

Activities for Adults

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

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

Dance

BELLY DANCING WITH YERIL

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

Instructor: Yeril Barlup

Age: 15+ yrs	Fee: \$37/8 wks	Location: LHCC
#2503.200 (Beg)...	TUE 7/6-8/24	7:00-8:00 pm
#2502.200 (Int)...	WED 7/7-8/25	7:00-8:00 pm
#2503.400 (Beg)...	TUE 9/21-11/9	7:00-8:00 pm
#2502.400 (Int)...	WED 9/22-11/10	7:00-8:00 pm

Fitness for Fun

KRAV MAGA FOR PERSONAL SELF-DEFENSE

★NEW★ Learn easy, effective self-protection from the most common threats and attacks! Perfect ways to learn to defend yourself against the MOST COMMON street attacks. Anyone can come and learn. It's also a great workout and way to reduce stress, get into shape and have fun! Participants must have gloves or purchase gloves from the studio for \$25. Please arrive 15 minutes before the first class.

Instructor: Frazier Martial Arts

Age: 15+ yrs	Fee: \$50/4 wks	Location: FMA
#3014.300	MON 7/5-7/26	7:30-8:15 pm
#3014.301	SAT 7/10-7/31	8:00-8:45 am
#3014.302	WED 7/8-7/29	7:30-8:15 pm
#3014.303	SAT 8/14-9/4	8:00-8:45 am
#3014.400	MON 9/13-10/4	7:30-8:15 pm
#3014.401	SAT 9/18-10/9	8:00-8:45 am
#3014.402	WED 10/20-11/10	7:30-8:15 pm
#3014.403	SAT 10/23-11/13	8:00-8:45 am
#3014.404	MON 11/22-12/13	7:30-8:15 pm
#3014.405	WED 11/24-12/15	7:30-8:15 pm

PICTURES OF PARTICIPANTS MAY BE TAKEN AT THE CITY OF LA HABRA'S SPECIAL EVENTS, CLASSES AND PROGRAMS TO BE USED IN PUBLICITY MATERIALS FOR THE CITY OF LA HABRA.

ZUMBA GOLD WITH LEONOR

Get fit and stay healthy with Zumba Gold. Learn to dance salsa, merengue, cha-cha, mambo, cumbia, line dance and much more, while getting a great workout. Participants not only work their bodies in this class, but they sharpen their minds as they learn new routines. Instructor Leonor Garza has been teaching Zumba Gold since 2008; her passion is helping her clients stay in good health through dance exercise. **No class on Monday, July 19th & October 4th.**

Instructor: Leonor Garza

Age: 55+ yrs	Fee: \$37/7 wks	Location: LHCC
#3031.300	MON 7/12-8/30	11:00 am-12:00 pm

Age: 55+ yrs	Fee: \$42/8 wks	Location: LHCC
#3031.301	WED 7/7-8/25	11:00 am-12:00 pm

Age: 55+ yrs	Fee: \$52/10 wks	Location: LHCC
#3015.400	MON 9/13-11/22	11:00 am-12:00 pm
#3015.401	WED 9/15-11/17	11:00 am-12:00 pm

EASY MOVEMENT

This class includes easy moves that start with the head and neck and work all the way down to your toes! Instructor Karon Thomas has taught this class for 15+ years, as well as teaching dance for many years. She combines moves from modern dance, ballet, jazz, Tai Chi walking, yoga, Chi Gong and aerobics to give you a thorough, safe workout. Please bring two 1-lb. weights or two 1-lb. cans of food to class. Mats are optional.

Instructor: Karon Thomas

Age: 40+ yrs	Fee: \$56/8 wks	Location: LHCC
#3026.300	TUE 7/6-8/24	5:30-6:30 pm
#3026.400	TUE 9/21-11/9	5:30-6:30 pm

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Fitness for Fun

TAI CHI: LIU HE BA FA

Six harmonies eight methods uses small increments to release the whole body, mind and spirit into every move. All moves are both attacks and defense. 16 movements unlock 66 movements, 66 movements explore triangles, circles and squares.

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

Age: 18+ yrs Fee: \$51/7 wks Location: LHCC
#3007.300..... MON 7/12-8/30 7:00-8:30 pm

Age: 18+ yrs Fee: \$44/6 wks Location: LHCC
#3007.400..... MON 9/13-10/18 7:00-8:30 pm
#3015.401..... MON 10/25-11/29..... 7:00-8:30 pm

TAI CHI CHUAN

This class includes eight treasures and 24 form. Movements are low impact with high health benefits. Slow movements and slow breathing help to develop balance, flexibility and stamina, while reducing stress.

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

Age: 18+ yrs Fee: \$58/8 wks Location: LHCC
#3011.300..... SAT 7/10-8/28 10:30 am-12:00 pm
#3011.400..... SAT 9/18-11/6 10:30 am-12:00 pm

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Music

INTRODUCTION TO UKULELE

Students will be taught tuning, strumming techniques, and the basics of chord reading using lots of interesting songs along the way. An \$8.50 material fee is payable to the instructor at the first class meeting.

Instructor: Patrick's Music School

Age: 16+ yrs Fee: \$96/6 wks Location: PMS
#5012.300 FRI 6/25-7/30 8:00-8:45 pm

FALL DATES TO BE ANNOUNCED

ADULT GUITAR

Students will learn the basics of guitar playing, note reading and theory. Students must provide their own guitar; no guitar rentals are available at the school. A \$20 materials fee is payable to the instructor at the first class meeting. **No class on Saturday, August 21st.**

Instructor: Music Hill Center

Age: 15+ yrs Fee: \$150/8 wks Location: LHYS
#5009.300 SAT 7/10-8/28 10:15-11:00 am
#5009.400 SAT 9/18-11/6 1:15-2:00 pm

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please call 562-383-4200.

City of La Habra Facility Rentals

Grand Ballroom

La Habra Community Center, 101 W. La Habra Blvd.

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

Also Available:

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

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

City Hall Atrium, 110 E. La Habra Blvd.

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

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

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

Music

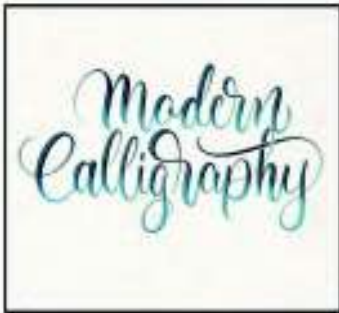
ADULT PIANO

Students will learn the basics of piano playing in a group setting. Keyboards are provided in class, however students must have a piano or electronic keyboard to practice with at home. A \$20 material fee is payable to the school at the first class meeting. **No class on Thursday, August 16th & September 6th.**

Instructor: Music Hill Center

Age: 17+ yrs	Fee: \$150/8 wks	Location: LHYS
#5004.300	MON 7/12-8/30	7:00-7:45 pm
#5004.400	MON 9/13-11/1	7:00-7:45 pm

Art



INTRODUCTION TO HAND LETTERING & CALLIGRAPHY

This class will teach participants hand lettering and calligraphy. You'll be able to use these skills for sign-making, addressing envelopes, scrapbooking, embossing and more! First hour of class will

focus on practicing skills, second hour of the class will include a take-home project. Instructor will provide all needed supplies.

Instructor: Grace Allen

Age: 13+ yrs	Fee: \$50/10 wks	Location: CHA
#7004.300.....	THUR 7/8-7/29	6:00-7:00 pm
#7004.301	THUR 8/5-8/26	6:00-7:00 pm
#7004.400	THUR 9/16-10/7	6:00-7:00 pm
#7004.401	THUR 10/14-11/4	6:00-7:00 pm
#7004.402.....	THUR 11/11-12/9	6:00-7:00 pm



GRAFFITI HOTLINE:
562-383-4220 or email
No2Graffiti@lahabraca.gov

Personal Enrichment

MICROSOFT OFFICE APPLICATIONS FOR ALL AGES

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

Instructor: AGI Academy

Age: 16+ yrs	Fee: 110/6 wks	Location: LHCC
#5002.300	THUR 7/8-8/12	8:00-9:00 pm

Age: 16+ yrs	Fee: \$74/4 wks	Location: PP
#5002.400	THUR 9/16-10/7	6:15-7:15 pm
#5002.401	THUR 10/14-11/4	6:15-7:15 pm

INTRODUCTION TO COMPUTERS & THE INTERNET FOR AGES 55+

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

Instructor: AGI Academy

Age: 55+ yrs	Fee: 110/6 wks	Location: PP
#5007.300.....	THUR 7/8-8/12	11:00 am-12:00 pm

Age: 55+ yrs	Fee: \$74/4 wks	Location: PP
#5007.400.....	THUR 9/16-10/7	1:15-2:15 pm
#5007.401	THUR 10/14-11/4	1:15-2:15 pm

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