

Sample Classes

Mon, Dec. 7	Time	Class Name	Instructor	Age
	8:45-9:45am	Buff Bones Mat Class	Kathryn Rollins/Plumb Lines	Adult/Sr.
	9-10am	Marina Park Preschool	Traveling Teachers	4½-5yrs
	9-10am	Pilates Sculpt	Norma Shechtman	Adult
	9:30-10:15am	Playball-Mommy & Me Playball	OCPlayball	2yrs
	10:30-11:15am	Playball-Watch Me at 3 Playball	OCPlayball	3yrs
	3:15-4pm	Kids Yoga	Lynn Barclay	9-11yrs
	4-5pm	Kids Sports Injury Prevention	Kathryn Rollins/Plumb Lines	10-15yrs
	4:15-5:15pm	Re-Generate & Relax-Yoga	Lynn Barclay	Adult/Sr.
	5:30-6:15pm	Re-Juvenate & Breathe-Yoga	Lynn Barclay	Adult/Sr.
	6-7pm	Tai Chi	Ryan Lee	Adult/Sr.
Tues, Dec. 8	8-9am	Cardio, Strength and Tone	Sharri Clonts/Total Body Fitness	Adult
	9-10am	Marina Park Preschool	Traveling Teachers	3-4½yrs
	9-9:45am	Parent & Me Movement, Motor Skills	OC Dance Productions	1½-3yrs
	9:15-10:15am	HIIT Cardio	Body Business	Adult
	10-11am	Qigong	Ryan Lee	Adult/Sr.
	10:45-11:30am	Butterfly Ballerinas	OC Dance Productions	3-5yrs
	11am-12noon	Functional Training	Michael Ryan	Adult
	11:40am-12:25pm	Ballet, Jazz & Tumble Combo I	OC Dance Productions	3-5yrs
	3:30-4:15pm	Ballet, Jazz & Tumble Combo I	OC Dance Productions	4-6yrs
	4:20-5:05pm	Princess Academy	OC Dance Productions	4-7yrs
	5:15-6pm	Beginning Hip Hop for Boys & Girls	OC Dance Productions	5-9yrs
Wed, Dec. 9	9:30-10:30am	Mommy and Me	Lisa Albert	2-5yrs
	11am-1pm	Open Sailing Demo Day	UCI Boating Staff	Adult
	11am-1pm	Open Paddle Demo Day	UCI Boating Staff	Adult
	1-1:30pm	iPhone Workshop	Jake Jacobs	Adult/Sr.
	1:30-2pm	iPhone Workshop	Jake Jacobs	Adult/Sr.
	3:15-4pm	Kids Yoga	Lynn Barclay	9-11yrs
	3:30-4:15pm	Classical Ballet	OC Dance Productions	5-8yrs
	4:15-5:00pm	Re-Generate & Relax-Yoga	Lynn Barclay	Adult/Sr.
	4:20-5:05pm	Classical Ballet	OC Dance Productions	4-6yrs
	5:15-6:00pm	Classical Ballet	OC Dance Productions	7-10yrs
	5:30-6:15pm	Re-Juvenate & Breathe-Yoga	Lynn Barclay	Adult/Sr.
Thurs, Dec. 10	10-10:45am	Early Childhood Music & Movement	Kids Music N' Motion	15mos-2½yrs
	11-11:45am	Early Childhood Music & Movement	Kids Music N' Motion	2½-5 yrs
	11am-noon	Qigong	Ryan Lee	Adult/Sr.
	Noon-12:45pm	Early Childhood Music & Movement	Kids Music N' Motion	6wks-14mos
	1-1:45pm	Piano Prep Class	Kids Music N' Motion	3-4yrs
	4:30-5:15pm	Beginning Piano Classes	Kids Music N' Motion	4-6yrs
	5:15-6pm	Beginning Ukulele Classes	Kids Music N' Motion	5-8yrs
	6-6:45pm	Beginning Ukulele Classes	Kids Music N' Motion	9-15yrs
	6:45-7:30pm	Beginning Ukulele Classes	Kids Music N' Motion	Adult
	6-7pm	Tai Chi	Ryan Lee	Adult/Sr.
Fri, Dec. 11	10-10:45am	Gymnastics/Tiny Twisters	Tumble-N-Kids, Inc.	9-24mos
	10-10:45am	Re-Energize & Move It - Non-Impact	Lynn Barclay	Adult/Sr.
	10:45-11:30am	Gymnastics/Tumble Bugs	Tumble-N-Kids, Inc	2-3½yrs
	11am-12noon	Functional Training	Michael Ryan	Adult
	11am-1pm	Open Sailing Demo Day	UCI Boating Staff	Adult
	11am-1pm	Open Paddle Demo Day	UCI Boating Staff	Adult
	11:30am-12:15pm	Re-Juvenate & Breathe-Yoga	Lynn Barclay	Adult/Sr.
	3:30-4:30pm	Gym/Tumbling, Strength & Cond.	Tumble-N-Kids, Inc	5-8yrs
	4:30-5:30pm	Gym/Tumbling, Strength & Cond.	Tumble-N-Kids, Inc	8-14yrs
Sat, Dec. 12	8-9am	Saturday Sweat	Michael Ryan	Adult
	9-9:45am	Mini-Hawk Multi-Sport	Skyhawks Sports Academy	3-4yrs
	9am-12noon	Open Paddle Demo Day	UCI Boating Staff	Adult
	9:15-10:15am	Moving Meditation	Michael Ryan	Adult
	10-10:45am	Mini-Hawk Multi-Sport	Skyhawks Sports Academy	5-7yrs
	1-4pm	Open Sailing Demo Day	UCI Boating Staff	Adult
Sun, Dec. 13	9am-12noon	Open Paddle Demo Day	UCI Boating Staff	Adult
	1-4pm	Open Sailing Demo Day	UCI Boating Staff	Adult

