

WINTER/SPRING 2019

ACTIVITY GUIDE

**Track Meet
Page 10**



**Resolution Run
Page 2**



**Father/Daughter
Dance
Page 2**



**Easter Egg Hunt
Page 19**

SPECIAL EVENTS

We Create Community Through People, Parks and Programs

NEW YEAR'S RESOLUTION RUN



Make fitness one of your priorities for 2019! This 5K run takes place on the Lompoc Multipurpose trail. Join us for this fun and exciting fitness event, where all ages and abilities are welcome.

Tuesday, January 1st

Time: 8am-Registration, 9am-Race starts
Location: Riverbend Park Multi-Purpose Trail
Fee: \$20 T-shirts will be sold at the event

SOCIAL SCENE -ADAPTIVE DANCE



Each month, it's time to dance! Participants ages 13 and up with developmental disabilities can enjoy a great evening of fun, music, dancing and friends! Dinner and refreshments are provided. Participants requiring one-on-one assistance must provide their own assistant.

Fridays

Time: 6:30PM – 8:30PM
Location: Dick DeWees Community Senior Center
Dates: January 18th, February 15th, March 15th, April 19th
Fee: \$8 per person

1st ANNUAL HONEY TASTING

Get a unique chance to sample various varieties of honey from the Central Coast. Beekeeper Archie Mitchell will be presenting the numerous types of flavors that local honey has to offer. Come join us for the unique experience.



Saturday, January 26th

Time: 2:00 PM - 4:00 PM
Location: DeWees Community and Senior Center, Room 105/106
Fees: \$20.00 per person

FATHER DAUGHTER DANCE

All daddies are invited to bring their favorite little lady to our enchanted evening. Enjoy dinner, dancing, and games all night long. Make a lasting memory for your daughter by giving her this special evening with her dad. Professional portraits will be available for purchase. The doors will open at 5:00 pm for pictures only, with the dance and activities beginning at 6:00 pm. Pre-registration is required.



Friday, Saturday & Sunday

Dates: Feb 8th, Feb 9th, Feb 10th • Time: 6:00 PM - 8:30 PM
Location: Anderson Recreation Center, Gym
Fees: \$25.00 per couple, \$10.00 for second child

JOB SEEKING 101

Are you thinking about getting a job this summer and not sure where to start? Lompoc Recreation Division is here to help you! During spring break, this two day camp will take teens through sessions to include: how to acquire and complete the application process, developing your resume, interview tips and techniques that are sure to land you that summer job that you really want. The week will conclude with interviews for summer employment. Don't miss this great opportunity to land the perfect summer job.

Wednesday & Thursday

Date: February 20th & 21st • Ages: 14 – 21 years
Time: 9:00 am – 1:00 pm • Location: Anderson Recreation Center
Fee: \$15.00 per person

T.O.T.A.L. – Teaching Our Teens As Leaders

It's here! The 6th Annual T.O.T.A.L Conference, sponsored by the Lompoc Youth Commission, will have the theme, "Life – Learning It From Experiences". This conference focuses on developing confidence and self-empowerment in teens and their capabilities. Our Keynote Speaker is MTV® Made Coach Jeff Yalden. Jeff Yalden is a passionate advocate for mental health in youth and adults, and a leading authority on teen motivation, teen mental health, and teen suicide prevention and crisis intervention. In addition to the keynote speaker, we will have other guest speakers, free lunch, snacks and giveaways!

Monday, March 4th

Check-in/Breakfast: 8:30am - 9:00am • Event: 9:00 am– 2:00 pm
Location: Dick DeWees Community & Senior Center
Fee: \$10 early bird rate by February 28th
\$15 regular rate beginning March 1st

38TH ANNUAL GIRLS INVITATIONAL BASKETBALL TOURNAMENT

The Lompoc Recreation Division will be hosting its 38th Annual Girls Invitational Tournament. The tournament will offer a Recreation & Open Divisions for girls 3rd through 8th grade. The tournament will have teams from up and down the state to compete for the weekend. Please come and show your support. Register by March 5!



CHS, LHS, LVMS

Session 1: Sa/S 8:00AM-7:00PM 3/9-3/10
Divisions: Recreation & Open (3rd & 4th, 5th & 6th, 7th & 8th Grades)
Fees: \$250.00, \$225.00 Second Team, \$200.00 Third Team



MESSAGE FROM THE RECREATION TEAM!

Welcome to the 2019 Winter/Spring Recreation Activity Guide filled with information related to Lompoc Recreation Division programs and services. Amongst the following pages you will find information on classes, excursions, special events, aquatics, youth, adult and senior programs, adult sports leagues, parks, recreation facilities and much more.

We are excited to offer ACTIVE Net online registration to our customers to better serve your needs. It will allow you to search for classes, check facility availability, reserve a park and receive program alerts to list a few. Go online from any wireless device and create an account profile and discover all the benefits and resources at your convenience. www.apm.activecommunities.com/LompocRecreation.

We would like to thank you for choosing services coordinated by the Recreation Division 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"**.

Warm regards,

Your Team at the Lompoc Recreation Division

FACILITIES & PARKS

FACILITIES

Rental facilities include the Anderson Recreation Center and Dick DeWees Community & Senior Center, accommodating 30-300 people for special events, exhibition, meetings, etc., and the Civic Auditorium, with a seating capacity of 430 for performing arts, seminars, meetings, etc. Rates will vary depending on the size of the facility needed, the type of activity and the length of the activity. Applications and fee schedules are available at the Anderson Recreation Center, 125 W. Walnut Ave. Contact Sue Slavens, at 805-875-8098, for more information.

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 persons. Please complete facility reservation forms at the Anderson Recreation Center, 125 W. Walnut Ave., between the hours of 9:00 am and 5:00 pm, Monday through Friday. Smaller individual tables and braziers are available on a first-come, first-served basis in all parks. For more information contact 805-875-8100.

PARK MAINTENANCE

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

City Administrative Offices will be CLOSED on the following dates:

City Closure – Monday, December 24th – Tuesday, January 1st

New Year's Day – Tuesday, January 1st

Martin Luther King Day- Monday, January 15th

President's Day, Monday, February 19th

Recreation Division

Mario Guerrero Jr., Recreation Manager
Chad Dawson, Recreation Supervisor
Sue Slavens, Recreation Supervisor
Johanna Kinard, Recreation Coordinator

Parks Division

Danny Lara, Park Maintenance Supervisor

Administrative Staff

Shandee Vega, Office Staff Assistant II

Parks and Recreation Commission

Pat Brady, Chairperson
Dave Baker, Commissioner
Steve Bridge, Commissioner
Charles Sommer, Commissioner
Jennie Walker, Commissioner

Senior Commission

Mary Lou Parks, Chairperson
Alyce Martin, Commissioner

Youth Commission

Jessica Street, Chair
Scott Betschel, Commissioner
Tyler Evangelista, Commissioner
Victoria Gordon, Commissioner
Isabel Hapil, Commissioner
Beverly Kennedy, Commissioner
Alee Lamica, Commissioner
Emily March, Commissioner
Karla Paniagua, commissioner
Tyler Rainwater, Commissioner
Melissa Resendiz, Commissioner

The Parks and Recreation, Senior, Youth and Beautification Commissions are voluntary boards appointed by the City Council. Regular meetings are open to the public.

Lompoc City Council

Jenelle Osborne, Mayor
Jim Mosby, Council Member
Dirk Starbuck, Council Member
Victor Vega, Council Member

City Administration

Jim Throop, City Manager

Handicap Accessibility

The Anderson Recreation Center is fully accessible to the physically handicapped. The Anderson Recreation Center has an elevator serving the east parking lot and all floors of the building, as well as a ramp serving the west, at the North "I" Street entrance. If ramp access is necessary, please call in advance so that we can assure that all doors will be open for your use. The Dick DeWees Community & Senior Center and the Lompoc Aquatic Center are single story structures with street level access with automatic accessible doors. Civic Auditorium is equipped with wheelchair access by ramp in the front of the facility and rear of the building stage access. The facility has open space for wheelchair viewing in the auditorium for performances.

Reference to businesses or other entities in this publication, through advertising or otherwise, does not constitute an endorsement of such businesses by the City of Lompoc.

"We Create Community Through People, Parks & Programs"

For your convenience, please use the following directory to contact the Recreation Division Team Members.

Recreation Administrative Offices

Anderson Recreation Center –

125 West Walnut Avenue

(P) 805-875-8100 (F) 805-736-5195

recreation@ci.lompoc.ca.us

Mario Guerrero, Recreation Manager
805-875-8095

Johanna Kinard, Youth & Teen Programs
805-875-8089

Dick DeWees Community & Senior Center, 1120 West Ocean Avenue

805-875-8085

Sue Slavens, Senior Services & Facilities
805-875-8098

Chad Dawson, Sports & Adult Programs
805-875-8092

Lompoc Aquatic Center, 207 West College Avenue 805-875-AQUA (2782)

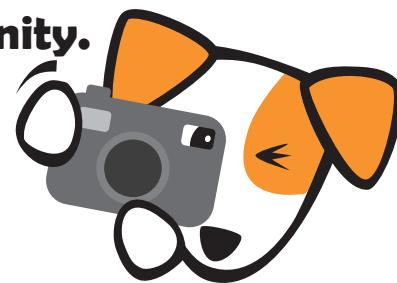
We reserve the right to use any photos of participants taken by our staff in our programs and facilities as promotion material for future brochure publications, flyers, website postings and any other media opportunity.

When there are two fees listed under a program and/or a course, the (R) is the discounted rate for those participants who reside within the city limits, paying City taxes. The (N) is the fee for those non-residents who reside outside the city limits (Vandenberg Village, Mission Hills, Mesa Oaks, etc.) which is the actual cost of the class and/or program.

SPOTLIGHT CONTENTS

Special Events.....	2, 19
General Information.....	3-4
Active Older Adults.....	5-7
Youth & Teen Programs.....	8-9
Youth Sports.....	10
Adult Programs.....	11-12
Adult Sports.....	12
Excursions.....	13
Social Scene.....	13
Aquatics.....	14-17
Parks & Facilities.....	18

Lompoc Recreation Division 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 and any other media opportunity.



HOW DO I REGISTER?



Program registrations are accepted by walk-in at the Anderson Recreation Center, 125 West Walnut Avenue, or by phone at 805-875-8100. Online registration available at:

www.apm.activecommunities.com/LompocRecreation

When two fees are quoted (i.e., \$20/\$24), the first is the discount rate for residents of the City of Lompoc that reside within City limits and the second for non-residents.

Recreation Facility Abbreviation List

Anderson Recreation Center – ARC
125 West Walnut Avenue

Civic Auditorium Classroom – CA
217 South L Street

Dick DeWees Community & Senior Center – DDCSC
1120 West Ocean Avenue

Lompoc Aquatic Center - LAQC
207 West College Avenue

Ken Adam Park – KAPK
Adjacent to Allan Hancock College

ACTIVE OLDER ADULTS

Programs are **FREE** for participants 50 years of age and older, unless otherwise indicated. The 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) 875-8085 (DDCSC) or (805) 875-8100 (ARC). All senior programs are held at the Dick DeWees Community & Senior Center, 1120 West Ocean Avenue in Lompoc.

**Senior Programs will be closed on the following days to observe the holidays:
January 1st, January 21st, and February 18th.**

ONGOING SENIOR ACTIVITIES

(Descriptions listed on pages 6-7)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Fit 101 10:30AM - 11:30AM HICAP 1PM-3PM Laughter & Wellness 10AM-11AM	Applied and Fine Arts Painting 9AM – 12PM Strength Training 9AM – 10AM Rag Rug 1PM – 3PM Introductory Party Bridge 1PM -2PM Party Bridge 2PM – 3PM	Tea Leaves (Every 3rd Wed of the month) 9:30AM-11AM Fit 101 10:30AM-11:30AM Tai Chi 1:30PM-2:30PM	TOPS 8AM – 10AM Strength Training 9AM – 10AM LOMPOC APPLE USER GROUP- IPHONE/IPAD CLASS 11AM – 12PM (Every 2nd Thurs of the month) Introductory Party Bridge 1PM - 2PM Party Bridge 2PM – 3PM Caring for the Caregiver 3PM-4:30PM	Movie Matinee 12:30PM – 3PM (Last Fri of month) Fit 101 10:30AM -11:30AM Chair Yoga 9AM -10AM

PROGRAMS OFFERED DAILY**PROGRAMS OFFERED/REGISTRATION REQUIRED BY APPOINTMENT ONLY**

Computer Access	9AM – 3PM	Five Wishes	805-875-8098
Pool/Billiards	9AM – 3PM	AARP Safe Driving	805-875-8085
CAC Nutrition Lunch	11:30AM – 12PM	Brown Bag	805-875-8098
Dominos	12:30PM – 3PM	Care for the Caregiver	Valerie 805-965-1001, x419
		HICAP	1-800-434-0222
		Tea Leaves	805-875-8098

The Community Action Commission (CAC) offers a nutritional lunch program for Seniors age 60 and older, Monday through Friday. Lunch is served 11:30am–12:00pm. For more information call 805-310-1557.

Closed for holiday on 01/01, 01/21, 02/18

PROGRAMS OFFERED ON A MONTHLY BASIS

AARP Safe Driving Program – February 7th & 8th
Brown Bag Program – 01/02 & 01/16, 02/06 & 02/20, 03/06 & 03/20, 04/03 & 04/17

AARP SAFE DRIVING PROGRAM

The American Association for Retired Persons is offering Driving Safety and Defensive Driving Tips for seniors in its "Safe Driving" Program. **There is a \$15 fee for AARP members and a \$20 fee for non-members for the workbook; payable the first day of class to the instructor.** You will receive a driving certificate.

Instructor: Bob Hoffman **Rooms 105/106**
Session 1: **TH/F** 12:00PM-4:00PM 2/7 – 2/8

AARP STATE & FEDERAL TAX PREPARATION

AARP State and Federal tax preparation is available for those ages 50 and older. There is no fee for this service. Tax Preparation is by appointment only. Appointments are only taken during the months of February through April. Please call 805-875-8085 starting January 22nd to schedule an appointment.

Facilitator: AARP Tax Preparers **Rooms 105/106**
Session 1: **Wed** 9:00AM-3:00PM 2/6 – 4/10
Session 2: **Sat** 8:00AM-4:00PM 2/09 – 4/13

ALLAN HANCOCK-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.

Instructor: Shirley Wallace **Rooms 105/106**
Session 1: **TU** 9:00AM-12:00PM 01/08-04/30
Holiday No Class 01/01

ASSISTED HOSPICE CARE BEREAVEMENT SUPPORT GROUP

Going through a loss on your own can be very difficult, but our caring team at Assisted Hospice Care is here to support you. Our trained counselors will help you to begin healing from the wounds of a loss. All groups are conducted in a safe and supportive setting that allows you to go at your own pace in the grieving process. This class is open to the community, and held on the 1st Thursday of each month.

Facilitator: Assisted Hospice Care Staff **Room 108**
Thursdays 1:00PM-3:00PM 1/03 2/07 3/07 4/04

BLOOD PRESSURE CHECKS

Lompoc Valley Volunteer Nurses will be giving free blood pressure checks to keep you updated on the status of your blood pressure. Stay healthy and monitor your blood pressure with this free service!

Facilitator: Lompoc Valley Nurses **Library**
Session 1: **F** 9:30AM-12:00PM TBA

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. To apply, please call (805) 875-8085.

Room 102 – C&D
W 10:00 AM -11:00AM 01/02 01/16, 02/06 02/20,
03/06 03/20, 04/03 04/17

CARING FOR THE CAREGIVER

Need professional help caring for senior family members? We have a support group for you too. On Thursday afternoons, to learn strategies, share common experiences and strengthen your coping skills along with various other supports. **Family service agency endeavors to help caregivers help seniors.** Make an appointment: 805-965-1001, x226

Instructor: Family Service Agency **Room: 118**
Session 1: **Thursday** 3:00pm-4:30pm 01/03-04/25

CHAIR YOGA FOR SENIORS

For generations yoga has been building strength and flexibility – body, mind, and spirit. CHAIR YOGA is appropriate for all ages, sizes, and experience levels. Side effects may include stronger bones, improved balance, and an overall sense of wellbeing.

Instructor: June **Rooms 105/106**
M/F 9:00 AM -10:00AM 01/07-04/26

DOMINOS

Drop in and have some fun! Join others after lunch in a few games of Dominos. Have a good social time as well as experience the enjoyment of playing Dominos and an opportunity to catch up on the latest news.

Room MP
M-F 1:00pm-3:00pm 01/02-04/30
Holidays 01/01, 01/21, 02/18

FIVE WISHES

We can assist filling out the Five Wishes document. Five Wishes is a living will available to anyone **18 and older**. Five Wishes 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 please call (805) 875-8098.**

FIT INDIVIDUALIZED TRAINING: FIT 101

This is an Arthritis based exercise program, sponsored by Carnahan Therapy, to increase strength, flexibility and balance. Exercises are performed while sitting. Join the fun!

Instructor: Mario Santiago **Banquet Room 102 -B**
Session 1: **M/W/Fri** 10:30AM-11:30AM 01/02-04/29
Holiday No Class 01/21, 02/18

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.

Thursdays **Room 118** **10:00AM-11:30AM** 01/03-04/25

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.

Facilitator: HICAP Staff **Room 118**
Session 1: **M** 1:00PM-3:00PM 01/07-04/29
Holiday No Class 01/21, 02/18

LOMPOC APPLE USER GROUP- IPHONE/IPAD CLASS

LMUG meets the 2nd Thursday of the month to answer your questions about today's new technology. Learn about your MAC, iPhone, iPad, and iPod.

Room 105/106

Thursdays 11:00AM-12:00PM 01/10, 2/14, 3/14, 4/11

MOVIE MATINEE

If you don't go to the movies or own a VCR or DVD player, this is your chance to watch current movies! Join us for a fun afternoon enjoying a movie and some delicious popcorn on the last Friday of the month.

Room 105 & 106

Fridays 12:30PM-3:00PM 01/25, 02/22, 03/29, 04/26

INTRODUCTORY PARTY BRIDGE

Interested in learning how to play bridge? Come in on Tuesdays and Thursdays at 1:00pm to learn, meet new friends, and have fun. For more info call Mike at (805) 733-4301

Holiday No Class 01/01

PARTY 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!

Tu/Th **Room 108** 1:00PM-3:00PM 01/03-04/30

Holiday No Class 01/01

RAG RUG AND 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 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 to get away from the TV, phone and computer. Little handwork, friendly chatter, sharing, thoughts and ideas. We'd like to invite you to join us. This class is for seniors 50 and older. Hope to see you there!

Tuesdays 1:00PM-3:00PM **Rooms 105/106** 01/08-04/30

Holiday No Class 01/01

STRENGTH TRAINING CLASS

Come and join a free Strength Training Class. Increase balance, coordination, and flexibility while having FUN. This class uses sitting and standing positions only to aid in a gentle approach to wellness. Lompoc Valley Medical Centers Physical Therapist Terry, the instructor, makes this class fun and enjoyable.

Instructor: Terry Robinson **Room 102**

Session 1: Tu/Th 9:00AM-10:00AM 01/03-04/30

Holiday No Class 01/01

TAI CHI FOR SENIORS

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.

Instructor: Yuka Freeman **Banquet Room 102-C&D**

W 1:30PM-2:30PM 01/02-04/24

THE TEA LEAVES

Tea Leaves is a local group of women writers who meet the 3rd Wednesdays of the month. Their group of 12 members conducts writing exercises and presents readings of their writings which can include prose or poetry and fiction or non-fiction for constructive critique. If the group has been filled, a waiting list will be established. New guests are encouraged to attend three sessions to see if it is a good fit for them. Trust among Tea Leave members must be established. To sign up for the group, please call (805) 875-8098.

Facilitator: Mary Lou Parks

Room 108

Wednesdays 10:00AM-11:00AM 01/16, 02/20, 03/20, 4/17

TOPS (TAKE OFF POUNDS SENSIBLY)

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. Our leader is Kathleen, and we meet every Thursday morning. Please call (805) 736-1489 for more information.

Room 105 & 106

Weigh-in: TH 8:00AM- 8:55AM

Meetings: TH 9:00AM-10:00AM 01/03-04/25



YOUTH & TEEN PROGRAMS

KRAZY KAMPS FOR KIDS/ 6 -10 YEARS

This winter, Recreation staff has created some fun and exciting camps to keep you busy during your winter break. Each camp features hands on activities, supplies, snacks and guaranteed fun. Sign up for the camp that sparks your interest, or register for both and receive a discount.

Instructor: Recreation Staff \$35(R), \$42(N)* ARC
 *Register for both camps for a flat \$60 (R) / \$72 (NR) fee

CREATIVE CRAFTS

If you enjoy creating items with your own two hands, you will love this new winter camp. Come and create unique and intricate pieces of art while you explore a whole new world crafted by your own imagination.

Session 1: **W,Th,F 10:00AM – 12:00PM 01/02-01/04**

SCIENCE SCENE

Ever wanted to be a mad scientist, or possibly wanted to play around with a few experiments? If so, this is for you! After this class, you will be able to amaze your family and friends with your knowledge of the world of science. Each day we will work on different age appropriate science projects that will blow your mind!

Session 1: **W,Th,F 1:00PM – 3:00PM 01/02-01/04**

SUPER SITTER/ 11-17 YEARS

Help your child make a difference by enrolling him or her in our comprehensive babysitting class. It is designed to instruct young boys and girls in basic but vital skills of child care. Class includes accident prevention, emergency actions, basic care of children, and fundamental babysitting responsibilities.

Instructor: Recreation Staff \$25(R), \$30(N) LAQC Classroom
 Session 1: **F 9:00AM – 12:00PM 01/04**

ARCHERY/ 7 – 16 YEARS

We are proud to offer this exciting and popular archery class for youth. Classes include safety, physical and mental skill, proper shooting form, and the physics and math of archery. Archery instills confidence and self-esteem in athletes and all training is done in a positive, self-assuring manner with emphasis on the enjoyment of the sport.

Instructor: Thom Chamberlain \$45(R), \$54(N) KAP
 Session 1: **Tu 4:00PM-5:00PM 04/23-05/21**

KARATE-TANG SOO DO/ 5 & UP

This ancient martial art, originating 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.

Instructor: Theodore Jackson \$50 (R), \$60 (N) CA

Beginning Class

Session 1:	Tu/Th	5:30PM-6:45PM	01/03-01/31
Session 2:	Tu/Th	5:30PM-6:45PM	02/05-02/28
Session 3:	Tu/Th	5:30PM-6:45PM	03/05-03/28
Session 4:	Tu/Th	5:30PM-6:45PM	04/02-04/30

Advanced class

Session 1:	Tu/Th	7:00PM-8:15PM	01/03-01/31
Session 2:	Tu/Th	7:00PM-8:15PM	02/05-02/28
Session 3:	Tu/Th	7:00PM-8:15PM	03/05-03/28
Session 4:	Tu/Th	7:00PM-8:15PM	04/02-04/30

KENDO/ 6 AND UP

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.

Instructor: Jason Carter \$25(R), \$30(N) DDCSC

Session 1:	F	5:30PM-7:00PM	01/04-01/25
Session 2:	F	5:30PM-7:00PM	02/01-02/22
Session 3:	F	5:30PM-7:00PM	03/01-03/22
Session 4:	F	5:30PM-7:00PM	04/05-04/26

SHOTOKAN KARATE DO/ 5 & UP

This class specializes in professional Shotokan Karate-Do instruction, philosophy and physical conditioning with an emphasis on reflex development, timing, hand-eye coordination, balance and sense of well being. Basic skills, forms and sparring drills will be stressed equally to offer students a balanced training program.

Sensei: Vito Pascua \$50(R), \$60(N) CA

Session 1:	M/W	6:00PM-7:30PM	01/02-01/30
Session 2:	M/W	6:00PM-7:30PM	02/04-02/27
Session 3:	M/W	6:00PM-7:30PM	03/04-03/27
Session 4:	M/W	6:00PM-7:30PM	04/02-04/30

JOB SEEKING 101

Are you thinking about getting a job this summer and not sure where to start? Lompoc Recreation Division is here to help you! During spring break, this two day camp will take teens through sessions to include: how to acquire and complete the application process, developing your resume, interview tips and techniques that are sure to land you that summer job that you really want. The week will conclude with interviews for summer employment.

Don't miss this great opportunity to land the perfect summer job.

Wednesday & Thursday

Date: February 20th & 21st • Ages: 14 – 21 years • Time: 9:00 am-1:00 pm • Location: Anderson Recreation Center • Fee: \$15.00 per person

SPRING BREAK CAMPS

ARCHERY CAMP/ 7 YEARS & UP

We are proud to offer this exciting and popular archery camp for youth. Information includes safety, physical and mental skill, proper shooting form, and the physics and math of archery. Archery instills confidence and self-esteem in athletes and all training is done in a positive, self-assuring manner with emphasis on the enjoyment of the sport.

Instructor: Thom Chamberlain \$50(R), \$60(N) KAP
 Session 1: **M-Th 9:00AM – 10:30AM 04/15-04/18**

COOKING ADVENTURES CAMP/ 6 – 10 YEARS

This great new class features the opportunity for kids to be creative in the kitchen! Each class will focus on creating at least one yummy meal or snack (which we get to eat or take home) as well as discussion on kitchen and food safety. Kids will learn measuring, recipes, and make new friends as they become self sufficient in the kitchen. Children will prepare appetizers, breakfast treats, lunch ideas and even quick and easy dinner options.

Instructor: Recreation Staff \$45 (R), \$54 (N) ARC
 Session 2: **T-Th 10:00AM-12:00PM 4/16-4/18**

SPRING ARTS & CRAFT WORKSHOPS

VALENTINE'S DAY CARD MAKING

Valentine's Day is a day to show all your loved ones how much you care. What better way to say I Love You than with a hand made card! All materials provided.

Thursday, February 7th

Ages: 5-12

Time: 5pm-6:30pm

Location: Anderson Recreation Center, Panorama Room

Fees: \$10 per child

EASTER EGG DECO

This workshop will be the perfect opportunity to get all of your egg decorating done! Join us for an afternoon of gluing, drawing, laughing, and fun. This program is open to children between the ages of 5 -12, though children under age 5 will be allowed to participate under the supervision of a parent. Eggs and all decorating materials will be provided. Pre-registration is required!

Thursday, April 18th

Ages: 5-12

Time: 3:30 PM – 4:30 PM

Location: Anderson Recreation Center, Panorama Room

Fees: \$7.00 per child

CANVAS KIDS

Come learn the basics and beyond in this fun and exciting class. Your child will have lots of fun creating a seasonal masterpiece that they will be proud to hang on the wall. Canvas, paint and other supplies are included. Please wear work clothes!

Instructor: Recreation Staff \$30(R), \$36(N) ARC
 Session 1: **Fri 5:00PM-6:30PM 02/01**
 Session 2: **Fri 5:00PM-6:30PM 04/19**



YOUTH SPORTS

LOMPOC KIWANIS TRACK AND FIELD MEET

Come out and be a part of the Central Coast's premier track meets. Open to Boys and Girls 3rd through 8th grade. Awards given to top 6 places. Events include: Sprints and distance runs, field events. Pre-register by April 25th. A special thank you goes out to Lompoc & Cabrillo High School Track Teams for volunteering to help conduct this event.

Lompoc High School, Track- April 28

Session 1: **Su** 9:00AM-5:00PM

Divisions: 3rd & 4th, 5th & 6th, 7th & 8th Grades

Check In: 8:00 AM-8:45 AM

Fees: \$15 pre-registration per athlete *\$20 day of event*
\$200.00 per club or school team
(25 athletes max per team) \$375 value

38TH ANNUAL GIRLS INVITATIONAL BASKETBALL TOURNAMENT

The Lompoc Recreation Division will be hosting its 38th Annual Girls Invitational Tournament March 9-10, 2019. The tournament will offer a Recreation & Open Divisions for girls 3rd through 8th grade. The tournament will have teams from up and down the state to compete for the weekend. Please come and show your support. Register by March 5!

LHS, LVMS, CHS

Session 1: **Sa/Su** 8:00AM-7:00PM 3/9-3/10

Divisions: Recreation & Open
(3rd & 4th, 5th & 6th, 7th & 8th Grades)

Fees: \$250.00 1st team, \$225 2nd team, \$200 3rd team

10TH ANNUAL BOYS INVITATIONAL BASKETBALL TOURNAMENT

The Lompoc Recreation Division will be hosting its 10th Annual Boys Invitational Tournament March 9-10, 2019. The tournament will offer a Recreation & Open Divisions for boys 3rd through 8th grade. The tournament will have teams from up and down the state to compete for the weekend. Please come and show your support. Register by March 5!

LHS, LVMS, CHS

Session 1: **Sa/Su** 8:00AM-7:00PM 3/9-3/10

Divisions: Recreation & Open
(3rd & 4th, 5th & 6th, 7th & 8th Grades)

Fees: \$250.00 1st team, \$225 2nd team, \$200 3rd team

LOMPOC VALLEY POLICE ACTIVITIES LEAGUE – JR GIANTS

T-BALL & BASEBALL LEAGUE/ 5 – 13 YEARS

This program is a **non-competitive** baseball league for boys and girls that are sponsored by the San Francisco Giants. Kids will learn about baseball and also leadership, teamwork, integrity and confidence. This summer league is hosted by Lompoc Valley PAL and includes a reading program with great incentives for all participants.

Coaches: PAL Volunteers

FREE

Session 1: Practices and Games begin in June

REGISTRATION DATES: Start April 15

TENNIS LESSONS/ AGES 8 TO 16

Come out, have some fun, get some great exercise, and learn a lifetime activity - the wonderful game of Tennis! Our Tennis Instructor, Paul Gaudreault, has been playing and teaching Tennis for over 20 years. Paul is an enthusiastic and motivating instructor, with outstanding credentials and experience. He is a high school tennis coach and a 28 year United States Tennis tourney professional. Instruction is tailored to each student's experience, knowledge, and playing ability. His 8 - lesson monthly class covers Conditioning and Stretching, Grips, Stroke Mechanics, Tennis Terminology and History, Scoring, Strategy and Tennis Etiquette. Students bring their own tennis racket, proper tennis attire, water bottle and towel and the instructor provides the Tennis Balls. Participants parent must fill out a medical waiver at time of registration.

Instructor: Paul Gaudreault	\$30(R), \$36(N)	LHS
Session 1: M/W 3PM-5PM		01/02-01/23
Session 2: T/TH 3PM-5PM		01/03-01/29
Session 3: M/W 3PM-5PM		02/04-02/27
Session 4: M/W 3PM-5PM		03/04-03/27
Session 5: M/W 3PM-5PM		04/02-04/25

KIDZ LOVE SOCCER/ 2 – 10 YEARS OLD

This program will teach youngsters the basic fundamentals of soccer. Learning will be emphasized rather than competition. Youth will learn to kick, pass, goalie and transition the ball. Participants will receive a t-shirt and a great time! Shin guards are required after the first meeting.

Instructor: KLS Staff	\$75(R)	Riverbend Park
Session 1: F 7-10yrs 3:30PM-4:15PM		3/1-4/5
Session 1: F 5-6y 4:15PM-5:00PM		3/1-4/5
Session 1: F 3.5-4y 5:00PM-5:35PM		3/1-4/5
Session 1: F 2-3.5y 5:45PM-6:15PM		3/1-4/5
Session 2: F 7-10yrs 3:30PM-4:15PM		4/26-5/31
Session 2: F 5-6y 4:15PM-5:00PM		4/26-5/31
Session 2: F 3.5-4y 5:00PM-5:35PM		4/26-5/31
Session 2: F 2-3.5y 5:45PM-6:15PM		4/26-5/31



ADULT PROGRAMS

SOCIAL DANCING FOR BEGINNERS/ 18 & UP

Haven't you always wanted to learn to dance? But dancing seems so complicated, and you've always been a hopeless klutz. Well, this class is for you! There will be no new physical skills to learn, no complicated movements to memorize. We use what you already know how to do (mostly walking) to teach you the fundamental elements of popular social dances like foxtrot, waltz, rumba, swing, and cha-cha. Nothing fancy or complicated, this is truly a beginner's class. If you can walk, you can dance. Please join us!

Instructor: Becky Reid **\$40(R), \$48(N)** **DDCSC**
 Session 1: **W** 7:00PM-8:00PM 01/30 – 03/13

WEST COAST SWING/ 18 & UP

West Coast Swing is smooth, sophisticated, and elastic. You can do the official state dance of California to just about anything: pop to country, big band to blues, up tempo or smooth and slow. This isn't a dance that's easily mastered in one lesson, but it's well worth the effort. The first 30 minutes of each class will be spent on just the basics, with the last 30 minutes reserved for practice (if you are a WCS beginner) or more complex moves (if you have taken at least one WCS session before).

Instructor: Becky Reid **\$40(R), \$48(N)** **DDCSC**
 Session 1: **W** 8:00PM-9:00PM 01/30 – 03/13

FOXTROT FUNDAMENTALS/ 18 & UP

Get ready to glide across the floor. Foxtrot is the all-American ballroom dance, born in the USA. Foxtrot is often danced to music from the "Great American Songbook" (think Frank Sinatra or Bing Crosby), but it also works well with the music of contemporary artists. We'll review the fundamentals, then teach you how to build simple steps into creative combinations limited only by your imagination. Foxtrot is fun!

Instructor: Becky Reid **\$40(R), \$48(N)** **DDCSC**
 Session 1: **W** 7:00PM-8:00PM 03/27 – 05/08

CHA CHA/ 18 & UP

Whether it's danced to high energy Latin pop or a relaxed Cuban rhythm, ChaCha is everywhere. Precise and sophisticated, with occasional hot, sharp movements, ChaCha is usually danced to medium tempo music with a Latin "flavor". We will begin with the basics, then move on to patterns that take advantage of ChaCha's unique rhythms. This class is geared toward beginning to intermediate dancers; you will enjoy this class if you have a bit of dance experience.

Instructor: Becky Reid **\$40(R), \$48(N)** **DDCSC**
 Session 1: **W** 8:00PM-9:00PM 03/27 – 05/08

CAKE DECORATING – SPRING & EASTER THEMES/ 14 & UP

Celebrate those special occasions with your family and friends by participating in a fun class to learn more specialized skills as it applies to cake decorating. A supply list is available during registration and previous cake decorating experience is required.

Instructor: Arlene Carlon **\$40(R), \$48(N)** **ARC**
 Session 1: **Tu** 6:30PM-8:30PM 3/5-4/9

AERIAL YOGA/ 18 & UP

Aerial Yoga uses a looped piece of fabric to do poses and assist with inversions. We begin class with a few warm-ups, strengthening poses and then begin to learn inversions and hang upside down. This class is great if you want to develop and improve flexibility, strength and overall health. Most of the exercises increase core strength improving balance as well as tightening the abdominal area. Try a class and experience an amazing new way to yoga! All levels are encouraged to sign-up!

Instructor: Martena Wilson **\$40(R), \$48(N)** **103 W. Walnut Ave.**

Session 1:	W	7:00PM-8:00PM	1/2-1/23
Session 2:	W	7:00PM-8:00PM	2/6-2/27
Session 3:	W	7:00PM-8:00PM	3/6-3/27
Session 4:	W	7:00PM-8:00PM	4/3-4/24

DANCE FITNESS / 18 & UP

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!! * Classes may be cancelled due to holidays or rentals, fees prorated at time of registration.

Instructor: Keith Marshall **\$35(R), \$42(N)** **DDCSC**

Session 1:	M/W	6:00PM-7:00PM	1/2-1/30
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*no class 1/21

Session 2:	M/W	6:00PM-7:00PM	2/4-2/27
Session 3:	M/W	6:00PM-7:00PM	3/4-3/27
Session 4:	M/W	6:00PM-7:00PM	4/1-4/24

INTRODUCTION TO BEEKEEPING/ ALL AGES

Join us for this one day class where students will learn the A-Z of beekeeping and managing their first bee hives. You will learn how to identify types of bees; how to capture, remove and relocate bees; pest and disease management, the best flora for the bee's survival, and legal issues related to hobby beekeeping. Instructor Mitchell has over 30 years of beekeeping experience on the Central Coast. Afterwards get a chance to participate in an exquisite honey tasting for an additional fee.

Instructor: Archie Mitchell **\$40(R), \$48(N)** **DDCSC**

Session 1:	Sa	10:00AM-2:00PM	1/26
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RELAXATION YOGA/ 18 & UP

You will experience physical and mental benefits when practicing yoga on a regular basis. The relaxation techniques incorporated in yoga lesson chronic pain, such as lower back pain, arthritis, headaches and much more. Yoga can also increase flexibility, can lower blood pressure and reduce stress. Sign up for one or both days!

Instructor: Martena Wilson **\$40(R), \$48(N)** **103 W. Walnut**

Session 1:	M	5:30PM-6:30PM	1/7-1/28
Session 2:	M	5:30PM-6:30PM	2/4-2/25
Session 3:	M	5:30PM-6:30PM	3/4-3/25
Session 4:	M	5:30PM-6:30PM	4/1-4/22

STRETCH AND RELAX CLASS/ 18 & UP

Stress, weak muscles and inflexibility are common causes or contributors to tension, joint or muscle pain and aging poorly. This class combines therapeutic stretches, relaxation techniques and self-help practices from around the world to address these problems. Class is gentle, non-competitive, practical, multi-level and enjoyable. Please bring a mat or blanket to lie on, and wear loose, comfortable clothing. Try this for a few months and see how much better you feel. Start the New Year out Stretched and Relaxed.

Instructor: Mary Walsh	\$40(R), \$48(N)	DDCSC
Session 1: W	7:00PM-8:30PM	1/2-1/30
		*no class 1/9
Session 2: W	7:00PM-8:30PM	2/6-2/27
Session 3: W	7:00PM-8:30PM	3/6-3/27
Session 4: W	7:00PM-8:30PM	4/3-4/24

TENNIS LESSONS/ 17 & UP

Come out, have some fun, get some great exercise, and learn a lifetime activity - the wonderful game of Tennis! Our Tennis Instructor, Paul Gaudreault, has been playing and teaching Tennis for over 20 years. Paul is an enthusiastic and motivating instructor, with outstanding credentials and experience. He is a high school tennis coach and a 28 year United States Tennis tourney professional. Instruction is tailored to each student's experience, knowledge, and playing ability. His 8 - lesson monthly class covers Conditioning and Stretching, Grips, Stroke Mechanics, Tennis Terminology and History, Scoring, Strategy and Tennis Etiquette. Students bring their own tennis racket, proper tennis attire, water bottle and towel and the instructor provides the Tennis Balls.

Instructor: Paul Gaudreault	\$40(R), \$48(N)	Ryon Park
Session 1: F,Sa	11:00AM-12:00PM	1/04-01/26
Session 2: F,Sa	11:00AM-12:00PM	2/01-02/23
Session 3: F,Sa	11:00AM-12:00PM	3/01-03/23
Session 4: F,Sa	11:00AM-12:00PM	4/05-04/27

MEMORY IMPROVEMENT AND BRAIN HEALTH - AN EAST-WEST PERSPECTIVE/ 18 & UP

A healthy brain and memory are essential to a good quality of life at any age. Western scientific research has found that 70% of how well, or how poorly our brain ages depends upon our personal choices. Asia has utilized brain improvement and anti-aging practices for millennia. This class combines the most effective techniques from around the world to improve our brain health and help us remember faster and easier.

Instructor: Mary Walsh	\$40(R), \$48(N)	DDCSC
Session 1: T	7:00PM-8:30PM	1/8-1/29
Session 2: T	7:00PM-8:30PM	2/5-2/26
Session 3: T	7:00PM-8:30PM	3/5-3/26
Session 4: T	7:00PM-8:30PM	4/2-4/23

ADULT SPORTS

Whether it's spiking or hitting a grand slam...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 of age.

The team entry fee covers the costs of officials, facility attendants, equipment, utilities, awards, balls (softballs only), a portion of administrative costs, and supplies. League fees are based on current costs and are subject to change. 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 Lompoc Recreation Division at 875-8100.

PMBF-PLAYER'S MEDICAL BENEFIT FUND

The Player's Medical Benefit 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.

BASKETBALL LEAGUE/ 16 & UP

Games are played during the week after 6:00 pm. Men's division will be offered. Teams must provide uniforms with six-inch numbers on the back of their jerseys. Teams may roster up to ten (10) players. This league plays by modified high school rules. Get your team in early to secure a spot. Fees are based on per team. Registration Dates 2/19-3/6.

\$430.00 (R) \$455.00 (NR)	LVMS
Session 1: M	6:00PM-10:00PM
	3/11-5/20

SLOW-PITCH SOFTBALL LEAGUE/ 16 & UP

Men's and Coed Divisions. All ability levels are welcome. Those 16 and older are eligible. Men's teams may roster up to 16 players, Coed teams may roster up to 16 with 4 additional substitutes. This league plays modified SCMAF softball rules. 10 week season and playoffs. \$42.00 additional for PMBF. *Mandatory Managers Meeting on Wednesday, Feb. 28, at 6:00 PM. Registration Dates 2/11-2/25.

Ryon & Thompson Softball Fields

Coed League \$520.00 (R) \$545.00 (NR)	
Session 1: Su	4:00PM-10:00PM
	3/3-5/12
Men's League \$500.00 (R) \$525.00 (NR)	
Session 1: W	6:00PM-10:00PM
Session 2: Th	6:00PM-10:00PM
	3/6-5/15
	3/7-5/16

MARK YOUR CALENDAR FOR UPCOMING ADULT SPORTS FOR SUMMER 2019.

Golf Tournament * Texas Hold 'em Poker Tournament
5 on 5 Basketball * Slow Pitch Softball

EXCURSIONS

DAY EXCURSIONS

Transportation is provided in an air-conditioned 26-passenger bus. Meals and souvenirs are the responsibility of the individual participant. Lompoc Recreation Division reserves the right to cancel an excursion due to insufficient registration, weather conditions, or unexpected circumstances. A letter will be sent to all participants one week in advance with the final schedule of the day including the departure time. Unless specified, all of our excursions are designed for all ages. Any participant under the age of 18 years old **MUST** be accompanied by a paying adult.

THE GETTY VILLA

The Getty Villa is one of two locations of the J. Paul Getty Museum. Located at the easterly end of the Malibu coast in the Pacific Palisades neighborhood, the Getty Villa is an educational center and museum dedicated to the study of the arts and cultures of ancient Greece, Rome, and Etruria. The collection has 44,000 Greek, Roman, and Etruscan antiquities dating from 6,500 BC to 400 AD. Come join us on this highly educational trip.

Session 1: **Sa** 7:00AM-9:00PM 2/23 \$50

EXPOSITION PARK - NATIONAL HISTORY MUSEUM & CALIFORNIA SCIENCE CENTER

Spend a fun-filled day experiencing the wonders of Los Angeles' Exposition Park. Learn and see amazing new things at the National History Museum and explore the final frontier at the Science and Space Center. Fee covers admission into NHM and transportation.

Session 1: **Sa** 7:00AM-9:30PM 4/27 \$50

Passports

The Anderson Recreation Center is your local U.S. Passport Acceptance Facility and Passport Photo Processing Center! Our office is fully staffed with trained passport acceptance agents who are available to execute passport applications on a walk-in basis Monday – Friday from 9am-4:30 pm. Before arriving please have the following documents available:

- ✓ Completed DS-11 (U.S. Passport application)
- ✓ Proof of US Citizenship (Certified copy of birth certificate or Naturalization Certificate)
- ✓ Valid photo I.D. (both parents and minor must present themselves and provide their I.D.'s for minor applicants 15 & younger)
- ✓ One passport photo (\$10 additional fee if taken at our office)
- ✓ Check or money order payable to US Dept. of State
- ✓ \$35 execution fee payable to City of Lompoc

For any additional questions on fees, requirements or special circumstances, please contact us at 805-875-8100, or visit travel.state.gov to obtain U.S. Passport information and downloadable forms.

MULTI-DAY EXCURSIONS

Lompoc Recreation Division is offering overnight excursions available through Premier World Discovery! Registration is available at the Anderson Recreation Center located at 125 West Walnut Avenue. For a more detailed itinerary for the tours listed below, please call 805-875-8100 or pick up a flyer at the Anderson Recreation Center. Price is per person for double occupancy.

SCOTLAND & NORTHERN IRELAND EXPLORER

Tour highlights: 2 nights in Belfast, Inverness, and Edinburgh, Belfast, Glasgow, and Inverness City Tours, Giants Causeway, Titanic Belfast Museum, Ferry from N. Ireland to Scotland, Loch Lomond Cruise, Isle of Skye, Loch Ness, Pitlochry, and Edinburgh Castle. Tour includes: Roundtrip Airfare, admissions per itinerary, 10 meals – 7 breakfasts 3 dinners, hotel transfers, professional tour direction, motorcoach transportation and baggage handling.

Session 1: **Mo** 03/18/19 departure \$3675 per person

HISTORIC SOUTH

Tour highlights: 2 Nights in Charleston, SC, Savannah, GA, and St. Augustine, FL, Charleston and Savannah city tours, Boone Hall Plantation, Ft. Sumter boat tour, Beaufort Horse Drawn Carriage Tour, The Pirate's House restaurant, Jekyll Island and St. Augustine trolley tours, and lunch at Jekyll Island Club. Tour includes roundtrip airfare, daily sightseeing per itinerary, 10 meals – 6 breakfasts 1 lunch 3 dinners, hotel transfers, professional tour director, Deluxe Motorcoach and baggage handling.

Session 1: **Su** 04/07/19 departure \$2575 per person

PHILADELPHIA, THE POCONOS, & THE BRANDYWINE VALLEY

Tour highlights: 5 nights at one hotel, Valley Forge National Historic Park, Philadelphia city tour, Independence Hall & The Liberty Bell, National Constitution Center, Town of Jim Thorpe, 2 former Dupont Mansions, Hershey's Chocolate world, Pennsylvania Amish Country, Amish family Style dinner. Tour includes: roundtrip airfare, sightseeing & admissions per itinerary, 7 meals 5 breakfasts 2 dinners, Welcome Drink, professional tour director, deluxe motor coach, hotel transfers, and baggage handling.

Session 1: **Su** 05/05/19 departure \$2075 per person

SOCIAL SCENE

SOCIAL SCENE – ADAPTIVE DANCE

Each month, it's time to dance! Participants ages 13 and up with developmental disabilities can enjoy a great evening of fun, music, dancing and friends! Dinner and refreshments are provided. Participants requiring one-on-one assistance must provide their own assistant. *This dance will be at the Anderson Recreation Center, 125 West Walnut Avenue.

FRIDAYS	6:30PM – 8:30PM	\$8/person at the door
January 18	Pajama Party	DDCSC
February 15	Heartbreakers	DDCSC
March 15	St. Patrick's Day	DDCSC
April 19	80's*	ARC

AQUATICS

PUBLIC SWIM FEES

Under 2	\$1.00 per entry
2 years – 12 years	\$4.00 per entry
13 years – 17 years	\$4.50 per entry
18 years – 59 years	\$5.00 per entry
60 & Older	\$4.00 per entry

Pool Closures:

December 24th through January 4th
Easter, Sunday, April 21st

DATES TO REMEMBER:

Summer Schedule Begins June 10th



What's Included:

Recreation Swim, Lap Swim, Swim Lessons and
Water Exercise Classes - all for one monthly cost!

1-person pass =	\$40/month
2-person pass =	\$50/month
3-5 person pass =	\$60/month

Six-month minimum commitment required. Each pass system would require an initial \$25 processing fee and pre-payment of the first two months.



ADDITIONAL RECREATION SWIM OPPORTUNITIES, 1PM TO 3PM:

December 21st
January 21st
February 18th & 19th
April 15th – 19th

RECREATIONAL SWIM

It doesn't have to be hot outside to enjoy some serious "splash time". At the Lompoc Aquatic Center, every weekend is "water time". Join us for tons of water FUN! Grab your suit, friends, family, and head down to the Lompoc Aquatic Center for fun on one of the two 125-foot water slides, the shallow lap pool or more than 20 interactive features on the Aqua Play Center, which includes twin waterslides, water cannons, cargo nets, and the famous "bucket".

Ages: All
Days: **Saturdays and Sundays**
Time: 1:00 PM – 3:00 PM

PARENT & TOT TIME

We have set time aside for infants and toddlers to experience and enjoy the wonderful world of aquatics with their adult companions. This quiet time will allow you to enjoy quality time together in the 85 degree Aqua Play area. This area ranges in depth from 0 to 2.5' deep. Children are required to wear swim diapers, covered with plastic pants. **The water features are not on at this time.**

Ages: Infant & Toddler with Parent
Days: **Monday – Saturday**
Time: 11:30 AM – 1:00 PM

SHARKS & MINNOW'S/6 MOS – 36 MOS

This class is intended for moms and dads and their tots to enjoy a parent tot class, moms are welcome. This class is taught in our 85-degree splash pool. Classes meet four consecutive Saturdays for 30 minutes.

Fee: \$45.00

Session 1:	Sa	9:30AM-10:00AM	1/6 - 1/27
Session 2:	Sa	9:30AM-10:00AM	2/3 - 2/24
Session 3:	Sa	9:30AM-10:00AM	3/3 - 3/24
Session 4:	Sa	9:30AM-10:00AM	4/7 - 4/28

ADULT LEARN TO SWIM CLASSES/14 & UP

These swim classes are designed for adults and teens that want to learn swimming skills in a small group setting. This class allows you to work on personal goals, which might include perfecting alternate breathing or flip turns. This class is taught in our 85-degree Lap pool. Classes meet four consecutive Saturdays for one hour.

Fee: \$45.00

Session 1:	Sa	8:30AM-9:30AM	1/6 - 1/27
Session 2:	Sa	8:30AM-9:30AM	2/3 - 2/24
Session 3:	Sa	8:30AM-9:30AM	3/3 - 3/24
Session 4:	Sa	8:30AM-9:30AM	4/7 - 4/28

WATER EXERCISE DROP IN PROGRAM

Adults are welcome to come and drop into any of our water exercise classes, space permitting on the roster, at a cost of only **\$7.50** per visit. You can contact our office at 875-8100 or the Aquatic Center at 875-AQUA (2782) to determine space availability.

WAKE UP AQUA AEROBICS

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. Your ability to swim is not required to participate.

Instructor: Debbie Nettleton	\$45.00
Session 1: M/W/F 6:30 AM - 7:30 AM	1/8-2/2
Session 2: M/W/F 6:30 AM - 7:30 AM	2/5-3/2
Session 3: M/W/F 6:30 AM - 7:30 AM	3/5-3/30
Session 4: M/W/F 6:30 AM - 7:30 AM	4/2-4/27

WARM WATER EXERCISE

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.

Instructor: Laurie Lane	\$45.00
Session 1: M/W/F 9:15AM-10:15AM	1/8 - 2/2
Session 2: M/W/F 9:15AM-10:15AM	2/5 - 3/2
Session 3: M/W/F 9:15AM-10:15AM	3/5 - 3/30
Session 4: M/W/F 9:15AM-10:15AM	4/2 - 4/27

AQUA STEP AEROBICS

This class offers a terrific workout in the lap lanes of our recreation pool, at a depth of 4.5'. Our instructor will lead you through a fast-paced routine set to music using water steps. This class is unlike any other step aerobics class you have experienced.

Morning Class

Instructor: Laurie Lane	\$45.00
Session 1: M/W/F 10:30AM - 11:30AM	1/8 - 2/2
Session 2: M/W/F 10:30AM - 11:30AM	2/5 - 3/2
Session 3: M/W/F 10:30AM - 11:30AM	3/5 - 3/30
Session 4: M/W/F 10:30AM - 11:30AM	4/2 - 4/27

Evening Class

Instructor: Kathleen Nelson	\$45.00
Session 1: T/Th 6:30PM-7:30PM	1/8 - 1/31
Session 2: T/Th 6:30PM-7:30PM	2/5 - 2/28
Session 3: T/Th 6:30PM-7:30PM	3/5 - 3/28
Session 4: T/Th 6:30PM-7:30PM	4/2 - 4/25

AQUA AEROBICS

This class is designed for those who would love to exercise in the water without stressing your joints. In this class, you will use the water for resistance as you build muscle tone and strength. Taught in the Activity Pool, 85 degrees.

Instructor: Gwen Hauenstien	\$45.00
Session 2: M/W 10:30AM-11:30AM	1/9 - 2/1
Session 2: M/W 10:30AM-11:30AM	2/6 - 3/1
Session 3: M/W 10:30AM-11:30AM	3/6 - 3/29
Session 4: M/W 10:30AM-11:30AM	4/3 - 4/26

GENTLE WATER EXERCISE

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. This is designed for those individuals suffering from arthritis, fibromyalgia and other special sensitivities such as stress, the need to start an exercise program or those recovering from illness or injury. This class will be offered in the therapy pool, which maintains a wonderful temperature at 90 degrees!

Instructor: Gwen Hauenstien	\$45.00
Session 1: Tu/Th 9:30AM - 10:30AM	1/9 - 2/1
Session 2: Tu/Th 9:30AM - 10:30AM	2/6 - 3/1
Session 3: Tu/Th 9:30AM - 10:30AM	3/6 - 3/29
Session 4: Tu/Th 9:30AM - 10:30AM	4/3 - 4/26

DEEP WATER AEROBICS

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.

Instructor: Caroline Halbeisen	\$45.00
Session 1: Tu/Th 6:30 PM - 7:30 PM	1/9 - 2/1
Session 2: Tu/Th 6:30 PM - 7:30 PM	2/6 - 3/1
Session 3: Tu/Th 6:30 PM - 7:30 PM	3/6 - 3/29
Session 4: Tu/Th 6:30 PM - 7:30 PM	4/3 - 4/26

RENT THE POOL

Several areas are available to rent for your group. The AquaPlay at \$90.00 per hour, The Activity pool at \$175.00 per hour and the patio for \$45.00 per hour, are some of your options. For more information about rental availability please call the Anderson Recreation Center at 875-8100. The rental times are as follows:

Saturdays:

10:00 AM-11:30 AM • 3:15 PM-5:15 PM
5:30 PM-7:30 PM (Available if the 3:15 PM slot has been rented)

Sundays:

10:00 AM-11:30 AM (Available if the 11:30 AM slot has been rented)
11:30 AM-1:00 PM • 3:15 PM-5:15 PM
5:30 PM-7:30 PM (Available if the 3:15 PM slot has been rented)

*Please note that the pool will be cleared 10 minutes prior to the rental end time to allow sufficient time to clear the building

**1 1/2 hour minimum pool rental required.

SWIM LESSON SCHEDULE • WINTER/SPRING 2019

Swim Lesson Information

All swim lesson registrations are taken at the **Anderson Recreation Center**, M-F from 9am – 5pm. Registrations can be taken over the phone, in person, and online (excluding Splash Pass members). Pre-Registration is required for all classes. Cancellations will occur within 48 business hours prior to the course start date – so register early! For questions, contact the Lompoc Recreation Division at 805-875-8100. The sessions and times are indicated below each course.

FEE: \$45.00 PER SESSION

EVENING LESSONS • MONDAY & WEDNESDAY – 8 Lessons

SESSION 1	Jan 7	through	Jan 30	S-1	S-2	S-3	S-4	S-5	S-6	S-7	S-8	S-9/10
	3:20pm	to	3:55pm	*	*	*		*				
	4:00pm	to	4:35pm		*	*	*		*	*	*	
	4:40pm	to	5:15pm	*	*	*		*	*	*		
	5:20pm	to	5:55pm	*	*	*	*	*			*	
	6:00pm	to	6:35pm	*	*		*		*	*		*
SESSION 2	Feb 4	through	Feb 27	S-1	S-2	S-3	S-4	S-5	S-6	S-7	S-8	S-9/10
	3:20pm	to	3:55pm	*	*	*		*				
	4:00pm	to	4:35pm		*	*	*		*	*	*	
	4:40pm	to	5:15pm	*	*	*		*	*	*		
	5:20pm	to	5:55pm	*	*	*	*	*			*	
	6:00pm	to	6:35pm	*	*		*		*	*		*
SESSION 3	Mar 4	through	Mar 27	S-1	S-2	S-3	S-4	S-5	S-6	S-7	S-8	S-9/10
	3:20pm	to	3:55pm	*	*	*		*				
	4:00pm	to	4:35pm		*	*	*		*	*	*	
	4:40pm	to	5:15pm	*	*	*		*	*	*		
	5:20pm	to	5:55pm	*	*	*	*	*			*	
	6:00pm	to	6:35pm	*	*		*		*	*		*
SESSION 4*	Apr 1	through	May 1	S-1	S-2	S-3	S-4	S-5	S-6	S-7	S-8	S-9/10
	3:20pm	to	3:55pm	*	*	*		*				
	4:00pm	to	4:35pm		*	*	*		*	*	*	
	4:40pm	to	5:15pm	*	*	*		*	*	*		
	5:20pm	to	5:55pm	*	*	*	*	*			*	
	6:00pm	to	6:35pm	*	*		*		*	*		*

*No classes 4/15-4/19

EVENING LESSONS • TUESDAY & THURSDAY – 8 Lessons

SESSION 1	Jan 8	through	Jan 31	S-1	S-2	S-3	S-4	S-5	S-6	S-7	S-8	S-9/10
	3:20pm	to	3:55pm	*	*	*		*				
	4:00pm	to	4:35pm		*	*	*		*	*	*	
	4:40pm	to	5:15pm	*	*	*		*	*	*		
	5:20pm	to	5:55pm	*	*	*	*	*			*	
SESSION 2	Feb 5	through	Feb 28	S-1	S-2	S-3	S-4	S-5	S-6	S-7	S-8	S-9/10
	3:20pm	to	3:55pm	*	*	*		*				
	4:00pm	to	4:35pm		*	*	*		*	*	*	
	4:40pm	to	5:15pm	*	*	*		*	*	*		
	5:20pm	to	5:55pm	*	*	*	*	*			*	
SESSION 3	Mar 5	through	Mar 28	S-1	S-2	S-3	S-4	S-5	S-6	S-7	S-8	S-9/10
	3:20pm	to	3:55pm	*	*	*		*				
	4:00pm	to	4:35pm		*	*	*		*	*	*	
	4:40pm	to	5:15pm	*	*	*		*	*	*		
	5:20pm	to	5:55pm	*	*	*	*	*			*	
SESSION 4*	Apr 2	through	May 2	S-1	S-2	S-3	S-4	S-5	S-6	S-7	S-8	S-9/10
	3:20pm	to	3:55pm	*	*	*		*				
	4:00pm	to	4:35pm		*	*	*		*	*	*	
	4:40pm	to	5:15pm	*	*	*		*	*	*		
	5:20pm	to	5:55pm	*	*	*	*	*			*	

*No classes 4/15-4/19

LEARN – TO – SWIM LESSONS

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)

Rolling – front to back, back to front, finning and sculling, side – glide – kick, crawl arm strokes. Advancement Skills: **Slide – glide – kick, 20 – feet, crawl stroke, 20 – feet (no breathing).**

STAGE – 5 (SEALS)

Crawl stroke with breathing, back crawl stroke. Advancement Skills: **Crawl stroke with breathing (30 – feet minimum of 4 – breaths).**

STAGE – 6 (STING RAYS)

Extending freestyle swimming, tread water, jump in and tread water. Sitting dive, kneeling dive, standing dive. Advancement Skills: **Swim Freestyle 17 – feet, 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 breathing, turns. Advancement Skills: **Swim freestyle for 100 yards (25 – yards using bilateral breathing), Swim 25 – yards breaststroke, Swim 30 – feet Butterfly.**

STAGE – 9 (KILLER WHALES)

Sidestroke kick, sidestroke swim, elementary backstroke. Advancement Skills: **Swim 200 – yards freestyle, bilateral breathing 50 – yards), Swim 25 – yards butterfly, Swim 50 – yards breaststroke, Swim 50 – yards elementary backstroke, Swim 50 – yards sidestroke.**

STAGE – 10 (SHARKS)

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**

LEARN – TO – SWIM LESSONS

After years of working with young swimmers and listening to our patrons we have made some significant changes to your Learn – to – Swim program at the Lompoc Aquatic Center.

Simplicity: The fundamental elements of swimming are organized into 10 stages. Each stage builds upon skills learned at the previous class.

Goal Driven: Advancement criteria have been established which provide the student (and parents) with clear tests for advancement.

Advancement: Advancement is objective driven age will not play a significant role.

Quality Control: Student skills are evaluated by a supervisor at least twice during the stage.

Class size: Recommendation for the following stage:

Stage 1-3: 4-6 students

Stage 4-7: 6-8 students

Stage 8-10: 8-10 students



ATTENTION!! Swim Lesson Attendance Policy

1. Students who miss the first two classes of each new session will automatically be withdrawn. If you are a Splash Pass Member, you will be charged \$10.00, and non-members will receive no refund.
2. It is your responsibility to check in with the clerk at the beginning of each and every class to verify attendance.
3. If your child is withdrawn prior to the start of class, non-members will be eligible for a refund and no charge for members will occur.
4. If students are withdrawn, wait listed participants will be contacted immediately to fill vacancies at a prorated charge.

WINTER/SPRING LAP SWIM AND WARM WATER LEISURE OPPORTUNITIES/14 & UP

LAP SWIM

Lap Swim is available at varying times in the competition pool and the activity pool lap swim lanes. While the program is geared towards adults, youth participants are welcome but may be asked to demonstrate their swimming ability to a certified lifeguard before being allowed to participate in lap swim.

WARM WATER LEISURE – THERAPY POOL

Enjoy the soothing properties of the 90 degree therapy pool in our 30' x 50', 3.5' to 4.5' deep pool. The therapy pool allows you to walk or swim in the warm water at your own pace during many of our lap swim times. 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 two wet wheelchairs for use to enter and exit the water.

Daily Fee:	Monthly Fee	3-month Fee:
\$5.00/entry	\$45.00	\$110.00
\$4.00/entry (60+)	\$40.00 (60+)	\$95.00 (60+)

*Discounts are applied if registering for 3 consecutive months

	Competition Pool	Therapy Pool (Warm Water Leisure)	Activity Pool Lap Lanes
Monday	5:45AM-7:30AM 11:30AM-1:00PM 5:00PM-7:30 PM	11:30AM-1:00PM 5:00PM-6:30PM	5:45AM-7:30AM 11:30AM-1:00PM
Tuesday	9:30AM-1:00PM 5:00PM-7:30PM	11:30AM-1:00PM 5:00PM-6:30PM	11:30AM-1:00PM
Wednesday	5:45AM-7:30AM 11:30AM-1:00PM 5:00PM-7:30 PM	11:30AM-1:00PM 5:00PM-6:30PM	5:45AM-7:30AM 11:30AM-1:00PM 6:30PM-7:30PM
Thursday	9:30AM-1:00PM 5:00PM-7:30PM	11:30AM-1:00PM 5:00PM-6:30PM	11:30AM-1:00PM
Friday	5:45AM-7:30AM 11:30AM-1:00PM 5:00PM-7:30PM	11:30AM-1:00PM	5:45AM-7:30AM 11:30AM-1:00PM
Saturday	8:30AM-10:00AM 11:30AM-3:00PM	11:30AM-1:00PM	11:30AM-1:00PM
Sunday	1:00PM-3:00PM		

DROP-IN WATER POLO/AGES 8-17

Drop in every Saturday from 8:30 am to 10:00 am where players receive instruction in basic to advanced water polo skills. Fundamentals include: water polo, swim stroke, egg beater kick, passing, shooting and playing. Players must be able to swim a strong 50-yards continuously.

Instructor: Charles Sommer

FEE: \$3.00 NOT INCLUDED in the Splash Pass package

LIFEGUARD TRAINING/15 & UP

Here is your chance to take a great class, with the benefit of becoming an American Red Cross certified Lifeguard. The course includes Lifeguard Training, CPR/AED, and First Aid. A pre-test date will be announced upon registration and attendance at all sessions is required. **FEE: \$175.00**

Session 1: Dates TBA

(Please call to add your name to our waitlist).

PARKS & FACILITIES

We Create Community Through People, Parks and Programs



- 1 Anderson Recreation Center**
125 W. Walnut
- 2 Aquatic Center**
207 W. College Avenue
- 3 Barton Neighborhood Park**
West Barton Avenue
- 4 Beattie Park**
Olive Avenue and 5th Street
- 5 Briar Creek**
On Briar Creek Way
- 6 Centennial Square**
Cypress Avenue and H Street
- 7 Civic Auditorium**
217 South L. Street
- 8 College Park/Skate Park**
College Avenue and J Street
- 9 Dick DeWees Community & Senior Center**
1120 West Ocean Avenue

- 10 J.M. Park**
Chestnut Avenue and A Street
- 11 Ken Adam Park**
- 12 Lompoc Valley Multipurpose Trail**
- 13 Pioneer Park**
Pine Avenue and 4th Street
- 14 River Park**
Highway 246 and Sweeney Road
- 15 River Bend Bike Skills Park**
McLaughlin Road and A Street
- 16 River Bend Park**
McLaughlin Road and A Street
- 17 Ryon Park**
Ocean Avenue and O Street
- 18 Thompson Park**
College Avenue and R Street
- 19 Westvale Park**
West Fir Avenue


Looking to stay fit.....Try one of our walking or fitness trails!

RYON PARK walking trail is 1330 feet, just 10 feet over 1/4 mile

RIVER PARK's walking trail is 5138 feet in length, which is 142 feet short of a mile.

BEATTIE PARK walking and fitness trail is 2172 feet, 468 feet shy of a 1/2 mile

RIVER BEND MULTI-PURPOSE TRAIL
Approximately 2.25 miles.

<div><div>CITY OF LOMPOC RECREATION DIVISION <small>Creating Community Through Parks, Trails and Programs</small></div></div>	Reservable Group BBQ Areas	Picnic Tables (No Braziers)	Individual Braziers	Sand Volleyball Courts	18 Hole Disc Golf Course	Playground Equipment	Horseshoe Pits	Fitness Trail	Lighted Tennis Courts	Outdoor Basketball Courts	Lighted Ball Fields	Multipurpose Athletic Fields	Babe Ruth Baseball Field	Little League Field	Restrooms	Stage	Park Benches	Open Play Area	Kitchen	Gymnasium	Showers	Meeting Rooms	Fitness Equipment	Resident Park Host/Ranger	R. V. Camping	Swimming Pools	Rentable Office Space	Kids Moto Fun Park	Bocce Courts	Dog Park	Bike Skills Park
PUBLIC PARKS																															
Barton Park		•			•	•				•																				•	
Beattie Park	•		•		•	•	•	•		•		•			•		•	•					•	•							
Briar Creek		•				•									•		•	•													
Centennial Square																	•														
College Park																		•													
J. M. Park		•	•			•					•			•	•			•													
Ken Adam Park	•					•	•	•							•		•	•						•							
Pioneer Park		•	•			•							•		•		•	•													
Riverbend Park												•	•																		•
River Park	•	•	•	•		•	•	•							•		•	•			•			•	•				•		
Ryon Park	•	•	•			•		•	•		•	•		•	•	•	•	•						•							
Thompson Park	•	•	•			•	•				•				•		•	•													
Westvale Park		•	•			•												•													
PUBLIC FACILITIES																															
Anderson Recreation Center															•	•	•		•	•		•					•		•		
Civic Auditorium															•	•	•														
Dick DeWees Community & Senior Center															•	•	•		•			•					•				
Lompoc Aquatic Center	•														•		•				•	•				•	•				

10TH ANNUAL BOYS INVITATIONAL BASKETBALL TOURNAMENT



The Lompoc Recreation Division will be hosting its 10th Annual Boys Invitational Tournament. The tournament will offer a Recreation & Open Divisions for boys 3rd through 8th grade. The tournament will have teams from up and down the state to compete for the weekend. Please come and show your support. Register by March 5!

CHS, LHS, LVMS

Session 1: Sa/S 8:00AM-7:00PM 3/9-3/10

Divisions: Recreation & Open (3rd & 4th, 5th & 6th, 7th & 8th Grades)

Fees: \$250.00, \$225.00 Second Team, \$200.00 Third Team

EASTER EGG HUNT

Once again, the Easter Bunny visits Lompoc in time to host the eggciting Easter Egg Hunt!

This is an eggstraordinary event sponsored by the Lompoc Kiwanis Club and various other community organizations. The Lompoc

Kiwanis Club offers lunch opportunities, while Campfire USA has carnival games to entertain children. Remember as long as you bring your manners with you, hunting is free. Bring the family for a fun filled day!



Saturday, April 20th

Times: 10:00AM - 12:00PM • Location: River Park, American Legion Area • Fees: FREE!

EASTER EGG DECO WORKSHOP



This workshop will be the perfect opportunity to get all of your egg decorating done! Join us for an afternoon of gluing, drawing, laughing, and fun. This program is open to children between the ages of 5 -12, though children under age 5 will be allowed to participate under the supervision of a parent. Eggs and all decorating materials will be provided. Pre-registration is required!



Wednesday, April 17th

Ages: 5-12 • Time: 3:30 PM – 4:30 PM • Fees: \$7.00

Location: Anderson Recreation Center, Panorama Room

LOMPOC KIWANIS TRACK AND FIELD MEET

Come out and be a part of the Central Coast's premier track meets. Open to Boys and Girls 3rd through 8th grade. Awards given to top 6 places. Events include: Sprints and distance runs, field events. A special thank you to Lompoc & Cabrillo High School Track Teams for volunteering to help conduct this event.



Sunday, April 28th

Time: 9:00AM-5:00PM

Location: Lompoc High School, Track

Divisions: 3rd & 4th, 5th & 6th, 7th & 8th Grades

Check In: 8:00 AM-8:45 AM

Deadline: April 25th

Fees: \$15.00 early bird/\$20.00 day of; \$200.00 per club or school team (25 athletes max) \$375 value

MOTHER SON LUAU



An opportunity for moms and sons to have a special night of dancing, dinner, games and fun! Professional portraits will be available for purchase. The doors will open at 6:00 pm for pictures only, with the dance and activities beginning at 6:30pm.

Friday and Saturday, May 3rd & 4th

Time: 6:30 PM - 8:30 PM

Location: Anderson Recreation Center, Gym

Fees: \$25.00 per couple, \$10.00 for second child



KIDS MOVIE CLUB



DICK DEWEES COMMUNITY & SENIOR CENTER
1120 WEST OCEAN AVENUE
6PM-8PM FREE!

OPEN TO ALL KIDS 5 & UP. FOR TICKETS CALL 805-875-8100.

ENJOY A FREE MONTHLY MOVIE STARTING AT 6PM.
 PRE-REGISTRATION IS REQUIRED AS SPACE IS LIMITED. PARENTS WELCOME – BUT NOT REQUIRED! CHILDREN ARE ENCOURAGED TO BRING A BLANKET OR PILLOW TO LAY ON.

POPCORN, SNACKS AND BEVERAGES AVAILABLE FOR \$1 EACH

FRIDAYS
 JANUARY 11, 2019
 FEBRUARY 22, 2019
 MARCH 22, 2019
 APRIL 12, 2019

Spring Break

Teen Pool Party

Open to 8th through 12th grade Students

LOMPOC AQUATIC CENTER

April 13th, 2019 • 6pm-8pm

Proper swim attire required
 Food options available for purchase

\$8 per student
(third parent \$100 school fee)

LOMPOC RECREATION DIVISION
125 West Walnut Avenue
Lompoc, California 93436-6479
Phone 805-875-8100
Fax 805-736-5195

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Permit#72
Lompoc, CA
ECRWSS

RESIDENTIAL CUSTOMER

**Need to apply for a U.S. Passport but
don't know where to get started?**

**The Anderson Recreation Center is your
one stop shop for all your needs!**



Passport and Photo
Processing done on a walk in
basis Monday through
Friday, from 9am to 4:30pm.
No appointments needed!
For application guidelines, go
to www.travel.state.gov

For more information, call us at 805-875-8100