



Recreation & Senior Services Department



Marina Park

Winter 2016

Classes
begin
January 11



Discover
the Fun



Create
Memories



Explore
the Bay

Welcome to Marina Park

Marina Park is a new 10½-acre park with a new Community Center and Sailing Center. It includes the Lighthouse Bavieu Café, a visitor serving marina for oceangoing travelers, new restrooms, a nautical themed playground, 2-story slide, basketball courts, an outdoor fitness circuit, picnic areas, 177 parking spaces, and a breathtaking view of the bay.

The new facility will have numerous recreational classes for all ages in a variety of topics including-art, enrichment, theater, dance, sports, and fitness. The facility will have rooms available for rentals, i.e. weddings, parties, meetings and trainings, that will have a spectacular view of the Newport Harbor.

The City is partnering with the University of California Irvine to operate the community boating program. Classes for all ages and levels of experience will be offered, which include sailing, stand up paddling and kayaking.

The City dedicates this park to our community and all who dreamed of a new bayfront park for residents and visitors alike. This is a place to play, learn, dine, sail, and meet new friends. To all who contributed their time and energy to making Marina Park become a reality, Thank You.



Marina Park

1600 W. Balboa Blvd.
Newport Beach, CA 92660
Phone: 949-270-8150

Office Hours

Monday-Thursday	7:30 am-5:30 pm
Friday	7:30 am-4:30 pm
Saturday & Sunday	Varies according to programming

Center will be closed on all City observed holidays.

City of Newport Beach

Recreation & Senior Services Department
100 Civic Center Drive
Newport Beach, CA 92660
www.newportbeachca.gov
Phone: 949-644-3151
Fax: 949-644-3155

Marina Park Staff

Racquel Valdez, Recreation Manager
Jennifer Schulz, Recreation Supervisor
Danny Rice, Recreation Coordinator
Elizabeth Arciniega, Administrative Support Assistant

Marina Harbor

Come stay with us!

As you cruise up and down the coast, or for your staycation, cruise in for a night (or up to a month!) to enjoy our world class Marina and Harbor. Amenities include full utility hookups in-slip, Wi-Fi, laundry facility, restrooms and warm showers, and on-site restaurant. Slips are 40' and 55' priced at \$60.00 and \$82.50 per night respectively. The ocean beach is across the street, and West Marine, grocery stores, bike rentals and more are minutes away by foot.

Visit newportbeachca.gov/marinapark to make reservations or call 949-270-8159



City Council

Mayor Edward D. Selich
Mayor Pro Tem Diane B. Dixon
Keith D. Curry
Duffy Duffield
Kevin Muldoon
Tony Petros
Scott Peotter



Parks, Beaches & Recreation Commission

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City of Newport Beach Staff

Dave Kiff, City Manager
Laura Detweiler, Recreation & Senior Services Director
Sean Levin, Deputy Director

Preschool

Marina Park Preschool

Traveling Teachers

Get ready for kindergarten! Lessons in letters, numbers and colors while developing social skills, practicing kindness, sharing and respect with friends. Music, theatre and art creating thoughtful and artful preschool pups. Marina Park Preschool has credentialed and enthusiastic teachers that foster a nurturing and engaging learning environment for young minds.

MP1001	1/11-2/10	M/W	8:30-11am	4½-5yrs	\$185/9
MP1002	1/12-2/11	T/Th	8:30-11am	3-4½yrs	\$205/10
MP1003	2/22-3/23	M/W	8:30-11am	4½-5yrs	\$205/10
MP1004	2/23-3/24	T/Th	8:30-11am	3-4½yrs	\$205/10

No class 1/18

Mommy and Me/Pre-School Mixed Media Art

Lisa Albert

Little artists will learn basic clay techniques such as coil making, slab work, blending and glazing while making imaginative masks, bowls, theme pots, tiles and fun animal projects as well as painting on canvas, learning about pastels, watercolors and printing, musical painting games are played to enhance students awareness of control and sharing. This will be an extremely creative and fun class while making one of a kind masterpieces!

- A \$45 material fee is payable to the instructor.

MP1006	1/13-2/24	W	9:30-10:30am	2-5yrs	\$150/6
MP1007	3/2-3/30	W	9:30-10:30am	2-5yrs	\$125/5
MP1008	1/14-2/25	Th	9-10am	2-5yrs	\$150/6
MP1009	3/3-3/31	Th	9-10am	2-5yrs	\$125/5
MP1010	1/14-2/25	Th	10:15-11:15am	2-5yrs	\$150/6
MP1011	3/3-3/31	Th	10:15-11:15am	2-5yrs	\$125/5

No class 2/17, 2/18

Early Childhood Music & Movement \$70/6

Kids Music N' Motion

Come join the fun each week as children are introduced to a new music theme each week. All the orchestra and multicultural instruments are introduced as well as singing and movement in this fun and educational music class.

MP1012	1/14-2/18	Th	10-10:45am	15mos-2½yrs	
MP1013	2/25-3/31	Th	10-10:45am	15mos-2½yrs	
MP1014	1/14-2/18	Th	11-11:45am	2½-5 yrs	
MP1015	2/25-3/31	Th	11-11:45am	2½-5 yrs	
MP1016	1/14-2/18	Th	Noon-12:45pm	6wks-14mos	
MP1017	2/25-3/31	Th	Noon-12:45pm	6wks-14mos	

Piano Prep Class \$70/6

Kids Music N' Motion

Piano prep class is a class that has been developed for our little friends who are not quite ready to go into piano. We focus on small finger dexterity and theory in this fun and active class so that they can go into our group piano class after taking this class.

MP1018	1/14-2/18	Th	1-1:45pm	3-4yrs	
MP1019	2/25-3/31	Th	1-1:45pm	3-4yrs	

Beginning Piano Classes \$87/6

Kids Music N' Motion

Group piano classes are offered with a foundation for music theory and basic concept of reading music to build that foundation. Classes are taught in a group setting with up to 8 students. Each student is provided with their own keyboards to use for class in which KMNM brings to your site each week. Musical concepts that go along with the piano instruction manuals which are age appropriate for the age group that the instructor in teaching.

- A \$25 materials fee is payable to the instructor.

MP1032	1/14-2/18	Th	4:30-5:15pm	4-6yrs	
MP1020	2/25-3/31	Th	4:30-5:15pm	4-6yrs	

Parent & Me Movement, Motor Skills \$154/11

OC Dance Productions

This class serves as a beginning movement, sensory and cognitive class for children. Children will participate in movement activities that improve balance, muscle tone, coordination and motor skills while getting the wiggles out. Class also incorporates shape and color recognition activities. Set to favorite tunes children will also use props, parachutes, bean bags, and more to play and participate in partner activities with parent/caretaker. Suitable for boys & girls.

- Parent participation required.

MP1021	1/12-3/22	Tu	9-9:45am	1½-3yrs	
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Parent & Me Princess Ballet \$154/11

OC Dance Productions

This perfect introduction to the fundamentals of ballet and creative movement with an element of fun, fantasy and lots of encouragement. Princess Ballerinas use props, wear princess tutus, use their "magic wand", have story time and learn beginning ballet movements to fairytale music. Each session features a different princess. 2 crafts done per session. Instructor provides tutus, wands and props.

- A \$10 materials fee is payable to the instructor.
- Ballet shoes and parent participation required.

MP1022	1/12-3/22	Tu	9:50-10:35am	1½-3yrs	
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Butterfly Ballerinas \$154/11

OC Dance Productions

Transform into a magical butterfly by earning wings in this intro to ballet and creative movement class. Class consists of beginning ballet movements across the floor and practice as a group. Children also learn terminology, engage in creative movement activities, learn spatial awareness, listening skills and how to work in a group setting. Class part of OCPD Progression Plan © where dancers track accomplishments and receive achievement award. Performance for parents on the last day of class.

- Optional recital in June (nominal costume fee applies).
- Ballet shoes required.

MP1023	1/12-3/22	Tu	10:45-11:30am	3-5yrs	
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Ballet, Jazz & Tumble Combo I \$154/11

OC Dance Productions

For those new to dance, this combo class will offer a mix of basic ballet, jazz, and beginning tumbling movements and terminology. Dance steps combined with creative movements and choreography will help dancers develop spatial awareness, rhythm, and listening skills. Class part of OCPD Progression Plan © where dancers track accomplishments and receive achievement award. Performance for parents on the last day of class.

- Optional recital in June (nominal costume fee applies).
- Ballet shoes required.

MP1024	1/12-3/22	Tu	3:30-4:15pm	4-6yrs	
MP1025	1/12-3/22	Tu	11:40am-12:25pm	3-5yrs	

Mini-Hawk Multi-Sport \$135/9

Skyhawks Sports Academy

This soccer, baseball, and basketball program gives young children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

MP1026	1/30-3/26	Sa	9-9:45am	3-4yrs	
MP1027	1/30-3/26	Sa	10-10:45am	5-7yrs	

Playball \$168/10

OCPlayball

Playball is a progressive sports program developed 25 years ago by occupational therapists, sports psychologists and school teachers. Children learn basic skills for tennis, baseball, hockey, basketball and soccer. Playball is taught in a positive, non-intimidating and non-competitive environment, where results are achieved while having fun.

- Parent participation required for Mommy & Me Playball.

Mommy & Me Playball

MP1028 1/11-3/28 M 9:30-10:15am 2yrs

Watch Me at 3 Playball

MP1029 1/11-3/28 M 10:30-11:15am 3yrs

No class 1/18, 2/15

Gymnastics/Tiny Twisters \$140/9

Tumble-N-Kids, Inc.

Are you ready to Shake-Tumble-N-Roll? 'Tiny Twisters' and partners have fun learning age-appropriate tumbling while building important motor skills and coordination. Tumblers roll down the 'big cheese,' balance on beams, swing like a monkey, crawl through tunnels, jump on the trampoline, learn new skills and enjoy obstacle courses.

- Parent participation required.
- A \$10 material fee is payable to the instructor.

MP1030 1/15-3/18 F 10-10:45am 9-24mos

No class 2/19

Gymnastics/Tumble Bugs \$140/9

Tumble-N-Kids, Inc.

Does your child love jumping, bouncing and tumbling at home? Save your couch and take this action packed gymnastics class! Together we'll roll, balance, bounce, hop, jump and enjoy safe Tumble-N-Fun! Beams, incline, trampoline, animal walks, circle time, obstacle courses and music.

- Parent participation required.
- A \$10 material fee is payable to the instructor.

MP1031 1/15-3/18 F 10:45-11:30am 2-3½yrs

No class 2/19



Youth

Kids Sports Injury Prevention \$98/5

Kathryn Rollins/Plumb Lines

Sports specific stretches and exercises are an excellent way to keep your child's developing body protected from long term injury that can impact them in college and after. During these classes kids will learn proper stretching techniques as well as sports specific exercises to keep their bodies balanced and strong and protect them from over-use injuries. Taught by an injury prevention nurse who is certified in pilates and buff bones.

- Bring a mat and a medium sized towel

MP1103 1/11-2/22 M 4-5pm 10-15yrs

MP1104 2/29-3/28 M 4-5pm 10-15yrs

No class 1/18, 2/15

Beginning Ukulele Classes \$87/6

Kids Music N' Motion

Learn basic strumming and chords along with reading of music and learning the treble clef scale. Classes are taught in a group setting in which each child must provide their own ukulele, which may be purchased directly from KMMN or from an outside source. We explore musical concepts that go along with the ukulele instruction manuals which are age appropriate for the age group that the instructor is teaching.

- A \$25 materials fee is payable to the instructor.

MP1105 1/14-2/18 Th 5:15-6pm 5-8yrs

MP1106 2/25-3/31 Th 5:15-6pm 5-8yrs

MP1107 1/14-2/18 Th 6-6:45pm 9-15yrs

MP1108 2/25-3/31 Th 6-6:45pm 9-15yrs

MP1204 1/14-2/18 Th 6:45-7:30pm 16yrs+

MP1205 2/25-3/31 Th 6:45-7:30pm 16yrs+

Princess Academy \$159/11

OC Dance Productions

Half dance and poise, half etiquette and grace, children will learn the basics of beginning ballet as well as etiquette suitable for their age. Class includes ballet instruction, terminology, center floor and barre work and basic etiquette rules and guidelines for young children they can understand. From basic etiquette such as table manners, greetings, and kind thank you's to the basics of dance coordination, this academy class will cover what is needed for young girls starting to learn social graces in a modern time. Princess appearance and performance for parents on last day of class.

- Optional recital in June (nominal costume fee applies)
- Ballet shoes required

MP1111 1/12-3/22 Tu 4:20-5:05pm 4-7yrs

Beginning Hip Hop for Boys & Girls \$154/11

OC Dance Productions

Dancers train in the basic fundamentals of hip hop, jazz, and break dancing while creating awareness for personal technique and emphasis on coordination, rhythm, creativity and fun. Class promotes strength and flexibility training. Appropriate for those new to Hip Hop or continuing from Pop Star, Tot Hip Hop, and Hip Hop Tumble. Suitable for boys and girls. Sneakers required. Visit

- Optional recital in June (nominal costume fee applies).
- Sneakers required.

MP1112 1/12-3/22 Tu 5:15-6pm 5-9yrs

Classical Ballet \$154/11

OC Dance Productions

This class is suitable for those wanting to explore the dance form of classical ballet. Class focuses on beginner ballet terminology, positions, and movements with an emphasis on self-discipline, alignment, grace, and poise. Ballet shoes required. Visit www.ocdanceproductions.com for recommended attire and more information.

- Optional recital in June (nominal costume fee applies).
- Ballet shoes required

MP1113 1/13-3/23 W 3:30-4:15pm 5-8yrs

Classical Ballet \$154/11

OC Dance Productions

Suited for those new to or continuing from tots & tutus, princess pre-ballet, and butterfly ballerinas. Build fundamentals and further improve and expand classical ballet technique, vocabulary, form, alignment and artistry. Ballet shoes required.

- Optional recital in June (nominal costume fee applies).
- Ballet shoes required

MP1114 1/13-3/23 W 4:20-5:05pm 4-6yrs

Classical Ballet \$154/11

OC Dance Productions

For the more serious dancer looking to become further immersed in the classical ballet dance form, this class will focus on technique, self-discipline, and artistry intertwined with the physicality of strength and flexibility training. Suitable for those with basic ballet experience. Ballet shoes required. Visit www.ocdanceproductions.com for recommended attire and more information.

- Optional recital in June (nominal costume fee applies).
- Ballet shoes required

MP1115 1/13-3/23 W 5:15-6 pm 7-10yrs

Gymnastics/Floor Tumbling \$167/9

Tumble-N-Kids, Inc.

Boys & Girls benefit from our progressive skill teaching method, promoting confidence and self-esteem! Gymnasts build skills on balance beam and floor routines, learn cartwheels, round-offs, handsprings, backbends, splits and more!

Emphasis on conditioning to build strength and flexibility.

Beginner

MP1116 1/15-3/18 F 3-4pm 5-8yrs

Intermediate

MP1117 1/15-3/18 F 4-5pm 8-14yrs

No class 2/19

Kids Yoga

Lynn Barclay

Kids yoga classes are a wonderful way to increase your child's coordination, self-awareness, confidence and self-esteem while they stretch and strengthen their bodies. Using yoga, children can learn to relax, concentrate and be gentle in a fun and creative environment. The tools of yoga offer proven methods of managing physical, mental and emotional stress. These practices offer your child a learning process on how to live happier, to increase their capacity to learn effectively, and to manage their emotions, regulate their own behavior, and achieve personal and academic success.

Connect, Breathe, Move, Focus and Relax. Within these elements students are taught fundamental life skills that are immediately available for daily use. Students will work together on challenging partner and group activities that allow them opportunities to both support others and be supported as well as individual moments to connect, focus and relax.

- Please bring blocks, straps, blankets, mats. Some items available to borrow.

MP1101 1/11-3/28 M 3:15-4pm \$105/10 9-11yrs

MP1102 1/13-3/30 W 3:15-4pm \$115/11 9-11yrs



Babysitter, CPR & Pediatric First Aid Training \$49/1
Healthy U

Impress parents with your American Heart Association CPR and pediatric first aid certifications, and ability to safely care for and entertain children. Become the babysitter every family invites back!

- A \$41 training supplies fee is payable to the instructor.
- Bring a self-addressed, stamped envelope and a lunch.
- Advance registration required.

MP1118 4/3 Su 8:30am-4pm 11yrs-Adult

CPR & AED-Adult, Child and Infant \$39/1
Healthy U

Don't miss a beat and increase the number of people "Stayin' Alive". American Heart Association Heartsaver card is valid for 2 years. Approved for teachers and daycare providers, but not medical professionals.

- A \$31 material fee is payable to the instructor.
- Bring a self-addressed, stamped envelope.
- Advance registration required.

MP1119 4/3 Su 8:30am-Noon 11yrs-Adult



Adult

iPhone Workshop \$35/3

Jake Jacobs

Learn how to get the most out of your iPhone and learn things you didn't know your iPhone could do. If you know the essentials, this workshop is for you! Each participant will have available a handout of material covered.

- A \$10 material fee due for workbook or print a copy at jakeair.weebly.com.
- Requirements: iPhone 5 or newer, iOS9.

MP1201 2/10-2/24 W 1-3pm

Beginning Ukulele \$87/6

Kids Music N' Motion

Learn basic strumming and chords along with reading of music and learning the treble clef scale. Classes are taught in a group setting in which each participant must provide their own ukulele, which may be purchased directly from KMNM or from an outside source. We explore musical concepts that go along with the ukulele instruction manuals which are age appropriate for the age group that the instructor is teaching.

- A \$25 material fee is payable to the instructor.

MP1204 1/14-2/18 Th 6:45-7:30pm

MP1205 2/25-3/31 Th 6:45-7:30pm

Cardio, Strength and Tone \$96/12

Sharri Clonts

You will love this full body workout. Circuits include cardio sets and intervals, weights, resistance bands and floor work set to a variety of current hits and golden oldies. A thorough warm up and relaxing cool down ensure safety. This fun workout encourages participants to work at their own pace.

- Bring an exercise mat.

MP1206 1/12-2/18 T/Th 8-9am

MP1207 2/23-3/31 T/Th 8-9am

HIIT Cardio \$84/6

Body Business

This class is a High Intensity Interval Training class focusing on cardiovascular fitness. You will use fast paced movements in short continuous bouts to help torch maximum calories and burn fat allowing you to continue to burn calories long after your workout.

- Bring a mat, towel and water.

MP1208 1/12-2/16 Tu 9:15-10:15am

MP1209 2/23-3/29 Tu 9:15-10:15am

MP1210 1/14-2/18 Th 9:15-10:15am

MP1211 2/25-3/31 Th 9:15-10:15am

Pilates Sculpt \$120/9

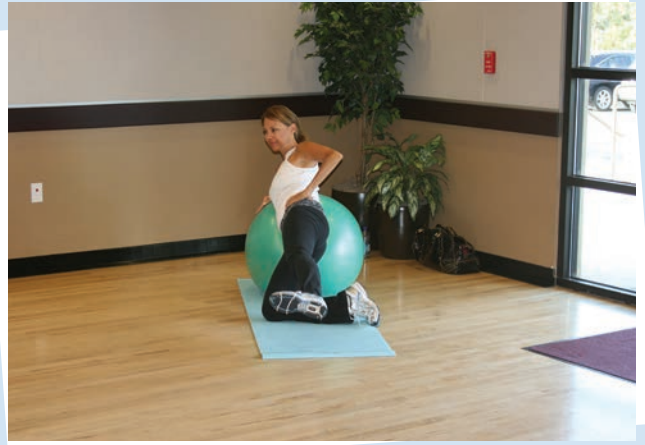
Norma Shechtman

Have fun with a class that incorporates Pilates principles using a variety of props. All levels are welcome as we put together a progressive pilates sculpt class. You will love the workout and learn new ways to do pilates.

- A \$20 material fee is payable to the instructor.

MP1212 1/11-3/28 M 9-10am

No class 1/18, 2/8, 2/15



Re-Energize & Move It-Non-Impact

Lynn Barclay

A "Total-Body" "Non-Impact" class including cardio sequences, resistance bands, and hand weights performed standing and seated. Experience "effective" functional movement training techniques. Proprioceptive, coordination and agility, balance and stability training combined with strength and flexibility exercises. Modifications will be offered so all abilities and ages can benefit. Brain-body cross training in a fun atmosphere. Music from 1960 to today. Smiles guaranteed.

- Please bring hand weights, resistance bands. Some items available to borrow.

MP1214 1/15-4/1 F 10-11am

\$125/12

MP1218 1/15-2/5 F 10-11am

\$60/4

MP1219 2/12-3/4 F 10-11am

\$60/4

MP1220 3/11-4/1 F 10-11am

\$60/4

MPDR10 Drop-In \$20

Re-Juvenate & Breathe-Yoga

Lynn Barclay

This class integrates the foundational postures and breathing techniques of yoga to harmonize you on every level. This is an active style of yoga that emphasizes body awareness, muscular activation and is designed to improve your overall fitness. Modifications will be offered for various levels of experience and age so all may benefit.

Standing, seated and laying postures are used to improve range of motion, balance, strength and flexibility while relaxing the mind in this fusion-based class. You will feel refreshed and rebalanced at the end of each class.

- Please bring blocks, straps, blankets, mats. Some items available to borrow.

MP1221 1/11-3/28 M 5:30-6:30pm \$105/10

MP1222 1/13-3/30 W 5:30-6:30pm \$125/12

MP1223 1/15-4/1 F 11:30am-12:30pm \$125/12

No class 1/18, 2/15

Monthly:

MP1224 1/11-1/25 M 5:30-6:30pm \$33/2

MP1225 2/1-2/29 M 5:30-6:30pm \$60/4

MP1226 3/7-3/28 M 5:30-6:30pm \$60/4

MP1227 1/13-2/3 W 5:30-6:30pm \$60/4

MP1228 2/10-3/2 W 5:30-6:30pm \$60/4

MP1229 3/9-3/30 W 5:30-6:30pm \$60/4

MP1230 1/15-2/5 F 11:30am-12:30pm \$60/4

MP1231 2/12-3/4 F 11:30am-12:30pm \$60/4

MP1232 3/11-4/1 F 11:30am-12:30pm \$60/4

MPDR11 Drop-In \$20

No class 1/18, 2/15

Adult

Re-Generate & Relax-Yoga

Lynn Barclay

Had a hard day at work or just needing a little TLC? You will de-stress, detoxify and quiet your mind in this soothing flow class. This hour will incorporate deep breathing techniques with gentle refreshing sequences of yoga movement. Modifications will be offered for various levels of experience and age so all may benefit. Use of breath with postures that are sequenced for strengthening, opening, calming and enlightenment, both standing, seated or on your back. A well-balanced practice from start to finish surrounded by soothing music which will send you on your way with a newfound sense of tranquility and peace.

- Please bring blocks, straps, blankets, mats. Some items available to borrow.

MP1233	1/11-3/28	M	4:15-5:15pm	\$105/10
MP1234	1/13-3/30	M	4:15-5:15pm	\$125/12
MP1235	1/11-1/25	M	4:15-5:15pm	\$33/2
MP1236	2/1-2/29	M	4:15-5:15pm	\$60/4
MP1237	3/7-3/28	M	4:15-5:15pm	\$60/4
MP1238	1/13-2/3	W	4:15-5:15pm	\$60/4
MP1239	2/10-3/2	W	4:15-5:15pm	\$60/4
MP1240	3/9-3/30	W	4:15-5:15pm	\$60/4

No class 1/18, 2/15

Saturday Sweat

\$85/4

Michael Ryan

This class will expose you to many different aspects of fitness. A fun mix of cardio, strength and movement challenges will provide a well-rounded training session. Expect to learn new things and get out of your comfort zone. All levels welcome!

MP1259	1/16-2/6	8-9am	Sa
MP1260	3/5-3/26	8-9am	Sa

Moving Meditation

\$65/4

Michael Ryan

Classes will begin with movements that relieve tension and calm the central nervous system. Students will also explore the use of props and self-massage techniques to reduce stress. Visualization and meditation will be practiced to enhance the quality of one's life.

- \$15 self-massage therapy balls available for purchase.

MP1261	1/16-2/6	Sa	9:15-10:15am
MP1262	3/5-3/26	Sa	9:15-10:15am

Functional Training

Michael Ryan

This unique class will improve your ability to move through life. Basic strength, mobility and body awareness will be at the foundation. Students will also explore movement games, outdoor elements and relaxation techniques. Come increase your movement intelligence and physical resilience!

MP1263	1/12-2/5	Tu/F	11am-Noon	\$150/8
MP1264	3/1-3/25	Tu/F	11am-Noon	\$150/8

Buff Bones Mat Class

\$98/5

Kathryn Rollins

For people with osteoporosis as well as those that just want to keep their bones strong. This mat class is full of scientifically-based, strengthening and stretching moves specifically for bone health and density. Taught by an Injury Prevention Nurse who is Certified in Pilates and Buff Bones.

- Bring a mat, 1.5 lb. ankle weights and a medium sized towel.

MP1265	1/11-2/22	M	8:45-9:45am	30+
MP1266	2/29-3/28	M	8:45-9:45am	30+

No class 1/18, 2/15

Tai Chi

Ryan Lee

This class is an ongoing series that teaches the beginner student the working principles of Tai Chi. Tai Chi is considered to be an advanced form of moving Qigong. It improves posture, strength, and overall health. Class involves head to toe warm up exercises, movement drills, and 24 forms routine instruction.

MP1267	1/11-2/1	M	6-7pm	\$50/3
MP1268	2/8-2/29	M	6-7pm	\$50/3
MP1269	3/7-3/28	M	6-7pm	\$65/4
MP1270	1/14-2/4	Th	6-7pm	\$65/4
MP1271	2/11-3/3	Th	6-7pm	\$65/4
MP1272	3/10-3/31	Th	6-7pm	\$65/4
MP1273	1/11-2/4	M/Th	6-7pm	\$105/7
MP1274	2/8-3/3	M/Th	6-7pm	\$105/7
MP1275	3/7-3/31	M/Th	6-7pm	\$120/8
MPDR12	Drop In		\$20	

No class 1/18, 2/15

Qigong

Ryan Lee

This class introduces the basic fundamentals and movements that are at the foundation of Qigong. Qigong is considered to be the mother of Tai Chi. It improves, breathing, posture and flexibility, while reducing stress. This class is ideal for the student that is looking to build a solid foundation in Qigong and also Tai Chi.

MP1276	1/12-2/2	Tu	10-11am	\$65/4
MP1277	2/9-3/1	Tu	10-11am	\$65/4
MP1278	3/8-3/29	Tu	10-11am	\$65/4
MP1279	1/14-2/4	Th	11am-Noon	\$65/4
MP1280	2/11-3/3	Th	11am-Noon	\$65/4
MP1281	3/10-3/31	Tu/Th	11am-Noon	\$65/4
MP1282	1/12-2/4	Tu/Th	See above for time	\$120/8
MP1283	2/9-3/3	Tu/Th	See above for time	\$120/8
MP1284	3/8-3/31	Tu/Th	See above for time	\$120/8



Sailing Center

Ski Week Camp

Sailing Camp \$220/4

UCI Boating Staff

Children will learn to sail or improve their skills on 8' sabots and our 14' Lidos. Beginning sailors will learn the fundamentals of sailing and those with more experience will be challenged with more advanced skills. Camp is designed with fun in mind, so a balance of other activities, like kayaking, paddle boarding and sea lion hunts are also provided.

- Campers must be able to swim.

MP1301 2/16-2/19 Tu-F 9am-Noon 6-12yrs

1-Day Beginner Dinghy Sailing \$65/1

UCI Boating Staff

Enjoy the beautiful Newport Harbor while learning the fundamentals of sailing. On-the-dock instruction and demonstration will prepare you to head out on the water in our small 14' dinghies. You'll be sailing within one class and no experience is necessary!

- All students must sign a waiver confirming swim proficiency,
- All equipment provided.

MP1302 1/16 Sa 10am-1pm Adult

MP1303 1/27 W 11am-2pm Adult

SUP Intro \$35

UCI Boating Staff

Spend a morning exploring the waters of gorgeous Newport Harbor, while sneaking in some exercise. You'll learn the fundamentals of stand up paddling (SUP), including paddling techniques and safety. Classes include all equipment and on-land as well as on-water instruction. Paddle at your own pace. All students must sign a waiver confirming swim proficiency.

- All equipment provided.

MP1304 1/23 Sa 10-11:30am Adult

MP1305 3/6 Su 10-11:30am Adult

MP1306 3/20 Su 10-11:30am Adult



Kayak Intro \$40/1

UCI Boating Staff

Come explore the bay in our easy-to-paddle, sit-on-top kayaks. Join us on your own or grab a friend or family member to enjoy a tour of the harbor. No experience is necessary and instructors will guide you through the basics of paddling and steering a kayak. All students must sign a waiver confirming swim proficiency.

- All equipment provided.

MP1307 1/31 Su 10am-Noon Adult

MP1308 2/28 Su 10am-Noon Adult

MP1309 3/13 Su 10am-Noon Adult

Beginner Dinghy Sailing \$140/4

UCI Boating Staff

Take advantage of our Southern California winter and tackle a "bucket list" item—learning to sail. This 4-session class will teach you the basics about sailing. From the first day, you'll be given the opportunity to steer your own boat, our 14' Lidos. By the end of the 4 weeks, you will have mastered the fundamentals of steering a boat, wind direction, and basic sailing safety. All students must sign a waiver confirming swim proficiency.

- All equipment provided.

MP1310 2/27-3/19 Sa Noon-3pm Adult

1-Day Intermediate Dinghy Sailing

\$65/1

UCI Boating Staff

Build upon your basic sailing skills with more "tiller time" in our 14' dinghies. On-shore lessons combined with plenty of on-the-water instruction will have you sailing around Newport Harbor with confidence!

Pre-Requisite: Beginner Dinghy Sailing or equivalent.

MP1311 4/2 Sa 1-4pm Adult

1-Day Intermediate Keelboat Sailing \$70/1

UCI Boating Staff

You will use your sailing knowledge to step into our J/22 keelboats and take things up a notch. This class is designed to build upon the sailing basics, offering instruction in a larger, heavier boat than a dinghy. Our keelboat class is the perfect next step after you feel you've mastered dinghies and are ready for something new.

MP1312 4/3 Su 1-4pm Adult



REGISTRATION FORM

PLEASE NOTE: WE WILL
EMAIL YOUR RECEIPT



CITY OF NEWPORT BEACH RECREATION & SENIOR SERVICES
100 CIVIC CENTER DRIVE, NEWPORT BEACH, CA 92660
WWW.NEWPORTBEACHCA.GOV PH: 949-644-3151 FAX: 949-644-3155

EMAIL _____

PRIMARY ADULT'S FIRST NAME _____ LAST NAME _____

ADDRESS _____ CITY _____ ZIP _____

HOME PHONE _____ CELL PHONE _____ WORK PHONE _____

PARTICIPANTS NAME	DATE OF BIRTH	GENDER	CLASS #	CLASS NAME	FEE
<i>example</i> John Doe	04/18/07	M	NCC230	Gymnastics	\$60

PAYMENT OPTIONS Cash, checks and credit cards accepted.
Please make checks payable to the City of Newport Beach.

SPECIAL ASSISTANCE If you need special accommodations for activities notify the Recreation & Senior Services Department at 949-644-3151 or recreation@newportbeachca.gov.

REGISTRATION INFORMATION & POLICIES I (We) the undersigned certify that I (We) have read, reviewed, understand and agree to the Registration Information & Policies on adjacent page.

PHOTO RELEASE I understand that from time to time City representatives may photograph activities of City recreation programs and participants. By signing this form, I authorize the City of Newport Beach to use or publish any photographs taken by the City showing my participation or my child/children's to promote classes on the City's Internet web site, future publications of the Newport Navigator and/or flyers.

WAIVER & RELEASE OF LIABILITY In consideration of participation in the Program, I (We), the undersigned, recognize, agree and acknowledge as follows: (1) Participation in the Program is voluntary; (2) Follow and abide by the rules, regulations, guidelines and Participant Code of Conduct (3) The participant is in good health, physically able to participate in the program without restrictions and has no medical condition that would or may cause participation to be potentially hazardous to his or her health, which the city can request participant to agree to furnish medical documentation at participants own expense; (4) Failure to disclose a medical condition could terminate participation; (5) There is a real possibility that participant could be seriously injured while participating in the Program; (6) Participant assumes all risks associated with participation in the Program. Participant acknowledges the inherent and potential dangers of participating and expressly waives and voluntarily assumes all risk of personal injury or death which may be sustained while participating . I (WE) RECOGNIZE THAT REGISTRATION IN THE PROGRAM IS DANGEROUS AND CONTAINS RISK OF PERSONAL INJURY, DEATH, DISABILITY, PROPERTY DAMAGE OR LOSS ("DAMAGES"). I ASSUME ANY AND ALL RISKS associated with my or my child's participation in the Program, including, but not limited to, strenuous physical activity or exertion; striking or being struck, by objects or persons; slipping; and exposure to heat, cold or humidity. Such risk may result in injuries that include, but are not limited to: sprain, strain or tear of muscles or ligaments; fracture or dislocation of joints or bones; head or facial injuries; spinal cord or internal injuries. I know that the risks, hazards and dangers include, but are not limited to, falling, slipping, colliding with other users, staff or spectators. I understand that these risks, hazards and dangers are further increased when other persons, whether or not of the same level of experience, are present at the same time and/or using the same facilities. ALL SUCH RISKS ARE KNOWN AND APPRECIATED BY ME. I hereby, for myself, my child, heirs, or anyone who might claim on my or my child's behalf, agree not to bring any claim, and waive, release and forever discharge the City of Newport, the Newport-Mesa Unified School District, and all of their officers, agents, and employees from any and all duty to me, my child and/or liability for damages arising out of or in the course of my child's participation in the Program, including all liability for any active or passive negligence by the City/Newport-Mesa Unified School District and/or their officers, agents and employees. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I waive and voluntarily assume all risk of personal injury which may be sustained while participating. The laws of the State of California shall govern this agreement. The undersigned, hereby acknowledged to be lawful parent(s) and/or guardian(s) of the participant, acknowledge(s) my/our qualifications to sign the Release on behalf of the participant.

MANDATORY SIGNATURE: _____



CREDIT CARD NUMBER: _____ EXP. DATE: _____

CVV (3 OR 4 DIGIT CODE ON BACK OF CARD): _____ TOTAL: _____

PRINT NAME AS IT APPEARS ON CARD: _____

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Our Partners

