

# GUIDE ADULT CLASSES

## ART AND MUSIC CLASSES

### Plein Air Painting

This class is perfect for beginning and intermediate students who need to know where to start painting as an artist. Students will paint scenery at various locales with their own medium. Art theory discussed and assistance provided. Instructor, Alfred Tse. Ten weeks, 9/26-12/5 (no class 10/31). \$153 resident \$158 non-resident. Students must provide own materials. First class meets at Recreation Center.

Day	Time	Class
Mon	9:30 am-12:30 pm	2340.401

### Voice for Adults

Learn how to use and perfect your voice! This beginning/intermediate class emphasizes fundamentals, including breathing, power range, pitch and rhythm. ARK International instructors. \$10 materials fee due to instructor at first class. Five weeks, Wednesdays. \$65 resident, \$70 non-resident. Adult Recreation Center.

Date	Time	Level	Class
9/21-10/19	7:00-8:00 pm	Beg/Int	2302.473
10/26-11/23	7:00-8:00 pm	Beg/Int	2303.473

### Watercolor: Advanced Beginning/Intermediate

This fun and comprehensive class focuses on developing skills with traditional and experimental techniques in transparent watercolor painting, including how to accomplish more interesting and effective compositions. Landscapes, cityscapes, people, still life and other subjects may be explored. Demonstrations with individual assistance. Instructor, Julie Crouch. Eight weeks. 9/21-11/16 (no class 10/19). \$100 resident, \$105 non-resident. Recreation Center.

Day	Time	Level	Class
Wed	1:00-4:00 pm	Adv. Beg/Int	2337.401

### Zentangle®

Zentangle is a meditative art form that anyone can enjoy. No artistic experience required. Students are guided in creating unique, highly detailed abstract artwork in a supportive group environment. Zentangle practice can improve focus, concentration and creative confidence. Taught by Kimberly Michael, certified Zentangle teacher (CZT; <http://tangles.studiographe.me>) who has worked in graphic design since 1990. Eight weeks. Mon.: 9/26-11/28 (no class 10/31 & 11/21); Sat.: 9/24-11/12. \$158 resident, \$163 non-resident. Materials included. Recreation Center.

Day	Time	Level	Class
Mon	7:00-9:00 pm	Beg.	2343.401
Sat	10:00 am-12:00 pm	Beg.	2343.406

## DANCE CLASSES

### Flamenco International Basic

Learn one of the world's loveliest and most expressive dance forms. You will learn styles including the use of fans, castanets, Spanish shawls and hats. Instructor, Maria Elena Megallon. Eight weeks, 9/24-11/12. \$59 resident, \$64 non-resident. Recreation Center.

Day	Time	Class
Sat	1:00-2:00 pm	2035.402

### Polynesian

You'll have a great time and get a workout that will make you feel great! You'll learn the very sensuous art of speaking with the hands and hips and use props like Feathered Gourds and Pulli Bamboo sticks. Instructor, Joanne Moser. Ten weeks, 9/20-11/22. \$69 resident, \$74 non-resident. Recreation Center.

Day	Time	Class
Tue	6:00-6:45 pm	2020.401

### American Tango

The American Tango is one of the most popular dances at ballrooms everywhere. Students will learn to use floor contact for control and a wide range of moves including pivots, fans, flairs and kicks. Add Tango to your list of accomplished dances and become a more complete dancer! Instructor, Don McGuire. Ten weeks, 9/19-11/21. \$54 resident, \$59 non-resident. Adult Recreation Center.

Day	Time	Class
Mon	7:00-8:00 pm	2005.401

### Waltz/Viennese

Now you can learn the beautiful Viennese Waltz with those wonderful left and right turns and stylish curtsy finishes for the ladies. Learn the Butterfly with underarm flairs, rondes and freestyle moves. Half of the class time will be dedicated to slow waltz to reserve energy for the Viennese. Instructor, Don McGuire. Ten weeks, 9/19-11/21. \$54 resident, \$59 non-resident. Adult Recreation Center.

Day	Time	Class
Mon	8:00-9:00 pm	2001.401

### Beginning Ballroom

Learn basic Foxtrot, Rumba, Waltz, Cha Cha and Swing. Good posture, leading and following are emphasized as you learn patterns that can be used in a variety of dances. Instructor, Don McGuire. Ten weeks, 9/20-11/22. \$54 resident, \$59 non-resident. Adult Recreation Center.

Day	Time	Class
Tue	7:00-8:00 pm	2000.401

### Salsa

Learn Salsa dances from Cuba including the ChaCha, Mambo and Merengue. We'll focus on dance patterns, Cuban motion, arm and head styling and footwork for the faster tempos. Instructor, Don McGuire. Ten weeks, 9/20-11/22. \$54 resident, \$59 non-resident. Adult Recreation Center.

Day	Time	Class
Tue	8:00-9:00 pm	2006.401

### Bollywood Spice

The Bollywood film industry is one the largest in the world! You will learn how to express yourself through dance and learn about the Indian dance culture, while having a great time dancing to Bollywood beats. Join this class and explore all parts of India by using various dance forms! Instructor, Nila Ghafarshad-Bhalla. Five weeks, 10/13-11/10. \$70 resident, \$75 non-resident. Recreation Center.

Day	Time	Class
Th	6:00-7:00 pm	2131.401

# GUIDE ADULT CLASSES

## Lap Swim

Open to adults 18 and older. Swim independently under the supervision of a certified lifeguard. 4-week sessions. Monday, Wednesday & Friday (no class 11/11). No refunds. Residents \$40, non-residents \$45. Smith Park Pool.

Dates	Time	Class
9/19-10/14	7:30-8:30 pm	1751.442
10/17-11/11	7:30-8:30 pm	1751.452

## Water Aerobics

This popular class is open to adults 18 and older. Bring a towel and get ready to burn calories. Ability to swim not required. Certified instructor with additional lifeguard on deck. Instructor, Certified Lifeguard. 4 week sessions. Monday, Wednesday & Friday (no class 11/11). No refunds. \$40 resident, \$45 non-resident. Smith Park Pool.

Date	Day	Time	Class
9/19-10/14	MWF	7:30-8:30 pm	1752.401
10/17-11/11	MWF	7:30-8:30 pm	1752.402

## ZUMBA Dance Fitness

Ditch the workout and join the party! Zumba is a high-energy workout that combines Latin-based moves such as salsa, merengue, belly dancing, cumbia and reggae. It is easy to learn and is for all levels. Zumba will keep you having fun as you dance your way into a healthier and more fit you! Instructors, Janeth Quintero and Lisa Rueda. Ten weeks. Mon: 9/19-11/21; Wed: 9/21-11/23; Fri: 9/23-12/9 (No class 11/11 or 11/25). Non-residents pay \$5 above price listed. Recreation Center.

Day	Instructor	Time	Cost	Class
Mon	Janeth	7-8 pm	\$73	2161.401
Wed	Janeth	7-8 pm	\$73	2161.403
Mon/Wed	Janeth	7-8 pm	\$122	2161.413
Fri	Lisa	7-8 pm	\$73	2161.421

\*No class 11/11 or 11/25

## ENRICHMENT CLASSES

### iPhone and iPad Tips

Make your iOS (Apple) device work for YOU in just two sessions—customize the home screen for your convenience, set reminders, teach Siri to write your grocery list and pronounce your name correctly, learn to create and use keyboard shortcuts. Password management options, how to find useful apps and more will be covered. If you're missing out on the functionality of your iOS device and want to learn more but don't know where to start, this class is for you – bring your iOS device to follow along. Instructor Kimberly Michael has been a corporate computer and graphic design trainer for hardware/software systems. Two 2-day sessions are offered. \$53 resident, \$58 non-resident. Adult Recreation Center.

Session	Date	Time	Class
I	10/13 & 10/20	10:00 - 11:30 am	2445.403
II	11/3 & 11/10	10:00 - 11:30 am	2445.404

### NEW! Introduction to Computers for Active Seniors

Never touched a computer? Maybe you did, but felt confused. It's never too late to learn. This class is designed for beginners with limited computer knowledge. Participants will learn basic computing skills and the terms you keep hearing about but aren't quite sure what they mean. Class includes hands-on practice and introduces students who are interested in how to operate a computer. AGI Instructors. \$10 supply fee payable to instructor at first class. Five weeks. \$50 resident, \$55 non-resident. Adult Recreation Center.

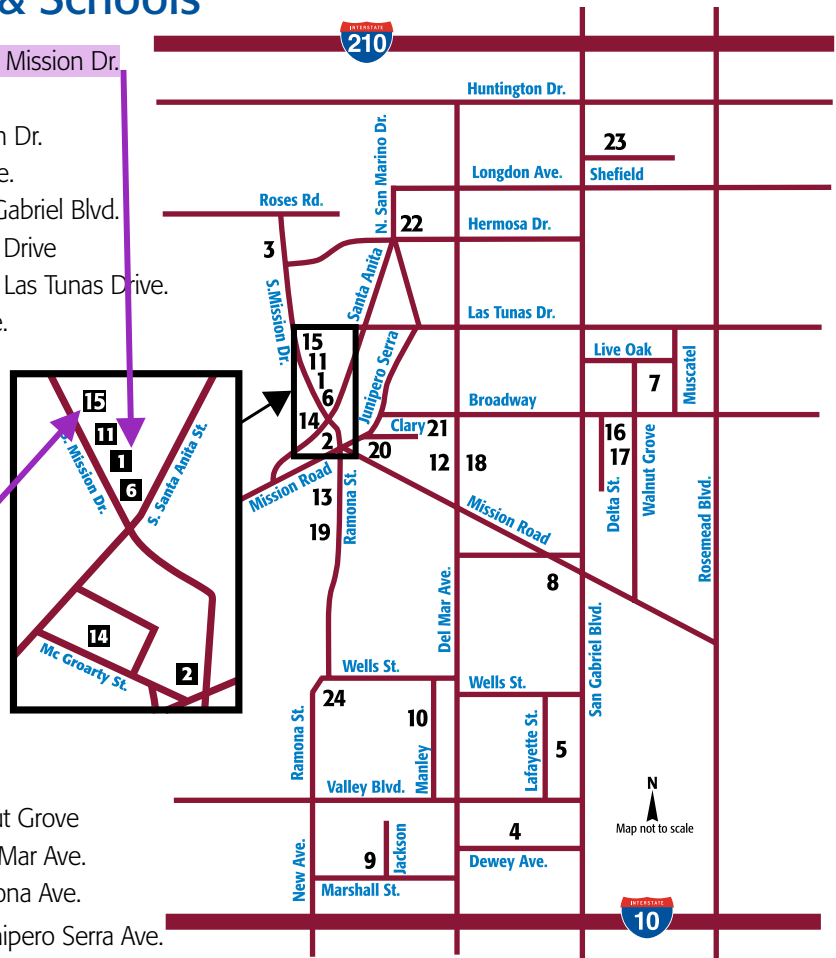
Session	Date	Time	Age	Class
I	9/23-10/21	12:30-1:15 pm	55+	2444.406
II	10/28-12/9*	12:30-1:15 pm	55+	2444.401

\*No class 11/11 or 11/25



## City Facilities, Parks & Schools

- 1 Adult Recreation Center, 324 South Mission Dr.
- 2 City Hall, 425 South Mission Dr.
- 3 Coolidge School, 421 North Mission Dr.
- 4 Dewey School, 525 East Dewey Ave.
- 5 Gabrielino High School, 1327 San Gabriel Blvd.
- 6 Grapevine Park, 324 South Mission Drive
- 7 Jefferson Middle School, 1372 East Las Tunas Drive.
- 8 Lincoln School, 600 East Grand Ave.
- 9 Marshall School, 1817 Jackson St.
- 10 McKinley School, 1425 Manley Dr.
- 11 Mission Playhouse, 320 South Mission Dr.
- 12 Police Department, 625 South Del Mar Ave.
- 13 Plaza Park, 428 South Mission Dr.
- 14 Public Works, 410 McCroarty
- 15 Recreation Center, 250 South Mission Dr.
- 16 Roosevelt Park & Tennis Courts 5410 Delta St.
- 17 Roosevelt School, 401 South Walnut Grove
- 18 San Gabriel Library, 500 South Del Mar Ave.
- 19 San Gabriel High School, 801 Ramona Ave.
- 20 San Gabriel School District, 408 Junipero Serra Ave.
- 21 Smith Park & Pool, 232 West Broadway
- 22 Washington School, 300 North San Marino Dr.
- 23 Wilson School, 1317 East Sheffield
- 24 Vincent Lugo Park, Wells & Ramona, Home of La Laguna Playground.



**ADMINISTRATION**  
626.308.2803

**CITY CLERK**  
626.308.2816

**CITY HALL**  
626.308.2800

**COMMUNITY DEVELOPMENT**  
626.308.2806

**FINANCE DEPARTMENT**  
626.308.2812

**FIRE DEPARTMENT**  
Emergency 911  
Business: 626.308.2880

**MISSION PLAYHOUSE**  
626.308.2865

**COMMUNITY SERVICES DEPARTMENT**  
626.308.2875

**PUBLIC WORKS**  
626.308.2825

**POLICE DEPARTMENT**  
Emergency 911  
Business: 626.308.2828

[www.sangabrielcity.com](http://www.sangabrielcity.com)

# Fall 2016 REGISTRATION FORM

Registration Begins Tuesday, September 6 and Classes Begin the Week of September 19.

San Gabriel Community Services Department • Recreation Center, 250 S. Mission Drive • San Gabriel, CA 91776 • 626.308.2875 • Fax 626.308.0604  
Hours: Monday, Wednesday, Thursday and Friday 8:00 am - 4:30 pm Tuesdays 8:00 am - 6:00 pm

## Registration Options:

1. Online 24/7 at [www.sangabrielcity.com](http://www.sangabrielcity.com)
2. Mail completed form and payment to San Gabriel Community Services Department  
(To receive a receipt, please enclose a self-addressed stamped envelope.)
3. Walk-in with completed form to the Recreation Center during hours of operation with a check or exact change.
4. Call during Recreation Center hours of operation with registration information and Visa or MasterCard payment.
5. Fax 24/7 completed form and Visa or MasterCard payment information.

Class registration will close following the second class meeting

### Refund Policy

Full refunds are issued when classes or activities are cancelled by the Community Services Department or if requested before the first day of class. If you are not happy with the quality of our program, please call and let us know so we can make it right. If you call before the second class, we'll arrange for you to transfer to a new class or receive a refund, less a \$10 processing fee. There are no refunds for aquatic classes, non-attendance, one-day workshops or material fees.

**Please complete entire form and sign waiver of liability. You may use one form to register for multiple activities.**

<b>ADULT PARENT OR GUARDIAN</b>	LAST NAME: _____	FIRST NAME: _____
	ADDRESS: _____	EMAIL: _____
	CITY: _____	ZIP CODE: _____
	CELL PHONE: (    ) _____	HOME PHONE: (    ) _____

### WAIVER OF LIABILITY – PHOTO RELEASE

Through this registration form, I realize that no medical insurance is provided for the City of San Gabriel activities and I fully understand that my participation exposes me (or my dependant) to the risk of personal injury, death or property loss or damage. I hereby acknowledge that I am voluntarily participating or allowing my dependant to participate in this event/class and agree to assume any such risks. I hereby release, discharge and agree not to sue the City of San Gabriel or any of its officers, employees or agents for any injury, death or damage to or loss of personal property arising out of, or in connection with, my participation or the participation of my dependant in the event/class from whatever cause, including the active or passive negligence of the City of San Gabriel or any other participants in the event/class. In consideration for being permitted to participate in the event/class, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless the City of San Gabriel from any and all claims, demands, actions or suits arising out of or in connection with my participation in the event/class. I am physically able (or my dependant is physically able) to participate in this activity. I consent to any medical treatment my dependant needs while involved in this activity and I agree to pay for it. I hereby consent to the use of photographs depicting me or my dependant in city printed materials and or website.

I HAVE CAREFULLY READ THIS RELEASE, HOLD HARMLESS AND AGREEMENT NOT TO SUE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY AND SIGN IT OF MY OWN FREE WILL.

Signature Required: \_\_\_\_\_ Date: \_\_\_\_\_  
As Parent, Guardian or Participant

Activity Number	Participant's Last Name	First Name	Birthday MO/DAY/YR	Sex	Activity Name	Activity Fee
<input type="checkbox"/> Please add \$1 to my registration fees to enable youth to participate in activities through the City's Share a Dream Program. I understand that this is a voluntary donation.						\$ 1.00
Total:						

Method of Payment:  Check (Payable to the City of San Gabriel)  Visa, or  MasterCard Card #: \_\_\_\_\_

Card Holder Signature: \_\_\_\_\_ Expiration Date: \_\_\_\_\_