

DECEMBER 2010

OUTLOOK

Newsletter and Activity Guide

lancaster  ca
it's positively clear



WINTER CLASS SCHEDULE INSIDE!

A MESSAGE
FROM THE
CITY COUNCIL

Our City has much to be grateful for as the first decade of this new millennium draws to a close. We are a much safer community today than we were just a few years ago. Our downtown is more beautiful than ever and its transformation has breathed new life into the entire community. Neighbors are helping neighbors and families are finding new ways to enjoy time together, close to home.

We are also broadening our horizons with new friendships sprouting half a world away. These relationships promise to bring additional wealth and prosperity to Lancaster through major investments in alternative energy and other emerging technologies. The City, along with many of its citizens, is also making a strong commitment to our environment through the use of solar power, conservation and innovative construction techniques.

This is just the beginning. Glancing ahead five years, ten years and beyond, the future of Lancaster and the entire Antelope Valley promises to be great, as the rest of Los Angeles County looks to us to provide new growth opportunities for the region.

This will require hard work and cooperation from both the private and public sectors to make the upcoming decade live up to its full potential. We should all be ready to do our part.

We wish all of you a joyous Christmas season filled with laughter and the good company of friends and family. We hope you and yours will join us at the many community events planned for this month and the coming New Year. Here's hoping 2011 is our best year yet!

Your City Council



On the Cover

Volunteer Jim Heggem captured this idyllic shot along a snow-covered trail of the Prime Desert Woodland Preserve.

Editor: Joseph Cabral, *Communications Manager*

Design: Davis Communications

Photography: David Balian, Liz Breault, Josh Kline and David Mills

OUTLOOK is published quarterly by the Lancaster Community Services Foundation. This newsletter is mailed to households and businesses in the City as a public service. Incorporated in November 1977, Lancaster is a Charter City within Los Angeles County. The City of Lancaster is an equal opportunity employer.

City Officials

Lancaster City Council

R. Rex Parris, *Mayor*
Ronald D. Smith, *Vice Mayor*
Marvin E. Crist, *Council Member*
Ken Mann, *Council Member*
Sherry Marquez, *Council Member*

City Manager
Mark V. Bozigian

You're Invited to Meetings

**Lancaster City Council/
Lancaster Redevelopment Agency**

2nd & 4th Tuesday of the month at 5 p.m. Notice of special Council meetings will be posted at City Hall.

Lancaster Architectural & Design Commission

4th Thursday of the month at 4 p.m. All meetings are held in the Emergency Operations Center (EOC) room.

Lancaster Criminal Justice Commission

2nd Wednesday of the month at 10 a.m. All meetings are held in the Council Chambers at City Hall.

Lancaster Neighborhood Vitalization Commission

1st Tuesday of the month at 4 p.m. All meetings are held in the Council Chambers at City Hall.

Lancaster Planning Commission

3rd Monday of the month at 6 p.m. All meetings are held in the Council Chambers at City Hall. Agenda review is held on the Monday preceding each month's meeting at 5:30 p.m. in the Planning Department Conference Room.

Lancaster Youth Commission

2nd Thursday of the month at 6:30 p.m. All meetings are held in the Council Chambers at City Hall.

Let Us Hear from You

We welcome your comments.
Contact City Hall at 661-723-6000 Monday - Thursday from 8 a.m. - 6 p.m., Friday 8 a.m. - 5 p.m.

Hotline Info

Abandoned shopping cart retrieval	800-887-0466
City Special Event hotline	661-723-5900
Job hotline	661-723-5874
Graffiti hotline	661-723-5985
Anonymous crime tip hotline	661-948-COPS (948-2677)

www.cityoflancasterca.org

City Council meeting agendas can be found here. Register online for classes.

www.lpac.org

Lancaster Performing Arts Center

www.avfilm.com

Antelope Valley Film Office

www.ledr.org

Lancaster Redevelopment Agency

www.lancastersoccercenter.com

James C. Gilley Lancaster National Soccer Center

www.big8softball.com

Big 8 Softball Complex

www.poppypoppyfestival.com

California Poppy Festival

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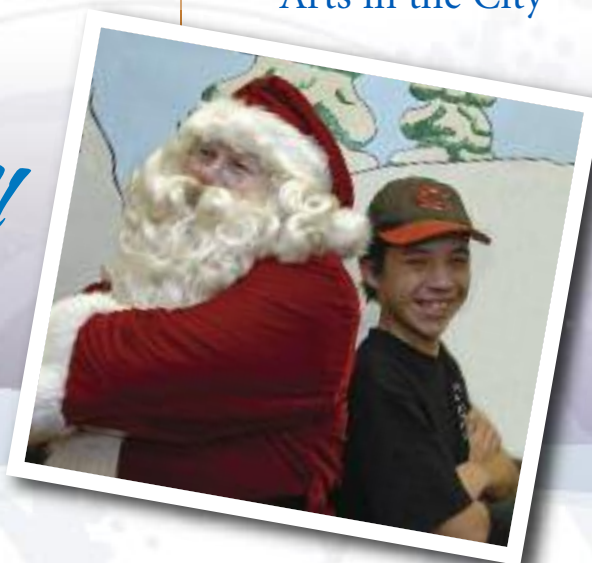


SOLAR LANCASTER

New program will help power the City with solar energy
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A month of Merriment for all!

A Magical BLVD Christmas and more
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The BLVD Begins Anew in Time for the Christmas Season

New shops, fun festivities and special offers arrive just in time!

The barricades are down, the streets are swept and the decorations have gone up. The BLVD is ready to celebrate the holiday season in a big way.

Starting with the Holiday Stroll on December 3, A Magical BLVD Christmas on December 11 and continuing all the way through New Year's Eve, The BLVD will likely be your favorite destination this December.

More than a dozen new shops, restaurants and attractions have recently opened. Plus, many are offering special holiday discounts and offers with The BLVD's free Bcard promotion.

"This is a great time to come discover the delights of downtown Lancaster," noted Jason Caudle, Deputy City Manager. "After many months of hard work, The BLVD is now ready to be enjoyed by everyone. BLVD merchants have pulled out all the stops to create a remarkable holiday experience for their customers."

"Moving to The BLVD has been a fantastic experience for us," says Candice Beatty, co-owner of AV Dance Studio 81, with husband Chris. "As a part of the revitalization process, we knew it was going to be great. When a property became available, we took advantage of the opportunity."

The studio, which offers a wide range of dance classes for toddlers to seniors, recently celebrated its grand opening with a "Dancing in the Streets" event which drew hundreds of people to the all-day event.

Jim Greenleaf of The BLVD Today Café shares the Beatty's enthusiasm. Working with King Photo, Greenleaf has created a haven to help connect the community through social networking both online and face-to-face. "King Photo is a BLVD institution," said Greenleaf. With the addition of the new Internet Café, they're bringing new vitality to this familiar storefront.

"This is a great time to come discover the delights of downtown Lancaster. After many months of hard work, The BLVD is now ready to be enjoyed by everyone."

– Jason Caudle
Deputy City Manager





According to BLVD Association President Myrle McLernon, the downtown revitalization has breathed new life into the City. "People are flocking to The BLVD and new shops are opening up right and left."

About 80 downtown merchants are participating in the Beard loyalty program which runs through the end of the year according to McLernon. "Look for colorful window stickers identifying participating businesses. Inside are special bargains just for card holders."

For a complete list of participating merchants, visit theblvdca.org.



Rebirth of The BLVD Brings New Rules of the Road

With the transformation of The BLVD from a busy thoroughfare to a pedestrian-oriented plaza, new rules of the road have been put into place by the City Council. Traffic signals have been eliminated and speed limits have been reduced to 15 miles per hour between 10th Street West and Sierra Highway.

Drivers are encouraged to share the road with bicyclists and are reminded that pedestrians always have the right-of-way. Walkers are free to traverse The BLVD at any point without fear of jaywalking.

With the departure of traffic signals, motorists will notice new "shark tooth" symbols painted in the median to remind drivers to yield to cross-traffic.

Please take a few moments to familiarize yourself with this new approach and follow the rules when you frequent The BLVD this holiday season. Doing so will make everyone's holidays a little safer.

Holiday Happenings on



A Magical BLVD CHRISTMAS

Saturday, December 11 | 5-9 p.m.

The sights, sounds and delightful aromas of the holidays fill the air as "A Magical BLVD Christmas" comes downtown. Tailored after Europe's "Christkindlmarkt," this festive street fair offers unique gift ideas, live entertainment, children's crafts, movies, train rides and caroling in a Santa's Village atmosphere.



Holiday Stroll

Friday, December 3 | 5 p.m.

Celebrate 12 Days of Christmas on The BLVD, starting with the Holiday Stroll. Enjoy seasonal treats offered by our downtown shops and festive entertainment. For a full calendar of holiday happenings on The BLVD, visit www.blvdtoday.com.

Holiday Parade

Saturday,
December 4
10 a.m.

The holiday tradition returns with floats, bands and jolly old St. Nicholas with his band of merry elves.



On the Right Path to a More Walkable and Bikeable City

Architectural & Design Commission leads development of Trails Master Plan

Last year, when the City conducted extensive outreach meetings regarding the City's General Plan and the Comprehensive Plan for Parks, Recreation and Open Space, many comments were received about the lack of bike and walking trails within the City.

In response to these requests, the City applied for and received a \$240,000 grant through the Los Angeles County Department of Public Health to develop a Trails and Bikeways Master Plan for Lancaster.

The development of the Master Plan will be a major effort over the next year involving the City and community organizations including Antelope Valley Partners for Health.



The goals of the project include creating citywide plans for bikeways, pedestrians, unpaved jogging and equestrian trails, as well as a plan to remove barriers encountered by disabled people to better comply with ADA requirements. The overarching, long-term goal of this Master Plan is to guide the development of a pleasant, safe and convenient network of trails for non-motorized transportation.

To develop a truly inclusive plan, input from a wide range of community interests is being sought. People involved in transportation, public health, law enforcement, schools, bicycling, walking, equestrian groups, as well as people with disabilities and the general public-at-large are all invited to participate.

The first round of public workshops were conducted in the fall. In January, three half-day walk-audits are being conducted in specific neighborhoods. These audits will provide in-depth information regarding key pedestrian issues within the City.

The next set of workshops will be held in the spring so the public can review the resulting draft maps of routes and proposed improvements. The Draft Master Plan is expected to be available by summer with the final report due this time next year.

Those interested in participating in the Trails Master Plan process may contact Elma Watson with the City of Lancaster at 661-723-6100 or Karen Gilmore with Antelope Valley Partners for Health at 661-942-4719, ext. 209.





City Delegation Travels to China to Strengthen Ties

A delegation of City of Lancaster officials traveled more than 6,000 miles to meet with their counterparts in China's Huainan City this fall. Their objective was to strengthen ties between the two cities, while encouraging new business investment in Lancaster.

Huainan City, a metropolitan area of more than 1,000,000 people in central China, is a major energy producer for the rapidly growing nation, with a rich history dating back to 200 B.C. Each September, Huainan City invites visitors from around the world to its Annual Bean Curd Festival where history, culture and commerce are celebrated. Lancaster officials were on hand for the festivities and had an opportunity to meet with both local and provincial leaders.

"With each new connection we make in China, we exponentially increase the number of potential investors we can reach with the message that Lancaster is the place to be," said City Manager Mark V. Bozigian, who was a part of the City's delegation. "Working with Chinese businesses and investors is all about building strong relationships. By making the effort to seek them out and traveling more than 6,000 miles to meet them in person, we demonstrated the City is 100% dedicated to earning their business."

City representatives also met with officials from the United States Consulate based in Shanghai and established specific follow-up activities and contacts with key Chinese business and government officials.

NeoPower, Inc., a California investment firm with strong ties to China, has partnered with the City to attract foreign investors to Lancaster. NeoPower administers the new California Green Regional Center, which helps team foreign investors with local investment opportunities. The firm helped organize the China trip. Dr. James Li, CEO of NeoPower, Inc., is originally from Huainan City and continues to have strong ties to the city.



Mayor Cao Yong signs the friendship agreement between the City of Lancaster and Huainan City.



The above mural photo was taken inside a temple honoring Huainan Emperor Liu An (center). Liu An, who lived from 179-122 B.C., still enjoys fame as the inventor of bean curd (aka tofu) and is a prominent figure in Huainan City history.

Private Sector Helping to Underwrite Local Programs

Corporate citizens who support civic activities gain new channels to communicate with community

The City of Lancaster is currently offering local businesses the opportunity to create goodwill and better reach their customers through its new Community Partners program.

The program offers the private sector the opportunity to help underwrite the costs of public programs and services. These firms are then offered space in the City's **OUTLOOK** magazine and Lancaster Economic Development/Redevelopment (LEDR) Update, which are both distributed to homes and businesses citywide. They may also appear in Lancaster eNews and other City-generated electronic media.

Each sponsorship program is tailored to the specific needs of the sponsoring organization. To ensure the integrity of the publications and the overall impact of partner messages, only a limited number of sponsorships are being accepted.

For more information on the Community Partners program, please contact Melissa Varela at 661-723-6070.

INAUGURAL COMMUNITY PARTNERS

High Desert Medical Group (HDMG)

HDMG has been an integral part of the community for a quarter of a century. Each year HDMG hosts the Life Festival and Senior Expo, and sponsors numerous educational, cultural and recreational events.

Lancaster Honda

Lancaster Honda is definitely civic-minded and has been a leading sponsor of the Streets of Lancaster Grand Prix. The company and staff are as deeply committed to the community as they are to providing you with great services.

University of Antelope Valley

University of Antelope Valley (UAV) offers career specific certificate, degree and continuing education programs. UAV is committed to creating a stronger community through the education, empowerment and success of its students.

Waste Management

For the better part of four decades, Waste Management has provided trash and recycling services to the community. Their strong commitment to the neighborhoods they serve is reflected in their promise to make this valley a cleaner, greener and safer place to call home.

Our Greatest Gift: A Sustainable Community



Making better use of all our resources will make Lancaster a better place for generations to come

The City of Lancaster takes its stewardship of local air, land and water resources seriously. The City hopes that by leading by example it will help its residents take their role in preserving the environment seriously as well.



SOLAR LANCASTER

Working in cooperation with SolarCity, a leader in home and business photovoltaic solar systems, the City of Lancaster has launched an aggressive program to power a number of City facilities with clean, non-polluting solar energy.

The Solar Lancaster program is also making these clean, green systems affordable for local homeowners and businesses. Under its innovative program, you can lease a solar system with no out-of-pocket costs. In addition, there are no installation or setup charges and the monthly lease is often 15-20% lower than current electrical costs.

Local businesses can also benefit from the Solar Lancaster program through lease and purchase options.

For a free quote and consultation, contact Solar Lancaster at 877-858-SOLAR or visit www.solarlanaster.org.

Clear the air

Automobiles are a big factor in air pollution. This is why the City's motor pool includes a variety of low-emissions vehicles, including 20 hybrid electric and 15 compressed natural gas (CNG) vehicles.

While hybrids and all-electric models are becoming more available to the public, most people still drive older, gas driven vehicles. It is important to keep these cars tuned and have the emissions system checked regularly.

But you can do more – think about when car travel is really necessary. If you are just heading down to the corner to pick up a carton of milk, why not walk or ride a bike? Consolidate several errands into a single trip or try the Metrolink when you travel to Los Angeles. Think about carpooling with friends to soccer practice or school.

Such little changes can make a big difference when you multiply them by the thousands of conscientious people all doing their part. So pitch in and help make your community more sustainable in the long run.

Your children and your neighbors will thank you.



Conserving Water

As the City continues to expand its use of recycled water with a new \$7 million federally funded pipeline project which will bring reclaimed water to Lancaster City Park, you too can do your part to save water.



The Los Angeles County Department of Public Works is offering a \$1 per square foot bounty for people who replace thirsty lawns with more sustainable native plants and hardscapes. You can learn more by visiting www.dpw.lacounty.gov and searching on "Cash for Grass Rebate."

If you are determined to have a lawn, treat it well. Water sparingly early in the day, before 10 a.m. Five minutes will usually suffice in the summer, use even less during wintertime. Use a timer if possible; a "smart" one will monitor the weather and adjust watering times accordingly.

Don't let sprinklers overspray or allow water to puddle on hard surfaces and repair any broken lines or sprinklers as soon as you discover them.

Fertilize your lawn in the spring and aerate it to ensure deep water penetration. Keep lawn length around three inches in the summer for optimal water absorption, then trim it down to two inches in the winter. Rake leaves and dispose of them properly. Use a broom on walks and driveways. Don't hose them down.

Indoors, keep an eye out for leaky faucets and toilet valves. They can waste thousands of gallons and cost you money. Consider replacing old toilets with modern low-volume, double flush models.

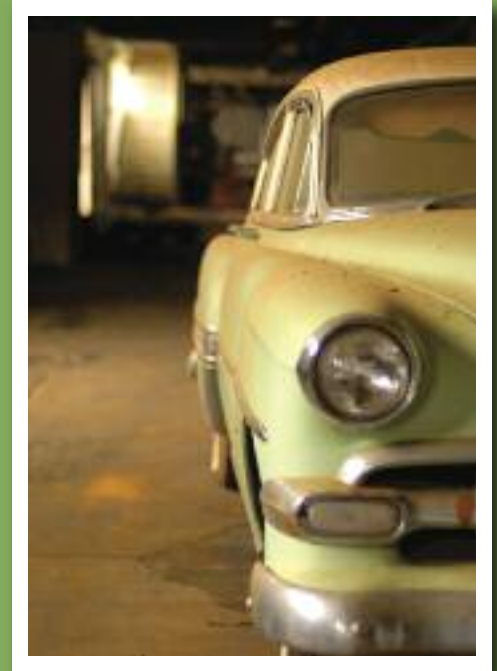
If you're looking to replace appliances, find models which minimize water and power use. They will save you money over their lifetime and help to save the planet in the process.

For more water-saving ideas, visit www.bewaterwise.org.



The Inside Story on Car Restoration

To keep everyone happy, park your project car out of sight



Do you have a "classic car" project underway? Restoring old cars can be fun and profitable, but please keep your neighbors in mind. What you see as the makings of a rare beauty may be viewed by others as a nuisance and an eyesore.

This is why Lancaster's Municipal Code prohibits storage of inoperable vehicles within public view. If it doesn't run, doesn't have current registration or requires repairs before it can legally be driven on the street, then it cannot be parked in your driveway.

Move the vehicle into a garage or an enclosed work area. If you cannot find space, consider donating the car to a local charity. They'll often tow the car away for free and provide you with a receipt for its fair market value. This solution could have tax benefits and help you avoid more stringent code enforcement measures.

For more information, contact Code Enforcement at 661-723-6121 or visit www.cityoflanasterca.org.

Stay Safe & Sane this Christmas Season



Safe at Home

Use electricity wisely this season

Festive decorations, cooler temperatures and out-of-town visitors all contribute to our electricity use around the holidays. Here are a few tips to stay safe while saving money in the process:

- Inspect Christmas lights and extension cords before you use them. Discard any that are frayed or damaged.
- Consider replacing old strands with new energy-efficient LED lights, which shine brightly but use far less energy.
- Be especially careful when using portable space heaters. Be sure they are away from combustible materials and are on a steady base to avoid tipping over.
- Keep young children away from electrical devices and outlets. When buying electric gifts for children under ten, select battery-powered ones instead of plug-ins.

For more tips on staying safe at home, visit www.holidaysafety.org.

Safe while Shopping

Stay alert and aware

While most of us are thinking about what to give Aunt Millie, criminals are thinking about what they can take from us. The L.A. County Sheriff's Department encourages you to be safe this holiday season by applying some common sense tactics:

- When shopping at night, bring a friend and park in a well-lit area.
- Don't carry a lot of cash, instead use checks and credit cards. Be sure to always carry your ID with you.
- Avoid handbags and purses. Carry your money in a front pocket to make it tougher to steal.
- Don't store gifts in plain sight in your vehicle. Use the trunk or a covered storage area in an SUV.
- Don't overload yourself with packages. You need clear visibility to avoid dangerous situations.
- Be aware of strangers around you. Don't be conned into an unsafe situation by allowing crooks to play on your holiday goodwill. If someone has problems, offer to call authorities; don't try to help them yourself.



Sane while Entertaining

Don't spoil the holidays with a clogged drain

Serving turkey is a holiday tradition, but did you realize that the average bird will produce nearly a pound of waste fat, oil and grease (FOG)?

Frequently, much of that FOG finds its way down the drain, clogging pipes and damaging the City's sewer system.

Here are some simple tips to help avoid clogged drains:

- Never pour grease, fats or oil down the sink or garbage disposal. Store in jars or cans and when full, throw the container in the trash.
- Mix cooking oil with absorbent materials such as cat litter or coffee grounds and dispose of it in a covered container with your trash.
- Wipe grease from pans with a paper towel prior to washing to avoid the residue from clogging up your sink and our sewers.

Remember, your drain is not a dump. Put fats, oils and grease in the trash, not down your sink.





Holiday Tree Recycling

If you have a fresh tree, garland or wreaths, be sure to recycle them once the holidays are over. Waste Management provides FREE curbside Holiday Tree Recycling services for City residents starting December 28 through January 14. Simply place your undecorated and unflocked tree at your curb on your regular collection day.

Holiday Recycling Tips:

- **Did you know** gift wrap, tissue paper and holiday cards and envelopes are recyclable? Place these items in your GREEN RECYCLING CART this holiday season!
- **Re-use!** If getting your holiday decorations out of storage makes you ask yourself where you'll find space to put them away in January, maybe it's time to clean out the attic or garage. Before you throw things away, consider whether an item still has a service life and is acceptable for donation to an organization such as Grace Resources, Goodwill or the Salvation Army.

The City of Lancaster appreciates the generous underwriting of programs and services by our City Partners, including Waste Management. Please extend your thanks and patronage to all our City Partners.



Renovations or Remodeling?
Home and Garden Cleanup?

BUY.

Get your Bagster® at a home improvement store. It's compact until you're ready to use it.

FILL.

The Bagster® bag is simple to set up and easy to fill with up to 3300 lb. of debris.

GONE.

Have it removed with reliable collection service from Waste Management.

Go online to thebagster.com or call 1-877-789-BAGS (2247) to schedule and pay for pickup at your convenience.



THE BAGSTER® BAG CAN TAKE IT ON

Pick up a Bagster® bag at your local home improvement store today.

To find a Bagster® bag retailer near you, visit thebagster.com.

Dimensions: 8' L x 4' W x 2'6" H
Capacity: 3 cubic yards / 606 gallons
Weight limit: 3300 lb.
For collection, yellow lifting straps must be able to connect above the bag.

The Spa At UAV



*"The desert cold is here, Pioneers are full of cheer, to The Spa on Ave J.
Every Tuesday & Saturday, A moment just for you, Or a room set up for two,
Massage those aches away, The Spa at UAV on Ave. J!"*

Winter is here and the holidays are upon us, and with all the shopping and preparations that must be done, feet get tired, and shoulders get sore. The University of Antelope Valley welcomes you to rest those tired feet for a relaxing massage. The Spa at UAV, the University of Antelope Valley's new Massage Therapy clinic is open to the public. From full body to feet, Swedish or shiatsu, our instructor-supervised students are trained in a variety of soothing techniques. Located at our Park View Campus, 808 W Avenue J, The Spa at UAV is open Tuesdays from 1pm-4pm, and Saturdays 10am-2pm. Visit us at www.uav.edu/thspa for rates or call (661) 726-1-911 to make an appointment. Walk-ins are always welcomed, and our Gift Certificates make great stocking stuffers!



UAV Welcomes its newest Pioneer

Dr. Jamie Morley began her career in post-secondary education as an allied health faculty member in 1992. She holds a Ph.D. in Adult Education, a Master's degree in Organizational Management and a Bachelor of Science degree in Business Administration. Dr. Morley has served as a Program Director, Dean, Executive Director, and Vice President in organizations with varying leadership structures



from privately held through publicly traded. From 1997-2001 she owned and operated Trinity Learning Solutions, a college that offered advanced computer certification training online. Most recently Dr. Morley served as the Vice President of Academic Affairs for Carrington College Group Incorporated, where she directed the academic operations and outcomes for 21 campuses with over 17,000 students and 1,500 faculty. She is currently the Chief Academic and Compliance Officer at the University of Antelope Valley.

From the Spa to the study hall, the University of Antelope Valley has added several additions to the student catalog. UAV now offers a Business program, offering Associate & Bachelors degrees. A Master's Degree in Criminal Justice has been added to the Associate and Bachelor Degree offerings. The Culinary Arts program will be adding a Certificate in Professional Baking and Pastry to its menu. Our student dorm rooms are now available, so come by for a campus tour. For more information on these or any of our programs, please visit us at www.uav.edu or by calling us at (661)726-1-911.

College Designations

Professional & Technical Studies
Business
Health Sciences
Public Safety
Culinary Arts

The City of Lancaster appreciates the generous underwriting of programs and services by our City Partners, including University of Antelope Valley. Please extend your thanks and patronage to all our City Partners.

Serve his memory.
Serve our community.



**“Life’s most persistent and urgent question is:
What are you doing for others?”**

Martin Luther King Jr.

Dr. Martin Luther King Jr.
National Day of Service
January 15, 2011

Each year, the City of Lancaster honors Dr. King’s legacy by asking residents to make the King Holiday a national day of service. Get involved and take up Dr. King’s call to action – and make this MLK Day a huge success!

To suggest a project or volunteer, call 661-723-6077 or visit www.cityoflancasterca.org. Visit www.mlkday.gov for service project ideas.

Parks, Recreation & Arts

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IMMEDIATE REGISTRATION

All forms of registration begin November 29, 2010.

Residents are those persons living inside the City limits of Lancaster. All others pay a non-resident (NR) fee. Example \$40 (\$47 NR).

City of Lancaster Parks

American Heroes Park (opening soon)
701 West Kettering Street

Deputy Pierre W. Bain Park/Eastside Pool
45045 5th Street East • 661-723-5894 / 661-723-6255

El Dorado Park
44501 5th Street East • 661-723-6245

Forrest E. Hull, M.D. Park
2850 West Avenue L-12

**James C. Gilley
Lancaster National Soccer Center**
43000 30th Street East • 661-723-5964

Jane Reynolds Park/Webber Pool
716 Oldfield Street • 661-723-6285 / 661-723-6288

**Lancaster City Park/Tennis Center/
Big 8 Softball Complex**
43063 10th Street West • 661-723-6278

Mariposa Park
45755 Fig Avenue

Prime Desert Woodland Preserve
43201 35th Street West • 661-723-6230

Rawley Duntley Park
3334 West Avenue K • 661-723-6295

Skytower Park
43434 Vineyard Drive • 661-723-6208

Tierra Bonita Park
44910 27th Street East • 661-723-6209

Whit Carter Park (opening soon)
45635 Sierra Highway



Preschool

El Dorado Preschool

Registration guideline: New enrollees may be accepted monthly. Parents are required to volunteer 3 times. Materials: \$5 per month. El Dorado Park.

Preschool | **Amy Gold**

(4 yrs.) Kindergarten preparation, crafts, stories and motor skills play. Child must turn 4 by Dec. 2, 2010. \$171 (\$178 NR). No class Jan. 17, Feb. 21.

4259 MWF Jan. 3-Apr. 1 9-11:30 a.m.

Wee Folks | **Jennifer Alvarado**

(3 yrs.) Socialization skills, crafts, stories and outdoor play activities. Child must turn 3 by Dec. 2, 2010. \$117 (\$124 NR).

4260 T/TH Jan. 4-Mar. 31 9-11:30 a.m.

Jane Reynolds Preschool | **Lynnette Bass**

Registration guideline: Priority registration for current students ends on 15th of month prior to upcoming class. New enrollees may be accepted monthly. Parents are required to volunteer 3 times. Materials: \$6. Jane Reynolds Park, Rm. 2.

JRP Play Brigade

(3 yrs.) Music, crafts, stories, indoor and outdoor play. Child must turn 3 by Dec. 2, 2010. \$120 (\$127 NR).

4197 T/TH Jan. 18-Mar. 17 9-11:30 a.m.

JRP Preschool

(4 yrs.) Socialization skills, kindergarten preparation, crafts, stories and motor skills play. Child must turn 4 by Dec. 2, 2010. \$185 (\$192 NR). No class Feb. 21.

4198 MWF Jan. 19-Mar. 18 9 a.m.-12 p.m.

Registration Details

- **SPORTS** have different registration dates listed in the program information on page 17.
- **RESIDENTS** are those persons living inside the City limits of Lancaster. All others pay a non-resident (NR) fee.
- **ONLINE REGISTRATION** requires a VISA, Mastercard, Discover or American Express card.
- **REFUND REQUESTS** must be made at least 48 (business) hours prior to the first program meeting. **A \$3 per enrollment handling fee will be applied to all refunds.** Sorry, no refunds will be given after the program has started. Please allow three weeks for processing your refund. Due to enrollment factors and other conditions beyond the control of staff, schedules are subject to change, cancellation or rescheduling.
- **REGISTRATION** constitutes consent for the use of any photographs taken to be used for City marketing purposes.
- **FOR MORE INFORMATION** call 661-723-6077 or visit www.cityoflanasterca.org.

Online registration available

new! New class offering

Bilingual instructor

free! FREE!

Healthy, active lifestyles

Instructor

REGISTER ONLINE

Register for Parks, Recreation & Arts courses from the comfort of your own computer. Simply sign up for your own personal ID and password at www.cityoflanasterca.org.



Youth Enrichment

After-School Programs - Enrichment Centers

Interactive, structured and safe after-school programs for K-6 offered at Valley View and West Wind schools. Offered after school M-F until 6 p.m. only when school is in session. Staff fingerprinted and CPR/First Aid certified. \$100 per month. Once enrolled, priority registration ends on 15th of the month prior to upcoming month. Students will lose their spot in the program after that date. New student enrollments and program payments only accepted at the Parks, Recreation & Arts Department in City Hall.



Mommy/Daddy & Me | Lynnette Bass

(9 mos.-4 yrs.) There is no stopping your baby now! Class provides ways to enrich and enhance interaction with the world. Parent and child explore art, music and games while developing socialization skills. \$80 (\$87 NR), *\$90 (\$97 NR), ** \$40 (\$47 NR). Materials: \$5. Jane Reynolds Park, Rm. 2. No class Jan. 17, Feb. 21.

4205	9-20 mos.	M/W	Jan. 19-Mar. 16	12:30-2 p.m.
4202	18 mos.-3 yrs.	T/TH	Jan. 18-Mar. 17*	12-1:30 p.m.
4208	1-4 yrs.	Sat.	Jan. 8-29**	9:30-11 a.m.
4209	1-4 yrs.	Sat.	Feb. 5-26**	9:30-11 a.m.
4210	1-4 yrs.	Sat.	Mar. 5-26**	9:30-11 a.m.

Teen Court

Lancaster teens interested in criminal justice system gain experience by serving as a juror. 6-12 high school students hear charges, ask questions and set sentences for teens facing 1st time criminal offenses. Call Gerald Wesley at 661-723-6257 for more info. Lancaster City Hall.

Meets monthly every 4th Wed. Sep.-May 3:30 p.m.

Youth Commission

Students from local high schools are selected to serve as a teen advisory group to the City Council, addressing issues and helping plan programs, projects and special events for Lancaster teens. Lancaster residents invited to attend meetings. Contact Melissa Varela at 661-723-6070 for more info.

Meets monthly every 2nd Thu. Oct.-Jun. 6:30 p.m.

Rent a Facility

Visit www.cityoflancasterca.org for information on renting banquet halls, meeting rooms, group picnic shelters, barbeques, volleyball courts, horseshoe pits, softball fields and swimming pools.

Visit www.lpac.org for information on renting the Lancaster Performing Arts Center for theatrical and non-theatrical events.

Performing Arts

Ballet & Tap | Melineh Alahverdian

(3-12 yrs.) Learn techniques and improve body awareness, self-confidence and coordination. Bring leotard, pink ballet shoes, black tap shoes and pink tights. **Priority registration for fall participants through Dec. 6.** \$90 (\$97 NR). Jane Reynolds Park, Rm. 1. No class Jan. 17, Feb. 21.

4165	3-4 yrs.	Mon.	Jan. 3-Mar. 28	4-4:45 p.m.
4166	5-12 yrs.	Mon.	Jan. 3-Mar. 28	5-5:45 p.m.

Belly Dance for Kids & Teens | Jillian Dumke

(6-18 yrs.) Learn self-confidence and coordination through the fun art of belly dance! Costume required for performance. \$30 (\$37 NR), *\$40 (\$47 NR). Jane Reynolds Park, Rm. 1.

4167	Wed.	Jan. 5-26	5-6 p.m.
4168	Wed.	Feb. 2-23	5-6 p.m.
4169	Wed.	Mar. 2-30*	5-6 p.m.

Hip Hop Dance | Shaharah Henry

(6-16 yrs.) Learn latest hip hop dance moves. Improve coordination while having fun! Wear loose clothing and tennis shoes. \$40 (\$47 NR). Jane Reynolds Park, Rm. 1.

4268	Tue.	Jan. 4-Feb. 8	4:45-5:45 p.m.
4269	Tue.	Feb. 15-Mar. 22	4:45-5:45 p.m.

Jazz It Up | Shaharah Henry

(6-16 yrs.) Learn both traditional and current styles of jazz through modern dance! Wear loose clothing and jazz shoes. \$40 (\$47 NR). Jane Reynolds Park, Rm. 1.

4270	Tue.	Jan. 4-Feb. 8	5:45-6:45 p.m.
4271	Tue.	Feb. 15-Mar. 22	5:45-6:45 p.m.

Lancaster Community Orchestra

(9-70 yrs.) Provides an opportunity to play in a large group setting; members play at concerts and community activities throughout season. Requirements: must audition, two years experience with instrument, have ability to read music, own instrument, purchase dress attire. Contact Roger Davis 661-943-4183, Lynn Ennis 661-943-4472 or visit www.lancastercommunityorchestra.com for info and registration. Auditions: Jan. 20; practice: Jan. 27-Apr. 28.

Tribal Fusion Belly Dance | Jill Warden

(16 yrs.-Adult) Learn group format through beginning steps, combos, choreography, improv, finger cymbals and performance opportunities. \$30 (\$37 NR). Jane Reynolds Park, Rm. 1.


4252	Wed.	Jan. 5-26	6-7 p.m.
4253	Wed.	Feb. 2-23	6-7 p.m.
4254	Wed.	Mar. 2-23	6-7 p.m.




Arts & Crafts

D's Ceramics | Steve Mosley

Materials: \$25. Lancaster Marketplace, 2330 Mall Loop Drive, Unit 5-121.

 **Potter's Wheel** (12 yrs.-Adult) Learn basics of throwing on potter's wheel, wedging, centering and basic forms. Create projects like bowls, jars or vases. **Participants 12-16 yrs. must have adult supervision.** \$65 (\$72 NR).

4220	Sat.	Jan. 8-29	3-4:30 p.m.
4221	Sat.	Feb. 5-26	3-4:30 p.m.
4222	Sat.	Mar. 5-26	3-4:30 p.m.

 **Children's Art Program - CAP** (6-12 yrs.) Students experience a variety of ceramic art styles including potter's wheel, sculpting, ceramic art and hands-on work with clay, paints and glazes. \$50 (\$57 NR).

4172	Sat.	Jan. 8-29	1-2:30 p.m.
4173	Sat.	Feb. 5-26	1-2:30 p.m.
4174	Sat.	Mar. 5-26	1-2:30 p.m.



Kid's Art | Joanne Maldonado

(6-15 yrs.) Build solid drawing techniques with pencils and pastels, paint textures with primary colors and hues in watercolor and pastel. \$46 (\$53 NR). Material list online and at City Hall. Jane Reynolds Park, Rm. 2.

4199	Tue.	Jan. 4-25	4-6 p.m.
4200	Tue.	Feb. 1-22	4-6 p.m.
4201	Tue.	Mar. 1-29	4-6 p.m.

Floral Design | Chris Spicher

(16 yrs.-Adult) Beautify your home or give a gift to a friend when you create 4 unique flower displays to take home after class. Covers basic flower care, design and identification. \$44 (\$51 NR). Materials: \$50. **Must wear closed toe shoes.** AV Florist, 1302 W. Avenue J.

4261	Mon.	Jan. 10-Feb. 7	6:30-8:30 p.m.
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Picture Perfect Photography | Phillip Kocurek

(Adult) Amateur to advanced photographers learn to take better pictures, use flash efficiently, proper composition and more in hands-on environment. \$65 (\$72 NR). Prime Desert Woodlands, Interpretive Center.

4214	Wed.	Jan. 12-Feb. 9	6-7:30 p.m.
4215	Wed.	Feb. 23-Mar. 23	6-7:30 p.m.

Special Interest

Cooking with Class | University of Antelope Valley

(Adult) Learn expert techniques from professional chefs. Cuisine-oriented menus are designed for beginners and casual chefs alike. Participants learn cuts, seasoning, preparation methods and presentation tips through demonstration and hands-on cooking. **Workshop:** \$10 (\$17 NR), \$20 material fee. **Wear closed toe shoes. Participants must be registered by Thu. prior to class in order to attend.** University of Antelope Valley, 44055 Sierra Hwy. All classes held on Saturdays.

4175	Healthy Habits for Resolutions	Jan. 8	5-8 p.m.
4176	Cupid's Cupcakes	Feb. 12	5-8 p.m.
4177	Pretty Presentation Secrets	Mar. 19	5-8 p.m.



Professional Development

CPR & First Aid | University of Antelope Valley

(12 yrs.-Adult) American Heart Assn. certification in Infant, Child & Adult CPR & First Aid. \$35 (\$42 NR). University of Antelope Valley, 44201 10th St. West. No class Jan. 1

4178-4182	Sat.	1st & 3rd/mo.	10 a.m.-5 p.m.
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Japanese | Michael Heller

(14 yrs.-Adult) Students learn basic Japanese language including introductions, greetings and simple phrases. Bring note-taking supplies. \$35 (\$42 NR). Materials: \$5. Lancaster City Park, Game Rm.

4196	Wed.	Feb. 2-Mar. 9	7:30-8:30 p.m.
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Health & Fitness

Bowling for Kids | Brunswick Sands Bowl

(2-16 yrs.) Hands-on instruction, short videos and work sheets cover techniques taught by certified instructors. 6-16 yrs. receive target zone bowling ball upon completion. 2-5 yrs. receive cookies and milk each week. \$75 (\$80 NR). *\$40 (\$45 NR). Brunswick Sands Bowl, 43233 Sierra Hwy.

4170	6-16 yrs.	Sat.	Jan. 8-Mar. 12	10-11 a.m.
4171	2-5 yrs.	Tue.	Jan. 4-Mar. 8*	10-11 a.m.





Fencing | **Matt Damron, Swords Fencing**
 (10 yrs.-Adult) En Garde! Agility, balance, discipline and self-esteem are just a few rewards gained by this intense mentally and physically challenging sport. Wear sweat pants and sneakers. \$45 (\$52 NR). *\$35 (\$42 NR). \$20 equipment rental fee. Lancaster City Park, Activity Center. No class Jan. 17, Feb. 21.

4187	Mon.	Jan. 3-31	7:30-8:30 p.m.
4188	Mon.	Feb. 7-28*	7:30-8:30 p.m.
4189	Mon.	Mar. 7-28	7:30-8:30 p.m.

Gymnastics for Kids | **Collette Zimmerman**
 (3-12 yrs.) Keep kids healthy and fit while they learn how to tumble, bounce trampoline and basics of vault, bars and beam. \$40 (\$47 NR). Genesis Gymnastics, 824 W. Ave. L-6, Unit B.

4192	5-12 yrs.	Sat.	Jan. 8-29	9:30-10:30 a.m.
4193	5-12 yrs.	Sat.	Feb. 5-26	9:30-10:30 a.m.
4195	5-12 yrs.	Sat.	Mar. 5-26	9:30-10:30 a.m.
4190	3-4 yrs.	Sat.	Jan. 8-29	10-10:45 a.m.
4191	3-4 yrs.	Sat.	Feb. 5-26	10-10:45 a.m.
4194	3-4 yrs.	Sat.	Mar. 5-26	10-10:45 a.m.

Senior/Adult Exercise Classes
 (Adult) Non-strenuous exercises improve flexibility and circulation. Ongoing classes sponsored by Sierra Medical Group and R. Rex Parris. No pre-registration, start any time. Bring large towel/mat to class. Lancaster City Park, Activity Center.

AM Exercise	M/W	9-10 a.m.
Tone & Stretch	T/TH	9-10 a.m.

Sunsational Baton Twirling | **Katie Freeman**
 (5-23 yrs.) Join the 2009 & 2010 Baton Twirling State Champion and learn the fundamentals of baton twirling. You will toss, spin and catch in a positive and encouraging atmosphere. Performance opportunities. Classes are on **Thursdays**, are four weeks long and start subsequently. **First session starts Jan. 6.** \$5 baton rental fee. Lancaster City Park, Activity Center.

4226-4228	Sunrise Beginner	\$25 (\$32 NR)	4-4:30 p.m.
4223-4225	Solo Class	\$35 (\$42 NR)	4:30-5:30 p.m.
4229-4231	Sunset Advanced	\$35 (\$42 NR)	5:30-6:30 p.m.
4232-4234	Sunburst Intermediate	\$30 (\$37 NR)	6:45-7:30 p.m.



Zumba™ - Dance Aerobic Workout | **AV Salsa**
 (13 yrs.-Adult) Get ready to burn calories and experience total body workout while learning international dances: Samba, Cumbia, Merengue, Reggeton, Salsa, Cha-Cha, Belly Dance, Hip Hop and Bachata. \$28 (\$35 NR). AV Salsa Studio, 311 E. Ave. K-8, Ste. 109.

4184	Tue.	Jan. 4-25	6-7 p.m.
4185	Tue.	Feb. 1-22	6-7 p.m.
4186	Tue.	Mar. 1-22	6-7 p.m.

Martial Arts

Northern Shaolin Kung-Fu | **Harold Hazeldine**
 (6 yrs.-Adult) Unique class set in friendly, goal-oriented recreational atmosphere. Focuses are: punching, kicking, traditional forms of Shaolin Kung-Fu and weaponry, self-defense and self-confidence. Wear loose fitting clothes and tennis shoes to class. \$45 (\$52 NR). *\$55 (\$62 NR). Lancaster City Park, Activity Center.

4211	Tue.	Jan. 4-25	6:30-8:30 p.m.
4212	Tue.	Feb. 1-22	6:30-8:30 p.m.
4213	Tue.	Mar. 1-29*	6:30-8:30 p.m.

Youth Self-Defense | **Young Champions**
 (5-18 yrs.) Safety awareness and self-defense combined in fun, structured environment! Students placed according to age and ability while learning and practicing skills. Students progress in rank and earn belts. \$66 (\$73 NR). Materials: \$6. Jane Reynolds Park, Rm. 1. Session: **Fridays, Jan. 21-Apr. 1.** **Students must register by Jan. 28 to participate.**

4255	New students	5-7 yrs.	4:30-5:10 p.m.
4258	New students	8-18 yrs.	5:15-5:55 p.m.
4256	Yellow belts	5-18 yrs.	6-6:40 p.m.
4257	Orange belts & above	6-18 yrs.	6:45-7:25 p.m.

A month of Merriment for all!

Friday, December 3, 5 p.m.

Holiday Stroll on The BLVD

Join in the merriment as The BLVD Association hosts 12 Days of Christmas on The BLVD, beginning with their annual Holiday Stroll. Write letters to Santa, sip warm drinks and watch a holiday film classic at the Western Hotel Museum. Experience the warm hospitality as our downtown shops offer holiday treats and entertainment for all. For more information, visit www.blvdtoday.com.



Saturday, December 4, 10 a.m.

A Little Drummer Boy...

and so much more are yours to enjoy downtown as our Happy Holidays Parade marches down The BLVD with festive floats, merry music and very special guests.

Saturday, December 11

Flip over Flapjacks with Santa!

What could be better than breakfast with the jolly old elf, himself? Join St. Nick and his elves for music, crafts, fun activities and pancakes galore!

Seatings at 8, 9, 10 and 11 a.m. • Adults \$8 / Children \$5
Lancaster City Park, Stanley Kleiner Activity Center
For more information, please call 661-723-6077.

Saturday, December 11, 5-9 p.m.

A Magical BLVD Christmas

Enjoy the magic of the holiday season on The BLVD with live entertainment, children's crafts, movies, train rides, caroling, shopping, Santa and more. This fanciful street fair, fashioned after Europe's "Christkindlmarkt" is filled with wonderful gift ideas, fresh baked goodies and fun surprises!

A Magical BLVD CHRISTMAS





BATTING RANGE

10 Batting Cages!

2 Slowpitch Softball • 1 Medium Softball
 1 Fastpitch Softball • 2 Slowpitch Baseball
 1 Medium Baseball • 2 Fastpitch Baseball
 1 Very Fastpitch Baseball

**\$2 for 1 token (20 pitches),
 buy 5 tokens get one FREE.**

Batting Range Cards:

20 tokens for \$25; 42 tokens for \$47

43415 City Park Way • 661-942-7088

Mon. - Fri., 3-9 p.m. • Sat. & Sun., 9 a.m.-9 p.m.

Sports

Obtain registration materials from the Parks, Recreation & Arts Department. Return with completed registration form, roster and league fee. Register early, space is limited.

Adult Sports

Basketball

Registration: Nov. 29-Dec. 17

League play begins early Jan. 2011. Games played at local high schools Mon.-Thu. nights. Registration limited to 24 teams. \$435/team.

Mon.-Thu. Adult Basketball

Softball

Registration: Jan. 10-Feb. 25

League play begins in March. Schedule consists of 10 league games and 1 classification game. Games played Sun.-Fri., you determine the day. \$399/team.

Sun.-Fri. Men's Slowpitch
 Sun.-Fri. Coed Slowpitch
 Sun.-Fri. Coed Hardball
 Thu. Women's Slowpitch

Youth Sports

Basketball (5-13 yrs.)

Each division plays 8 games. Games on Saturdays, played at local high schools; practices during the week with day, time and location determined by volunteer coach. \$57 (\$62 NR).

Ages 10-13 yrs. Registration open through Dec. 17.

League play begins in early Jan.

3968	Boys Div. A	12-13 yrs.
3969	Boys Div. B	10-11 yrs.
3970	Girls Div. A	12-13 yrs.
3971	Girls Div. B	10-11 yrs.

Ages 5-9

Registration: Aug. 2011; League play begins Oct. 2011.



Softball Tournament and League Information

www.big8softball.com

Tennis

Lancaster City Park Tennis Center
 43063 10th St. West



Private Lessons (Four lesson package)

One-on-one lessons arranged with tennis pro following registration.

4250	Four 1-hour lessons	\$145 (\$152 NR)
4251	Four 1/2-hour lessons	\$100 (\$107 NR)



Pee Wee (4-6 yrs.), \$36 (\$43 NR).

Introduce your child to tennis; learn basic skills and principles of game.

Jim Majd, Court 8

4241	Sat.	Feb. 5-26	11 a.m.-12 p.m.
4242	Sat.	Mar. 5-26	11 a.m.-12 p.m.



Juniors (7-18 yrs.)

Long recognized as an individual sport, this class focuses on team competition. Novice and advanced play levels available.

Linda Ruiz, Court 3, \$51 (\$58 NR).

Materials: \$5. No class Jan. 17 and Feb. 21

4238	M/W	Jan. 5-31	5-6 p.m.
4239	M/W	Feb. 2-28	5-6 p.m.
4240	M/W	Mar. 2-28	5-6 p.m.
4235	M/W-Adv.	Jan. 5-31	6-7 p.m.
4236	M/W-Adv.	Feb. 2-28	6-7 p.m.
4237	M/W-Adv.	Mar. 2-28	6-7 p.m.

Jim Majd, Court 5, \$45 (\$52 NR).

4247	T/TH	Feb. 1-24	5-6 p.m.
4248	T/TH	Mar. 1-24	5-6 p.m.



Adult (18+ yrs.), \$45 (\$52 NR).

Lifetime sport encourages participants of all ages and various physical abilities to play. Fun, fitness focused class provides a social experience for all.

Jim Majd, Court 5. No class Nov. 25.

4244	T/TH	Feb. 1-24	6-7 p.m.
4245	T/TH	Mar. 1-24	6-7 p.m.



Court Maintenance

Courts closed while cleaned.



Public Play

Except tournaments, non-City lessons or court rentals.

Tennis Court Lights

Courts are lit from dusk to 10 p.m., 7 days/wk. 1st-come, 1st-served. One-hour use if players are waiting for an open court.

AQUATICS

To Register:

1. Read descriptions.
2. Determine which class you would like to take.
3. Select the schedule that is convenient (see page 21).
4. Check the table to see if your class is offered.
5. Use class code from table when registering.

Eastside Pool 661-723-6255 (open year round)

at Deputy Pierre W. Bain Park, 45045 5th St. East. Eastside Pool can be rented for birthdays, parties and special events! For rental or aquatic program information, call 661-723-6256.

Webber Pool 661-723-6288 (open during summer)

at Jane Reynolds Park, 716 Oldfield Street.

Eastside Pool can be rented for birthdays, parties and special events! Call 661-723-6256 for info.

PUBLIC SWIM TIMES

Children less than 4 ft. tall and 7 yrs. old must be accompanied in the water by an adult (one-on-one). Flotation devices are not allowed. Lap swim is open to adults 16 and older. Lap swimmers must circle swim whenever there are more than two swimmers per lane.

Eastside Pool:

Early Bird lap	Mon.-Thu.	5:45-7 a.m.
Noon lap	Mon.-Fri.	11:45 a.m.-1 p.m.
Senior & Therapy	Mon.-Fri.	10-11:30 a.m.
Evening lap	Wed.	8:30-9:30 p.m.

Holiday Closures: Dec. 24-Jan. 2, 17

PUBLIC SWIM FEES

Infant (3 yrs. and under)	Free
Child (4-12 yrs.)	\$1
Teen (13-16 yrs.)	\$1.25
Adult (17+ yrs.)	\$1.75
Senior (55+ yrs.)	\$1

30 Punch Swim Pass:

Teen	\$25
Adult	\$37
Senior/Child	\$20



COURSES NOW AVAILABLE ONLINE!

Class Information

All classes: 8 lessons, 30 minutes long, except Level 6, Aquacise & Hydro-Fit which are 45 minutes. See schedule for dates, times, program codes and fees.

Parent/Tot

(6 mos.-3 yrs.) Parents, teach your child to feel more relaxed and comfortable in the water. Instructors teach basic skills emphasizing orientation and safety. Parent must accompany the child in the water. Swim diapers required for all tots.

Preschool

(3-5 yrs.) Teaches your child to feel comfortable in the water, learn breath control, flutter kick, front and back float. This is not a learn-to-swim class.

Preschool 2

(3-5 yrs.) Prerequisite: Three sessions of Preschool swim class. Preschoolers advance to prone kick glide, underwater movement, and combination arm and kick movements.

Preschool 3

(3-5 yrs.) Prerequisite: Three sessions of Preschool 2 swim class. Preschoolers advance to side breathing and enhance combined arm and kick movements.

Level 1: Introduction to Water Skills

(6-14 yrs.) Purpose: Helps students feel comfortable in the water. Participants learn to: enter and exit water safely; submerge mouth, nose and eyes; exhale underwater through mouth and nose; open eyes underwater; pick up submerged object; float on front and back; explore arm and hand movements; swim on front and back using arm and leg actions; follow basic water safety rules; use a life jacket.

Level 2: Fundamental Aquatic Skills

(6-14 yrs.) Purpose: Gives students success with fundamental skills and enhances Level 1 skills. Participants learn to: enter water by stepping or jumping from the side; exit water safely using ladder or side; submerge entire head; perform front and back glide; roll over from front to back, back to front; swim on side; swim on front and back using combined strokes; tread water using arm and leg motions; move in the water while wearing a life jacket.



Level 3: Stroke Development

(6-14 yrs.) Purpose: Builds on the skills in Level 2 through additional guided practice. Participants learn to: jump into deep water from the side; dive from kneeling or standing position; submerge and retrieve an object; bob with the head fully submerged; use rotary breathing in horizontal position; perform front and back glide; perform survival float; perform front and back crawl; butterfly-kick and body motion; perform HELP and Huddle position; perform a reaching assist; use Check-Call-Care in an emergency; change from horizontal to vertical position on front and back.

Level 4: Stroke Improvement

(6-14 yrs.) Purpose: Develops confidence in the skills learned and improves Level 3 skills. Participants learn to: perform shallow dive or dive from stride position; swim underwater; perform feet-first surface dive; perform open turns on front and back using any stroke; tread water using sculling arm motions and kick. Perform the following: front and back crawl; breaststroke; butterfly; elementary backstroke; swim on side using scissors-like kick; use safe diving rules; perform compact jump into water from a height while wearing a life jacket; perform a throwing assist; care for conscious choking victim.

Level 5: Stroke Refinement

(6-14 yrs.) Purpose: Provides further coordination and refinement of Level 4 strokes. Participants learn to: tread water with two different kicks; learn survival swimming; perform rescue breathing. Perform the following: standing dive; shallow dive; glide two body lengths and begin any front stroke; tuck surface dive; pike surface dive; front flip turn; backstroke flip turn and sidestroke.

Level 6: Swimming & Skill Proficiency

(6-14 yrs.) Purpose: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Class is designed with "menu" options that focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. These options include: personal water safety; lifeguard readiness; fundamentals of diving and fitness swimmer.

Adult Swim Lessons

(15+ yrs.) Everyone can learn to swim. Skills taught: front and back float and glide; breathing; stroke and kicking techniques.

Aquacise: Aerobic Water Exercise

(15+ yrs.) Water exercise class to help firm up arms and legs and increase circulatory endurance using a variety of movements.

Hydro-Fit: Muscle Toning & Fitness

(15+ yrs.) Exercise class for those who want an invigorating water workout. Class uses belts, ankle cuffs and Styrofoam barbells to create resistance and provide aerobic exercise.

Private Swim Lessons

Private swim lessons for all ages. The fee is \$142 for eight 1/2-hour lessons.

4273

Lesson times to be arranged

Lifeguard Training Class

(15+ yrs.) Enrollees must be able to:

(1) swim 500 yards continuously, demonstrating the correct use of the front crawl and breaststroke; (2) swim 20 yards, retrieve a 10 lb. brick and return it to the starting point; (3) must provide own manuals and a pocket mask.

Must take CFAS and CPRPR* at Red Cross and show certification on first day of class.

Students must attend all classes – no exceptions.

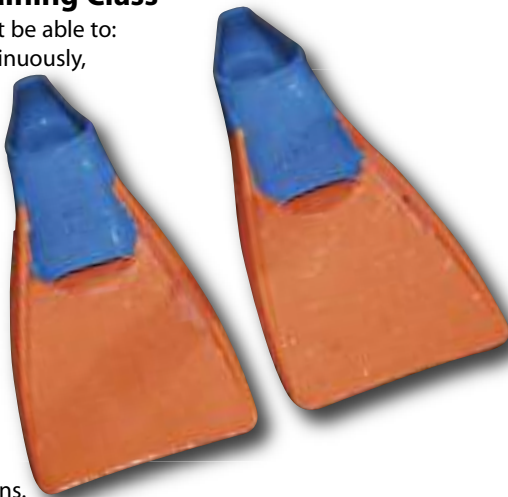
\$77 (\$84 NR). Call Shanae Hill, 661-723-6256 for times and information. *CPR for the Professional Rescuer.

4145

Mon.-Fri.

Mar. 21-25

8 a.m.-5 p.m.



Water Safety Instructor Class

(17+ yrs.) Upon successful completion, students are certified as Red Cross swim lesson instructors. Must provide own Red Cross manuals. Current certificate in Lifeguard Training desirable. Required Red Cross FIT course included. Approximately 40 hours of training. Students must attend all classes – no exceptions. \$77 (\$84 NR). Call Cassandra Hyman, 661-723-6255 for details.

4030

Sat. & Sun.

TBD in Mar.

8 a.m.-5 p.m.

Oasis Aquatics Swim Team

(5-18 yrs.) Oasis Aquatics is a United States Swimming affiliated year-round competitive swim team offering competitive training and swim meets. Novice to advanced. Strokes, turns, strength and endurance, goal setting, mental preparation and nutrition. Visit www.oasisaquatics.org for more information.

Oasis Masters Swim Program

(18+ yrs.) Overall conditioning, swim skills, instruction, competitive events and ocean swimming. Call Tom Otto for fees and information at 661-946-7537 or 661-722-0585.

A.V. Special Olympics

Swimming opportunities for individuals with intellectual disabilities. Call Aquatics Coach Dawn Brooks at 661-946-7042.

Mondays

7 p.m.







Aquatics Class Schedule

The numbers listed under each time frame are the class codes to use when registering.


CLASSES HELD AT EASTSIDE POOL

 **Session 0: Mar. 5-Apr. 30** (No class Apr. 16)
Saturday (1x/week for 8 weeks) \$34 (\$39 NR).


Class Level	9 a.m.	9:40 a.m.	10:20 a.m.
Parent/Tot		4146	
Preschool	4150	4151	
Preschool 2	4156		
Level 1	4121		
Level 2	4125		
Level 3		4129	
Level 4			4133
Level 5			4137
Level 6			4141
Adult		4110	
Aquacise			4114

 **Session 7: Feb. 1-24**
Tuesday/Thursday (2x/week for 4 weeks) \$34 (\$39 NR).

Class Level	7 p.m.	7:40 p.m.
Parent/Tot	4147	
Preschool	4153	
Preschool 2		4157
Preschool 3	4161	
Level 1	4122	
Level 2	4126	
Level 3		4130
Level 4		4134
Level 5		
Level 6		
Adult		4111
Aquacise		4115

 **Session 8: Mar. 1-24**
Tuesday/Thursday (2x/week for 4 weeks) \$34 (\$39 NR).

Class Level	7 p.m.	7:40 p.m.	8:20 p.m.
Parent/Tot	4148		
Preschool	4154		
Preschool 2		4158	
Preschool 3	4162		
Level 1	4123		
Level 2	4127		
Level 3		4131	
Level 4			4135
Level 5			4139
Level 6			4143
Adult		4112	
Aquacise		4116	
Hydro-Fit			4119

 **Session 9: Mar. 29-Apr. 21.**
Tuesday/Thursday (2x/week for 4 weeks) \$34 (\$39 NR).

Class Level	7 p.m.	7:40 p.m.	8:20 p.m.
Parent/Tot	4149		
Preschool	4155		
Preschool 2		4159	
Preschool 3	4163		
Level 1	4124		
Level 2	4128		
Level 3		4132	
Level 4			4136
Level 5			4140
Level 6			4144
Adult		4113	
Aquacise		4117	





The Lancaster Performing Arts Center Foundation continues, with the generous contributions of its supporters, to enable thousands of students from schools across the Antelope Valley to be touched by the magic of the performing arts. The LPAC's Arts for Youth program uses the arts as a dynamic tool for teaching and learning and supports the standards for the California Visual and Performing Arts for K-12 education.

Lou Bozigian, LPAC Foundation President, announced that, "In addition to school outreaches, workshops and school performances at LPAC, bus funding assistance is now being offered to schools as transportation has become a major obstacle in bringing students to the Center. This affords more students the experience of a live performance, many of whom would not otherwise have the opportunity."

In order to fund support for programs like Arts for Youth, the LPAC Foundation oversees a multifaceted giving program for donors of all levels. All contributions are tax deductible (see your tax professional).

GOLD CLUB

The LPAC Foundation recently hosted an exquisite luau for members of the Mayor's LPAC Gold Club. The center was transformed into an island paradise where guests were treated to Polynesian entertainment and a traditional Hawaiian luau catered by the University of Antelope Valley.

The next Mayor's LPAC Gold Club gala will be held on January 7, 2011. For an annual membership contribution of \$1,000, members and a guest are invited to two gala parties annually, receive a Mayor's LPAC Gold Club membership card, and are recognized on the Mayor's LPAC Gold Club donor tree and within LPAC's season playbill.

For more information about membership in the Mayor's LPAC Gold Club or other opportunities to support the arts in the Antelope Valley, please contact Julie Secory, LPAC Foundation administrative assistant, at 661-723-6082 or email jsecory@cityoflancasterca.org.

The Lancaster Performing Arts Center Foundation Board includes: Louis V. "Lou" Bozigian, President; John Porter, Ed.D., Vice President; Joshua E. Mann, Treasurer; Berna Mayer, Secretary; and Directors, Inpamani Arul, M.D., Patricia Fregoso-Cox, R. Steven Derryberry, Timothy W. Doerfler, Marco Johnson, Gina L. Rogers and Mark E. Thompson.

LANCASTER PERFORMING ARTS CENTER

Holiday Favorites



Breast Cancer Awareness Benefit

All proceeds benefit

An Intimate Evening with
Melissa Manchester
Saturday, December 4
Benefit 5:30 p.m.
Concert 8 p.m.

The Hot Club of San Francisco
"Cool Yule"
Sunday, December 5
3 p.m.



It's a Wonderful Life
Friday, December 3 | 8 p.m.
Saturday, December 4 | 8 p.m.
Sunday, December 5 | 2 p.m.
Black Box Theatre at LPAC



Antelope Valley Ballet presents
The Nutcracker
Saturday, December 11
2 & 7 p.m.
Sunday, December 12 | 2 p.m.



The Manhattan Transfer Christmas Show
Sunday, December 19 | 7 p.m.

the original 3D
experience

Now offering full concessions by UAV one hour before performances.

Lancaster Performing Arts Center
750 W. Lancaster Boulevard
Lancaster, CA 93534
Box Office: 661-723-5950
www.LPAC.org

Arts for Youth

LANCASTER PERFORMING ARTS CENTER

education
through the arts



Through the Arts for Youth program, the Lancaster Performing Arts Center provides opportunities for students of all ages to experience and appreciate the performing arts, while enhancing their educational development. Every season is filled with culturally intensive educational shows and workshops that meet the California Content Standards. Supported by curriculum-based study guides and lesson plans, Arts for Youth opens the classroom to the creative and imaginative process.

Coming Soon

Antelope Valley Ballet: Excerpts from The Nutcracker
Thursday, December 9 and Friday, December 10 | 11:15 a.m.

Giggle, Giggle, Quack
Friday, January 28 | 9:30 and 11:15 a.m.

New Shanghai Circus*
Sunday, January 30 | 7 p.m.

LA Opera: Who Wants to be an Opera Singer?
Thursday, February 10 | 11:15 a.m.

Let Freedom Ring: America at the Beginning
Thursday, February 17 | 9:30 and 11:15 a.m.

Happily Ever After...A Cinderella Tale*
Sunday, February 20 | 3 p.m.

Parsons Dance & East Village Opera Company
Sunday, March 6 | 7 p.m.*
Monday, March 7 | 11 a.m.

* Public performance

For more information or tickets, call 661-723-5950 or visit LPAC.org.



Get those creative juices flowing!

Learn dance, theatre, music,
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The Cedar Center offers professional training in the performing arts including vocal and instrumental music, drama and dance for students of all ages!

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Upcoming Winter Events

BIRD WALK | Saturday, January 8, 8 a.m.

Experience an informative one-mile bird walk led by award-winning artist and member of the Audubon Society, Ron Smith. See resident and migrant birds, learn their names and how to identify them. Don't forget your binoculars! Free.

MOON WALK: | Saturday, March 26, 7:30 p.m.

Magic happens after dark as the Director of Palmdale School District's SAGE Planetarium, Jeremy Amaran, leads groups through the captivating Prime Desert Woodland Preserve at night! Join the AV Astronomy Club as they gaze at the stars through telescopes (weather permitting). Free.

All events last approximately one hour. Meet at the Interpretive Center at noted time. For more information, call 661-816-4466.

Trails are open from 6 a.m. to sunset daily. The Interpretive Center is open weekends from 10 a.m. to 3 p.m., as well as Tuesdays and Thursdays from 2 p.m. to 5 p.m. Group tours may be arranged by calling 661-816-4466.

ARTS IN THE CITY

Save the Date:

Prism: Through the Looking Glass – 2nd Museum Gala
Saturday, February 26, 2011

Exhibitions

Curves Moving in Space: the sculptural objects of William Bradford Frost *December 1, 2010 – January 16, 2011*

Opening reception: Wednesday, December 1, 2010 from 6 to 8 p.m.
Please RSVP to 661-723-6250 or LMAGreceptionist@cityoflancasterca.org

William Bradford Frost believes in the power of objects to affect our souls. Having worked in bronze and other materials, Frost now focuses on sculptures and functional objects made from wood. From pepper mills to dining tables, Frost's functional objects derive inspiration from primal forms and ancient techniques. This exhibit explores how the artist marries form and function to create objects for both everyday use and for inner well-being.

26th Annual Juried All-Media Art Exhibition *February 5 – March 27, 2011*

Opening reception: Friday, February 4, 2011 from 5 to 8 p.m.

This premier juried exhibition reflects the diversity of the High Desert's aesthetic through an assortment of media which will include photography, paintings, drawings, sculpture and new media formats.

Special Events

BLVD Association's Holiday Stroll

Friday, December 3, 2010 starting at 5 p.m. at the Western Hotel Museum

Enjoy the festive atmosphere of The BLVD, write letters to Santa, take part in fun art projects and sip warm drinks while watching a holiday film classic. Free.

Woodworking Workshop

Saturday, January 15, 2011 at 2 p.m. at LMAG

Please RSVP to 661-723-6250 or LMAGreceptionist@cityoflancasterca.org

Learn about the processes involved in carving and sculpting wood from artists who specialize in the medium.

Lancaster Museum/Art Gallery

Free admission and tours
44801 Sierra Highway | 661-723-6250
lmagreceptionist@cityoflancasterca.org
Hours:
Tuesday - Sunday, 11 a.m. - 4 p.m.

Western Hotel Museum

Free admission and tours
557 W. Lancaster Blvd.
661-723-6260 / 6250
Hours: The Western Hotel Museum is open the second and fourth Friday and Saturday of every month from 11 a.m. to 4 p.m.

Tour the Lancaster Museum/Art Gallery or Western Hotel Museum this winter. Tours are always free and an educational experience for any group. Call 661-723-6250 to schedule a visit.

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You only have until December 31, 2010 to switch during the Annual Election Period

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- Senior Benefits Seminars
- Connections For Life Program
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The City of Lancaster appreciates the generous underwriting of programs and services by our City Partners, including High Desert Medical Group and Heritage Health Care. Please extend your thanks and patronage to all our City Partners.

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