

ART

Oil Painting – Still Life Setup, Composition and Painting

Learn the art of setting up and composing the subjects for still life painting. Learn how to arrange the light direction, catch the atmosphere and express the combined harmony of the subjects in the painting. Students will receive a mandatory supply list at the time of registration. (6 weeks)

Instructor: Ebrahim Amin

Location: SCC

9329	F	May 12-Jun 16	1-4pm	18+ yrs	\$136
9330	F	Jun 30-Aug 4	1-4pm	18+ yrs	\$136

Oil Painting Landscape

Learn the process of translating a simple photograph into a compelling painted image. The instructor will demonstrate how to focus on composition, color, line, mood and paint application as well as his style and process of painting at the first class. This class is open to all skill levels. Material list provided at the time of registration.

Instructor: Ebrahim Amin

Location: SCC

9322	Tu	May 16-Jun 20	6-9pm	18+ yrs	\$136
9336	Tu	Jul 11-Aug 15	6-9pm	18+ yrs	\$136

DOG SERVICES



Dog Obedience

Establish better manners and correct behavior problems such as destructive chewing, digging, jumping, etc. For all breeds of dogs over 5 months (4 months for larger dogs) Introduces proper heel, automatic sit, sit-stay, down-stay, stand for inspection, come with finish, as well as hand signals, long-distance work, and boundary training. Trophies and certificates will be awarded at graduation. First meeting held **without dogs** (orientation). Bring a lawn chair, shot records and \$10 materials fee on first day of class. (7 weeks)

Instructor: Wendy Brookhyser, Hacienda Hills Dog Obedience Club

Location: CVP (1st meeting by Flagpole)

9304	Tu	Jun 13-Aug 1*	6:30-7:30pm	18+ yrs	\$96*
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*No class Jul 4.

**\$10 materials fee due to instructor at first class. (Includes training manual)

Intermediate Dog Obedience

Continue your canine's education! Five weeks of intensive practice and drill on all your novice obedience exercises! For anyone who has completed a basic obedience course and wants to continue polishing their dog's skills in a class setting. **Bring your dog to first meeting with leash, training collar, and 30' long line.** (5 weeks)

Instructor: Hacienda Hills Dog Obedience Club

Location: MVHS – upper parking lot

9305	M	Jul 10-Aug 7	8-9pm	18+ yrs	\$82*
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*\$5 materials fee due to instructor at first class.

Dog Manners “Crash Course”

Accomplish your training goals and get behavior problems under control in just 4 weeks! Exercises will include: sit and down on command, stay in sit or down position with distractions, come when called and controlled walking on a leash. For dogs ages four months or older. Vaccinations must be current. **Dogs attend all meetings.** Pre-registration required. (4 weeks)

Instructor: Wendy Brookhyser, Hacienda Hills Dog Obedience Club

Location: HHP

9306	Sa	Jul 15-Aug 5	10-11:15am	18+ yrs	\$84*
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*\$5 insurance fee due to instructor at first class

Frisbee Dogs...Catch the Fun

Discover the fun sport of Frisbee Toss 'n Fetch in this introductory workshop! Avid Disc-Dog competitor, David Procida, will give you personalized instruction on proper Frisbee throwing techniques, and will help you get your dog motivated to go for a disc and to bring it back to you. Find out if your dog has the potential to become a star! Please pre-register, and bring your dog on a leash and collar. Please bring current vaccination records and \$5 materials fee (includes a Frisbee).

Instructor: David Procida, Hacienda Hills Dog Obedience Club

Location: HHP

9307	Su	Jul 9	6:30-8pm	18+ yrs	\$28*
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*\$5 materials fee due to instructor at first meeting.



Take a Hike!

The City of Laguna Niguel is home to approximately **80 miles of scenic trails**. Many of these trails provide access to City parks and open space areas. Explore all the trail options by turning to page 33.



FITNESS / WELL BEING

Yoga

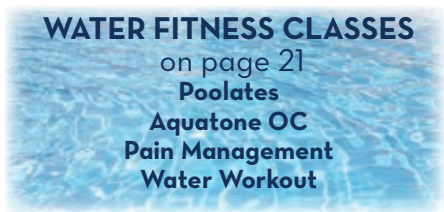
With practice; improve strength, flexibility, balance, focus and peace of mind. Four different levels of classes, each 11 sessions for the season. Pre-registration by May 13-\$147**-\$176 thereafter. Take Two sessions (i.e. Saturdays & Tuesdays): \$198 for 22 classes by May 13.

REGISTER: Call (949) 633-3654/yogaknights.com

Instructor: Angie Knight / **Location:** SCC

Gentle Yoga	M	Jun 5-Aug 21	10-11:30am	18+yrs	\$147*
Yoga Basics	Tu	Jun 6-Aug 22	6:30-8pm	18+yrs	\$147*
Yoga Level 1&2	Th	Jun 8-Aug 24	6-7:30pm	18+yrs	\$147*
Yoga Moderate	Sa	Jun 10-Aug 26	10-11:30am	18+yrs	\$147*

*No class Jul 3, 4, 6, 8.



DANCE / MUSIC

Ballet for Adults

Come join a fun, easy, beautiful and non-intimidating Ballet class! Learn the art of ballet and discover your femininity with this strong internal workout. Improves flexibility, strength, balance, posture, and elongates muscles. Come comfortable with ballet slippers. Taught by a professional N.Y. dancer. No previous experience required. (10 weeks)

Instructor: Roxanne Bell / **Location:** RDS

9309	M	May 15-Jul 31*	10:30-11:30am	18+ yrs	\$110
9407	Tu	May 16-Jul 25*	11am-12pm	18+ yrs	\$110
9408	Tu	May 16-Jul 25*	5:30-6:30pm	18+ yrs	\$110
9310	W	May 17-Jul 19	10:30-11:30am	18+ yrs	\$110
9311	Th	May 18-Jul 20	5:30-6:30pm	18+ yrs	\$110

*No class May 29, Jul 3, 4

Ballet Barre for Adults

Want a ballet dancer's body without actually dancing? This Barre class will lead you through ballet stretches on a mat along with core/Pilates exercises that will improve balance and increase flexibility. This barre class gives the student long lean and strong muscles like a ballerina. Exercises on barre will come from ballet. Class taught by a professional N.Y. dancer. Come comfortable and bring a mat. Strong internal workout! (10 weeks)

Instructor: Roxanne Bell / **Location:** RDS

9312	M	May 15-Jul 31*	11:35am-12:35pm	18+ yrs	\$110
9313	W	May 17-Jul 19	11:35am-12:35pm	18+ yrs	\$110

*No class May 29, Jul 3.

Beginning Guitar Lessons

This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several chords, strum styles and several classic songs. Students must bring their own guitar to class. Class is repeatable. (5 weeks)

Instructor: Ron Gorman / **Location:** CVP, Patio Room

9314	Tu	Aug 1-29	6-7pm	10+ yrs	\$95
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Intermediate Guitar Lessons

Continue the beginning experience with all new songs. This class will introduce subject such as alternate tunings, Barre chords, light music theory and soloing. Primarily the class is about learning new songs. Bring your own guitar to class. (5 weeks)

Instructor: Ron Gorman / **Location:** CVP, Patio Room

9315	Tu	Aug 1-29	7-8pm	10+ yrs	\$95
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Beginning Ukulele

Ukulele is making a big comeback. Come join our beginning ukulele class and learn how to amuse yourself and amaze your friends. You will learn basic strums, chords, and a bit of music theory to guide you along. (8 weeks)

REGISTER: Call instructor at (949) 364-1643 or email: rossiniO5@hotmail.com

Instructor: Ross Costa / **Location:** SCC

Tu	Jun 6-Jul 25*	7-8pm	18+ yrs	\$70**
W	Jun 7-Jul 26	1-2pm	18+ yrs	\$80**
Th	Jun 8-Jul 27	7-8pm	18+ yrs	\$80**

*No class Jul 4.

**\$10 material fee payable to instructor.

EXCURSIONS

For information about excursions, call **Sea Country Center at (949) 425-5151.**

Lake Arrowhead Alpine Cooler with Lunch

DEADLINE FOR SIGN-UPS: June 27

Come join us as we cruise Lake Arrowhead aboard the "Arrowhead Queen" after enjoying a pre-selected lunch at Woody's Boathouse. We will also have free time at Lake Arrowhead Village for some shopping and sightseeing. Don't miss the opportunity to "cool off" in the mountains on a hot summer day!

Register: In office, mail, fax or online

Location: Ziggurat Federal Building, Parking Lot

9337	Th	Jul 20	9am-6:30pm	\$85
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EXCURSIONS CONTINUED

“Footloose” at the Glendale Centre Theatre

DEADLINE FOR SIGN-UPS: Jul 21

We're off to see a matinee performance of the fun, high energy musical "Footloose" at the old charming Glendale Centre Theatre. We'll have plenty of free time to enjoy lunch on our own in Glendale within walking distance of the theater. We're limited on tickets, so sign up early so you don't miss out!

Register: In office, mail, fax or online

Location: Ziggurat Federal Building, Parking Lot

9338	Sa	Aug 26	10am-7pm	\$75
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Trip Procedures & Rules

Please read before signing up.

- No refunds / credit** will be given unless the trip is cancelled by the City. Trip refunds will be issued only to the individual(s) listed on the sign-up sheet. Online service fees will not be refunded by the City.
- If a trip participant wishes to cancel, the procedures are as follows:
 - Notify the Center of your intent to cancel.
 - Make arrangements for someone to take your place or call the Center to see if a waiting list is available.
 - If replacement is made by the participant, notify the Center of your replacement's name and phone number immediately.
- All trip participants must be self-sufficient and capable of walking and climbing stairs without assistance of others. If unable to do so, a wheelchair and/or trip attendant will be required and prior arrangements need to be confirmed. Please notify staff at the time of registration if wheelchair arrangements are required.
- Trip participants are encouraged to notify a family member/friend of his/her trip destination and come prepared with emergency and medical information on the day of the trip.
- The completion of a liability release form is required prior to each trip.
- All minors must be accompanied by an adult. For more information, call (949) 425-5151.
- Due to liability concerns, all participants are required to depart and return on the excursion bus.
- All trips depart from the Ziggurat Federal Building parking lot in Laguna Niguel.

Sea Country Senior & Community Center
 24602 Aliso Creek Road
 (949) 425-5151
Senior Center Hours: M-F, 9am-4pm
Community Center Hours: Open for classes/room rentals as scheduled. Call for information.

Live Ballroom Dance Show

Welcome to Sea Country's Dancing with the Stars! Enjoy a fanciful afternoon of decadent food and extravagant dance performances. You will be entertained by a variety of dances and be amazed with all the beautiful costumes. Get your ticket early for this Momentous and Mesmerizing Event.

Location: SCC

9145	Th	June 22	12-2pm	\$12
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Timeless Melodies

Take a trip down memory lane and learn about famous stars from yesteryear. Find out more about their lives and learn interesting facts and insights. The Timeless Melodies presentations include music, short videos, and historical pictures from the past. Light refreshments served at the end of the presentation.

REGISTER: In office
Information: (949) 425-5151
Location: SCC



GENE KELLY - PART 2

9263	F	May 5	1:30-3pm	\$5
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GEORGE GERSHWIN

9339	F	Jul 7	1:30-3pm	\$5
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THE 50s FROM SWING TO SING

9340	F	Sep 1	1:30-3pm	\$5
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COURTYARD CONCERTS

Join us for a Sea Country Center tradition! A variety of live music will be played in our beautiful courtyard which is a social hub bringing together community. Concerts will include live music and tasty treats.

Jun 15	1-2:30pm	Tony O'Dell Rodgers/Standards	\$5
Jul 14	1-2:30pm	Renown Muzic /Motown	\$5
Aug 10	1-2:30pm	Tommy Tassi/Oldies	\$5

