

LOMPOC PARKS & RECREATION

2023 FALL ACTIVITY GUIDE

Children's
Christmas
Parade
pg. 8



General Information

Facilities & Staff

ANDERSON RECREATION CENTER

Anderson Recreation Center, 125 W. Walnut Avenue

P. 805-875-8100

F. 805-736-5195

recreation@ci.lompoc.ca.us

Mario Guerrero, Jr. Parks & Recreation Manager P. 805-875-8095

Jim Mindoro Parks & Recreation Project Coordinator P. 805-875-8265

Johanna Kinard Recreation Supervisor P. 805-875-8089

Shandee Vega Office Staff Assistant III P. 805-875-8156

Alma Lopez Office Staff Assistant II P. 805-875-8088

DICK DEWEES COMMUNITY & SENIOR CENTER

1120 W. Ocean Avenue

P. 805-875-8085

Sue Slavens Recreation Supervisor

P. 805-875-8098

Chad Dawson Recreation Supervisor

P. 805-875-8092

LOMPOC AQUATIC CENTER

207 W. College Avenue

P. 805-875-2782

Mike Espino Recreation Supervisor

P. 805-875-2782

PARKS MAINTENANCE

1300 W. Laurel Avenue

P. 805-875-8100

Danny Lara

Parks Maintenance Supervisor

P. 805-875-8009

ADA COMPLIANCE

Lompoc Parks & Recreation is in full compliance with the Americans with Disabilities Act (ADA), which prohibits discrimination in the provision of programs, services or activities with disabilities. Please contact us for additional information regarding ADA issues.



REGISTRATION INFORMATION



REGISTER EARLY!

Secure your spot in the class you want at the time you want. Many of our classes have registration limits. Programs not meeting minimum enrollment will be cancelled. Waitlists are maintained for classes that fill.

WALK-IN

Visit the front desk during regular office hours Monday through Friday at the **Anderson Recreation Center, 125 West Walnut Avenue.**

ONLINE

www.cityoflompoc.com/recreation

This form of registration requires you to create an account online and submit payment via credit card and is also "real time" allowing you confirmation of your registration. Some programs are not available online.

PHONE-IN

805-875-8100

Phone-on hours, Monday - Friday 9am to 5pm

Phone in may only be used for programs where a waiver is not needed.

Holiday Closures

Our Administrative Offices will be closed on the following dates:

Monday, Sept. 4 - Labor Day

Friday, Nov. 10 - Veterans Day

Thursday, Nov. 23-Thanksgiving & Friday, Nov. 24

Monday, Dec. 25-Christmas & Tuesday, Dec. 26

WHERE IS THE ACTIVITY GUIDE?

Keeping it Green - Every Bit Helps

Did you know that one tree equals 8,333 sheets of paper? That's equivalent to 67 reams of copy paper. Each issue of the Lompoc Parks & Recreation Guide is available online at www.cityoflompoc.com/recreation. You may also request a printed copy mailed to you by calling 805-875-8100.

Lompoc Parks & Recreation reserves the right to use any photos of participants taken by our staff in our programs and facilities as promotion material for future brochure publications, flyers, website postings, social media and any other media opportunity.

General Information

Message from Parks & Recreation

Lompoc Parks & Recreation invites you to the 2023 Fall Recreation Activity Guide filled with information related to Lompoc City Parks and Recreation Division programs, facilities and services. As the children return to school, the days may remain warm, but we realize it will not be long before the holidays are upon us. Your Lompoc Parks & Recreation Division Team has many great events and classes planned to celebrate this season and the upcoming holidays. Just a few to mention would be the Youth Basketball League for boys and girls 4 years old to 8th grade, swim lessons year round, Turkey Trot Run, and the return of Dunkin' for Pumpkins event!

Come enjoy the 2023 Lompoc Valley Children's Christmas Season Parade....an exciting time when everyone in Lompoc comes together to celebrate the beauty of "community" in Lompoc. If you are looking for that perfect gift this Christmas.....consider a gift certificate for a recreation program, park rental or even passes to the Lompoc Aquatic Center! We would like to thank you for choosing services coordinated by Parks & Recreation to meet the leisure needs of you and your family. We take great pride in providing our community with a better quality of life.

Thank you for the opportunity to "Create Community Through People, Parks & Programs".

Committees & Boards

The Parks & Recreation and Youth Commissions are voluntary boards appointed by the City Council. Regular meetings are open to the public with agendas available for viewing at www.cityoflompoc.com/government.

Parks & Recreation Commission

Dave Baker - Chair

Dianne Burns - Commissioner

Ila Thatcher-Geis - Commissioner

Stephanie Saucedo - Commissioner

Ondre Simmons - Commissioner

Youth Commission

Joanne Cacho - Commissioner

Matthew Gordon - Commissioner

Nathaniel Gordon - Commissioner

Wesley Marrs - Commissioner

Karla Paniagua - Commissioner

Kali Rosales - Commissioner

Jomelyza Wilhelm - Commissioner

Apply for a passport at the Anderson Recreation Center!



U.S. PASSPORT ACCEPTANCE FACILITY



The City of Lompoc Parks & Recreation is a U.S. Passport acceptance facility. Passport photo and application acceptance can be done Monday through Friday from 10am to 4pm. Appointments are required.

**Schedule an appointment at:
www.cityoflompoc.com/recreation**

Visit travel.state.gov for requirements and fees.

Table of Contents

GENERAL INFO 2 - 4

PARKS & FACILITIES 5 -6

SPECIAL EVENTS 7 - 8

ACTIVE OLDER ADULTS 9- 10

ADULT PROGRAMS11

ADULT SPORTS.....12

YOUTH SPORTS13 - 14

YOUTH & TEEN 15

AQUATICS16 - 20



Follow us!



lompocparks_recreation



Lompoc Parks & Recreation

mark your calendars!
2024 Winter-Spring
*SUBJECT TO CHANGE

February 2, 3 & 4
Father Daughter Dance

February 12, 2024*
T.O.T.A.L. Teen Conference

March 2, 2024
Boys/Girls Basketball Tourney

March 30, 2024
Easter Egg Hunt

April 3 & 4, 2024
Summer Employment Workshop for Teens

May 10 & 11, 2024
Mother Son Luau

www.cityoflompoc.com/recreation

Program Reading Guide

Activity Title

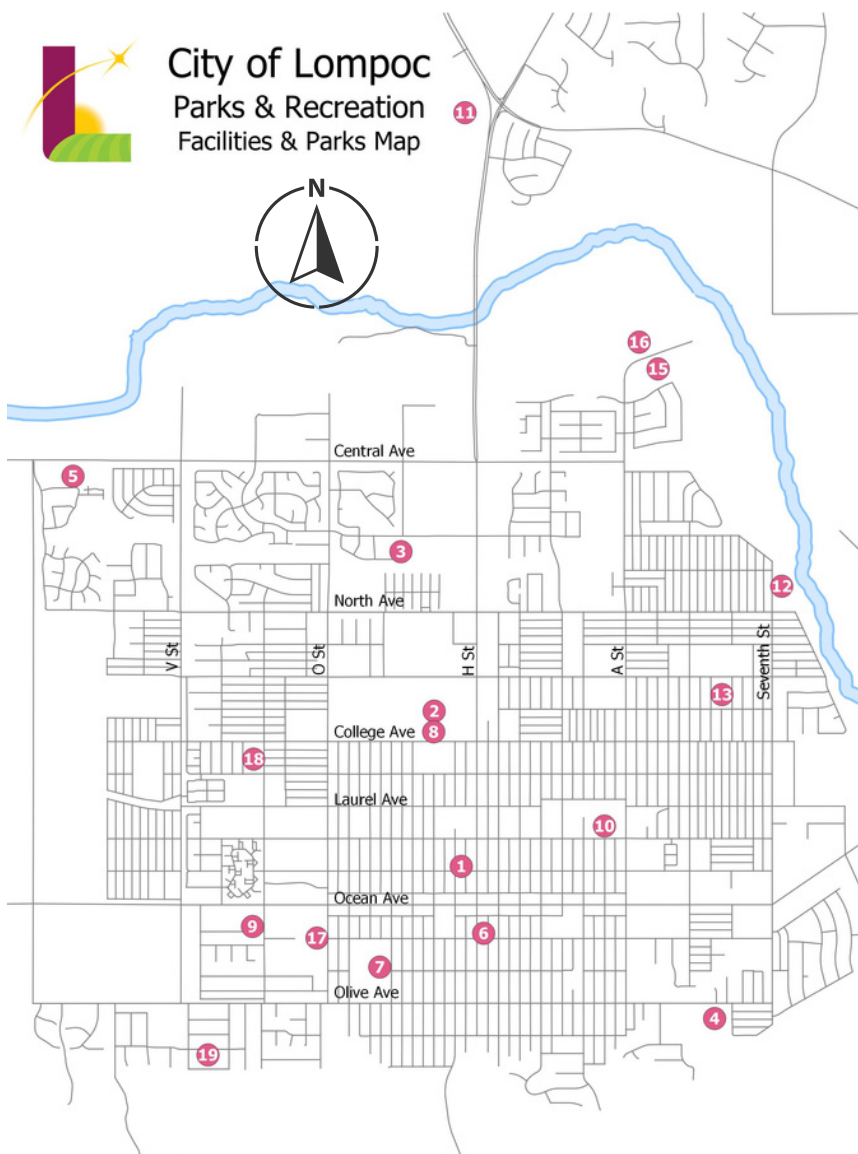
Activity Description...

Program Number	Date Range	Day/Time	Fee Resident/Nonresident	Location
	Month/Day-Month/Day	Day/Time	\$0(R)/\$0 (NR)	Location



805-875-8100

City Parks & Facilities



- 1 - Anderson Recreation Center**
125 W. Walnut Ave.
- 2 - Aquatic Center**
207 W. College Ave.
- 3 - Barton Neighborhood Park**
West Barton Ave.
- 4 - Beattie Park**, Olive Avenue & 5th St.
- 5 - Briar Creek**, On Briar Creek Way
- 6 - Centennial Square**,
Cypress Ave. & H St.
- 7 - Civic Auditorium**, 217 South L St.
- 8 - College Park/Skate Park**,
College Ave. & J St.
- 9 - Dick DeWees Community & Senior Center**, 1120 W. Ocean
- 10 - J.M. Park**, Chestnut Ave. and A St.
- 11 - Ken Adam Park**
- 12 - Lompoc Valley Multi-Purpose Trail**
- 13 - Pioneer Park**, Pine Ave. & 4th St.
- 14 - River Park**, Hwy 246 & Sweeney Rd.
- 15 - River Bend Bike Skills Park**,
McLaughlin Rd. & A St.
- 16 - River Bend Park**,
McLaughlin Rd. & A St.
- 17 - Ryon Park**, Ocean Ave. & O St.
- 18 - Thompson Park**, College Ave. & R St.
- 19 - Westvale Park**, West Fir Ave.

Walking Trails

Stay Healthy
Try one of our walking or fitness trails!

- River Bend Multi-Purpose Trail - 2.25 miles
- Ryon Park - walking trail is 1330 ft (almost 1/4 mile)
- River Park - 5138 ft in length (142 short of a mile)
- Beattie Park - walking & fitness trail is 2172 ft, 468 ft short a 1/2 mile

Facilities & Park Rentals



FACILITIES

Rental facilities include the Anderson Recreation Center, Dick DeWees Community & Senior Center & Civic Auditorium for special events, meetings or gym sports rentals. Contact the front desk at 805-875-8100 for more information.

PARK MAINTENANCE

The Parks Division maintains nearly 400 acres of City parks, public facility grounds, parkways and open space. City parks are open daily to the public from 7:30am to dusk.

PARK RESERVATIONS

Large groups are encouraged to reserve City park group picnic areas and BBQ pits. Group picnic facilities are available at Ryon Park, Beattie Park, Ken Adam Park and River Park. These group areas can accommodate large groups up to 150 people.. Smaller individual tables and braziers are available on a first-come first-serve basis in all parks. For more information, call 805-875-8100.

Special Events



DUNKIN' FOR PUMPKINS

OCTOBER 22 10-11AM

JOIN US FOR A FLOATING PUMPKIN PATCH! AFTER SWIM, THE PATIO WILL BE OPEN FOR A DECO WORKSHOP FROM 11AM TO 12PM. EACH PARTICIPANT MUST PAY GENERAL ADMISSION FEE.

GENERAL ADMISSION + \$8 FOR PUMPKIN (OPTIONAL)

207 W. COLLEGE, LOMPOC, CA 93436

General Admission Fees:
Adults: \$5
Children 2-17: \$4.50
Under 2: \$1
Seniors 60+: \$4

LOMPOC AQUATIC CENTER
PRE-REGISTRATION REQUIRED!

The poster features a festive Halloween theme with a blue background, white clouds, yellow stars, and a large yellow moon. A jack-o'-lantern is integrated into the word 'FOR'. On the left, there are several pumpkins, one wearing a witch hat. On the right, a cartoon boy in a tuxedo holds a string of balloons, one of which is a jack-o'-lantern. The text is in various colors and fonts, with the main title in large, bold, orange and green letters.



2023 Turkey Trot

3-mile fun run & 1 mile turkey dash / 5 & up

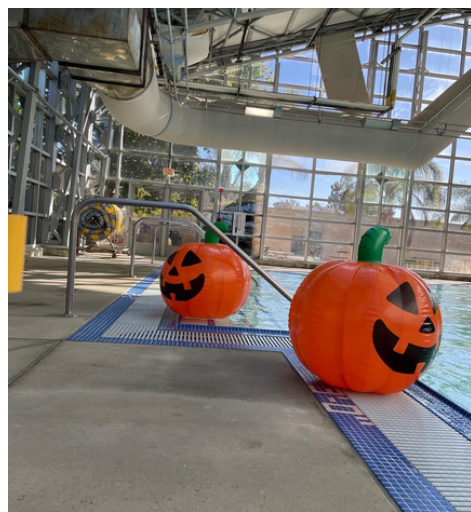
Sunday, November 19 at the River Park Fitness Trail

\$25 for 1-mile dash / \$35 for 3 mile run*

This event is geared to all ages and ability levels. Prizes awarded for 1st & 2nd place in each category. Check in begins at 8am with race beginning at 9am.
*Registration after Nov. 17th increases \$5.00.

CITY OF LOMPOC RECREATION DIVISION
Creating Community Through Parks, Trails and Programs

The poster has a green and yellow background with autumn leaves. A cartoon turkey is on the left. The text is in a mix of bold, sans-serif and cursive fonts. The City of Lompoc Recreation Division logo is in the top right corner.



Special Events

CITY OF LOMPOC PRESENTS...

CHILDREN'S Christmas Parade



FRIDAY, DECEMBER 1ST

**PARADE ROUTE
BEGINS AT 6 P.M. ON
PINE AND H STREET.**

APPLICATION TO PARTICIPATE:

Available online beginning September 18th at www.cityoflompoc.com/recreation. Application deadline is November 17th. For more info, call 805-875-8100 or visit www.cityoflompoc.com.

City of LOMPOC **CITY OF LOMPOC RECREATION DIVISION**
Creating Community Through Parks, Trails and Programs

CITY OF LOMPOC RECREATION DIVISION
Creating Community Through Parks, Trails and Programs



Breakfast with Santa

Pre-registration required!

DECEMBER 2ND
Saturday

Session 1: 8:30am
Session 2: 10:00am

\$10 ticket for ages 3 - 12. \$12 for ages 13 & up. Children 2 and under free with one paid adult.

Ticket includes:
~pancakes, two sausages, and a beverage
~Write a letter to give to Santa when you meet him!

Dick DeWees Center ★ 1120 W. Ocean Avenue

City of LOMPOC RECREATION DIVISION
Creating Community Through Parks, Trails and Programs

Ages 7 & up



JAN 1, 2024 • STARTS AT 9AM

NEW YEAR'S Resolution Run

1k race • 5k race

River Bend Park, Multi-Purpose Trail

Make fitness one of your priorities for 2024! Registration and check-in begins at 8am. Day of registration will be allowed but fees increase by \$5 the day of the event.

Early bird fees: \$20 ~ 1K Race • \$25 ~ 5K

CITY OF LOMPOC RECREATION DIVISION
Creating Community Through Parks, Trails and Programs



Recreation Program SCHOLARSHIPS

Available for Lompoc residents now until January 2024 or until funds last. Restrictions apply.

Call 805-875-8100 for more information, or email recreation@ci.lompoc.ca.us.

Apply online at
<https://portal.neighborlysoftware.com/LOMPOCCA/Participant>
or via QR Code





Active Older Adults

Programs are **FREE** for participants **50 years of age and older**, unless otherwise indicated. The **Parks & Recreation Division of the City of Lompoc** reserves the right to cancel or change class locations and/or times due to low participation, or unexpected circumstances. If you should have any questions regarding the current programming for seniors, please contact **(805) 875-8098 (DDCSC)** or **(805) 875-8100 (ARC)**. All senior programs are held at the **Dick DeWees Community & Senior Center, 1120 West Ocean Avenue in Lompoc.**

Brown Bag Program

The mission of the Brown Bag Program is to provide bags of groceries to low-income seniors as a supplement to their own food budget and to assist seniors with maintaining an independent, self-sufficient lifestyle. It is held every first and third wednesday of each month. To apply, please call 805-357-5761

<u>11208</u>	Sep 6 & Sep 20	Wed/10:00-11:00am	Free	DDCSC
<u>11208</u>	Oct 4 & Oct 18	Wed/10:00-11:00am	Free	DDCSC
<u>11208</u>	Nov 1& Nov 15	Wed/10:00-11:00am	Free	DDCSC
<u>11208</u>	Dec 6	Wed/10:00-11:00am	Free	DDCSC

Chess

Learn how to play chess, then test your new skills with other players! Bill Ruden is offering chess instructional classes on Wednesday, in room 108! Make sure to bring your own chess set!

<u>11209</u>	Sep 6 - Dec 20	Wed/1:00-2:00pm How To Play	Free	DDCSC
<u>11209</u>	Sep 6 - Dec 20	Wed/2:00-3:00pm Play For Fun!	Free	DDCSC

Duplicate Bridge

If you have played party bridge or duplicate bridge before, or if you have been away from the game for a while, or if you want to hone your duplicate playing and convention skills, come and join us!

<u>11210</u>	Sep 5 - Dec 21	Tu&Th/2:00-3:00pm	Free	DDCSC
--------------	----------------	-------------------	------	-------

Fine & Applied Arts Painting

This class offers beginning to advanced instruction in acrylic painting, using oil techniques, experimenting with a palette knife in color mixing, composition, values and techniques. Demonstration and lively class critique with valuable discussion are a vital part of each session.

<u>11340</u>	Aug 15 - Dec 19	Tu/9:00am-12:00pm	Free	DDCSC
--------------	-----------------	-------------------	------	-------

Yoga / Stretch for Life

Instructor: Julie Menicucci
This class is designed to teach basic Yoga and stretching techniques. Each class will be customized for the specific need and abilities of the students who attend. Class will be offered weekly and Wednesdays from 2:00PM – 3:00PM at the Dick DeWees Community and Senior Center. Please bring a yoga mat and bath towel.

<u>11346</u>	Sep 5 - Dec 21	W/2:00pm-3:00pm	Free	DDCSC
--------------	----------------	-----------------	------	-------

Grief Recovery Transition Group

Transition group, for those who have moved beyond grief, but still find the need to get together and talk about their loss and to be with each other for social and emotional support.

<u>11211</u>	Sep 7 - Dec 21	Th/10:00-11:30am	Free	DDCSC
--------------	----------------	------------------	------	-------

Hicap Assistance

Assistance for Medicare beneficiaries to understand their coverage, HMO'S and medical insurance. HICAP also assists with billing problems and appeals. Please call 1-800-434-0222 for appointments.

<u>11212</u>	Sep 4 - Dec 18	M/1:00-4:00pm	Free	DDCSC
--------------	----------------	---------------	------	-------

Introductory Bridge

Interested in learning how to play bridge? Come in on to learn, meet new friends, and have fun. For more info call Mike at (805)733-4301.

<u>11213</u>	Sep 5 - Dec 21	Tu&Th/1:00-2:00pm	Free	DDCSC
--------------	----------------	-------------------	------	-------

Lompoc Parkinson's Support Group

Meets the last Wednesday of every month, 2:00 pm-3:00 pm. An informal gathering for sharing information and experiences. For more information, contact Jody Larson: 805-717-3280 or j_slarson@hotmail.com

<u>11156</u>	Sep 27	W/2:00-3:00pm	Free	DDCSC
<u>11156</u>	Oct 25	W/2:00-3:00pm	Free	DDCSC
<u>11156</u>	Nov 29	W/2:00-3:00pm	Free	DDCSC
<u>11156</u>	Dec 27	W/2:00-3:00pm	Free	DDCSC

My Care

document assistance

My Care is a living will available to anyone 18 & older. My Care is a detailed legal document that covers your personal, emotional, spiritual and medical needs. The document allows you to discuss with your family, friends, and doctors how you would like to be treated if you become seriously ill.

To make an appointment, call 805-875-8098

Active Older Adults

Parkinson's Boxing

No contact, light stamina boxing class for building stability and muscle. Classes are taught by ADPA certified coach Anthony Zepeda.

11220 Sep 7 - Dec 21 M&Th/11:00am-12:00pm Free DDCSC

Rag Rug & Misc. Handwork

The Rag Rug Class is branching out to encompass other handwork including, but not limited to, knitting, crocheting, quilting, embroidery and cross-stitch. Participants are encouraged to bring their own projects and share ideas with people who are working on varied handwork, from easy and simplistic, to time consuming and difficult, and everything in between. In addition to doing handwork, meeting like-minded folks and making new friends, it's a great class to come to just get away from the TV, phone and computer. Little handwork, friendly chatter, sharing thoughts and ideas. This class is for seniors 50 & up.

11216 Sep 5 - Dec 19 Tu/1:00-3:00pm Free DDCSC

Strength Training

Come and Join a FREE Strenth Training Class. Increase balance, coordination, flexibility, and have FUN! This class only uses sitting and standing positions to aid in a gentle approach to wellness. Kathy, our enthusiastic instructor, makes exercise fun and enjoyable.

11217 Sep 5 - Dec 21 Tu&Th/9:00am-10:00am Free DDCSC



Tai Chi for Seniors

Instructor: Yuka Freeman

Tai Chi accumulates energy and leaves you refreshed and relaxed when you finish. The graceful, slow speed of our styles, coupled with an emphasis on deep breathing and mental focus, creates balance, flexibility and calmness, which relieves stress and allows for the integration of your mind and body.

11218 Sep 6 - Dec 20 W/11:00am-12:00pm Free DDCSC

TOPS (Take Off Pounds Sensibly)

Instructor: Karen

Do you want to lose or maintain your weight? Then TOPS is for you. A World Wide organization with a local chapter, designed to help people lose weight through healthy eating, activities, and the support of fellow members. Our mission is to support our members as they take off Pounds Sensibly. Come join our weekly club and lose weight. Please call 805-736-1489 for more information.

11219 Sep 7 - Dec 21 Th/8:00-8:55am Weigh-In Free DDCSC

11219 Sep 7 - Dec 21 Th/9:00-10:00am Meeting Free DDCSC

SEEKING INSTRUCTORS

FOR

LOMPOC PARKS & REC

WE ARE LOOKING FOR INDIVIDUALS INTERESTED IN PROVIDING CLASSES AND WORKSHOPS THAT ENHANCE THE QUALITY OF LIFE FOR

Toddlers * Youth * Adults * Senior Citizens

DANCE
DIY
EDUCATION
ENRICHMENT

HEALTH & WELLNESS
MUSIC
PERFORMING ARTS

PHYSICAL FITNESS
SPECIAL INTEREST
TECHNOLOGY
VISUAL ARTS

Individuals interested in becoming an Independent Contract Instructor with the City of Lompoc must complete and submit required documents. Contact the Parks & Recreation Division at 805-875-8100 if you have questions.

Adult Programs

Adult Dance - Social Latin

18 & up

Instructor: Becky Reid

Learn (or review) three classic Latin dances: Rumba, Cha Cha, and Salsa. We emphasize partner connection and social patterns that anyone can accomplish, beginning with mastery of the fundamentals. You will spend the first half of each class learning something new, and the second half practicing your skills with individualized coaching. Beginners welcome, partners not required.

11347 Sep 27 - Oct 18 W/7:00-8:00pm \$45(R)/\$54(N) DDCSC

Adult Dance - Social Swing

18 & up

Instructor: Becky Reid

Learn (or review) two classic swing dances: East Coast Swing and West Coast Swing. We emphasize partner connection and social patterns that anyone can accomplish, beginning with mastery of the fundamentals. You will spend the first half of each class learning something new, and the second half practicing your skills with individualized coaching. Beginners welcome, partners not required.

11417 Nov 1 - Nov 22 W/7:00-8:00pm \$45(R)/\$54(N) DDCSC

Dance Fitness

18 & up

Instructor: Keith Marshall

Dance Fitness is exercise in disguise! Dancing is a great way to relieve stress and lose weight. When it comes to aerobic activity most people dread it, but everyone enjoys dancing to their favorite jams. Imagine having fun while exercising!!

11433 Sep 6 - Oct 2 M&W/6:00-7:00pm \$35(R)/\$42(N) DDCSC

11434 Oct 4 - Oct 30 M&W/6:00-7:00pm \$35(R)/\$42(N) DDCSC

11435 Nov 1 - Nov 27 M&W/6:00-7:00pm \$35(R)/\$42(N) DDCSC

Kendo

6 & up

Instructor: Jason Carter

Kendo, literally "the Way of the Sword" is the modern sport of Japanese fencing based on traditional Kenjutsu "sword fighting". Physical benefits include improved coordination and strength, and increased stamina and aerobic capacity; and mental benefits include improved concentration, mental stamina and character development. Great for young and old, come try one of Japan's most popular martial arts! No equipment needed to start. You may purchase gear at a discount through the instructor. Jason Carter has been training in the Japanese martial arts of Kendo, Iaido and Aikido under some of the top Masters in the world for over 17 years.

11236 Sep 1 - Sep 29 F/6:30-7:45pm \$30(R)/\$36(N) Civic

11237 Oct 6 - Oct 27 F/6:30-7:45pm \$30(R)/\$36(N) Civic

11238 Nov 3 - Nov 24 F/6:30-7:45pm \$30(R)/\$36(N) Civic

11239 Dec 1 - Dec 22 F/6:30-7:45pm \$30(R)/\$36(N) Civic

Stretch & Relaxation

18 & up

Instructor: Mary Walsh

Stress, weak muscles and inflexibility are common causes or contributors to multiple symptoms; including tension and joint or muscle pain and aging poorly. This class combines stretches, relaxation techniques and self-help practices from around the world to address these problems. "Stretch and Relax" Class is gentle, non-competitive, practical, multi-level and enjoyable. Be aware that this class is helpful to anyone with mild to moderate chronic pain, fibromyalgia or stress; but not appropriate for severe, acute back pain. Please bring a mat or blanket to lie on, and wear loose, comfortable clothing. Come relax and stretch joyfully with us. *No class Nov 22

11436 Sep 6 - Sep 27 W/7:00-8:00pm \$45(R)/\$54(N) DDCSC

11437 Oct 4 - Oct 25 W/7:00-8:00pm \$45(R)/\$54(N) DDCSC

11438 Nov 1 - Nov 29* W/7:00-8:00pm \$45(R)/\$54(N) DDCSC

10187 Dec 6 - Dec 27 W/7:00-8:00pm \$45(R)/\$54(N) DDCSC



Lompoc Outdoor Community Market
 Saturdays from 9 AM to 3PM

Located in Old Town Lompoc, at the Downtown Parking Lot on Ocean Ave. and I Street

Interested vendors please call
 805-875-8100
www.CityofLompoc.com/Recreation

CITY OF LOMPOC RECREATION DIVISION
 Creating Community Through People, Parks and Programs

Adult Sports

Whether it's scoring the game winning goal or turning that double play...Lompoc Recreation Division has a sports program for you! Team sports traditionally play ten games with playoffs. Teams are separated into divisions of compatible ability. Adult sports league participants must be at least 16 years old.

The team entry fee covers the costs of officials, facility attendants, equipment, utilities, awards, balls (softballs only), a portion of administrative costs, and supplies. Teams consisting of 50% or more of their players living within the Lompoc city limits will be given a \$25 resident discount.

Interested Players List

Are you interested in participating in City League sports, but don't have a clue who to play with? Get your name on the Interested Players List. Managers looking for players can call Donna with the Lompoc Recreation Division at 875-8094.

PMBF-Player's Medical Benefit Fund

This fund gives medical financial aid to players at supervised locations and programs under the Southern California Municipal Athletic Federation. For those with no medical insurance, PMBF offers a source of reimbursement that any one participant can receive in any one period of 12 consecutive months is \$500.

Slow-Pitch Softball League 16 & up

Men's and Coed Divisions available. All ability levels are welcome. Those 16 and older are eligible. Men's teams may roster up to 20 players, Coed teams may roster up to 16 with 4 additional substitutes. This league plays modified SCMAF softball rules. 5 game season and playoffs. \$42.00 additional for PMBF Insurance. *Mandatory Manager Meeting on Wednesday, Sep. 7 at 6:00pm. **Registration Dates: 8/29-09/06.**

Men's League

11203 Sep 7 - Nov 16 Th/6:00-10:00pm \$525(R)/\$550 (NR) Thompson

Coed League

11202 Sep 10 - Nov 19 Su/4:00-10:00pm \$550(R)/\$575 (NR) Thompson

Drop in Volleyball 16 & up

Drop-in volleyball is back! So come out and bring a friend for some fun gameplay. All ability levels are welcome. Those 16 and older are eligible. You must register in active for the program.

Coed

10954 Sep 5 - Oct 24 Th/6:00-8:00pm Free ARC

Park to Park 4Mile/8Mile Run

When: October 28th, 2023

Registration: 8am

Starts : 9am @ Beattie Park

4Mi Cost: \$15

8Mi Cost: \$20



Runners 17 and under get a \$5 discount
and LVDC members get a \$3 discount.

For additional details check out
www.runlom poc.com or email
kentyankee@aol.com



Lompoc Valley Distance Club presents

CHASE SANTA

TOYS 4 TOTS 5K & KIDS RUN FOR 12 & UNDER

AWARDS IN VARIOUS AGE GROUPS. & DOOR PRIZES. FIRST 5 RUNNERS

WHO BEAT SANTA WIN A PRIZE! FOR MORE INFO, CONTACT:

FRANNYZIM48@GMAIL.COM OR VISIT WWW.RUNLOMPOC.COM

DECEMBER 2, 2023 AT RIVER PARK

REGISTRATION: 8AM

START TIME: 9AM

\$5 PER PERSON + ONE UNWRAPPED TOY PER FAMILY



Youth Sports

YOUTH BASKETBALL LEAGUE



Early bird registration opens Tues. Sep. 5 at the Anderson Recreation Center during regular business hours. Saturday registrations are held from 9am to noon on the following dates: Sep. 9, Sep. 16, Sep. 23 and Sep. 30. Coach your child's team and receive a 100% scholarship for your child. Other Scholarships Available

Coed League - Little Stars 4 years to Kinder

This Coed league emphasizes learning rather than competition. Boys and girls are taught the basic fundamentals of basketball. Each child receives a T-shirt and an award at the end of the season. Practice and games will be held during the week and on Saturdays. All registrations will be taken at the Anderson Recreation Center. Registration fee includes thirty (30) \$2.00 reimbursable raffle tickets. *Must be four before the season starts. \$20 sibling discount.

Little Stars

4 years - Kinder

10197	Oct 30 - Feb 5	Varies	Early Bird: \$160(R)/\$192(N)	ARC
			Late Reg: \$180(R)/\$216(N)	

Boys or Girls Leagues

This league is a recreational and learning league involving teams from the Lompoc Valley and VAFB. Boys & Girls from 1st - 8th Grade will learn to play basketball and compete with other kids their own age. **This is not a COED League!!** Each player receives a team shirt and an award at the end of the season. Practices and games will be during the week and on Saturdays. All registrations will be taken at the Anderson Recreation Center. Registration fee includes thirty (30) \$2.00 reimbursable raffle tickets. \$20 Sibling discount.

Tiny Hoops

1st & 2nd grades

10198	Oct 30 - Feb 5	Varies	Early Bird: \$160(R)/\$192(N)
			Late Reg: \$180(R)/\$216(N)

Little Dribblers

3rd & 4th grades

10194/ 10192	Oct 30 - Feb 5	Varies	Early Bird: \$160(R)/\$192(N)
			Late Reg: \$180(R)/\$216(N)

Juniors

5th & 6th grades

10191/ 10195	Oct 30 - Feb 5	Varies	Early Bird: \$160(R)/\$192(N)
			Late Reg: \$180(R)/\$216(N)

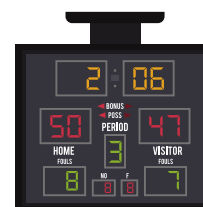
Seniors

7th & 8th grades

10193/ 10196	Oct 30 - Feb 5	Varies	Early Bird: \$160(R)/\$192(N)
			Late Reg: \$180(R)/\$216(N)

SPONSORS NEEDED!

ARE YOU A COMPANY OR ORGANIZATION THAT WOULD LIKE TO SPONSOR A TEAM? CALL 805-875-8092 FOR MORE INFORMATION.



Youth Sports

Youth Evolution Soccer - River Bend Park

Enjoy this introductory program from the people who bring you Youth Evolution Basketball. Learn the fundamentals of basketball in a fun new way.

Baby Kickers (Parent & me) 2 - 3 1/2 years

Introduce your child to the one of the best sports on the planet. With your participation and encouragement, the baby baller will learn the fundamental steps necessary to understand the sport of Soccer. Instructor guidance and movement skills are developed using engaging games and activities, providing an unforgettable experience like no other.

11442	Sep 12 - Oct 10	T/6:00-6:30pm	\$89
-------	-----------------	---------------	------

Level 1 3 1/2 - 5 years

I Learn fundamental movement skills and build overall motor skills. This course is designed for children to learn the fundamental concepts of soccer. The program focuses on technique through the use of activities that subsequently help build on each other, helping the children to gradually increase their ability to learn basic soccer skills by also helping to establish a fun, nurturing atmosphere for the children. *No class on Oct. 31.

11443	Sep 12 - Oct 10	T/3:40-4:15pm	\$89
-------	-----------------	---------------	------

11448	Oct 24 - Nov 28*	T/3:00-3:30pm	\$89
-------	------------------	---------------	------

11449	Dec 12 - Jan 2	T/3:00-3:30pm	\$80
-------	----------------	---------------	------

Level 2 5 - 7 years

Learn fundamental movement skills and build overall motor skills. This course is designed for children to learn the fundamental concepts of soccer. The program focuses on technique through the use of activities that subsequently help build on each other, helping the children to gradually increase their ability to learn basic soccer skills by also helping to establish a fun, nurturing atmosphere for the children.*No class on Oct. 31.

11444	Sep 12 - Oct 10	T/4:20-5:05pm	\$89
-------	-----------------	---------------	------

11447	Oct 24 - Nov 28*	T/3:30-4:15pm	\$89
-------	------------------	---------------	------

11450	Dec 12 - Jan 2	T/3:30-4:15pm	\$80
-------	----------------	---------------	------

Level 3 8 - 11 years

The level 3 course is aimed to improve large motor skills, spatial awareness and teamwork. The instructor will focus on fitness, agility, drills become a bit more advanced and teach children how to perform under pressure. Drills are focused on more complex activities that include fast breaks and multiple defensive structures. Your child will now learn explosive plays, improve their footwork and develop their range and accuracy of shooting. *No class on Oct. 31.

11445	Sep 12 - Oct 10	T/3:40-4:15pm	\$89
-------	-----------------	---------------	------

11446	Oct 24 - Nov 28*	T/4:15-5:00pm	\$89
-------	------------------	---------------	------

11451	Dec 12 - Jan 2	T/4:15-5:00pm	\$80
-------	----------------	---------------	------

Youth Evolution Basketball - ARC

Enjoy this introductory program from the people who bring you Youth Evolution Soccer. Learn the fundamentals of basketball in a fun new way.

Level 1

4 - 5 years

Learn fundamental movement skills and build overall motor skills. This course is designed for children to learn the fundamental concepts of basketball. The program focuses on technique through the use of activities that subsequently help build on each other, helping the children to gradually increase their ability to do the basic skill to help them play the sport of basketball.

11439	Sep 15 - Oct 13	F/5:35-6:10pm	\$89
-------	-----------------	---------------	------

Level 2

5 - 7 years

This course will focus on dribbling, passing, shot technique and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. The children will soon explore the sport of Basketball with a variety of activities and games the program has in play.

11440	Sep 15 - Oct 13	F/4:00-4:45pm	\$89
-------	-----------------	---------------	------

Level 3

8 - 11 years

The level 3 course is aimed to improve large motor skills, spatial awareness and teamwork. The instructor will focus on agility, drills become a bit more advanced and teach children how to perform under pressure of the clock and their opponents. Drills are focused on more complex activities that include fast breaks, coordinated offensive plays, and multiple defensive structures. Your child will now learn explosive plays, improve their footwork and develop their range and accuracy of shooting.

11441	Sep 15 - Oct 13	F/4:45-5:30pm	\$89
-------	-----------------	---------------	------



Follow us!



lompocparks_recreation



Lompoc Parks & Recreation

Youth Programs

Little Warriors

4 & 5 years

Your preschooler is an energetic dynamo, always on the move and curious about everything. You want to encourage them to be active, but many of the programs available are little more than supervised play-time. Our program teaches life skills, such as: - Following instructions - Listening and concentrating - Self-discipline - Physical agility and coordination - Self-defense The Little Warriors Program was created to assist in developing these very life skills in 4- and 5-year-olds. Your child will begin to show real confidence as they learn and practice the various blocks, punches, and kicks.

11229	Sep 6 - Sep 27	M&W/5:30-6:30pm	\$60(R)/\$72(N)	Civic
11230	Oct 2 - Oct 30	M&W/5:30-6:30pm	\$60(R)/\$72(N)	Civic
11231	Nov 1 - Nov 29	M&W/5:30-6:30pm	\$60(R)/\$72(N)	Civic
11232	Dec 4 - Dec 13	M&W/5:30-6:30pm	\$60(R)/\$72(N)	Civic

Fundamentals of Tang Soo Do

5 & up

Instructor: Geronimo Jackson & George Work

This ancient martial art, originated in Korea, is a method of empty-hand and foot fighting based on the scientific use of the body in self-defense. This mysterious art is designed to develop individual character, mental strength, integrity and respect for others. This course offers a \$5.00 family discount.

11221	Sep 5 - Sep 28	T&Th/5:30-6:45pm	\$60(R)/\$72(N)	Civic
11222	Oct 3 - Oct 26	T&Th/5:30-6:45pm	\$60(R)/\$72(N)	Civic
11223	Nov 2 - Nov 30	T&Th/5:30-6:45pm	\$60(R)/\$72(N)	Civic
11224	Dec 5 - Dec 14	T&Th/5:30-6:45pm	\$60(R)/\$72(N)	Civic

Principles of Tang Soo Do

5 & up

Instructor: Geronimo Jackson & George Work

In this class, we emphasize the basics of techniques, learning the general motions of a move, and ensuring that our students come away feeling they had fun while learning these skills. They will be challenged physically as well as learn mental discipline.

11225	Sep 5 - Sep 28	T&Th/7:00-8:15pm	\$60(R)/\$72(N)	Civic
11226	Oct 3 - Oct 26	T&Th/7:00-8:15pm	\$60(R)/\$72(N)	Civic
11227	Nov 2 - Nov 30	T&Th/7:00-8:15pm	\$60(R)/\$72(N)	Civic
11228	Dec 5 - Dec 14	T&Th/7:00-8:15pm	\$60(R)/\$72(N)	Civic

Advanced/Adult Tang Soo Do

5 & up

Instructor: Geronimo Jackson & George Work

This class designed for those beyond the youth stage. It is flexible to adapt to adults at varying skill levels while allowing them to develop at their own pace. We train adults of virtually every age range. No class Dec. 25th.

11233	Sep 4 - Sep 27	M&W/7:00-8:15pm	\$60(R)/\$72(N)	Civic
11234	Oct 2 - Oct 30	M&W/7:00-8:15pm	\$60(R)/\$72(N)	Civic
11235	Nov 1 - Nov 29	M&W/7:00-8:15pm	\$60(R)/\$72(N)	Civic
11350	Dec 4 - Dec 27	M&W/7:00-8:15pm	\$52.50(R)/\$63(N)	Civic

Jungle Jam Dance Camp

4 - 12 years

Are you ready to jam in the jungle? Animal lovers of any gender are welcome to learn basic dance steps, play games, and engage in fun activities. Dancers should wear comfortable clothing to allow movement. Jazz or ballet shoes are recommended but not required. A short performance will be given at the conclusion of the camp for family friends.

11240	Sep 4	M/9:00am-12:00pm	\$40(R)/\$48(N)	CA
-------	-------	------------------	-----------------	----

Kendo

6 & up

Instructor: Jason Carter

Kendo, literally "the Way of the Sword" is the modern sport of Japanese fencing based on traditional Kenjutsu "sword fighting". Physical benefits include improved coordination and strength, and increased stamina and aerobic capacity; and mental benefits include improved concentration, mental stamina and character development. Great for young and old, come try one of Japan's most popular martial arts! No equipment needed to start. You may purchase gear at a discount through the instructor. Jason Carter has been training in the Japanese martial arts of Kendo, Iaido and Aikido under some of the top Masters in the world for over 17 years.

11236	Sep 1 - Sep 29	F/6:30-7:45pm	\$30(R)/\$36(N)	Civic
11237	Oct 6 - Oct 27	F/6:30-7:45pm	\$30(R)/\$36(N)	Civic
11238	Nov 3 - Nov 24	F/6:30-7:45pm	\$30(R)/\$36(N)	Civic
11239	Dec 1 - Dec 22	F/6:30-7:45pm	\$30(R)/\$36(N)	Civic



Thanksgiving Break Camp

6 - 11 years

Gobble Gobble! It's Thanksgiving week and we are the place for your kids be! Join us for this 3-day camp where we will enjoy arts & crafts, movies and festive activities! Registration opens October 2nd.

11339	Nov 20 - 22	M-W/12:30pm-5:15pm	\$40 per child	ARC
-------	-------------	--------------------	----------------	-----

Winter Wonder Camp

6 - 11 years

Join us this winter for winter wonder camp! It's Summer Drop In Camp, but over Christmas Break! Fill your kids afternoon with games, crafts, sports and so much more over their break. Registration opens November 13th.

11348	Dec 18 - 22	M-F/12:30pm-5:15pm	\$40 per child	ARC
11349	Jan 2 - 5	T-F/12:30pm-5:15pm	\$30 per child	ARC

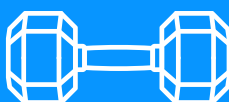
Aquatics

Lompoc Aquatic Center

SWIM LESSONS FOR
ALL AGES
(YOUTH & ADULTS)



WATER EXERCISE
CLASSES



RECREATION, LAP
AND WARM WATER
LEISURE SWIM



207 West College Avenue
805-875-AQUA (2782)

**Connect
with us!**



WANT THE MOST UP-TO-DATE INFORMATION ON THE LOMPOC
AQUATIC CENTER? EVERYTHING FROM EVENTS, CLASSES,
CLOSURES, AND POSSIBLE CHANGES TO THE FACILITY...
CHECK OUT THE POOLSIDE PUBLICATION!

*Plan your next event at the Lompoc Aquatic
Center! Several areas are available to reserve.*



Available rental times:

Saturdays: 11am - 12:30pm*

Sundays: 11am-12:30pm* or 3:15pm - 5:15pm*

*Please note that the pool is cleared 10 mins prior to allow sufficient clearing of the facility

**1 1/2 hr min rental required

**CALL 805-875-8100 FOR
AVAILABILITY AND RENTAL INFO**



Aquatics

RECREATION Swim
Sat & Sun 1pm-3pm
Additional swim dates on September 4 & November 20, 21, 22, 24

Under 2 years	\$1.00
2 years - 17 years	\$4.50
18 years - 59 years	\$5.00
60 years +	\$4.00
Military with ID	\$3.50

Lap Swim/Warm Water Leisure Fees

Daily

\$5.00 ~ 16 and up \$4.00 per entry - 60 years +

Passes

\$45.00 per month \$40.00 per month - 60 years +

\$110.00 every 3 months \$95.00 for 3 months - 60 years +

Lap Swim

Lap Swim is available at varying times in the competition pool and the activity pool lap swim lanes. While lap swim time is geared towards adults, youth 14 years of age and up are welcome but may be asked to demonstrate their swimming ability to a certified lifeguard before being allowed to participate in lap swim. Reservations are recommended for lap swimming at the Aquatic Center and can be made online at www.cityoflompoc.com/recreation. Walk-ins are welcome, but may be taken based on lane availability at the time.

Day	Competition Pool	Activity Pool Lanes
Monday	6am-8:30am 10am-1pm 5pm-8pm*	6am-9am 11:30am-1pm 6:30pm-8pm*
Tuesday	9:30am-1pm 5pm-8pm*	11:30-1pm 6:30-8pm*
Wednesday	6am-8:30am 10am-1pm 5pm-8pm*	6am-9am 11:30am-1pm 6:30am-8pm
Thursday	9:30am-1pm 5pm-8pm*	11:30am-1pm 6:30-8pm*
Friday	6am-8:30am 10am-1pm	6am-9am 11:30am-1pm
Saturday	8:30am-1pm	9:30am-11am
Sunday	11am-1pm	Closed

*Limited Availability in the evenings

Youth Lap Swim Time

Youth Lap Swim Time provides youth 10-13 years of age an opportunity to engage in exercise by lap swimming in our activity pool. At least one parent is required to be onsite and near the lap swim lane in which their child will be swimming. The child must have at least a Level 5 swim ability and must be actively swimming while in the pool. No other activity will be permitted. Reservations start at either the top or bottom of the hour (i.e., 5:00-5:30 or 5:30-6:00). Since lanes are limited, swimmers are only able to book one time slot per day to ensure everyone has an opportunity to reserve a time. Multiple bookings will be canceled.

DAILY FEE: \$4.50 30 DAY PASS: \$45

3-MONTH PASS: \$110

Monday through Thursday - 5pm - 6pm

Warm Water Leisure

Enjoy our therapy pool while walking or swimming in the 90 degree warm water at your own pace during this quiet time. There is easy access from the deck by the way of our long and gentle, sloping ramp in addition to the traditional stair entry. The Lompoc Aquatic Center also has a wet wheelchair and a lift for use to enter and exit the water.

Warm water leisure time is only available for adults, persons with disabilities, and infants with parents. There is NO recreational play in the pool during this time - only passive activity.

Monday & Wednesday	8:30AM - 9:15AM
Tuesday & Thursday	10:30AM-11:30AM
Monday - Thursday	6:00PM - 7:00PM
Friday	11:30AM - 1:00PM
Saturday	11:30AM - 1:00PM

POOLSIDE PUBLICATION

Want the most up to date information on the pool? Everything from events, classes and possible changes to the facility...check out the Poolside Publication! A weekly newsletter that goes straight to your inbox! Sign up on our Facebook page, online at www.cityoflompoc.com, or scan the QR code:

Aquatics

Aqua Aerobics

18 & up

Instructor: Katherine Chase

This class will take you through a variety of fast-paced exercises in the water using natural water resistance and equipment to tone and strengthen your muscles. *No class Nov. 23 (Thanksgiving Day)

11168	Aug 29 - Sep 21	T&Th/6:30-7:30pm	\$45	LAQC
11169	Sep 26 - Oct 19	T&Th/6:30-7:30pm	\$45	LAQC
11170	Oct 24 - Nov 16	T&Th/6:30-7:30pm	\$45	LAQC
11171	Nov 21 - Dec 14*	T&Th/6:30-7:30pm	\$45	LAQC

Aqua Step Aerobics

18 & up

Morning Class Instructor: Katherine Chase

Our instructor will lead you through a fast-paced routine set to music using water steps. Water shoes are recommended.

11172	Aug 28 - Sep 22	M,W,F/10:30-11:30am	\$60	LAQC
11173	Sep 25 - Oct 20	M,W,F/10:30-11:30am	\$60	LAQC
11174	Oct 23 - Nov 17	M,W,F/10:30-11:30am	\$60	LAQC
11175	Nov 20 - Dec 15	M,W,F/10:30-11:30am	\$60	LAQC

Evening Class Instructor: Kathy Nelson

11176	Aug 28 - Sep 20	M&W/6:30-7:30pm	\$45	LAQC
11177	Sep 25 - Oct 18	M&W/6:30-7:30pm	\$45	LAQC
11178	Oct 23 - Nov 15	M&W/6:30-7:30pm	\$45	LAQC
11179	Nov 20 - Dec 13	M&W/6:30-7:30pm	\$45	LAQC

Deep Water Aerobics

18 & up

Instructor: Kurt Ponsor

This class offers you the chance to enjoy water exercise in our competition pool, which ranges from 7' to 9' feet in depth. The resistance of the water will help build strength in your joints and muscles, while using a floatation belt to stay afloat. The ability to swim is not required in order to participate in this class. *No class on Nov. 23.

11180	Aug 29 - Sep 21	T&Th/5:45-6:45pm	\$45	LAQC
11181	Sep 26 - Oct 19	T&Th/5:45-6:45pm	\$45	LAQC
11182	Oct 24 - Nov 16	T&Th/5:45-6:45pm	\$45	LAQC
11183	Nov 21 - Dec 14*	T&Th/5:45-6:45pm	\$45	LAQC

Gentle Water Exercise

18 & up

Instructor: Debbie Nettleton

This class is taught in warm water with slow movements and joint movement. This class is perfect for mature adults who want to exercise in the water without stressing their muscles or joints. No class Nov. 23.

11184	Aug 29 - Sep 21	T&Th/9:30-10:30am	\$45	LAQC
11185	Sep 26 - Oct 19	T&Th/9:30-10:30am	\$45	LAQC
11186	Oct 24 - Nov 16	T&Th/9:30-10:30am	\$45	LAQC
11187	Nov 21 - Dec 14*	T&Th/9:30-10:30am	\$45	LAQC

High Energy Step

18 & up

Instructor: Karen Hill

Come join us in this intense exercise class held in our activity pool! Routines are fast-paced to build your cardio-endurance - a great way to start your morning! Water steps and other exercise equipment are used in class to provide resistance that will increase your core, tone, and muscle strength.

11188	Aug 28 - Sep 22	M,W,F/8:00-9:00am	\$60	LAQC
11189	Sep 25 - Oct 20	M,W,F/8:00-9:00am	\$60	LAQC
11190	Oct 23 - Nov 17	M,W,F/8:00-9:00am	\$60	LAQC
11191	Nov 20 - Dec 15	M,W,F/8:00-9:00am	\$60	LAQC

Wake Up Aqua Aerobics

18 & up

Instructor: Debbie Nettleton

This energizing class will give you the energy you need to get through the day. This upbeat class uses water's natural resistance to get your circulation moving and your heart pumping.

11192	Aug 28 - Sep 22	M,W,F/6:30-7:30am	\$60	LAQC
11193	Sep 25 - Oct 20	M,W,F/6:30-7:30am	\$60	LAQC
11194	Oct 23 - Nov 17	M,W,F/6:30-7:30am	\$60	LAQC
11195	Nov 20 - Dec 15	M,W,F/6:30-7:30am	\$60	LAQC

Warm Water Exercise

18 & up

Instructor: Karen Hill

The class will take you through a variety of exercises in the water using the natural water resistance and equipment to tone and strengthen your muscles. This is a painless exercise choice for joint and bone issues taught in a warm therapy pool.

11196	Aug 28 - Sep 22	M,W,F/9:15-10:15am	\$60	LAQC
11197	Sep 25 - Oct 20	M,W,F/9:15-10:15am	\$60	LAQC
11198	Oct 23 - Nov 17	M,W,F/9:15-10:15am	\$60	LAQC
11199	Nov 20 - Dec 15	M,W,F/9:15-10:15am	\$60	LAQC

Adult Learn to Swim

16 & up

This class is designed for adults and teens (16 years and up) who want to learn swimming skills in a small group setting. Classes meet four consecutive Saturdays for 50 minutes.

11254	Sep 2 - Sep 23	Sa/9:30-10:00am	\$45	LAQC
11255	Sep 30 - Oct 21	Sa/9:30-10:00am	\$45	LAQC
11256	Oct 28 - Nov 18	Sa/9:30-10:00am	\$45	LAQC
11257	Nov 25 - Dec 16	Sa/9:30-10:00am	\$45	LAQC

Swim Attendance Policy for Learn-to-Swim Lessons:

If your child misses more than two unexcused lessons in a swim session, their spot will be dropped and replaced with another student. There are no make-up classes for classes missed in group swim lessons. Please contact us when you know they will not make class by calling (805) 875-2782.

Aquatics

Learn-to-swim lessons

The Lompoc Aquatic Center Learn-to-Swim Lesson program generally consists of 8 class sessions held either on Monday and Wednesday or Tuesday and Thursday (except for special 2 week sessions). Fee is \$60 per session, with a 50% discount child sibling offered during when registering in the same session. There are four class sessions this summer:

Session 1: Sep 4 - Sep 28

Session 2: Oct 2 - Oct 26

Session 3: Oct 30 - Nov 30**

Session 4: Dec 4 - Dec 14 (two-week session)

Swim lessons are generally held at the following times each session (please note that not all class stages (swim levels) are available at each time frame):

3:15PM-3:50PM

3:55PM-4:30PM

4:35PM-5:10PM

5:15PM-5:50PM

5:55PM-6:30PM

To view all available classes, go to <https://apm.activecommunities.com/lompocrecreation>.

****No Class October 31st or November 20-23rd**

Parent & Child Program

6 mos - 4yrs

The purpose of Parent and Child aquatics program is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water. Level 1 is for children ages 6 months up to 36 months and Level 2 is for children 3 to 4 years of age. Classes meet four consecutive Saturdays or Wednesdays for 30 minutes and are taught in the Therapy Pool.

Level 1 - Children ages 6 mos - 36 mos

Saturdays

<u>11243</u>	Sep 2 - Sep 23	Sa/9:30-10:00am	\$45	LAQC
<u>11244</u>	Sep 30 - Oct 21	Sa/9:30-10:00am	\$45	LAQC
<u>11245</u>	Oct 28 - Nov 18	Sa/9:30-10:00am	\$45	LAQC
<u>11246</u>	Nov 25 - Dec 16	Sa/9:30-10:00am	\$45	LAQC

Wednesdays

<u>11251</u>	Sep 6 - Sep 27	W/11:45am-12:15pm	\$45	LAQC
<u>11252</u>	Oct 4 - Oct 25	W/11:45am-12:15pm	\$45	LAQC
<u>11253</u>	Nov 1 - Nov 22	W/11:45am-12:15pm	\$45	LAQC

Level 2 - Children 3 to 4 years

<u>11247</u>	Sep 2 - Sep 23	Sa/10:00-10:30am	\$45	LAQC
<u>11248</u>	Sep 30 - Oct 21	Sa/10:00-10:30am	\$45	LAQC
<u>11249</u>	Oct 28 - Nov 18	Sa/10:00-10:30am	\$45	LAQC
<u>11250</u>	Nov 25 - Dec 16	Sa/10:00-10:30am	\$45	LAQC

Important Swim Lesson Information:

All swim lesson registrations can be made online, over the phone, or in person at the Anderson Recreation Center, M-F from 9am - 5pm. Pre-Registration is required for all classes. Most classes require a minimum number of participants, if our classes do not reach the minimum number, they will be canceled. Cancellations will occur by 12PM the Friday before the first class - so register early! For questions, contact the Lompoc Parks & Recreation Division at 805-875-8100.

STAGE 1 - STARFISH

Gradual water adaptation, movement in the water. Breathe holding and release, submersion of the face, opening eyes underwater, blowing bubbles, bobbing with bubbles and air exchange. **Advancement Skills: 10 relaxed Bobs.**



STAGE 2 - MINNOW

Front float and recovery, front glide and recovery, back float and recovery, back glide and recovery. **Advancement Skills: Front glide and recovery 5-sec, Back glide and recovery 5-sec.**



STAGE 3 - PUFFER FISH

Porpoising, front kick, glide, and recovery, back kick, glide and recovery. **Advancement Skills: front kick 15-feet. Back kick 15-feet.**



STAGE 4 - SEA TURTLES

Rollover-front to back, back to front, finning and skulling, side-glide-kick, crawl arm strokes, introduction to breathing. **Advancement Skills: Slide-glide-kick for 20 feet, crawl stroke for 20 feet (no breathing).**



STAGE 5 - SEALS

Crawl stroke with breathing, back crawl stroke. **Crawl stroke with breathing (30-foot minimum of 4-breaths).**



STAGE 6 - STING RAYS

Extending freestyle swimming, tread water, jump in and tread water. Sitting div, kneeling dive, standing dive. **Advancement Skills: Swim freestyle 25-yards, swim backstroke 30-feet, tread water for 1-minute.**



STAGE 7 - Piranhas

Breaststroke kick, breaststroke swim, butterfly arms, butterfly swim. **Advancement Skills: Swim Freestyle 50 - yards, Swim backstroke 25 - yards, Kick breaststroke 20 - yards.**



STAGE 8 - Barracudas

Freestyle with bilateral (side-to-side) breathing, turns. **Advancement Skills: Swim freestyle for 100 yards (25 - yards using bilateral breathing), Swim 25 - yards breaststroke, Swim 30 - feet Butterfly.**



STAGE 9/10 - Killer Whales/Sharks

Sidestroke kick, sidestroke swim, elementary backstroke. **Advancement Skills: Swim 200 - yards freestyle, bilateral (side-to-side) breathing 50 - yards), Swim 25 - yards butterfly, Swim 50 - yards breaststroke, Swim 50 - yards elementary backstroke, Swim 50 - yards sidestroke.** Extended swimming and technique refinement in all major strokes and turns. **Advancement Skills: Swim 300 - yards Freestyle, Swim 100 - yards backstroke, Swim 100 - yards Individual Medley.**



Aquatics

Swim Testing Evaluations

If you are unsure what stage you should enroll your child, swim testing is available to determine your child's ability. Swim testing is available by appointment only. Reservations can be made online, over the phone, and in person at the Anderson Recreation Center. Reservations can be made in 10-minute increments. Each 10-minute increment can accommodate testing for up to 3 children in a family. When registering online, register your first child and then add the remaining children (up to 2) on the waitlist. A \$5 fee will be required to secure a testing slot. The fee will then be applied towards your account upon registration. No refunds for no shows.

Session	Swim Test Evaluation Date	Swim Evaluation Times
September 4 – 28	August 8	4:00PM-5:30PM
October 2 – 26	September 12	4:00PM-5:30PM
October 30 – November 30	October 10	4:00PM-5:30PM
December 4 – 14 (Two-week session)	November 14	4:00PM-5:30PM



Private (1:1 ratio) swim lessons are offered at various dates and times. Lessons are \$100 for four, 20-25-minute lessons. Minimum age to enroll in private lessons is 4 years of age. Class Make-up Policy: Only one make-up class is allowed per session. A make-up class must be arranged with the instructor in-person and within the same session.

Private swim lesson registration begins at 9am (online, over the phone, and in person at the Anderson Recreation Center) on the following dates for the Fall 2023 sessions:

Session	Registration Date
September 4 – 27	August 21
October 2 – 25	September 18
October 30 – November 30*	October 16
December 4 – 14 (Two-week session)	November 20
No class the week of November 20th*	

TRAINING OPPORTUNITIES

Lifeguard Training

15 & up

Our course includes accident prevention, lifeguarding techniques, emergency systems, water rescue skills, Basic Life Support (CPR/AED), and first aid. Upon successful completion of the course, participants receive certification in Lifeguard Training, CPR for the Professional Rescuer, and First Aid. You are required to successfully pass an in-water skills test conducted at the beginning of the course. A valid email address is required at registration as it is a blended learning format. Participants will receive an email with information on how to access the online component upon registration. **The lifeguard course fee will be refunded for participants who apply to become a lifeguard at the Lompoc Aquatic Center, and are hired within 30 days of successfully completing the course.**

TBA	\$200	LAQC
-----	-------	------

Swim Instructor Training

16 & up

Participants should note that this course provides the training needed to teach swim classes at the Lompoc Aquatic Center. No nationally-recognized certification will be given on training completion, and the training is not transferable to other aquatic facilities. Participants who complete the training will have the opportunity to apply for a position as a swim instructor at the Lompoc Aquatic Center. Training Prerequisites: Candidates must be at least 16 years of age, and must have the ability to demonstrate proficiently the following strokes: front crawl (freestyle), back crawl (back stroke), and breaststroke. Candidates must also be able to demonstrate floating on the back and treading water for 1 minute. **The Swim Instructor course fee will be refunded for participants who apply to become a lifeguard at the Lompoc Aquatic Center, and are hired within 30 days of successfully completing the course.**

<u>11337</u>	Oct 6	F/5:00pm-8:00pm	\$20	LAQC
	Oct 7	Sa/9:00am-6:00pm		
	Oct 9	M/4:00pm-6:30pm		

