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Rowland Heights, CA 91748-3945

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# Rowland Adult & Community Education

## RECREATION DEPARTMENT

RECREATION.ROWLAND.K12.CA.US



### RECREATION DEPARTMENT GENERAL INFORMATION

**Refund Policy:** Please plan carefully as there will be **NO REFUNDS** unless the class is canceled by the Recreation Department. If class is canceled, an automatic refund will be processed with no service charge and mailed to you.

**Make up Classes:** There are **NO Makeup** classes if you miss a class. If a class is canceled due to weather or the instructor out ill, the Recreation Department will do its best to make the class up. The Makeup class will be made up at the end of the current session. If there are not enough extra weeks to have the makeup on its scheduled day, it will be scheduled on a different day of the week. If a makeup day is offered and you cannot attend there will be no refund or letter of credit.

**Class Changes:** No class changes will be made once a student is registered.

**Parent Responsibility:** Parent **MUST** be sure instructor is on site before leaving child and **MUST** be on hand **PROMPTLY** at the close of class to pick up child as instructor cannot be required to remain beyond class hours or be responsible for a child's safety outside the specified class time. **A CASH CHARGE WILL BE ASSESSED FOR EARLY DROP-OFF & LATE PICK-UP.** \$10 for the first 15 minutes, \$20 for 30 minutes and \$30 for 45 minutes.

**Parents Do Not Wait In Classroom Unless Noted In The Brochure.**

**Ages and Ability Level:** Ages for proper class placement are noted. Please register for correct age level. **PROOF OF AGE MAY BE REQUIRED.** Final decision of any changes will be made by the Recreation Department and/or instructor.

**Clothing:** Participants in physical activity classes should wear proper shoes and clothing. Children in dance classes need proper footwear. Instructors discuss apparel requirement at first class meeting.

**Please Note:** This brochure is printed weeks in advance of program beginning and changes in the schedule may occur. We reserve the right to make changes as necessary. Thank you for your understanding and cooperation.

**The Rowland Unified School District does not discriminate on the basis of race, color, national origin, ethnic group identification, ancestry, religion, age, marital status, gender, sex, sexual orientation, physical mental disability, medical condition, and political belief or affiliation in admission or access to, or treatment of employment in, handicap, in its programs and activities including adult and vocational education.**



### BOARD OF EDUCATION

Heidi L. Gallegos, President  
Judy Nieh, Vice President  
Cary C. Chen, Clerk  
Robert F. Hidalgo, Member  
Gilbert G. Garcia, Ph.D., Member

### MISSION

The mission of the Rowland Unified School District, the progressive international community united in learning, is to empower students so that each actualizes his or her unique potential and responsibly contributes to a global society, through a system distinguished by rigorous academics, innovative use of technology, creative exploration, and nurturing learning experiences.

### VISION

"The Rowland Unified School District promotes, expects, and accepts nothing short of excellence. We have collective commitment to be the best school district in California."

### CORE VALUES

Integrity • Respect • Safety  
Student-Centered Focus • Excellence  
Responsibility with Accountability

### REGISTRATION / CLASS INFORMATION

**\*\*\* ALL STUDENTS MUST BE REGISTERED AT THE RECREATION OFFICE BEFORE GOING TO ANY CLASS. \*\*\*ONLY PARENT OR LEGAL GUARDIAN MAY REGISTER STUDENTS**

Please note beginning date/time of your class which is listed on your receipt. No confirmation of registration mailed. All session fees **must be paid at the time of registration** regardless of attendance. **A \$5.00 NON-REFUNDABLE FEE WILL BE ASSESSED ON EVERY REGISTRATION.** Rowland Adult & Community Education Recreation Department reserves the right to cancel (without notice) any program due to lack of enrollment, in which case a refund will be issued. There will be **NO makeup** classes if you miss a class. Rowland Adult & Community Education-Recreation Office reserves the right to make changes of day, time, location or staff. There will be **NO IN-CLASS REGISTRATION.** All registrations are to be processed at the RACE Office, Mail or FAX

### REGISTRATION PROCEDURES

**Walk-In:** Rowland Adult & Community Office. 2100 Leron Avenue, Rowland Heights. Register during Recreation office hours. Fees can be paid in cash, check, Visa, Mastercard or American Express.

**Mail-In: ALLOW ONE WEEK FOR DELIVERY BY MAIL**  
Use the **Recreation Registration Form** located on the back page of this flyer. Make **check payable to: RUSD** (Rowland Unified School District) A **\$25 service charge** is applied to all returned checks, sorry, no exceptions. **Mail registration form & check to:** Rowland Adult & Community Education. 2100 Leron Avenue, Rowland Heights, CA 91748

**FAX Registration (626) 854-1191**  
**Register by FAX - 1:00pm-5:00pm** (Once Registration Begins.) You must use your Visa, Mastercard or American Express credit card to pay registration fees.  
**Parent must completely fill out registration form located on the back of the brochure (PLEASE PRINT CLEARLY) and sign for the Credit Card Approval, Liability Clause and initial Refund Policy. FAX to the Recreation Office (626) 854-1191.**  
**Please call the office (626) 965-5975 ext. 1567 or 1569, Recreation, to confirm that we have received your FAX and the class you registered for is still available.**



2100 Leron Avenue • Rowland Heights, California 91748  
Telephone: (626) 965-5975, ext. 1569 or 1567

**MAIL TO: ROWLAND ADULT & COMMUNITY EDUCATION**  
2100 Leron Ave, Rowland Heights, CA 91748

**MAKE CHECKS PAYABLE TO: Rowland Unified School District (RUSD)**

Student Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Class Location: \_\_\_\_\_  
Class#: \_\_\_\_\_ Title: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_  
Student Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Class Location: \_\_\_\_\_  
Class#: \_\_\_\_\_ Title: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

**NON-REFUNDABLE FEE: \$5.00**

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: (HM.) \_\_\_\_\_ (WK.) Mom / Dad: \_\_\_\_\_ (CELL): \_\_\_\_\_  
Method of Payment:  Cash  Check  Charge My: Visa/Mastercard/AmEx Account# \_\_\_\_\_  
Signature: \_\_\_\_\_ CVC# on C.C. \_\_\_\_\_ Exp. Date: \_\_\_\_\_

**A FULL REFUND WILL ONLY BE MADE WHEN A CLASS IS CANCELED BY THE RECREATION DEPARTMENT.** Remember to **READ ... SIGN ... and DATE** the waiver below.

I voluntarily agree to participate or have my children participate in this program, including special events, excursions and recitals. I realize that every precaution is taken to eliminate any injuries or hazards and that a competent supervisor is present. However, in the event of any injury to myself or my child, I hereby waive, release and hold harmless from any liability for damages or claims for which may arise in connection with the above-named activities, against the Supervisor, Department of Recreation Personnel and the Rowland Unified School District.

PRINT NAME of PARENT / GUARDIAN / ADULT REGISTRANT: \_\_\_\_\_ DATE: \_\_\_\_\_  
SIGNATURE: \_\_\_\_\_ EMERGENCY PHONE NO.: \_\_\_\_\_  
EMAIL: \_\_\_\_\_ Parents Initials: \_\_\_\_\_

**Please plan carefully as there will be NO CLASS REFUNDS or TRANSFER.**

### REGISTRATION BEGINS:

Monday January 9, 2012 at 1:00pm

### SATURDAY REGISTRATION:

January 21, 2012 & January 28, 2012  
at 9:00am - 11:00am

### RECREATION OFFICE HOURS:

Monday-Thursday: 1:00pm - 5:00pm

Friday 12:30pm - 4:30pm

Office Closed and No Classes Monday February 20, 2012

Coordinator-Colleen Bridgewater  
Office Assistant-Dalmiro Navarro



**INSPIRING YOUTHS THROUGH RECREATIONAL ACTIVITY**

**THE ARTS**

**ART/DRAWING FOR CHILDREN - 8 Weeks New Longer Classes and New Day!**  
Students will learn Fundamental drawing and cartooning skills. Students will learn about color, value, shape and perspective to create realistic drawings using various media. Creativity and fun will also be encouraged!  
**THURSDAY CLASSES**  
12501 Art/Drawing Ages 4-6 Instructor: Cyndy Hyun 3:15-4:15pm  
12601 Art/Drawing Ages 6-9 Instructor: Cyndy Hyun 4:15-5:15pm  
12701 Art/Drawing Ages 9-12 Instructor: Konnie Kim 5:15-6:15pm  
**Begins: Thurs. Jan. 26, 2012 Loc: RACE Room 103**  
**Fee: \$69 Material Fee: \$10 due at first class meeting**

**NEW Saturday Art Class**  
12801 Art/Drawing Ages 6-12 Instructor: Cyndy Hyun 11:00-12:00pm  
**Begins: Sat. Jan. 28, 2012 Loc: NNOx Art Studio -371 Oakplace Unit F, Brea**  
**Fee: \$69 Material Fee: \$10 due at first class meeting**

**MUSIC**

All Piano, Guitar, Drums and Voice classes are taught at:  
**The Rowland Heights School of Music & Arts**  
Location: 19271 E. Colima Rd., Suite H. Rowland Heights  
Director/Piano Instructor: Yolanda J. Fresnoza, Ed. D.  
**PIANO for Children - 8 Weeks**  
A comprehensive beginning & continuing Piano course that can be applied to any keyboard. The fundamentals of music are taught in this fun class.  
**There must be a minimum of 5 Students per class or classes will be combined.**  
21400 Beg. & Cont. Ages 4-5 Tuesday 6:00-7:00pm  
21402 Beg. & Cont. Ages 5-8 Wednesday 6:00-7:00pm  
21501 Beg. & Cont. Ages 9-13 Thursday 6:30-7:30pm  
**Begins: Tues. Jan. 24, Wed. Jan. 25 and Thurs. Jan. 26 Fee: \$110**  
**\$25 for instruction book & instrument maintenance fee to be paid in cash, to the instructor, at the first class meeting. \*\*You will need your own personal set of headphones with large prong adapter.** You can purchase at: Radio Shack or Target.

**DRUMS, DRUMS, DRUMS - 8 Weeks**  
The moment you're born, you have that built in rhythm inside you. Students will enjoy this fun class while learning basic techniques of drumming, proper grip position, hand/wrist development, hand/foot coordination & more!  
**There must be a minimum of 5 Students per class or classes will be combined.**  
23001 Beginning Ages 6-9 Friday 3:30-4:30pm  
23110 Beg. & Cont. Ages 10-16 Friday 4:30-5:30pm  
**Begins: Fri. Jan. 27, 2012 Instr: Dio Avila Fee: \$100**  
**\$20 for instruction book & maintenance fee to be paid in cash, to instructor, at the first class meeting. Students must bring drumsticks and a drum pad.**

**INTRODUCTION TO GUITAR - 8 Weeks**  
Students will learn to read music, play chords, rhythm skills & proper technique of playing the guitar while enjoying this fun class.  
24001 Beginning Ages 5-13 Friday 5:30-6:30pm  
24110 Beg. & Cont. Ages 5-13 Friday 6:30-7:30pm  
24220 Beginning Ages 14 & up Friday 7:30-8:30pm  
**Begins: Fri. Jan. 27, 2012 Instr: Dio Avila Fee: \$100**  
**Material Fee: \$7 to be paid, in cash, to instructor at first class.**  
Students must bring a guitar (acoustic or electric).

**NEW INTRODUCTION TO VOICE**  
In this fun class, the next American Idol may be born!!! Students will learn proper breathing techniques, proper voice placement, interpretation and expression, stage presence microphone techniques and imaging.  
**There must be a minimum of 8 Students per class or classes will be combined.**  
26008 Beginning Ages 5-8 Thursday 3:00-4:00pm  
26009 Beg. & Cont. Ages 9-12 Thursday 4:00-5:00pm  
26010 Beg. & Cont. Ages 17-Adult Thursday 5:00-6:00pm  
**Begins: Thurs. Jan. 26, 2012 Instr: Lilibeth Ona**  
**Loc: Rowland Heights School of Music & Arts**  
**Fee: \$120 Material Fee: \$10 to be paid, in cash, to the instructor at the first class.**

**COMPUTER CLASSES/ACADEMICS**

**TYPING, MICROSOFT WORD & POWER POINT - Two 6 Weeks**  
Develop your child's basic typing skills. Learn different techniques to make computers fun while your child is taught a lifetime skill. Learn Microsoft Word for writing reports & homework. Areas covered will be formatting with fonts, paragraph alignment, indents, margins, clip art, bullets & numbering and columns & tables. Students will also learn Power Point for slide show that can be applied to their academic work.  
14001 Ages 8-15 Wednesday Jan. 11-Feb. 15 3:00-4:00pm  
14002 Ages 8-15 Wednesday Feb. 22-Mar. 28 3:00-4:00pm  
**Instr: AGI Academy Instructors Loc: RACE Room 102**  
**Fee: \$85 Material Fee: \$10 due at first class meeting.**

**INTRODUCTION TO COMPUTER GRAPHICS - Two 5 Week Sessions**  
Have you ever held a print advertisement in your hands and were attracted to its information? With this course, students will be able to combine creativity along with their artisanship to make full professional brochures. Students will be receiving hands on challenges and creating their own outlook on a designated product by using freestyle PhotoShop skill, such as designing a magazine cover and scrap booking digitally on the computer.  
91001 Ages 10-15 Saturday Jan. 21-Feb. 25 9:00-11:00am  
91002 Ages 10-15 Saturday Mar. 3-Mar. 31 9:00-11:00am  
**Instr: AGI Academy Instructors Loc: AGI Academy-20816 Carrey Rd. Walnut**  
**Fee: \$140 Material Fee: \$20 due at first class meeting**

**PSAT PREPARATION CLASS - 8 Weeks**  
Do you want to obtain spectacular scores on your standardized tests? Do you want to increase your chance of being accepted to top colleges? This class will be devoted to all three sections of SAT test for an intensive review. Join the SAT Prep Class for skill building, strategies, practice, and tips. Students will do a practice test. **\*No Class Feb. 18th**  
16205 Ages 13-17 Saturday Jan. 21-Mar. 17 2:00-4:00pm  
16206 Ages 13-17 Saturday Jan. 21-Mar. 17 4:00-6:00pm  
**Instr: AGI Academy Instructors Loc: AGI Academy-20816 Carrey Rd. Walnut**  
**Fee: \$225 Material Fee: \$20 due at first class meeting**

**COMPUTER CLASSES/ACADEMICS CONT...**

**INTRODUCTION TO SPANISH - Two 5 Week Sessions**  
This course will help familiarize students with basic Spanish grammar, vocabulary and conversation. Students will also learn about various Spanish-speaking countries and cultures. Handout provided to students with vocabulary words and basic phrases based upon a given topic as well as grammar and conversation activity.  
16208 Ages 8-15 Saturday Jan. 21-Feb. 25 1:00-2:00pm  
16211 Ages 8-15 Saturday Mar. 3-Mar. 31 1:00-2:00pm  
**Instr: AGI Academy Instructors Loc: AGI Academy-20816 Carrey Rd. Walnut**  
**Fee: \$70 Material Fee: \$10 due at first class meeting**

**WRITER'S WORKSHOP - Two 5 Week Sessions**  
Students will learn strategies and tools used to write essays, research projects and speeches. Learn how to address writing prompts used on standardized tests  
100005 Ages 10-15 Saturday Jan. 21-Feb. 25 12:00-1:00pm  
100006 Ages 10-15 Saturday Mar. 3-Mar. 31 12:00-1:00pm  
**Instr: AGI Academy Instructors Loc: AGI Academy-20816 Carrey Rd. Walnut**  
**Fee: \$70 Material Fee: \$10 due at first class meeting**

**READING COMPREHENSION AND VOCABULARY BUILDING - Two 5 Week Sessions**  
Students will sharpen their reading skills and expand vocabulary as they investigate word pairs in cooperative groups. The activities will be fun, interactive, and focused on improving reading strategies.  
100007 Ages 10-15 Saturday Jan. 21-Feb. 25 11:00-12:00pm  
100008 Ages 10-15 Saturday Mar. 3-Mar. 31 11:00-12:00pm  
**Instr: AGI Academy Instructors Loc: AGI Academy-20816 Carrey Rd. Walnut**  
**Fee: \$70 Material Fee: \$10 due at first class meeting**

**INTRODUCTION TO ALGEBRA - Two 5 Week Sessions**  
Representing problem situations with symbolic expressions, functions and equations. Emphasis on properties of operations, rational and irrational number, techniques of manipulating polynomials, solution of open sentence in one and two variables, graphs, and functions. Students will investigate the relationships among data, in particular linear relationships.  
100009 Ages 10-15 Saturday Jan. 21-Feb. 25 11:00-12:30pm  
100010 Ages 10-15 Saturday Mar. 3-Mar. 31 11:00-12:30pm  
**Instr: AGI Academy Instructors Loc: AGI Academy-20816 Carrey Rd. Walnut**  
**Fee: \$105 Material Fee: \$15 due at first class meeting**

**INTRODUCTION TO GEOMETRY - Two 5 Week Sessions**  
Apply the properties of congruence transformations, determine the quadrilateral properties, and apply formulas for planar figures and surfaces as well as other applications to similar figures.  
100011 Ages 10-15 Saturday Jan. 21-Feb. 25 12:00-2:00pm  
100012 Ages 10-15 Saturday Mar. 3-Mar. 31 12:00-2:00pm  
**Instr: AGI Academy Instructors Loc: AGI Academy-20816 Carrey Rd. Walnut**  
**Fee: \$105 Material Fee: \$15 due at first class meeting**

**HOMEWORK TUTORING - Two 5 Week Sessions**  
Rowland Heights Recreation Department is the AGI Academy will be offering a homework tutoring program for 2nd-6th grade students. There will be hands-on homework help, study skills taught and test preparation tips for a variety of academic subjects. Students will work with tutors to tackle troublesome homework problems in small study groups. Additionally, students will learn helpful research and study tips, enabling them to develop their self-confidence in performing academic work. **\*No Class Feb 20, 2012**  
100013 Ages 7-12 Mon. & Thurs. Jan. 19-Feb. 23 3:00-4:45pm  
100014 Ages 7-12 Mon. & Thurs. Feb. 27-Mar. 29 3:00-4:45pm  
**Instr: AGI Academy Instructors Loc: AGI Academy-20816 Carrey Rd. Walnut**  
**Fee: \$125 Material Fee: \$10 due at first class meeting**

**SPORTS**

In these clinic format classes, the instructor will stress team skills through instructional drills & Games while raising each child's self esteem and a joy of the sport. Parents of ages 4-6 must stay near facility.

**BASKETBALL for Boys & Girls - 8 Weeks**  
**FRIDAY BASKETBALL CLASSES**  
31001 Beginning Ages 4-6 Friday 3:15-4:00pm  
31301 Beginning Ages 7-10 Friday 4:00-4:45pm  
**Begins: Fri. Jan. 27, 2012 Instr: Adam Sandoval**  
**Fee: \$60 Loc: Shelyn Elem. Outside Court**

**SATURDAY BASKETBALL CLASSES**  
31701 Beg. & Cont. Ages 5-6 Saturday 9:30-10:15am  
32001 Beg. & Cont. Ages 7-8 Saturday 10:15-11:00am  
32501 Beg. & Cont. Ages 8-10 Saturday 11:00-11:45am  
32801 Cont. & Inter. Ages 7-12 Saturday 11:45-12:45pm  
**Begins: Sat. Jan. 28, 2012 Instr: Adam Sandoval**  
**Fee: \$60 Loc: Rowland High School Outside Courts**

**SOCCER for Boys & Girls - 8 Weeks**  
In this clinic format class, the instructor will stress team skills through instructional drills & Games while raising each child's self esteem and a joy of the sport. Parents of ages 4-6 must stay near facility.

**FRIDAY SOCCER CLASSES**  
33001 Beg. & Cont. Ages 4-6 Friday 3:30-4:15pm  
33101 Beg. & Cont. Ages 7-11 Friday 4:15-5:00pm  
**Begins: Fri. Jan. 27, 2012 Instr: Erica Avalos & Pam Alejandre**  
**Fee: \$60 Loc: Shelyn Elem. East Field**

**SATURDAY SOCCER CLASSES**  
33201 Beg. & Cont. Ages 4-5 Saturday 9:30-10:15am  
33301 Beg. & Cont. Ages 6-7 Saturday 10:15-11:00am  
33401 Beg. & Cont. Ages 8-9 Saturday 11:00-11:45am  
33501 Beg. & Cont. Ages 10 & up Saturday 11:45-12:45pm  
**Begins: Sat. Jan. 28, 2012 Instr: Erica Avalos & Pam Alejandre**  
**Fee: \$60 Loc: Rowland High School East Field**

**SPORTS CONT...**

**TENNIS: A Sport for a Lifetime - 8 Weeks**  
**ALL TENNIS STUDENTS MUST BRING TWO CANS OF UNOPENED TENNIS BALLS (Wilson or Penn) AND A TENNIS RACQUET**  
This class is for fun and fitness. Students will develop techniques for ground strokes, serve & volley along with footwork and coordination. Drills are emphasized, along with the basic fundamental, rules, and scoring.  
**THURSDAY TENNIS CLASSES**  
36001 Beginning Ages 6-10 Thursday 3:00-4:00pm  
36002 Beg. & Cont. Ages 11 & up Thursday 3:00-4:00pm  
36101 Beginning Ages 6-10 Thursday 4:00-5:00pm  
36102 Beg. & Cont. Ages 11 & up Thursday 4:00-5:00pm  
36103 Advanced Ages 6 & up Thursday 5:00-6:00pm  
**Begins: Thurs. Jan. 26, 2012 Instr: Bill Davis & Earl Bernabe**  
**Fee: \$60 Loc: Rowland County Park Courts**

**SATURDAY TENNIS CLASSES**  
36301 Beg. & Cont. Ages 5-6 Saturday 9:00-10:00am  
36401 Beg. & Cont. Ages 7-8 Saturday 10:00-11:00am  
36501 Beg. & Cont. Ages 9-12 Saturday 11:00-12:00pm  
37001 Advanced Ages 7-13 Saturday 12:00-1:00pm  
**Begins: Sat. Jan. 28, 2012 Instr: Earl Bernabe**  
**Fee: \$60 Loc: Rowland High School Tennis Courts**  
**Private Tennis lessons: 45 minute class, EIGHT WEEKS--\$170** Arrange time at the Recreation Office. Private Lesson Instructor: Mr. Bill Davis

**MARTIAL ARTS**

**CHINESE MARTIAL ARTS CLASSES - 8 Weeks**  
Comprehensive traditional Chinese Styles of Kung Fu that increases self-confidence & self-discipline through all ranges of fighting techniques.  
**ADVANCE BY TEST**  
35501 Kung Fu Kids/Teens Ages 4-13 Saturday 9:10-9:50am  
**Begins: Sat. Jan. 28, 2012 Instructor: Jack Yu**  
**Fee: \$68 Location: RACE Patio**

**SWIM**

**SWIM TEAM/WATER POLO - 8 Weeks ROWLAND RACERS**  
This class is for children to develop as swimmers and learn the fun sport of Water Polo. Time is split between teaching swimming, and developing fundamental Water Polo skills. Students will learn how to tread water, pass and shoot a Water Polo ball, as well as participate in fun games to reinforce these skills.  
**Must be able to swim two Laps & know two Swim Strokes.**  
71001 Water Polo Friday 5:30-7:30pm  
**Begins: Friday Jan. 27, 2012 Instr: Tyler Watkins & Stephanie Lui**  
**Fee: \$95 (Shirt will be included) Loc: Nogales High School Pool**

**STROKE CLINIC/SWIM TEAM - 8 Weeks**  
This class is designed for boys & girls 9-14 years old who might be interested in joining their High School Swim or Water Polo Team. The Swim Team will condition your swimmer to get them ready for high school level competition. They will learn stroke form and technique. **Must be able to swim two Laps & know two Swim Strokes.**  
71003 Stoke Clinic/Swim Team Ages 9-14 T & Th 5:00-6:00pm  
**Begins: Tues. Jan. 24, 2012 Instr: Nogales Swim Staff**  
**Fee: \$85 Loc: Nogales High School Pool**

**PRIVATE SWIMMING LESSONS - 8 Weeks**  
One on One swimming lessons individually designed for the students benefit. Class is highly adaptable to the needs of each swimmer. The water is always heated to at least 80 degrees. Lessons are once a week for 55 minutes, for 8 weeks.  
**Must be at least 4 years old. Arrange dates/times at the recreation office. Fee: \$245**

**LIFEGUARD TRAINING - 4 DAY COURSE April 2-5, 2012**  
With successful completion, this training includes a 2 year CPR/First Aid certification, and a 3 year Lifeguard certification.  
**Requirements for Successful Completion:** Participants must attend all scheduled class dates and times, demonstrate proficient land & water skills and pass all written exams with a score of at least 80 percent.  
**Prerequisites:** Participants must be at least 15 years old, able to swim 300 yards (12 lengths of a 25 yard pool) without stopping, using the front crawl and breaststroke and able to retrieve a 10-Lb weight from 7 feet, then swim 20 yards with the weight, using legs only.  
**Refund Policy: There will be NO REFUNDS once the course fee has been submitted.** This includes: participants who do not successfully attend all three days and times, those who do not pass land and water skills with proficiency or those who do not pass the written exam with a score of at least 80%.  
71101 Lifeguard Training Mon-Thurs. April 2-5 9:00am – 3:30pm  
**Instr: Tyler Watkins Loc: RACE Rm 101 Fee: \$155**

**DANCE**

**These dance favorites will be taught in a way that children are sure to enjoy.** Your future star will gain flexibility, coordination, self-esteem and learn the basic fundamentals of dance. Students will learn fun routines, enjoyable for even the youngest dancers. Your child will become familiar with proper terminology and classroom etiquette and will enjoy learning in this warm and welcoming environment.  
**DANCE-BALLET, TAP/JAZZ, BABY BALLET - 8 Weeks**  
44001 Baby Ballet Ages 3-5yrs Wednesday 3:30-4:15pm  
44004 Ballet, Tap & Jazz Ages 6+ Wednesday 4:15-5:00pm  
**Begins: Wed. Jan. 25, 2012 Instr: Bright Stars Academy**  
**Fee: \$65 Loc: Carolyn Rosas Park**

**HIP HOP - 8 Weeks**  
Kids will get moving to fun and appropriate music! They will learn funky hip hop moves and dances they are sure to enjoy and in the process get great exercise.  
42001 Ages 8 & up Thursday 4:45-5:30pm  
**Begins: Thurs. Jan. 26, 2012 Instr: Bright Stars Academy**  
**Fee: \$65 Loc: Blandford Elem. Room 69**

**DANCE CONT...**

**MUSICAL PRODUCTION - 8 Weeks**  
If your child loves to sing, dance and perform then this is the class for you. This combination class teaches students everything they need to know to become a confident performer. They will learn proper dance and singing techniques to a popular musical and will actually become a star by performing in a show put on by Bright Stars Academy.  
29001 Ages 8 & up Thursday 4:00-4:45pm  
**Begins: Thurs. Jan. 26, 2012 Instr: Bright Stars Academy**  
**Fee: \$65 Loc: Blandford Elem. Room 69**

**SPECIALTY CLASSES**

**ETIQUETTE CLASS FOR CHILDREN - 8 Weeks**  
Children learn manners and communication skills with a strong focus on respect & values. Topics covered will include; being tactful, table manners, bullying & social situations. The teen class topics include all of the above and also, etiquette for dating, proms, funerals, job interviews and more!  
52002 Youth Etiquette Ages 7-12 Thursday 4:00-4:45pm  
52003 Teen Etiquette Ages 13+ Thursday 4:45-5:30pm  
**Begins: Thurs. Jan. 26, 2012 Instr: Christina Meacham-Certified Etiquette Trainer**  
**Fee: \$60 Loc: RACE Room 106**

**ICE SKATING FOR CHILDREN & ADULTS!**  
**LOCATION: OC Skating Academy at KHS- 1000 E. Cerritos, Anaheim**  
PARENTS must stay at the skating rink at all times. Skate rentals included, wear warm clothes and gloves. **Public Skate: Sat. 11:10am-1:20pm & Sun. 1:50pm-3:50pm**  
**PARENT & ME - 4 Weeks**  
Spend some fun time learning to skate with your child. Take it at your own pace and get some great exercise.  
39602 Ages 3-6 Saturday Jan. 28-Feb. 18 12:45-1:15pm Fee: \$35  
39603 Ages 3-6 Saturday Feb. 25-Mar. 17 12:45-1:15pm Fee: \$35  
30301 Ages 3-6 Sunday Jan. 29-Feb. 19 12:50-1:20pm Fee: \$35  
30302 Ages 3-6 Sunday Feb. 26-Mar. 18 12:50-1:20pm Fee: \$35

**SKATING FOR TOTS - 4 Weeks**  
Children learn to have fun on skates. Hopping, gliding, playing games and more, plus its great exercise. Bring your child and watch him smile!  
39702 Ages 3-6 Saturday Jan. 28-Feb. 18 11:40-12:10pm Fee: \$35  
39703 Ages 3-6 Saturday Feb. 25-Mar. 17 11:40-12:10pm Fee: \$35  
30004 Ages 3-6 Sunday Jan. 29-Feb. 19 1:50-2:20pm Fee: \$35  
30005 Ages 3-6 Sunday Feb. 26-Mar. 18 1:50-2:20pm Fee: \$35

**BEGINNING ICE SKATING - 4 Weeks**  
Learn the beauty & grace of ice skating. Learn to glide forward, backward, stop, turn & more.  
39802 Ages 7-16 Saturday Jan. 28-Feb. 18 11:40-12:10pm Fee: \$35  
39803 Ages 7-16 Saturday Feb. 25-Mar. 17 11:40-12:10pm Fee: \$35  
30204 Ages 7-16 Sunday Jan. 29-Feb. 19 2:20-2:50pm Fee: \$35  
30205 Ages 7-16 Sunday Feb. 26-Mar. 18 2:20-2:50pm Fee: \$35

**MORE ICE SKATING AT A SECOND LOCATION!!!**  
**The Rowland Recreation Department is now offering Ice Skating Classes at a new second location in Ontario. Center Ice Arena 201 S. Plum Ave. Ontario.**  
**ICE SKATING FOR TOTS, KIDS, TEENS & ADULTS**  
Learn to skate across the ice forwards and backwards, glide on one foot, stop, turn & more! Skate rentals and free public skating the day of class are included. Please arrive at least 15 minutes early for check-in and skate sizing. Dress Warmly!  
**SKATING FOR TOTS - Two 5 Weeks Offered**  
39710 Ages 3-5 Saturday Jan. 7-Feb. 4 11:00-11:30am Fee: \$55  
39711 Ages 3-5 Saturday Feb. 11-Mar. 10 11:00-11:30am Fee: \$55

**SKATING FOR KIDS - Two 5 Weeks Offered**  
39810 Ages 6-12 Saturday Jan. 7-Feb. 4 11:00-11:30am Fee: \$55  
39811 Ages 6-12 Saturday Feb. 11-Mar. 10 11:00-11:30am Fee: \$55

**SKATING FOR TEENS & ADULTS - Two 5 Weeks Offered**  
39816 Ages 13+ Saturday Jan. 7-Feb. 4 11:00-11:30am Fee: \$55  
39817 Ages 13+ Saturday Feb. 11-Mar. 10 11:00-11:30am Fee: \$55

**ICE SKATING - TOTS & ME - Two 5 Weeks Offered**  
Parent and tot learn to skate across the ice forwards and backwards, glide on one foot, stop, turn & more! Skate rentals and free public skating are included the day of class. Please arrive at least 15 minutes early for check-in and skate sizing. Dress Warmly!  
**TOT & ME (one tot ages 2-5 and one parent) - Two 5 weeks Offered**  
39610 Ages 2-5 Saturday Jan. 7-Feb. 4 11:00-11:30am Fee: \$75  
39611 Ages 2-5 Saturday Feb. 11-Mar. 10 11:00-11:30am Fee: \$75

**KILLIAN COUGAR DEN CLUB - After School Childcare**  
Killian Cougar Den Club is a fun, safe place that your child will enjoy attending. Activities include homework time, crafts, outside play, games, movie days and holiday celebrations! Hours are 1:05pm to 6:00pm. Space is limited.  
**Students Must Pre-Register**  
61801 Killian Cougar Den Club Fee: \$60 per week  
**Begins: On-Going Instr: Adreanna Mercado, Maggie Ramadan & Christie Diaz**  
**Loc: Fajardo Elem. Rm: TBD**

**DOG OBEEDIENCE TRAINING - 8 Weeks**  
This class covers basic obedience commands and help with correcting behavior Problems, (chewing, jumping up, digging, housebreaking, etc.) Course is open to all breeds of dogs, 6 months or older (larger breeds accepted at 4 months). Handlers 12 years to Adult. **First meeting is orientation, held WITHOUT DOGS.**  
59401 Dog Obedience 6:30-7:30pm Fee: \$83  
Bring vaccination record & \$10 insurance fee to first class.  
**Begins: Thurs. Jan. 12-Mar. 1, 2012 Instr: Dog Services Unlimited**  
**Loc: McCoy Equestrian Center - 14280 Payton Dr. Chino Hills**

**FRISBEE FUN FOR YOU AND YOUR DOG!**  
Come catch the FUN in this one-day workshop where you'll introduce your dog to the sport of Frisbee Toss 'n Fetch, and learn proper Frisbee throwing techniques and safety! Please Pre-register so we may brief you on what to bring to class. **Must have vaccination records.**  
59701 Frisbee Fun 2:00-5:00pm Fee: \$39  
**Begins: Sun. Jan. 29, 2012 Instr: Dog Services Unlimited**  
**Loc: Suzanne Park - 625 Suzanne Rd., Walnut**  
**Material Fee: \$5 to be paid at first class (Includes Frisbee).**