:15pm  $31
6595  Beg & Int  W  5-15yrs  4:30-5:30pm  $52
6596  Advanced  W  7-16yrs  6:00-7:15pm  $52

Session II: Feb 8-Mar 10
COURSE  LEVEL  DAY  AGE  TIME  FEE
6598*  Beg & Int  M  5-15yrs  4:30-5:30pm  $31
6599*  Advanced  M  7-16yrs  6:00-7:15pm  $31
6601  Beg & Int  W  5-15yrs  4:30-5:30pm  $52
6602  Advanced  W  7-16yrs  6:00-7:15pm  $52
**PARENT & ME SOCCER**

2-3yrs (4 weeks)

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. Each week the coach introduces and demonstrates several soccer-themed games over Zoom. Adult participation is required.

**Instructor:** Kidz Love Soccer Staff  
**Location:** Online

<table>
<thead>
<tr>
<th>COURSE</th>
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<td>SA</td>
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<tr>
<td>6606</td>
<td>Mar 6-Mar 27</td>
<td>SA</td>
<td>9:00-9:30am</td>
<td>$54</td>
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**TOT SOCCER**

3-4yrs (4 weeks)

Learn core skills and develop a soccer foundation, while playing at home with an adult while we coach over Zoom. Our time-tested, age specific curriculum builds confidence and promotes physical development. Tot-Soccer focuses on helping kids develop their large motor skills through demonstrations and entertaining games like Rainbow Quest! Adult participation is required.

**Instructor:** Kidz Love Soccer Staff  
**Location:** Online

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<td>Mar 6-Mar 27</td>
<td>SA</td>
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**PRE SOCCER**

4-5yrs (4 weeks)

Learn core skills and develop a soccer foundation, while playing at home with an adult while we coach over Zoom. Our time-tested, age specific curriculum builds confidence and promotes physical development. Pre-Soccer focuses on helping kids develop their large motor skills through demonstrations and entertaining games like Downtown Traffic! Adult participation is required.

**Instructor:** Kidz Love Soccer Staff  
**Location:** Online

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<tr>
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<td>SA</td>
<td>10:20-10:50am</td>
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**SOCCER 1**

5-6yrs (4 weeks)

Learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, working with our coaches online over Zoom. Concepts of small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. Parents are invited to play along.

**Instructor:** Kidz Love Soccer Staff  
**Location:** Online

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**SOCCER 2**

7-10yrs (4 weeks)

Learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, working with our coaches online over Zoom. Concepts of small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. Parents are invited to play along.

**Instructor:** Kidz Love Soccer Staff  
**Location:** Online

<table>
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<th>COURSE</th>
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<td>6618</td>
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<td>SA</td>
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TENNIS
Established 1981 by Nancy Jennings
5yrs-Adult (6 weeks)
Enjoy the game of a lifetime! Tennis classes will consist of:
• Learning skills of the game
• Improving fitness & great exercise
• 5:1 ratio player to instructor
• Rotate to four different courts to do different drills and games
• Tournaments each session/trophy given to each court winner
Instructor: B. Sorvillo & Staff
Location: Cypress Civic Center, 5275 Orange Ave.

Session I: Jan 4-Feb 12
*No class Jan 18, see instructor for make-up classes.

Session II: Feb 15-Mar 26
*No class Feb 15, see instructor for make-up classes.

PRIVATE TENNIS LESSONS
Private tennis lessons are being offered by B. Sorvillo.
Contact instructor to schedule after registering.

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<th>LEVEL</th>
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<td>Any</td>
<td>30 min</td>
<td>$30</td>
</tr>
<tr>
<td>6516</td>
<td>All</td>
<td>Any</td>
<td>60 min</td>
<td>$60</td>
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**SPRING YOUTH VOLLEYBALL**

**REGISTRATION:**
- Resident: January 11 – January 29
- Non-resident: January 19 – January 29
- Final refund request date: February 5

- A & B Division will be league play
- C Division will be a clinic teaching fundamentals
- Games are played weekday nights and Saturdays at Lexington Jr. High School or a local park
- Practice times will be decided by each coach

**PROOF OF AGE REQUIRED**

**VOLUNTEER COACHES NEEDED!**

**ONLINE REGISTRATION ONLY**
- Space is limited and available on a first come first served basis.
- $83 – Includes T-shirt

**DISCLAIMER:** Depending on County Guidelines in February, format may change to instruction-based programs on Saturdays March 6-27.

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**SPRING YOUTH VOLLEYBALL**

**REGISTRATION:**
- Resident: January 11 – January 29
- Non-resident: January 19 – January 29
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- C Division will be a clinic teaching fundamentals
- Games are played weekday nights and Saturdays at Lexington Jr. High School or a local park
- Practice times will be decided by each coach

**PROOF OF AGE REQUIRED**

**VOLUNTEER COACHES NEEDED!**

---

**Kid’s Night Out** is offered on the third Friday of each month. This program includes games, crafts, a movie, dinner and dessert!

Kids get ready for a fun night out with friends and our Recreation staff. Parents take this opportunity to catch a movie, check out a new restaurant, or have a quiet night at home.

**Location:** Cypress Community Center
**Ages:** 5-12 years old

* Spots are limited; register early

**For more information:**
Call (714) 229-6780
or visit cypressrec.org
ADULT DANCE

**SAMPAGUITA INTERMEDIATE ADULT HULA**

16yrs-Adult (5 weeks)

We strive to create a respectful, fun environment for adults to enjoy “their time” to learn hula, traditions, culture and protocol. Our goal in all adult classes are to create and maintain a solid foundation in hula basics. All classes are progressive. We are focused towards the students’ evolution; sharing more complex choreography, including implement hulas, chanting, Hawaiian language, making costumes and adornment. *No class Feb 23.

Performing is required.

**Instructor: H. Miles**

**Location: Cypress Community Center**

<table>
<thead>
<tr>
<th>COURSE</th>
<th>DATES</th>
<th>DAY</th>
<th>TIME</th>
<th>FEE</th>
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<tbody>
<tr>
<td>6660</td>
<td>Jan 5-Feb 2</td>
<td>T</td>
<td>7:45-8:45pm</td>
<td>$52</td>
</tr>
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<td>Feb 9-Mar 16</td>
<td>T</td>
<td>7:45-8:45pm</td>
<td>$52</td>
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</table>

**IWALANI ADVANCE ADULT HULA**

16yrs-Adult (5 weeks)

This class is for selected adults who strive to learn hula, traditions, culture and protocol. Our goal in all adult classes are to create and maintain a solid foundation in hula basics. All classes are progressive. We are focused towards the students’ evolution; sharing more complex choreography, including implement hulas, chanting, Hawaiian language, making costumes and adornment. Research will be expected.

**Instructor: H. Miles**

**Location: Cypress Community Center**

<table>
<thead>
<tr>
<th>COURSE</th>
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<th>FEE</th>
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<tr>
<td>6665</td>
<td>Feb 10-Mar 10</td>
<td>W</td>
<td>7:30-8:30pm</td>
<td>$52</td>
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</table>

**RECREATIONAL ADULT HULA**

15yrs-Adult (5 weeks)

Aloha kakou (greetings all). Adult Hula focuses on basic footwork & hand motions, timing, integrating Hawaiian language & applying basics to Hula. This class will help you develop as a dancer, have a deeper understanding of Hula & have opportunities to learn lei making, implements & costumes for shows (optional). Students should wear comfortable clothing. All skill levels are welcome. Materials Fee: $2 due at first class.

**Instructor: H. Miles**

**Location: Cypress Community Center**

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<thead>
<tr>
<th>COURSE</th>
<th>DATES</th>
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<td>TH</td>
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<td>15-Adult</td>
<td>$52</td>
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</table>

Make sure you register for classes early to help us determine if there is sufficient enrollment to hold a class.
**Pilates Mat**

16yrs-Adult

HB Pilates mat exercises are low impact with high results. HB Pilates’ highly certified instructors will help improve your posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Bring mat, towel, water, and anti-slip socks.

*No class Jan 18 & Feb 15

**Instructor:** HB Pilates Staff

**Monday Location:** Los Alamitos Community Center, 10911 Oak St, Los Alamitos

**Thursday Location:** Cypress Community Center

<table>
<thead>
<tr>
<th>COURSE</th>
<th>DATES</th>
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<th>TIME</th>
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<td>6551*</td>
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<td>6552</td>
<td>Feb 11-Mar 18TH</td>
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<td>6:30-7:30pm</td>
<td>$90</td>
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</table>

**Pilates Barre with Cardio**

16yrs-Adult

HB Pilates mat exercises are low impact with high results. HB Pilates’ highly certified instructors will help improve your posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Bring mat, towel, water, and anti-slip socks.

*No class Jan 18 & Feb 15

**Instructor:** HB Pilates Staff

**Location:** Los Alamitos Community Center, 10911 Oak St, Los Alamitos

<table>
<thead>
<tr>
<th>COURSE</th>
<th>DATES</th>
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<th>TIME</th>
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<td>M</td>
<td>7:00-8:00pm</td>
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**Stroller Workout**

18yrs-Adult

Calling all parents and grandparents! Why hire a babysitter AND a trainer when you can work out with your little ones? Join us for a workout that will sculpt and tighten your entire body while you are bonding with your babies and making new friends! Modifications available for new moms and mommies to be! Drop-ins: $18/class. Bring: Stroller, mat, dumbbells, water, and snacks.

*No class Jan 18 & Feb 15

**Instructor:** HB Pilates Staff

**Location:** Los Alamitos Community Center, 10911 Oak St, Los Alamitos

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<thead>
<tr>
<th>COURSE</th>
<th>DATES</th>
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<td>4:30-5:30pm</td>
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**HB Pilates & Fitness Online**

16yrs-Adult (4 weeks)

Choose between 40 virtual classes a week, including but not limited to: Pilates Mat, Pilates Barre with Cardio, Full Body Workout, Gentle Pilates Mat, Gentle Yoga, Restorative Yoga, PiYo, Pilates Chair, Pilates hair Plus, Guided Meditation, Stretch & Mobility, Foam Rolling, Nutrition Basics, in addition to specialty workshops. All members of our program have unlimited access to both LIVE and On Demand recording of our class offerings. Members must have a Facebook account to access On Demand classes. Live classes on Zoom & Facebook. Come check it out! hbpilatesonline@gmail.com.

**Instructor:** HB Pilates Staff

**Location:** Online

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<tr>
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<th>FEE</th>
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<tr>
<td>6558</td>
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<tr>
<td>6645</td>
<td>Mar 1-Mar 31</td>
<td>$159</td>
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</table>
ZUMBA
13yrs-Adult (5 weeks)
Zumba fitness is perfect for everybody and every body! We take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. It’s effective and fun! What are you waiting for? Try it now!
Instructor: L. Morris
Location: Online

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<tr>
<th>COURSE</th>
<th>DATES</th>
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<th>FEE</th>
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<td>6561</td>
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<td>9:00-10:00am</td>
<td>$17</td>
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<tr>
<td>6560</td>
<td>Feb 9-Mar 9</td>
<td>T</td>
<td>9:00-10:00am</td>
<td>$17</td>
</tr>
<tr>
<td>6562</td>
<td>Feb 13-Mar 13</td>
<td>SA</td>
<td>9:00-10:00am</td>
<td>$17</td>
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YOGA
16yrs-Adult (5 weeks)
Reduce stress through Yoga. Exercises designed for this class will provide a deep tension release and noticeable rise in energy level with gentle stretches, proper breathing, and relaxation/meditation. Please bring a yoga mat, two yoga blocks, yoga strap, and a blanket. Wear comfortable clothing.
*No class Jan 18 & Feb 15
Instructor: H. Kuyper
Location: Cypress Community Center

<table>
<thead>
<tr>
<th>Session I: Jan 4-Feb 3</th>
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<tr>
<td>COURSE</td>
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<tr>
<td>6573</td>
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<td>6574</td>
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</table>

AIKIDO
14yrs-Adult (7 weeks)
Training will be no-contact Aikido exercises, falling safely, forms, and weapons training. Class content will reinforce skills that will later be useful for contact Aikido when permitted. Weapons will be provided. Wear loose fitting modest sports clothing (no shorts) or a training uniform. Social distancing, masks, sanitizing, and other current precautions will be required. Safety will be our priority.
*No class Jan 18 & Feb 15
Instructor: J. Nakayama
Location: Ehlers Event Center, 8150 Knott Ave., Buena Park

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<thead>
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<th>Session I: Jan 6-Feb 20</th>
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<tbody>
<tr>
<td>COURSE</td>
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<tr>
<td>6575*</td>
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<tr>
<th>Session II: Feb 22-Apr 10</th>
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<tbody>
<tr>
<td>COURSE</td>
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<tr>
<td>6576</td>
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<tr>
<td>W</td>
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<tr>
<td>SA</td>
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</table>
PRIVATE GUITAR LESSONS VIA ZOOM
10yrs-Adult (4 lessons)
Private guitar lessons are available for ages 10 to adult via Zoom. You will receive four 30 minute lessons. Once you register you can contact Miss Ronda at thefoundation123@gmail.com to schedule your lessons. You will receive a link to purchase your guitar book and the Zoom link for your lessons. You must have a guitar at home to learn and practice on.
Instructor: Foundation for the Performing Arts, Inc.
Location: Online
COURSE 6452 FEE $102

PRIVATE PIANO LESSONS VIA ZOOM
6yrs-Adult (4 lessons)
Private piano lessons are available for ages 6 to adult via Zoom. You will receive four 30 minute lessons. Once you register you can contact Miss Ronda at thefoundation123@gmail.com to schedule your lessons. You will receive a link to purchase your piano book and the Zoom link for your lessons. You must have a piano or keyboard at home to learn and practice on.
Instructor: Foundation for the Performing Arts, Inc.
Location: Online
Course 6453 FEE $102

GROUP KEYBOARD
8-15yrs (4 weeks)
NEw! Learn to play piano/keyboards in these fun-filled classes. Begin with no previous knowledge of music. Students must have their own keyboard or piano.
Instructor: Creative Brain Learning Staff
Location: Online

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<tr>
<th>COURSE</th>
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<th>TIME</th>
<th>FEE</th>
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<tbody>
<tr>
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<td>Feb 3-Feb 24</td>
<td>W</td>
<td>4:00-5:00pm</td>
<td>$61</td>
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GROUP GUITAR
8-15yrs (4 weeks)
NEW! Learn how to play one of the world’s most popular instruments in just a few sessions. No previous music experience is necessary. Students must have their own guitars.
Instructor: Creative Brain Learning Staff
Location: Online

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<th>COURSE</th>
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<th>FEE</th>
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<td>6498</td>
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<tr>
<td>6499</td>
<td>Feb 3-Feb 24</td>
<td>W</td>
<td>5:00-6:00pm</td>
<td>$61</td>
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</table>

GROUP UKULELE
8-15yrs (4 weeks)
NEW! Come and learn to play the ukulele in this fun group class, ages 8 and up. Students must have their own ukulele.
Instructor: Creative Brain Learning Staff
Location: Online

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<th>COURSE</th>
<th>DATES</th>
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<th>TIME</th>
<th>FEE</th>
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<td>6503</td>
<td>Feb 3-Feb 24</td>
<td>W</td>
<td>6:00-7:00pm</td>
<td>$61</td>
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</table>

REGISTER ONLINE cypressrec.org
UNDERSTANDING & ENJOYING WINE
21 yrs-Adult (5 weeks)
Would you like to have the knowledge to be able to buy good quality wine at a bargain price? Do you find yourself buying the same wines over and over because you are afraid to try something new and different? Does the whole subject of wine seem complicated and confusing? Learn about the major wine producing regions of the world, the grapes that they grow, and the different varietals and styles of wine. Get an introduction to the growing of grapes and the wine making process. Learn how to make sense of a wine label and get confidence to purchase wine. Though we will discuss wines at all price levels, you will learn it isn’t necessary to spend a small fortune in order to assure that you have purchased a good quality, tasty wine.
Instructor: T. Severin
Location: Cypress Community Center

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<tr>
<th>COURSE</th>
<th>DATES</th>
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<th>TIME</th>
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<td>Jan 5-Feb 2</td>
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<td>7:00-8:00pm</td>
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BEGINNER CHESS
5 yrs-Adult (5 weeks)
Everyone can learn to play chess! Learn the basic skills necessary to play a game of chess with knowledge of how all pieces move, capture, check, and checkmate. Participants will also improve their critical thinking skills, concentration, focus and have a lot of fun in the process.
Available online or in person!
Instructor: Hanley Chess Academy
Location: Cypress Community Center

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<th>DATES</th>
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<th>FEE</th>
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<td>Feb 9-Mar 9</td>
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<td>6:00-7:00pm</td>
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<tr>
<td>6526</td>
<td>Feb 9-Mar 9</td>
<td>T</td>
<td>6:00-7:00pm</td>
<td>$62 - ONLINE</td>
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NOVICE/INTERMEDIATE CHESS
5 yrs-Adult (5 weeks)
Already know the basics of chess? This is the class for your development and improvement of the game. Learn technical skills such as endgame checkmating patterns, the beginning of tactical patterns, and all skills that will take you to “Tournament Ready” while having fun in the process. Available online or in person!
Instructor: Hanley Chess Academy
Location: Cypress Community Center

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<tr>
<th>COURSE</th>
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<th>TIME</th>
<th>FEE</th>
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<tbody>
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<tr>
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<td>Feb 9-Mar 9</td>
<td>T</td>
<td>7:30-8:30pm</td>
<td>$62 - ONLINE</td>
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</tbody>
</table>
BEGINNER PICKLEBALL
18yrs-Adult (4 classes)
NEW! Learn to play the fastest growing racquet sport in the U.S. and the world. Pickleball is a cross between tennis, badminton & ping pong. You will learn the art of the serve, return, volley, scoring, and how to play a game. Please wear “court shoes”, bring a hat/visor, towel, and water. Paddles and balls will be provided. If you haven’t played pickleball before, this class is for you!
Instructor: G. Rogers
Location: Arnold Cypress Park, 8611 Watson St.

COURSE DATES DAY TIME FEE
6508 Jan 3-Jan 24 SU 12:30-1:30pm $106
6505 Jan 5-Jan 14 T/TH 4:00-5:00pm $106
6509 Feb 7-Feb 28 SU 12:30-1:30pm $106
6506 Feb 9-Feb 18 T/TH 4:00-5:00pm $106
6507 Mar 2-Mar 11 T/TH 4:00-5:00pm $106

INTERMEDIATE/ADVANCED PICKLEBALL
16yrs-Adult (4 classes)
NEW! Develops skills and strategies to play games in open recreation play and round robins. Please wear “court shoes”, bring a hat/visor, towel, and water.
Instructor: G. Rogers
Location: Arnold Cypress Park, 8611 Watson St.

COURSE DATES DAY TIME FEE
6513 Jan 3-Jan 24 SU 1:30-2:30pm $106
6510 Jan 5-Jan 14 T/TH 5:00-6:00pm $106
6514 Feb 7-Feb 28 SU 1:30-2:30pm $106
6511 Feb 9-Feb 18 T/TH 5:00-6:00pm $106
6512 Mar 2-Mar 11 T/TH 5:00-6:00pm $106

TENNIS
Established 1981 by Nancy Jennings
16yrs-Adult
Enjoy the game of a lifetime! Tennis classes will consist of:
• Learning skills of the game
• Improving fitness & great exercise
• 5:1 ratio player to instructor
• Rotate to four different courts to do different drills and games
• Tournaments each session/trophy given to each court winner
Instructor: B. Sorvillo & Staff
Location: Cypress Civic Center, 5275 Orange Ave.

Session I: Jan 4-Feb 12
*No class Jan 18, see instructor for make-up classes.
CLASS LEVEL DAY TIME FEE
6517* Adults M 7:00-8:00pm $70
6518 Adults W 7:00-8:00pm $70
6519 Adults F 7:00-8:00pm $70

Session II: Feb 15-Mar 26
*No class Feb 15, see instructor for make-up classes.
CLASS LEVEL DAY TIME FEE
6520* Adults M 7:00-8:00pm $70
6521 Adults W 7:00-8:00pm $70
6522 Adults F 7:00-8:00pm $70

PRIVATE TENNIS LESSONS
Private tennis lessons are being offered by B. Sorvillo.
Contact instructor to schedule after registering.

CLASS LEVEL AGE TIME FEE
6515 All Any 30 min $30
6516 All Any 60 min $60
The Senior Center is here for you!

Whether you need assistance with transportation, questions about the nutrition program, or just need someone to talk to, the Senior Center staff are here for you! Staff are on site to take your call Monday – Friday, 8:00am-1:00pm. We look forward to being with our Senior Center family soon!

Nutrition Programs

Meal Distribution
As an alternative to the suspended congregate lunch program, the Senior Center provides frozen meals that participants can pick up and take home. Curbside pick-ups take place Monday through Friday, between 11:00am and 12:00pm at the north end of the building on a first-come, first-served basis.

Commodities
Second Wednesday of each month from 9:00am - 10:30am or until gone, the Senior Center distributes monthly commodities curbside at the north end of the building. These shelf stable items provided by Second Harvest Food Bank are packed in bags by Recreation staff, following the suggested health and safety guidelines.

Home Delivered Meals
For those already on the program, Home Delivered Meals will continue to be delivered on a normal schedule. Please visit www.mealsonwheelsoc.org to apply for the program.

For additional information about the nutrition programs, please call the Cypress Senior Center at (714) 229-2005 during business hours.
TRANSPORTATION

Taxi Voucher Program
This program is a curb-to-curb taxi service provided exclusively to qualifying Cypress seniors. This service is wheelchair accessible. Each qualified participant may receive up to six vouchers per month. Each voucher has a maximum value of $11.00. Service provided 7 days a week between the hours of 7:00am and 7:00pm. Individual must first register in person for this service at the Cypress Senior Center. Call during business hours for an in-person appointment (following all social distancing guidelines).

- Participants must be Cypress residents age 60 or older and must show photo I.D.
- Must not exceed the income cutoff

For additional information or to set up an appointment, please call the Cypress Senior Center at (714) 229-2005 during business hours.

CLASSES
Free classes are scheduled to begin the week of November 16. In the event of rain, classes will be canceled.

CYPRESS WALKING CLUB
Walking is one of the easiest ways to stay active & promote good health. Let’s step towards health! Fun outside. All fitness levels welcome.
Location: Cypress Senior Center Parking Lot

- Wear Athletic shoes, bring water & face covering
- Must complete emergency card & liability waiver

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<th>COURSE</th>
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<tr>
<td>Ongoing</td>
<td>TH</td>
<td>8:30-9:30am</td>
<td>Free</td>
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BEGINNER PICKLEBALL (4 classes)
NEW! Learn to play the fastest growing racquet sport in the U.S. and the world. Pickleball is a cross between tennis, badminton & ping pong. You will learn the art of the serve, return, volley, scoring, & how to play a game. Please wear “court shoes”, bring a hat/visor, towel, & water. Paddles & balls will be provided. If you haven’t played pickleball before, this class is for you.
Instructor: G. Rogers
Location: Arnold Cypress Park, 8611 Watson St.

<table>
<thead>
<tr>
<th>COURSE</th>
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<th>DAY</th>
<th>TIME</th>
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<td>Mar 2-Mar 11</td>
<td>T/TH</td>
<td>4:00-5:00pm</td>
<td>$106</td>
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INT/ADV PICKLEBALL (4 classes)
NEW! Develops skills & strategies to play games in open recreation play & round robins. Please wear “court shoes”, bring a hat/visor, towel, and water. Paddles & balls will be provided.
Instructor: G. Rogers
Location: Arnold Cypress Park, 8611 Watson St.

<table>
<thead>
<tr>
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OTHER SERVICES

Health Insurance Counseling & Advocacy Program (HICAP)
Do you have questions about Medicare or MediCal insurance? Health Insurance Counseling and Advocacy Program (HICAP) is here to help for FREE. Their counselors provide unbiased Medicare guidance. HICAP does not sell or recommend Medicare insurance plans. Hotline (800) 434-0222 Orange County (714) 560-0424.

Community Legal Aid So Cal
The legal advocacy program (Legal Aid) provides seniors 60 years or older, residing in Orange and Los Angeles Counties, with free counseling, referrals, and representation in administrative and civil cases. Please call the Legal Aid hotline (800) 834-5001 for more information.

Be advised that the City of Cypress and the Cypress Senior Center do not recommend, endorse or guarantee products or professional services being offered.
ECLECTIC YOGA FOR SENIORS
Designed to meet the physical/mental needs of seniors, this class utilizes basic Yoga poses such as stretching, twisting, and weight-bearing with attention to various organs such as the brain, pancreas, or lymph-nodes. Please bring a sticky yoga mat, blanket/towel and eye cover.
Instructor: R. Siu
Location: Outside City Hall Council Chambers 5275 Orange Ave.

TAI CHI
The art of Tai Chi is beneficial to people of all ages, especially older adults. Learn and enhance your knowledge of these slow, harmonious, routine movements designed to promote health and longevity. Beginners to advanced are all welcome.
Instructor: J. Rice
Location: Outside City Hall Council Chambers 5275 Orange Ave.

INTERMEDIATE LINE DANCE
This is a fun and energizing class, created to help with memory and movement while learning how to country line dance. Volunteer instructors will guide you through simple steps to many dances.
Instructor: E. Ilagan
Location: Outside City Hall Council Chambers 5275 Orange Ave.

MINDFULNESS & MEDITATION
Meditation and/or relaxation helps balance our hectic lives. Learn these relaxation techniques while gaining a better mind-body connection. No experience is needed. Bring a mat and cushion for sitting.
*No class Nov 26.
Instructor: J. Rice
Location: Outside City Hall Council Chambers 5275 Orange Ave.

BEGINNING TO INTERMEDIATE LINE DANCE
Review basic line dance steps and start to learn some intermediate steps as well. Volunteer instructors will guide you through intricate, yet simple steps to many dances.
Instructor: M. Velasco
Location: Outside City Hall Council Chambers 5275 Orange Ave.

ZUMBA GOLD
18yrs-Adult (5 weeks)
Are you ready to have fun? Dance your way to better fitness to the Latin rhythms of Salsa, Merengue, Cha Cha, Mambo, Cumbia and more. Zumba Gold is perfect for the active older adults with easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. No dance experience necessary and no partner required. Try it now!
Instructor: L. Morris
Location: Online

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In exchange for participating in this activity, I hereby agree on behalf of myself and my spouse, parents, children, family, employees, agents, heirs, estate, executors, representatives, administrators, insurers, successors and assigns, distributees, guardians and/or other legal representatives (collectively the “Released Parties”) to fully release and to not make any claim against, file a lawsuit against, attach the property of, or prosecute the City of Cypress (the “City”) and/or the Cypress Recreation and Park District (the “District”) and/or either of their employees, officers, elected and appointed officials, volunteers, boards, departments, agents, contractors and/or anyone else acting on its/their behalf for any and all claims, causes of action, including, but not limited to, emotional distress, bodily injury, death, or property damage arising out of any actions by any City or District employees, officers, elected and appointed officials, volunteers, boards, departments, agents, contractors and/or anyone else acting on the City's and/or the District’s behalf in connection with my participation in this activity.

I UNDERSTAND THIS RELEASE SHALL BE EFFECTIVE EVEN IF THE LOSS, DAMAGE OR INJURY WAS NOT FORESEEABLE OR RESULTS, IN WHOLE OR IN PART, FROM THE NEGLIGENCE OF THE CITY, DISTRICT AND/OR ANY OF THE ABOVE PERSONS.

I understand that this activity involves the risk of serious injury and even death, and I agree to assume any and all risk of serious injury or death in participating in the activity. In case of accident or other emergency, personnel of the City or District and/or their agents, are hereby authorized to secure medical care deemed necessary by them, as a result of that accident or injury, for me at my cost and expense. I further agree to assume any and all risk of serious injury or death in participating in the activity.

The COVID-19 (Coronavirus) outbreak is an ongoing and developing situation. The City of Cypress and the Cypress Recreation and Park District encourage the community to monitor publicly available information and to always follow federal, state and county public health guidance and government mandates. While participating in these activities, you are required to follow all applicable social distancing orders and guidelines. By potentially being exposed to others who might have COVID-19, you assume the risks of exposure to COVID-19 and assume all potential health risks to yourself and that could cause harm to you and your family. The City and District are following recommended steps by County health officials. The City and District cannot protect you and your family against all possible risks of COVID-19. We encourage you to wash your hands frequently and take all necessary steps to protect your health consistent with federal, state and county public health guidelines.

By signing below, I acknowledge and represent that I HAVE READ THIS AGREEMENT CAREFULLY, I FULLY UNDERSTAND ITS CONTENTS AND I VOLUNTARILY AGREE TO ITS TERMS. No oral representations, statements or inducements, apart from this written agreement, have been made. If any portion of this agreement is declared invalid by a court, the remainder shall continue in full force and effect. Where this agreement is signed by a parent or legal guardian on behalf of a minor, the use of the word “me” in this agreement shall include and bind the minor, and the use of the word “I” in this agreement shall include the parent or legal guardian acting on behalf of and binding the minor to this agreement.

REFUND POLICY: Refunds must be requested in writing before the second-class meeting. If the class is only one day, our office must receive the request 48 hours before the class starts. There is a $15.00 administrative fee for each class refunded other than those generated by District cancelled classes. This also applies to refunds given prior to the start of classes. (This policy does not apply to Kids Corner, Daycamp, Swimming Lessons, Youth Basketball, Adult Sports and Special Events. Please refer to these individual programs for their refund policies). It takes 3-4 weeks to process any refund requests.

MAKE CHECK(S) PAYABLE TO: CITY OF CYPRESS

FOR OFFICE USE ONLY

CASH CHECK # _______ VISA
MASTERCARD AMERICAN EXPRESS DISCOVER

PSP/17, Activity Registration Form, ver 11-20