Newsletter and Activity Guide





A MESSAGE FROM YOUR

CITY COUNCI

Florida may bill themselves as the "Sunshine State" but we have got them beat hands down when it comes to getting the most out of old Sol.

With the recent passage of the City's landmark solar initiative, all new homes in the City will come with clean, cost-saving solar energy beginning in 2014. This is a big step forward toward fulfilling our commitment to become a "Net Zero" city and the "Alternative Energy Capital of the World."

KB Home has found solar to be a great selling point. In cooperation with partner SunPower, they've now built 1,000 solar-equipped homes throughout California. More than 200 of these homes are located right here in Lancaster.

Things are also looking sunnier for our local economy, as commercial construction continues to rapidly pick up the pace. In this issue, we highlight three large healthcare projects already underway and give you a glimpse of two new manufacturers which are bringing jobs to Lancaster.

This issue also profiles some new high-tech programs our Public Works Department has underway. Meanwhile, parents will want to review the many innovative options the local schools and colleges offer in our special education section.

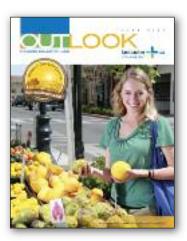
Sunshine is synonymous with summertime and our Parks, Recreation & Arts Department has plenty of activities to keep your family active throughout the entire summer break.

The Sierra Toyota • Scion All-American Concert Series just kicked off and will continue Thursdays until fall. There's a complete rundown on the upcoming acts inside. Once again on July 4th, you'll find both bull riders and fireworks flying high at the Antelope Valley Fairgrounds. Be sure to make plans to attend these fun and entertaining events.

As always we've cataloged a broad range of great summertime activities to enjoy, including a slew of aquatic programs which suit the season swimmingly.

It's time to get out there and enjoy life in Lancaster!

Your City Council



On the Cover

Throughout the summer, The BLVD Farmers Market offers a bountiful choice of great produce, handmade goods and lively free concerts for the whole family. Enjoy extended hours, Thursdays, 4 to 9 p.m. along The BLVD from Date to Fig Avenues.

Editor: Joseph Cabral, Communications Manager

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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 Manager

Mark V. Bozigian

City Officials

Lancaster City Council

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

Kit Yee Szeto, *Deputy Mayor* Cassandra Harvey, *Deputy Mayor*

You're Invited to Meetings

Lancaster City Council

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

Lancaster Architectural and Design Commission

1st Thursday of the month at 5 p.m. All meetings are held in the Council Chambers at City Hall.

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 Human Relations Tapestry Commission 2nd Wednesday every other month at 6 p.m. Next meeting is in July. All meetings are held in the Council Chambers at City Hall.

Lancaster Neighborhood Vitalization Commission1st 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
 800-252-4613

 City Special Event hotline
 661-723-5900

 Job hotline
 661-723-5874

 Graffiti hotline
 661-723-5977

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.lancastermoah.org

Lancaster Museum of Art and History

www.streetsoflancaster.com

Streets of Lancaster Grand Prix

www.destinationlancasterca.org

Destination Lancaster

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Spreading Sunshine All Over the Place

City moves forward with new solar initiative

The City of Lancaster has become the first city in America to require all new residential construction projects to include solar power beginning in 2014.

Part of Lancaster's ongoing commitment to produce more clean energy than it consumes, the new rules were adopted on a 5-0 vote by the City Council, after previously being recommended unanimously by the City's Planning Commission.

The new regulations do not require solar panels to be installed on every home within a new subdivision, but do call for a minimum average solar generating capability of .5 to 1.5 kW per unit depending on lot size and location. New multi-family developments are also covered by the ordinance.

"We've taken a forward looking approach to this new ordinance. It is much more about the future than the past," said James Vose, Planning Commission Chairman. "This plan will help reduce our residents' energy costs while lessening the impact of fossil fuel on our environment."

In developing the new "Residential Zone Update," the Planning Commission and City staff tried to balance the needs of builders with the desires of the City to reduce its environmental impact and improve overall quality of life.

"City planning staff and commissioners did a great job in collaborating with the residential building industry, as well as real estate and building trade associations to obtain the necessary input and feedback on the ordinance," added Vose. "We spent a year discussing this in public meetings, workshops and field trips before recommending these regulations to the City Council."

In addition to the solar requirements, the new ordinance provides builders with greater flexibility in their site designs, to help improve the walkability of neighborhoods. The new regulations also call for increased use of porches and recessed garages in new developments, thus encouraging more front yard activity. It has been shown that such architectural features help create a more cohesive neighborhood while discouraging crime by putting more "eyes on the street."



The new zoning rules also provide incentives for infilling existing vacant parcels within the City rather than consuming raw land along the edges of the City. The rules also make it easier to accommodate "granny flats" and similar accessory dwellings in new developments, for use by family members. They also ease regulations on live/work situations in homes along major thoroughfares.

For more information on the new Residential Zone Update, visit the City's website at www.cityoflancasterca.org/residentialzoneupdate.



"We've taken a forward looking approach to this new ordinance. It is much more about the future than the past. This plan will help reduce our residents' energy costs while lessening the impact of fossil fuel on our environment."

– James Vose Planning Commission Chairman

KB Home and SunPower Celebrate Construction of 1,000th Solar Home

Lancaster home to more than 200 of these new solar homes

Nearly two years ago, KB Home, one of the largest and most recognized builders in the nation, teamed up with an innovative Silicon Valley solar success SunPower Corporation to design energy efficient solar homes.

This partnership has paid off handsomely for homeowners who have saved

nearly \$1 million in energy costs while reducing carbon emissions by more than 3,700 tons.

SUNPOWER

KB Home offers SunPower-

equipped solar homes in nearly 40 communities throughout Southern California. More than 200 of all those sold are right here in Lancaster. So it should come as no surprise that company executives chose KB Home's Dorado Skies development to celebrate their milestone.



City officials and staff welcomed KB Home CEO Jeffrey Mezger and SunPower President Howard Wenger to the March event.

"Completing our 1,000th solar-powered home is an important milestone for KB Home," said Mezger. "We now offer solar power as a standard feature in many areas."

SunPower's Wenger noted that the accomplishment has helped 1,000 families "to significantly reduce their electrical costs through the use of emission-free solar power."

"The City of Lancaster is proud to partner with such 'Green Industry' leaders as KB Home and SunPower," said City Manager Mark V. Bozigian. "We look forward to building upon these relationships for many years to come."

Perhaps the happiest of all to attend the event was the Ellison family, buyers of the 1,000th home, located in the Dorado Skies development. KB Home upgraded their solar-system, free of charge, to a 3.2 kW system, which should help them cut their energy costs by upwards of 80%.

To learn more, visit KB Home's Dorado Skies community at 3636 East Emerald Lane in Lancaster or call 661-418-6470.

Building Stimulus Continues to Help Revive Local Housing Market

Construction valued at nearly \$150 million aided by reductions and deferral of impact fees

In addition to the rapid recovery of the commercial sector, Lancaster has seen a noticeable rebound in residential construction, thanks in part to temporary reduction and deferral of the fees charged to developers.

"By putting building permits on sale, we encouraged builders to move in and take over vacated tracts," said Deputy City Manager Jason Caudle. "It helped us quickly reduce problems of tract abandonment we encountered during the recession and brought incomplete subdivisions back to life."

While new housing starts have remained stubbornly low in most of Southern California, Lancaster has seen more than 600 new single-family homes permitted since the incentive program launched in 2010.

According to Holly Schroeder, CEO of the Los Angeles Ventura chapter of the Building Industry Association (BIA), "Lancaster has become a model for cities throughout the region." The BIA executive noted that the Building Incentive Stimulus Program has convinced a number of builders to move forward with projects.

One of the most notable participants has been KB Home, which has built 12 tracts in Lancaster as part of the program. In all, 22 previously abandoned tracts have been brought back to life, 14 of which have been completed.

"The City's decision to reduce fees has allowed us to build more homes and move more aggressively into creating sustainable communities throughout Lancaster," added Tom Di Prima, Executive Vice President of KB Home, Southern California.





Kaiser Permanente, City of Hope and Los Angeles County invest millions in landmark outpatient facilities

Lancaster's local economy received a big shot-in-thearm as construction on major new medical facilities has progressed recently.

Kaiser Permanente

Kaiser Permanente broke ground this spring on a new 136,000-square-foot medical office building at Avenue L and 5th Street West. The new facility will house offices for some 66 physicians, as well as radiology, lab, pharmacy and infusion services.

"This building is a continuation of our investment in the community," noted Linda Lawson RN, MSN, who serves as Kaiser's Chief Administrative Officer in the Antelope Valley.

The new medical complex will add additional capabilities to existing operations in the Antelope Valley, thus providing patients with expanded services locally.

Kaiser's facility is the first in the company's 68-year history to implement a sustainable energy design, qualifying for LEED platinum certification. The building's configuration and orientation take full advantage of prevailing climate and wind conditions. It will utilize solar water heating and reclaimed water for use in irrigation and non-potable needs.

The medical office building is the first phase of a long-term plan for the 45-acre campus. Phase one is scheduled for completion in late 2014.

Los Angeles County Multi-Service Ambulatory Care Center

After a decade of planning, design and construction, the Los Angeles County Health Department's newest outpatient facility is taking shape on a 20-acre parcel between 3rd and 5th Streets East along Avenue I.

The new \$141 million Multi-Service Ambulatory Care Center (MACC) is designed to meet many healthcare needs of the community and will replace the aging High Desert Health System facility on the City's westside.

"This MACC will be a more accessible building. It will include new technologies and offer added specialty care," said Dr. Mitchell Katz, Director of the County Department of Health Services.

Services offered within the 142,000-square-foot complex will include both adult and pediatric primary care clinics, a women's health center, medical and surgical sub-specialties, an urgent care clinic and an outpatient surgical center. A number of special programs will also be housed within the MACC to address chronic diseases.

"This facility is truly amazing," noted Lancaster's Housing & Neighborhood Revitalization Director Elizabeth Brubaker. "The MACC is an integral part of the City's initiative towards healthy, active living and community wellness. We are happy to have had the opportunity to partner with the county on such an important project."

By providing comprehensive public health services in a convenient, accessible location, the county hopes to help stem the tide of preventable chronic health problems such as diabetes, COPD and high blood pressure.

The project is scheduled to be completed in 2014.



City of Hope Antelope Valley Cancer Center

Work continues at a rapid pace as the City of Hope's Antelope Valley Cancer Center draws closer to its fall 2013 opening. Located on the campus of Antelope Valley Hospital, the new 56,000-square-foot medical facility will incorporate a full-service cancer center, along with conference facilities and a 172-seat auditorium.

Precision Manufacturers Find Perfect Fit in Lancaster

The City of Lancaster has long had strong ties to the aviation industry with its close proximity to Edwards AFB and U.S. Air Force Plant 42. For decades, small machine shops and specialty manufacturers have quietly fed aerospace giants the many ingredients required to create cutting-edge aircraft and other high-tech precision machines.

This niche of the aerospace industry is on the upswing in Lancaster, with two major firms choosing to locate new plants within the City.



Construction is rapidly nearing completion on Morton Manufacturing's new 88,000-square-foot facility in the Lancaster Business Park. The company decided to relocate to Lancaster after demand for the nickel-alloy bolts they make for gas turbine aircraft engines grew faster than their old plant could handle. The company's client list includes

General Electric, Pratt Whitney and Rolls Royce, among others.

With no room to expand in their crowded Santa Clarita headquarters, the company evaluated several sites before settling on Lancaster.

"We greatly appreciate the business-friendly environment and consideration shown to us by City Hall," offered Yolanda Morton, CEO of the 46-year-old firm.

The company currently employs approximately 200 workers but plans to expand its workforce to 350 once the move is complete.

Mojave-based Innovative Coatings Technology (INCOTEC) has provided protective coatings for the bolts, screws and rivets used on a variety of aircraft for more than 20 years.

INCOTEC has major contracts with Boeing, Airbus, Lockheed, Northrop Grumman and others, including Lancaster's own Morton Manufacturing. With its coatings in high demand, the company has grown from 48 workers in 2010 to nearly 170, and projects a workforce of upwards of 275 by 2014.

To help accommodate this exponential growth and to provide a second site for manufacturing, INCOTEC has acquired a 20,000-square-foot building on Columbia Way and 10th Street West. The facility will house headquarter operations along with research and development activities.

"Lancaster is one of the few places in the state which is still pro-business," noted INCOTEC Founder and CEO Bob Briley. "The City welcomed us with open arms, always offering assistance during the expansion process. It has been a great pleasure working with them."

For more information on how your company can prosper in business-friendly Lancaster, contact the City's Economic Development Department at 661-723-6128.



The BLVD Farmers Market will once again come alive with the sounds of summer as Sierra Toyota • Scion hosts an all-new series of twilight concerts beginning May 30.

Kicking off the season will be *One Way Ticket* a popular Beatles cover band, which will bring the English pop invasion of the 60s back to life on The BLVD.

Performing on June 6 will be *Caravana*, a lively group with a Latin flair. On stage June 13 will be R&B favorites *Tessarae*. *James Gentry and the Tequila Sundance* will entertain on June 20 with their mix of smooth jazz and pop, while *Island Rhythms* offers the steel guitar and ukulele sounds of our fiftieth state, Hawaii, on June 27.

July 11 starts off with an Irish brogue as *Green Ashes* takes to the stage, offering classic Celtic tunes with a modern twist.

"Sierra Toyota • Scion is proud to once again sponsor the All-American Concert Series and give a little back to this community which has been so supportive for more than 30 years," says Jim Hawse, President of Sierra Toyota • Scion. "This year's concerts provide a wide range of styles and genres. We encourage everyone to come out and get a taste of the good times and great music

All concerts are free and begin at 6 p.m. Seating is on a first come, first served basis. To ensure a seat, bring your own chairs.

Additional acts will follow throughout the summer. For the latest run-down on who is appearing, visit www.cityoflancasterca.org/concertseries or friend us on Facebook.







facebook.com/sierratoyotaconcertseries



available to all."



The Lancaster Auto Mall, City of Lancaster and Antelope Valley Fair offer two great ways to celebrate our nation's independence this 4th of July!

4 p.m. Gates open. Enjoy the open-air marketplace, concessions and great live entertainment.

7 p.m. PBR Bull Riding (separate, paid admission)

9 p.m. Grandstands open for fireworks show (with paid PBR admission ticket)

9:30 p.m. Set your eyes on the sky for a spectacular fireworks display

General parking: \$5. Bring a chair or blanket for non-ticketed seating on the lawn. Sorry, no outside alcohol or pets permitted.

PROFESSIONAL BULL RIDERS

(PBR) CHALLENGER TOUR 7 - 9 p.m.

ONLY THE BEST SURVIVE THE EIGHT-SECOND RIDE!

If you thought NASCAR or UFC were thrilling sports, you haven't seen a Professional Bull Rider at work!

Come experience the excitement as world-class cowboy athletes match their skills against the raw sinew of 1,500 pounds of unbridled beef.

Admission: Grandstand Seating - \$20, \$12 and \$5 seats

Gold Box Seating for Six - \$150 (sold only in sets of six seats)

Photo by Phil Broda

PBR Touring Pro Division is a sanctioned professional bull riders event, brought to you by The Showdown Rodeo, in partnership with the Lancaster Auto Mall, City of Lancaster and Antelope Valley Fair. For more information, go to avfair.com or showdownrodeo.com.

ANTELOPE VALLEY FAIRGROUNDS

AVENUE H & 14 FREEWAY



Streets of Lancaster Grand Prix

September 27-29

The BLVD – Free admission

On September 27, the excitement rolls out on The BLVD as the fifth annual Streets of Lancaster Grand Prix pro karting race gets underway.

This thrilling three-day weekend event features loads of family fun including a classic car show, live music and great food from local restaurants.

For full details, visit www.streetsoflancaster.com.



Celebrate America on The BLVD

Saturday, September 14 The BLVD – Free admission

Journey back to a bygone era filled with surprising swings, be bops and twists. Experience the decades of the 40s, 50s and 60s in style as Celebrate America returns to The BLVD for another resounding tribute to our great nation. Enjoy live music, tribute revues, vintage cars, classic rock & roll and Americana memorabilia, as well as food, fun and activities for all ages. Show your stars and stripes and come Celebrate America in downtown Lancaster.

Public Works Employs New High-Tech Gear to Solve Age-Old Problems

The world of Public Works has entered the 21st century in a big way. Today, the people who help keep our City running smoothly are using technology in surprising new ways.



Smart Manhole Covers Predict Sewage Spills, Help Prevent Illegal Dumping

The Public Works Department is responsible for the overall care of the City's sanitary sewer system. One of the biggest challenges they face is dealing

with sewer overflows. Such overflows create an odoriferous mess, as well as public health issues.

Since assuming responsibility for the City's sewer system in 2008, Public Works has been able to reduce overflows by 80%, down to an average of just four per year, through a comprehensive program of inspection and preventative care.

Recently, Public Works added a new tool to help predict and prevent future spills – Smart Manhole Covers. These intelligent devices attach to the underside of manholes and continuously monitor sewage levels using an ultrasonic sensor. If levels rise above predetermined thresholds, staff will be automatically notified and a crew dispatched to deal with the situation before it becomes a problem.

The device will also detect unauthorized removal of covers which often indicates an attempt to illegally dump hazardous materials into the sewer system. A secure private website also maintains a historical record of sewage levels over time to help observe trends that may indicate grease buildup or root intrusion, the most common cause of overflows.

The durable and cost-effective device can run unattended for a year or more on a self-contained battery and radio which connects into the cellular system.

High-Tech Anti-Graffiti Tools Help Combat Tagging

Each year, the City is called upon to remove some 15,000 to 20,000 graffiti markings from both public and private properties. Traditionally, this process involved painting over the graffiti with one of three standard colors which could create an unattractive patchwork look.

Today, Public Works employs specially equipped vans capable of using any of three methods to remove the vandalism: pressure washing, solvents or custom-matched paint. Pressure washing works well on sidewalks, bus benches and other hard and durable surfaces. Special solvents, which were developed in South Africa, are used on unpainted rock and stone surfaces to get behind the paint and lift it off. On painted surfaces, the department uses a custom paint matching system similar to those used in paint stores. By simply scanning the existing surface, the system can create a batch of paint that closely matches the current color, allowing for a much better blend.

To help discourage such tagging and identify repeat vandals, the City works with Graffiti Trackers, an innovative company that compiles and tracks photographs of graffiti to aid law enforcement in obtaining court-ordered restitution for the damage a tagger creates. By simply capturing a GPSenabled image of each tag before it is removed, Public Works documents the place, size, date and time the incident was recorded along with a photo of the marking. Since most taggers use a "signature" mark, similar tags can be cataloged, and when a vandal is apprehended, prosecutors are provided with a full dossier of their prior acts. Restitution payments can reach tens of thousands of dollars, and if the tagger is a minor, it can be the responsibility of the parents to pay. Thus, graffiti tracking serves as a potent deterrent to the vandalism.

To report a graffiti act in progress, call the Sheriff's Department at 661-948-8466. To report an incident of graffiti found in your neighborhood, call the Graffiti Hotline at 661-723-5977. Property owners can find the required release form on the City's website – cityoflancasterca.org/graffiti.

Infrared Cameras Sense Cars and Pedestrians

We've all been stuck at a traffic signal at some time. Whether it is because a ground loop didn't trip or a camera blinked, it can be frustrating to sit helplessly as the signal changes to green for everyone but you.

New technology is now coming to the rescue thanks to a million dollar plus grant from the California Department of

Transportation.

The grant will allow the City to purchase and install more than 200 infrared cameras to monitor intersection activity and control traffic signals.

Unlike traditional optical cameras which can be rendered inoperable by fog, glare or shadows, these infrared cameras can detect movement and temperature changes day and night, regardless of weather conditions. In fact, it utilizes the same imaging technology used by the military in their smart bomb guidance systems.

Not only will the new cameras improve traffic flow and reduce congestion, but they'll allow the City to keep a much more accurate traffic count and aid pedestrians since they can detect their presence even before they press a button.

Working hand-in-hand with the cameras is sophisticated software that helps smooth the flow of traffic and prevents any intersection from simultaneously showing green lights in opposing directions.

Installation of the new cameras will take place during normal maintenance operations for the signal equipment. Periodically, wires can be damaged by weather, insects or mice, so the City deploys a five-person team which inspects and repairs equipment on a regular basis, thus ensuring the maximum uptime for all signals throughout the City.

To report a problem with a traffic signal, contact the City's Transportation

Maintenance Division at 661-723-5887.

City Encourages Pedalers

More than seven miles of new bikeways open

Since adopting the Master Plan for Trails and Bikeways in 2012, the City of Lancaster has created more than seven miles of new bike lanes along a dozen different routes, making cycling around the City safer and easier.

Studies have shown that bike lanes improve safety for both cyclist and motorists while promoting healthy, active lifestyles. Each time a new bikeway is opened, more residents hop on a bike and choose to pedal to work, school or shopping.

In addition to reducing pollution and congestion, bicyclists also enjoy better health by reducing the risks of obesity and chronic disease, as well as relieving stress

Bike lanes also help with traffic safety by calming street traffic, thus reducing injury accidents due to the reduction in speeding vehicles.

With these designated lanes, motorists become much more aware of both bicyclists and pedestrians, improving non-vehicle safety as well.

From an economic standpoint, bikeways enhance property values and encourage the patronizing of local businesses. They are also aesthetically pleasing and help create a more cohesive community.

So park your car and pick up your bike, or simply start walking. Lancaster's new trails and bikeways are designed with your total well-being in mind.



Education in the Antelope Valley **Antelope Valley College** From preschool to post-graduate studies, education With some 15,000 students and 1,000 employees, in the Antelope Valley is vital to the creation of an Antelope Valley College (AVC) has undergone great informed and knowledgeable citizenry. Not only do changes since its founding in 1929. Back then, the college shared facilities with AV High School and these institutions enlighten students, they also play boasted an enrollment of just 13 students. The college an important role in creating a skilled workforce for struggled to stay open through the great depression but our employers, contribute to the cultural enrichment emerged after World War II as an important institution of the community and offer amazing resources to for the educational, cultural and economic future of satisfy lifelong learning needs. the region. Today, this bustling 135-acre campus along Avenue K, Here's a glance at just a few of the many programs with satellite campuses from Palmdale to Ridgecrest, available to residents, young and old: serves a diverse student population with nearly 1,600 courses across 70 different disciplines. With the opening of the \$25 million Theatre Arts Building in 2011 and the 2012 completion of the \$52 million Health and Sciences Building, AVC has created a physical campus which rivals many four year institutions. Thanks to its partnerships with the California State University system, the campus also provides students with the opportunity to pursue their upper division and graduate education locally. California State University Bakersfield - Antelope Valley (CSUB-AV), which is housed on the AVC campus, offers undergraduate programs in business, communications, criminal justice, family studies, nursing and sociology. It also offers credential programs for teachers and graduate programs in education and business. Photo by Les Teal In addition, California State University Long Beach (CSULB) offers a cohort-based degree program in both electrical and mechanical engineering in cooperation The \$25 million Theatre Arts Building (above) and the \$52 million Health and with AVC at Lancaster's University Center. Sciences Building (below) are recent additions to the Antelope Valley College campus. AVC also works with local employers to ensure the education and training it offers students align well with the needs of the workplace. Special workforce readiness programs are designed to help train potential employees for new jobs. For more information on the college, visit www.avc.edu.

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SOAR High School students Joseph Rodriguez and Gladis Xiloj add blood vessels to a model in the Anatomy and Physiology lab.

SOAR High School

Innovative program ranked among state's top 10

SOAR (Students On Academic Rise) High School is an early college high school program which integrates college courses into its high school curriculum. Located on AVC's Lancaster campus, SOAR is run by the Antelope Valley Union High School District (AVUHSD).

With an emphasis on science, technology, engineering and math (STEM), SOAR offers a rigorous program which encourages students to pursue higher education. It provides a supportive environment for students who show strong potential but have disadvantages which might make it difficult to obtain a college education. The program assists students in becoming self-directed, motivated and skilled in problem solving. It also develops strong communications, critical thinking and effective teamwork with fellow students.

Successful SOAR students receive both a high school diploma and an Associate's college degree within five years. Students are integrated into many college activities and can participate in college clubs and organizations. Parents are encouraged to be actively involved in the program.

The school ranks among the best in California's API ratings and its graduates are often invited to enroll in top colleges throughout the nation, many with scholarships.

The program is open to incoming freshmen who come from disadvantaged situations and who represent the first generation in their family to attend college.

For more information on admissions, visit www.avdistrict.org/soar.

New Charter and Public School Programs Offer Parents and Students Added Choices in Education

Local districts introduce specialized programs

Parents and students now have more opportunities to explore than ever before as new programs have been introduced in Lancaster's local school districts.

The new programs put a strong emphasis on the science, technology, engineering and math (STEM) disciplines, with some adding aspects of the arts to the mix to create STEAM programs. Many employ AVID (Advancement Via Individual Determination) methods

which emphasize collaborative projects.

AVUHSD – SOAR Prep Academy introduces students in grades 7 and 8 to the rigorous, project-based education model using highly regarded AVID methods. The Virtual Academy is open to both middle and high school students with a comprehensive online program combined with on-campus learning.

Eastside – NASA's STARS program is offered at Cole Middle School. This after-school STEM program is designed and funded by NASA's Dryden Center.

Lancaster – Amargosa Creek and Piute Middle Schools offer STEM electives as a part of their curriculum. Discovery School (K-8) and Endeavour Middle School offer comprehensive STEM Academies.

Westside – Hillview Middle School offers a rigorous 6th grade Honors Academy open to students with a 3.0 GPA. Joe Walker Middle School STEALTH Academy provides a STEAM program with Civil Air Patrol, robotics and Mathletes, as well as art, music and drama classes. Gregg Anderson Academy (K-8) offers STEM and AVID programs as options to upper grade classes.

For more information, call or visit the districts' websites.

Antelope Valley Union High School District www.avdistrict.org _______ 661-948-7655

Eastside School District

www.eastside.k12.ca.us _____ 661-952-1200

Lancaster School District

www.lancaster.k12.ca.us ____ 661-948-4661

Westside Union School District

www.westside.k12.ca.us _____ 661-722-0716

Joe Walker Middle School STEALTH Academy students have won numerous robotic competitions in recent years.

City Honors Detective Mark Donnel as Deputy of the Year

Ask Detective Mark Donnel why he was chosen as Deputy of the Year and he's likely to respond, "Beats me!" Such is the demeanor of this self-effacing member of the Crime Suppression Team tasked with continuing to lower the City's crime rate.

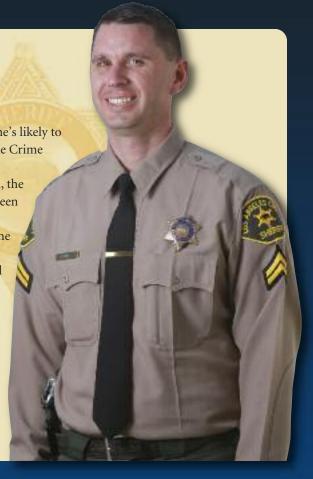
"It is a team effort. There are a lot of good people here. From the top down, the staff is very supportive and lets us do our job right," offers Donnel who has been with the Sheriff's Department for 13 years, serving locally since 2004.

Donnel began his public safety career out on patrol. He was promoted to the Gang Task Force and then to handling robberies.

Mark's greatest satisfaction comes from helping victims. "When we can tell them we got the bad guys, it feels great," says the detective. "We can't fight crime effectively without the active participation of citizens. I am grateful that so many people are willing to step forward and speak up when they witness a crime. It really makes our job much easier."

When not out catching crooks and solving crimes, Donnel enjoys life outdoors with his wife and children.

Congratulations and thanks to Detective Mark Donnel, Lancaster's Deputy of the Year.





Iason Ghorbani



Jeff Robson

Lancaster Honors Three Firefighters

The City of Lancaster has taken the unprecedented action of honoring not one, but three Los Angeles County Firefighters as 2013's Firefighters of the Year.

Among those honored are Captain Jason Ghorbani of Station 134, Paramedic Jeff Robson of Station 84 and Firefighter Adrian Meadows of Station 130.

"These gentlemen truly have gone above and beyond the call of duty for their jobs and the community," noted Assistant Fire Chief Gerald Cosey. "They are exemplary leaders who represent our finest. I am proud of each of them."

Jason Ghorbani is a 22-year veteran of the department who has served at stations throughout the county. In 2000, Ghorbani earned his paramedic stripes. Then in 2012, he was promoted to Captain, which led to his assignment at Station 134, where he plans to "stay for the rest of my career."

Jeff Robson has been with Los Angeles County Fire Department for eight years, serving as a firefighter, a HazMat specialist and paramedic. He is a member of the department's honor guard and works with the firefighters'

memorial committee.

Adrian Meadows, Lancaster's 2012 recipient of its Firefighter of the Year award, has served as a firefighter for nearly 30 years. He is a member of the department's Urban Search and Rescue Team and serves on FEMA's Task Force, responding to disasters worldwide. He received a Medal of Valor Unit Citation in 2008 for his rescue work after the tragic Chatsworth MetroLink derailment.

The City's thanks and congratulations go to Firefighters Ghorbani, Robson and Meadows for their outstanding service to the community.



Adrian Meadows

Lancaster Corporate Challenge

A friendly rivalry has developed between a number of local companies and City staff as they continue to compete in the inaugural Lancaster Corporate Challenge, an Olympic style series of sporting events, organized by the Wellness Committee, a volunteer group of City staff members.

"I am pleased to see our goal of fostering healthy competition throughout the City is being achieved at a level beyond our expectations," said Wellness Committee Chair Beverly Glode.

CORPORATE LANCASTER 2013

"We are delighted to see so many organizations cooperate in a common goal of creating better health and well-being within our community."



Inspired by similar programs in Las Vegas and Ventura, the challenge promotes fitness, health and well-being, while encouraging networking within and between local businesses and nonprofits. Participating companies enjoy increased morale and fitness of their employees.

Since the opening ceremonies on April 6, contestants have run a 5K race, as well as competed in softball, basketball and bowling tournaments. Still to come in June are a golf tournament and a horseshoe competition. The

Corporate Challenge will wrap up on

June 22 with a Chili Cookoff at Lancaster City Park, beginning at 10 a.m. All are welcome to help judge chili and support your favorite team.





UNITE Project Deadline Approaches

Each year, the City of Lancaster helps underwrite volunteer community projects as a part of its UNITE Lancaster (Uniting Neighbors In a Team Effort) program, sponsored jointly by the City's Lancaster Neighborhood Vitalization Commission (LNVC) and the Safer Stronger Neighborhoods Committee (SSN). The goal is to empower local neighborhoods and strengthen the bonds between neighbors.

The 2013 UNITE program will focus on the Mariposa and Desert View neighborhoods, between Avenue I and H from 15th Street West to Sierra Highway. Projects located within this area are awarded extra points during judging, but projects from any area of the City are encouraged to apply.

> A recent public meeting was held to discuss project application requirements. Another meeting is scheduled for 9 a.m. on Saturday, June 1, at City Hall Council Chambers. Those interested in applying are encouraged to attend, but attendance is not required to apply.

Applications must be submitted no later than Friday, June 14 and will be reviewed by both the LNVC and SSN. Winners will be announced at the August 6 meeting of the LNVC. Volunteer activities will take place on Saturday, September 21 from 9 a.m. to 2 p.m.

For details regarding the judging criteria and to obtain a project application, visit www.cityoflancasterca.org/unite.



County of Los Angeles firefighters and paramedics have heard it all too often, "I only looked away for just a few seconds!" Unfortunately, that's all it takes for a child to drown – JUST A FEW SECONDS.

Drowning accidents are a leading case of death for children one to four years of age, and nearly 70% of all drowning accidents occur in backyard swimming pools. Such drowning accidents can occur in just a few inches of water, and most of these tragic accidents could have been prevented.

By following the pool safety checklist below, you can help prevent drowning and near-drowning accidents:

- Never allow children to be alone when near water; make sure an adult is always present.
- Keep a telephone outside near the pool. Do not leave children unattended to talk on the telephone.
- Post the 911 emergency telephone number on the telephone.
- Make sure the pool is secure at all times. The swimming pool "fencing" ordinance in Los Angeles County requires that all swimming pools more than two feet in depth be surrounded by a protective fence of not less than five feet in height.
- Keep items, which can be used for climbing into pool areas, away from the fences.
- Keep all toys out of the pool or pool area when not in use.
- Mount approved flotation devices near the pool. Many toy flotation devices are thought to be lifesaving devices; they are not. They are toys.
- Remember, never dive into an above-ground pool. Know the depth of the water before you attempt to dive.

If a child or adult is in trouble in the pool:

- Don't panic yell for help.
- Get the child/adult out of the pool as soon as possible.
- Immediately call 911 for emergency medical service.
- If necessary, begin CPR.
- If you are not trained in CPR, follow telephone instructions from the Fire Department until they arrive to assist you.

The County of Los Angeles Fire Department wants everyone to exercise safety during all water recreational activities. Remember, the next time you are by the pool, **JUST A FEW SECONDS** is all it takes for a life to be lost to this preventable tragedy.

Stay safe, Assistant Fire Chief Gerald Cosey



City Receives Grant to Prep for HazMat Situations

State funds survey, training to defend against chemical spills

As a part of its overall emergency preparedness program, the City has received a grant in excess of \$10,000 to establish a database of known hazardous materials used by local companies, as well as to develop contingency plans to deal with a spill or release of unsafe materials within Lancaster.

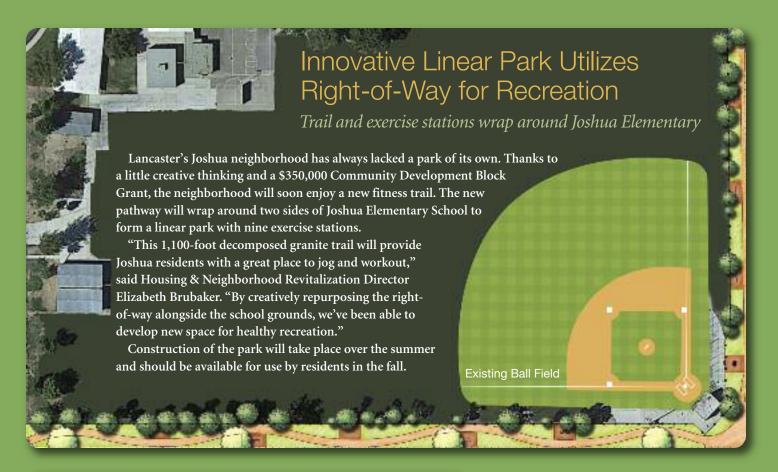
"The grant allows us to better understand the use and transportation of hazardous materials within the City," says Allen Thompson, Project Coordinator for

the City. "By compiling
the data and building
it into our mapping
system, we'll have a
much better
perspective of where
potential problems
exist and be better
prepared to handle them."



As part of the program, the City will conduct a HazMat drill in the next few months to test the system and staff's ability to effectively contain and control such spills.

"This is just one part of a comprehensive Disaster Preparedness program the City is putting in place," said Kelvin Tainatongo, Assistant to the City Manager. "Our goal is to be prepared to handle just about any kind of catastrophe mankind or nature can throw our way. We are grateful to California's Emergency Management Agency for its help with this grant."





In an effort to ensure old tires don't just hang around where they don't belong, the State of California has established ground rules for people and organizations that deal in waste tires. According to the state, a waste tire generator is anyone who generates 10 or more used tires. This includes garages, tire dealers, service stations and commercial operations, as well as hobbyists and scavengers who accumulate old tires.

Under the rules, waste tire generators are required to register with CalRecycle, obtain an ID number and keep proper paperwork regarding the handling of any refuse rubber.

To register and obtain your Tire Program ID, you may contact CalRecycle at 866-896-0600. To report potential violations, illegal dumping of tires or to simply ask questions about the waste tire program, contact the City's Code Enforcement office at 661-723-6121.

Pitch in - Help Out

Have a little time on your hands? Why not spend it contributing to your community?

Whether you're a recent grad looking to shore up your resume, a retired executive ready to give something back or an empty nester looking to find new opportunities to grow and discover, the City of Lancaster offers many ways to find fulfillment as you enjoy your role as a volunteer.

Volunteer opportunities are available across the full spectrum of City services. You can provide administrative assistance as an office volunteer, participate in outdoor activities as a park volunteer or offer up technical and creative skills in IT, web, video and graphic design for City communications.

For a list of current volunteer positions, visit www.cityoflancasterca.org/volunteer. Information can also be obtained from the City Hall receptionist during regular business hours.



Serving Lancaster for more than 40 years

Think Green.

Put a little effort into recycling and reap the rewards!

Glass bottles and jars

Plastic bottles and containers

Paperboard

Phone books

Large cardboard

Paper cardboard, dairy and juice containers

Tin cans

Aluminum cans

Magazines, office paper and junk mail

Newspapers

All these items as well as any product with the recycle symbol can be put in your GREEN residential recycling bin or a WHITE commercial recycling dumpster.

For more information, visit www.keepingavclean.com or call WM Customer Service at 661-947-7197.



Be Rewarded for Recycling

Earn points for food, products and entertainment

Waste Management has partnered with **Recyclebank** to create a unique rewards program.

By simply participating in our curbside recycling program, you can earn points redeemable towards discounts and deals from local merchants including Xogurt, Sassy Couture, 1800 Burritos & Tacos, The Brooklyn Deli, Vitamin World, Adams Barbershop, Pinker's Place, Juice Box, The Bandstand Coffee & Tea, Naill'ami, as well as many national brands.

You can earn more points by learning about sustainable practices, pledging to recycle right and even by referring friends to

Recyclebank.

It's easy to get started and it's free! Simply register online at www.recyclebank.com/wm to start saving the planet and some cash by participating in Waste Management's curbside recycling.

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.



Gold Box Seating for Six - \$150 Grandstands open for fireworks show

with paid PBR admission ticket

9:30 p.m. Fireworks Extravaganza

Grandstand seating for fireworks requires a paid PBR admission ticket. Bring a chair and blanket for non-ticketed seating on the lawn. General parking: \$5. Outside alcohol and pets are prohibited.

PBR Touring Pro Division is a sanctioned professional bull riders event, brought to you by The Showdown Rodeo, and in partnership with the Lancaster Auto Mall, City of Lancaster and Antelope Valley Fair. For more information, go to avfair.com or showdownrodeo.com.



9 p.m.



Parks, Recreation Arts

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IMMEDIATE REGISTRATION All forms of registration now open!

Residents are those persons living inside the City limits of Lancaster. All others pay a non-resident (NR) fee. Example \$40 (\$46 NR).

City of Lancaster Parks

American Heroes Park

701 West Kettering Street • 661-723-6077

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 • 661-723-6077

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 • 661-723-6077

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

45635 Sierra Highway • 661-723-6077

Registration Details

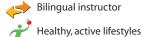
- SPORTS have different registration dates listed in the program information on page 24.
- RESIDENTS are those persons living inside the City limits of Lancaster.
 All others pay a non-resident (NR) fee.
- ONLINE REGISTRATION requires a VISA, Mastercard, Discover or American Express card. www.cityoflancasterca.org
- 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.cityoflancasterca.org.



Online registration available



New class offering





FREE!





El Dorado Preschool

Registration MUST be completed in person at

City Hall. The following materials

must be presented at the time of registration: (1) A recent (within the last month) photo of your child(ren) and (2) emergency contact information. Parents are required to volunteer twice throughout the course session and pack a nutritious snack for their child every day. Materials fee: \$5 per month included. El Dorado Park.

Preschool Adventures | Lauren Carr/Madison Topor (2¹/₂-5 yrs.) Keep your child's mind going this summer with crafts, games and fun.

6417	4-5 yrs.	MWF	Jul. 8-Aug. 2 \$62 (\$69 NR)	9-11:30 a.m.
6418	21/2-31/2	T/TH	Jul. 9-Aug. 1 \$45 (\$52 NR)	9-11:30 a.m.
6419	4-5 yrs.	MWF	Aug. 5-30 \$62 (\$69 NR)	9-11:30 a.m.
6420	$2^{1/2}-3^{1/2}$	T/TH	Aug. 6-29 \$45 (\$52 NR)	9-11:30 a.m.

(4 yrs.) Kindergarten preparation class. Young students develop their social skills through play, art, stories, songs, games and outside play activities. Students are encouraged to develop their independence, improve their self-help and sharing skills and learn to follow directions. Child must turn 4 by Oct. 2, 2013. \$234 (\$241 NR). No class Nov. 11 & 29.

6365 MWF Sep. 4-Dec. 20 9-11:30 a.m.



(3 yrs.) A positive first-school experience for young children, Wee Folks encourages social development through group activities and play. Class activities include crafts, stories and outdoor play activities. Potty-trained child must turn 3 by Oct. 2, 2013. \$172 (\$179 NR). No class Nov. 28

6366 T/TH Sep. 3-Dec. 19 9-11:30 a.m.

Registration guideline: Priority registration for current students ends on the 15th of the month prior to the upcoming class. New enrollees may be accepted monthly. Parents required to volunteer 3 times. Materials: \$8 per session. Jane Reynolds Park, Rm. 2.

JRP Kids Play Days

(3-5 yrs.) Socialization skills, kindergarten preparation, crafts, stories and motor skills play. \$90 (\$97 NR).

6431 MWF Jul. 8-Aug. 2 9 a.m.-12 p.m. 6432 MWF Aug. 5-30 9 a.m.-12 p.m.

JRP Play Brigade

(21/2-3 yrs.) Music, crafts, stories, indoor and outdoor play. Child must turn 3 by Oct. 2, 2013. \$140 (\$147 NR).

6429 T/TH Sep. 10-Oct. 31 9-11:30 a.m.

JRP Preschool

(4 yrs.) Socialization skills, kindergarten preparation, crafts, stories and motor skills play. Child must turn 4 by Oct. 2, 2013. \$205 (\$212 NR).

6430 MWF Sep. 9-Oct. 30 9 a.m.-12 p.m.

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.cityoflancasterca.org.



Youth Enrichment

After-School Programs - Enrichment Centers

Structured and safe after-school programs for K-6 offered at Valley View and West Wind schools M-F until 6 p.m. Staff fingerprinted and CPR/First Aid certified. \$110 per month. Priority registration for all participants ends on 15th of the month prior to upcoming month. New student enrollments only accepted at the Parks, Recreation & Arts Department in City Hall.

Registration: West Wind - July 9 • Valley View - July 11



Lancaster teens interested in the criminal justice system can gain experience by serving as a juror. Call 661-723-6255 for more info.

Sep.-May 3:30 p.m. Meets 4th Wed. of each month

Youth Commission

Local high school students 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. Call 661-723-6070 for info.

Meets 2nd Thu. of each month Oct.-Jun. 6:30 p.m.

Infant Massage | Durdes Rocha

(Newborn-1 yr.) Infant massage provides a soothing touch that has been shown to methodically relax a baby, boost their immunity, as well as reduce their stress hormones, improving their sleep and digestion. And for families where mom isn't the primary caregiver, infant massage is one of the greatest ways that other family members can contribute to the nurturing process. Bring a pillow and blanket. Clases de español disponibles bajo petición. \$20 (\$23 NR). Materials: \$3. Lancaster City Park, Game Rm.

6367	Tue.	Jul. 9-30	9-10 a.m.
6368	Tue.	Aug. 6-27	9-10 a.m.
6369	Tue.	Sep. 3-24	9-10 a.m.

Mommy/Daddy & Me | Dunnette Bass

(9 mos.-4 yrs.) A highly interactive experience, with an emphasis on mindful parenting, attachment theory and a relational approach to optimizing your baby's development. Find new and supportive friendships with other parents and have fun, as you learn songs and play designed to nurture attachment and learning. \$40 (\$46 NR), *\$90 (\$97 NR). Materials: \$7. Jane Reynolds Park, Rm. 2. No class Jul. 4.

6311	9-20 mos.	M/W	Jun. 3-26	12:30-2 p.m.
6436	9-20 mos.	M/W	Jul. 8-31	12:30-2 p.m.
6437	9-20 mos.	M/W	Aug. 5-28	12:30-2 p.m.
6438	9-20 mos.	M/W	Sep. 9-Oct. 30*	12:30-2 p.m.
6444	18 mos3 yrs.	T/TH	Jun. 4-27 11 a.	m12:30 p.m.
6434	18 mos3 yrs.	T/TH	Jul. 9-Aug. 1	9-10:30 a.m.
6435	18 mos3 yrs.	T/TH	Jul. 9-Aug. 1 11 a.	m12:30 p.m.
6441	18 mos3 yrs.	T/TH	Aug. 6-29	9-10:30 a.m.
6442	18 mos3 yrs.	T/TH	Aug. 6-29 11 a.	m12:30 p.m.
6433	18 mos3 yrs.	T/TH	Sep. 10-Oct. 31*	12-1:30 p.m.



Smart Summer Workshop Series Math Magicians, Inc.

(2nd-12th grades) Learning can be rewarding when the proper foundation and skills are in place. These workshops will not only help students prepare for returning to school in the fall, but will also give students the opportunity to gain valuable skills that will last them for a lifetime. All workshops held 6-8 p.m. \$15 (\$17 NR). Math Magicians, Inc., 42202 50th Street West, Suite D, Quartz Hill.

6393 & 6394	Math Madness I: Fractions, Decimals & Percer	nts Jul. 9 & 11
6395 & 6396	Math Madness II: Basic Algebra	Jul. 16 & 18
6397 & 6398	Math Madness III: Conquering Word Problem	s Jul. 23 & 25
6399 & 6400	Study Skills & Test-Taking Strategies	Jul. 30 & Aug. 1
6401 & 6402	Scholarly Habits	Aug. 6 & 8

Summer Story & Activity Series 🔗 Lynnette Bass (3-10 yrs.) Each month children will enjoy a different story sure to spark their imagination and creativity. The artistic teacher will lead the group in a story-related craft and activity designed to improve their tactile and social skills. These 50-minute workshops will be held in conjunction with The BLVD Farmers Market. \$5 (\$7 NR). Museum of Art & History (MOAH), Hernando and Fran Marroquin

6687-6690 Jun. 13 4, 5, 6 & 7 p.m. 6691-6694 Aug. 8 4, 5, 6 & 7 p.m. 6695-6698 Sep. 12 4, 5, 6 & 7 p.m.

Family Classroom, 665 W. Lancaster Blvd.



(7th-12th grades) This program will provide information on high school course selection based on intended major and/or desired university, advice on extracurricular planning and

documentation, career path counseling and high school transcript analysis. Learn what it takes to get into the college of your dreams. \$20 (\$23 NR). Math Magicians, Inc., 42202 50th Street West, Suite D, Quartz Hill.

6403	Thu.	Jun.6	6-7:30 p.m.
6404	Thu.	Jul. 11	6-7:30 p.m.
6405	Thu.	Aug. 1	6-7:30 p.m.



Arts Education



(10 yrs-Adult) Learn the art of animation from one of the leading artists for the Emmy® Award-winning series THE SIMPSONS!

Introduction – Get a hands-on preview of the entire Animation series. This course is a prerequisite for the focused courses that advance each quarter. \$18 (\$21 NR). Lancaster City Park, Game Room.

6379 Sat. Jul. 13-Aug. 3 12:30-2 p.m.

(www.animation Basics 2 – Expand on the fundamentals of traditional animation. Through exercises tailored for all ages, students will work through the elements of solid drawing, gesture, silhouette, weight, squash and stretch. \$75 (\$82 NR). Materials: \$45. Museum of Art & History (MOAH), Hernando and Fran Marroquin Family Classroom, 665 W. Lancaster Blvd. Classes on Sep. 14 & 28: Lancaster City Park, Game Room. 6380 Sat. Aug. 10-Sep. 28 12:30-2 p.m.

Beyond Point & Shoot Photography Phillip Kocurek

(16 yrs-Adult) A digital or film SLR camera is required equipment. Lancaster City Park, Activity Center. * Museum of Art & History (MOAH), Hernando and Fran Marroquin Family Classroom, 665 W. Lancaster Blvd.



Beginners – Take your camera and your photography beyond "total automatic." \$39 (\$45 NR).

Wed. 6381 Jul. 3-Aug. 7 6-7:30 p.m. 6382 Wed. Aug. 14-Sep. 18* 6-7:30 p.m.

 \mathcal{I} Advanced – Gain a better understanding of the techniques used every day by professionals. \$65 (\$72 NR).

6383 Wed. Jul. 3-Aug. 7 7:30-9 p.m. 6384 Wed. Aug. 14-Sep. 18* 7:30-9 p.m.



(21+ yrs.) Canvas & Cocktails is an upbeat creative class for both the artistic and not so artistic. Come learn the basics of acrylic painting while enjoying the company of friends. All materials included. \$48 (\$55 NR). Panache Salon, 747 W. Lancaster Blvd.

6721	Thu.	Jun. 20	7-9 p.m.
6722	Thu.	Jul. 18	7-9 p.m.
6723	Thu.	Aug. 15	7-9 p.m.

Children's Art Program D's Ceramics

(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. Adult supervision required. \$35 (\$40 NR). Materials: \$25. Lancaster Market Place, 2330 Mall Loop Drive, Unit 5-121.

6385	Sat.	Jul. 6-27	1-2:30 p.m.
6386	Sat.	Aug. 3-24	1-2:30 p.m.
6387	Sat.	Sep. 7-28	1-2:30 p.m.

👜 陷 Family Photography: Summer Photo Walk

Tom Varden
(16 yrs.-Adult) Stroll The BLVD while learning how to take advantage of natural light for better photographs. \$18 (\$21 NR). Jane Reynolds Park, Activity Room. *Museum of Art & History (MOAH), Hernando and Fran Marroquin Family Classroom, 665 W. Lancaster Blvd.

6684	Thu.	Jul. 11-Aug. 1	7-8:30 p.m.
6685	Thu.	Aug. 8-29*	7-8:30 p.m.
6686	Thu.	Sep. 5-26*	7-8:30 p.m.

Open Studio | Renato de Guia

(16 yrs.-Adult) Practice, practice, practice! The Open Studio provides the artist, experienced or student, a positive environment to hone their art skills or try new techniques in any media. These uninstructed sessions allow for experimentation and impromptu critiques from supportive fellow artists. With a diverse roster of models, each session provides a different inspiration. Model fee included. Museum of Art & History (MOAH), Hernando and Fran Marroquin Family Classroom, 665 W. Lancaster Blvd. *Jane Reynolds Park, Activity Center.

6388 Fantasy Hero Fri. July. 26 \$7 (\$9 NR) 6-9 p.m. Aug. 23 6737 Fri. \$8 (\$10 NR) 6-9 p.m. Figure Drawing Sat. Sep. 7-28* \$25 (\$29 NR) 6389 Draped 1-5 p.m.

ໜ 🥍 Watercolor Painting 🔗 Renato de Guia

(16 yrs.-Adult) Watercolors are an unpredictable medium that require artists to appreciate the results of "happy accidents." Review basic watercolor techniques as well as art principles such as value, design and composition, light and shadow. The goal for each class is to complete a watercolor study of still life arrangements. Materials list provided upon registration. \$18 (\$21 NR). Museum of Art & History (MOAH), Hernando and Fran Marroquin Family Classroom, 665 W. Lancaster Blvd.

6743 Fri. Aug. 9-Sep. 13 11 a.m.-2 p.m.

Walling Artist Camp | Artist Camp | Was Geo-May

(8-16 yrs.) Drawing is the fundamental skill of the visual arts, math, science and technology that can and should be learned by all children. From pencils to watercolors, each day different drawing techniques and materials will be introduced and explored. Please pack your student a nutritious cold lunch. \$105 (\$112 NR). Materials: \$25. Museum of Art & History (MOAH), Hernando and Fran Marroquin Family Classroom, 665 W. Lancaster Blvd.





🚭 🌠 🖎 Deep Relaxation Yoga 🛮 🏉 Kae Bender

(14 yrs.-Adult) This yoga experience is based on the practice of Yoga Nidra, one of the most powerful techniques used by yoga masters and healers for addressing negative thought patterns and addictions. Learn to access your deep subconscious mind and affect a positive change that will stimulate mental healing and can help you achieve goals and mend relationships. Bring a yoga mat or firmly woven blanket, and a light covering. \$40 (\$46 NR). American Heroes Park, Community Building.

6407 Sun. Aug. 11 5:30-7:30 p.m.



through this fun, exhilarating, game-oriented class. Returning students will be given leadership opportunities and advanced challenges. \$10 (\$12 NR). Forrest E. Hull, M.D. Park, Open Space. *American Heroes Park, Community Building. No class Sep. 2.

6422	M/W	Jul. 8-Aug. 14	6-7 p.m.
6421	T/TH	Jul. 9-Aug. 15*	4-5 p.m.
6424	M/W	Aug. 19-Sep. 30	6-7 p.m.
6423	T/TH	Aug. 20-Sep. 26*	4-5 p.m.

Fit Teens Rochelle Lott

(Girls, 12-15 yrs.) Empower yourself through this step-by-step fitness class that will support you as you train to look and feel your best. With the help of a motivating instructor, you will learn the basics of diet and exercise in an environment that will challenge you to dig deep and find what inspires you. Returning students will be given leadership opportunities and advanced challenges. \$25 (\$29 NR). American Heroes Park, Community Building. No class Sep. 2.

6426 T/TH Jul. 9-Aug. 15 6-7:30 p.m. 6427 T/TH Aug. 20-Sep. 26 6-7:30 p.m.

Fundamental Yoga | 🏉 Kae Bender

(14 yrs.-Adult) For the beginner who wants to build a strong foundation of basic Yoga postures and breathing techniques, as well as the practitioner who wants to refine and master the fundamentals. This is your invitation to stretch, relax, unwind and de-stress. Bring a yoga mat or firmly woven blanket. \$25 (\$29 NR). Lancaster City Park, Game Room. *American Heroes Park, Community Building.

6408	Phase I	Tue.	Jul. 9-Aug. 6	6:30-7:45 p.m.
6409	Phase II	Tue.	Aug. 13-Sep. 10	6:30-7:45 p.m.
6410	Phase I	Thu.	Jul. 11-Aug. 8*	9-10:15 am.
6411	Phase II	Thu.	Aug. 15-Sep. 12*	9-10:15 a.m.

Gymnastics for Kids Ocollette Zimmerman

(3-12 yrs.) Keep kids healthy and fit while they learn how to tumble, bounce trampoline, and the basics of vault, bars and beam. \$40 (\$46 NR). *Gymnastics Camp \$100 (\$107 NR). Genesis Gymnastics, 824 W. Avenue L-6, Unit B.

6451	5-14 yrs.	Sat.	Jul. 6-27	9:30-10:30 a.m.
6452	5-14 yrs.	Sat.	Aug. 3-24	9:30-10:30 a.m.
6448	3-4 yrs.	Sat.	Jul. 6-27	10-10:45 a.m.
6449	3-4 yrs.	Sat.	Aug. 3-24	10-10:45 a.m.
6450	5-12 yrs.	M-F	Jul. 8-12*	9 a.m12 p.m.
6453	5-12 yrs.	M-F	Jul. 15-19*	9 a.m12 p.m.
6454	5-12 yrs.	M-F	Jul. 22-26*	9 a.m12 p.m.

Senior/Adult Exercise Classes

(Adult) Non-strenuous exercises improve flexibility and circulation. Classes sponsored by High Desert Medical Group. No pre-registration required. Come and participate at your convenience and enjoyment. Bring large towel/mat to class. Lancaster City Park, Activity Center.

Range of Motion & Joint Strength	Mon.	9-10 a.m.
Pure Stretch	Tue.	9-10 a.m.
Light Weight Training	Wed.	9-10 a.m.
Cardio Exercise	Thu.	9-10 a.m.

Zumba™ - The Original "Fitness Party" Zumba™ - The International Dance Fitness Academy

(13 yrs.-Adult) Join the fitness party! Zumba fitness is the only Latininspired dance-fitness program that blends red-hot international music and contagious steps to form a "fitness party" that is downright addictive. Get ready to burn calories and experience a total body workout while learning different international dances. \$28 (\$32 NR). International Dance Fitness Academy, 311 E. Avenue K-8, Suite 109.

6713	T/TH	Jul. 9-Aug. 1	6:30-7:30 p.m.
6714	T/TH	Aug. 6-29	6:30-7:30 p.m.
6715	T/TH	Sep. 3-26	6:30-7:30 p.m.

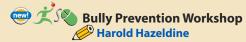
The City of Lancaster proudly welcomes our newest Community Partner.



THE ANTELOPE VALLEYS HOME FOR NEVS

Time Warner Cable Channel 3 News connects people and business with information, entertainment and each other seven days a week. Tune in to local news that matters, including breaking news, weather, traffic and local events.

Martial Arts



(7-17 yrs.) Effective bully prevention requires both education and skill building. The activities contained in this comprehensive, hands-on workshop will teach youth the causes and warning signs of bullying, as well as help them develop the skills needed to prevent bullying and/or intervene effectively, when it occurs. Wear loose fitting clothes and tennis shoes. \$5 (\$7 NR). Lancaster City Park, Activity Center.

6701	Sat.	Jul. 13	9-11 a.m.
6702	Sat.	Aug. 10	9-11 a.m.
6703	Sat.	Sep. 14	9-11 a.m.

(9-16 yrs.) Want to see your child drop the video games and engage in real life? Offer them the opportunity to participate in realistic combat in a safe environment. Sword fighting is great cardio exercise that teaches discipline, honor, sportsmanship, coordination and even social skills. Students learn the anatomy and history of the sword, basic footwork and fair play through team games. \$40 (\$46 NR). Materials: \$10. The Academy of Style, 661 W. Lancaster Blvd., Suite 101.

6478	Wed.	Jul. 10-31	4-5 p.m.
6479	Wed.	Aug. 7-28	4-5 p.m.
6480	Wed.	Sep. 4-25	4-5 p.m.

Youth Self-Defense & Safety Awareness Young Champions

(4-18 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. Registration with the City of Lancaster is required. \$60 (\$67 NR). Materials: \$8. Jane Reynolds Park, Activity Center. Session: Fridays, Jun. 21-Sep. 6.

6457	New students	4-7 yrs.	4:30-5:10 p.m.
6455	New students	8-18 yrs.	5:15-5:55 p.m.
6456	Yellow belt	4-18 yrs.	6-6:40 p.m.
6458	Orange belt & above	6-18 yrs.	6:45-7:25 p.m.

Self-Defense Workshop | Donathan Curry

(14-60 yrs.) Achieve a level of self-confidence, self-awareness and the skills to be able to handle potentially dangerous situations. \$18 (\$21 NR). Jane Reynolds Park, Activity Center. *American Heroes Park, Community Building.

6681	Sat.	Jul. 13	11 a.m2 p.m.
6682	Sat.	Aug. 10	11 a.m2 p.m.
6683	Sat.	Sep. 14*	11 a.m2 p.m.



Performing Arts

Argentine Tango Bettina Klattfaistnauer

(Adult) Students learn the fundamentals of Argentine Tango, including body mechanics, basic steps and dance floor navigation. By the end of this course, students will be able to participate confidently in a social dance setting. \$35 Single (\$40 NR), \$50 Couple (\$56 NR). Lancaster City Park, Activity Center.

6740 Wed. Jul. 31-Sep. 4 6:30-7:30 p.m.

Ballet & Tap

International Dance Fitness Academy

(3-9 yrs.) On point to help your child develop self-confidence, fine motor skills and enhance their imagination while learning simple and fun routines! Bring leotard, pink ballet shoes, black tap shoes and pink tights. \$42 (\$48 NR). International Dance Fitness Academy, 311 E. Avenue K-8, Suite 109. No class Sep. 2.

6717	3-5 yrs.	Mon.	Jul. 1-Sep. 30	4:30-5:30 p.m.
6718	6-9 vrs.	Wed.	Jul. 3-Sep. 25	4:30-5:30 p.m.

Hawaiian Dance | Marnie Kawailehua Pfeffer

(5 yrs.-Adult) Spend the summer in paradise! While indulging in the history, culture and basic language of Hawaii, students will develop grace and confidence learning the fundamentals of Hula. Also a great physical exercise, Hula will improve your body posture, control and coordination. \$25 (\$29 NR). *\$35 (\$40 NR). Notebook and skirt provided by instructor. One-time, new student materials fee: \$25. Lancaster City Park, Activity Center.

6373	5-12 yrs. New students	Tue.	Jul. 9-Aug. 13	6:30-7:15 p.m.
6374	13+ yrs. New students	Tue.	Jul. 9-Aug. 13	7:30-8:30 p.m.
6375*	5-12 yrs. Returning	Tue.	Aug. 20-Sep. 24	6:30-7:15 p.m.
6376*	13+ yrs. Returning	Tue.	Aug. 20-Sep. 24	7:30-8:30 p.m.

Social Salsa Dance International Dance Fitness Academy

(13 yrs.-Adult) Get into the community experience that is Salsa! This group class is welcoming and moves at an easy pace. No partner necessary. International Dance Fitness Academy, 311 E. Avenue K-8, Suite 109.

Beginners – Learn the basic dance steps, varying dance pattern, rhythm and timing that make Salsa fun! Single \$10 (\$12 NR), Couple \$17 (\$20 NR).

6707	Level 1	Thu.	Jul. 11-Aug. 1	7:30-8:30 p.m.
6708	Level 2	Thu.	Aug. 8-29	7:30-8:30 p.m.
6709	Level 3	Thu.	Sep. 5-26	7:30-8:30 p.m.

Intermediate – This continuation course expands on the skills taught in the Beginner course series. Learn more advanced dance patterns and integrate turn techniques. Completion of the Beginner course series or instructor approval is required for registration. Single \$15 (\$17 NR), Couple \$25 (\$29 NR).

	5	//	. , ,
6710	Thu.	July. 11-Aug. 1	8:30-9:30 p.m.
6711	Thu.	Aug. 8-29	8:30-9:30 p.m.
6712	Thu.	Sep. 5-26	8:30-9:30 p.m.



Fees for introductory level youth arts and performance courses have been reduced by 30% thanks to a Summer Arts Education Grant provided

by Edison International. First come, first served while funding is available. Reduced rates reflected.

Pet Classes

Dog/Puppy Obedience Carole Kelly
(12 yrs.-Adult) Teaches basic commands: sit, heel, down, stay and

come. Bring puppy or dog (puppies must be at least 8 weeks), proof of current vaccinations, rabies certificate (required for dogs 6+ months only) and 6-ft. leather/nylon leash to first class. Young participants must have parent on site. \$60 (\$67 NR). Lancaster City Park, open space west of tennis courts. No class Oct. 5.

6406 Sep. 7-Nov. 2 9:30-10:30 a.m.

Pet Assisted Therapy | 🏉 Carole Kelly

(12 yrs.-Adult) This course will answer your questions about Pet Assisted Therapy (PAT). You will learn what PAT is, as well as what makes a PAT dog and how you can get involved in a PAT program. Note: Your attendance does not guarantee your dog is a PAT dog. Do not bring your dog to class. \$30 (\$35 NR). Materials: \$1. Lancaster City Park, Game Room.

6428 Sat. Jun. 29 1-4 p.m.



Special Interest

Cake Decorating 101 Antelope Valley 4-H (9-16 yrs.) Learn how to turn a basic cake into a special occasion through this hands-on workshop. From tinting frosting to trim work, this course is designed to help students understand the fundamental concepts of cake decorating. In addition to their own delicious artwork, students will leave the class with the essential tools for decorating their next cake at home. This class is sponsored in part by Double D Cupcakes. \$8 (\$10 NR). Skytower Park, Activity Center. *Lancaster City Park, Activity Center.

6699 Sat. Jul. 13 1-3 p.m. 6700 Sep. 21* 1-3 p.m.

Floral Design | AV Florist

(16 yrs.-Adult) Beautify your home or give a gift to a friend when you create four unique flower displays to take home after class. Covers basic flower care, design and identification. \$19 (\$22 NR). Materials: \$95. Must wear closed toe shoes. AV Florist, 1302 W. Avenue J.

6425 Mon. Jul. 1-22 6:30-8:30 p.m.



💼 🖦 🌂 Frutas y Verduras: La Mitad de su Plato Antelope Valley 4-H

(12+ yrs.) Frutas y verduras son importantes porque tienen vitaminas, minerals y fibra para mantenernos sanos. Comer una variedad significa comer mas de una clase de verdura y fruta diariamente. Aprenda sobre agregar frutas y verduras a sus comidas y como mantenerlas en buen estado.

FREE: Registro necesario. Museum of Art & History (MOAH), Hernando and Fran Marroquin Family Classroom, 665 W. Lancaster Blvd.

6725 Thu. Jun.20 4-5 p.m. 6728 Thu. Jun.20 6-7 p.m.

🎾 Japanese | 🥟 Michael Heller

(14 yrs.-Adult) Students learn basic Japanese language including introductions, greetings and simple phrases. Bring note-taking supplies. \$35 (\$40 NR). Materials: \$5. Lancaster City Park, Game Room.

6744 New Students Wed. Jul. 31-Sep. 4 6:30-7:30 p.m. 6745 Returning Students Wed. Jul. 31-Sep. 4 7:30-8:30 p.m.

w Salunk Drawer Robotics Antelope Valley 4-H

(8-14 yrs.) Start with some clothespins, paper clips, scraps of wood and assorted nuts and bolts. Add imagination and elbow grease. Stir. Have fun! This hands-on workshop will introduce youth to the three levels of Junk Drawer Robotics, including robotic arms and grippers; power transfer and locomotion; connecting mechanical and electronic elements. \$8 (\$10 NR). Lancaster City Park, Activity Center.

6746 Sat. Aug. 3 9 a.m.-12 p.m. 6747 Sep.7 9 a.m.-12 p.m.

Senior Computer Help Math Magicians, Inc.

(55+ yrs.) Bring in your laptop and get help with everything from email to Facebook, photos and more. Monday-Friday, 4-6 p.m. Drop-in rate: \$5. Math Magicians, Inc., 42202 50th Street West, Suite D, Quartz Hill. No registration necessary.

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: Apr. 29-Jun. 3

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

Mon.-Thu. Adult Basketball

Softball | Registration: May 6-Jun. 17

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

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

Youth Sports

Basketball (5-13 yrs.)

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

Ages 5-9 yrs.

Registration: Aug. 19-Sep. 20. League play begins October 2013.

Ages 10-13 yrs.

Registration: Aug. 19-Dec. 20. League play begins January 2014.

6318 Boys Div. A 12-13 yrs. Boys Div. B 6319 10-11 yrs. 6320 Girls Div. A 12-13 yrs. 6321 Girls Div. B 10-11 yrs.

Softball Tournament Contact Information

Efrain Carrera Jr., 661-723-5825 | 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.

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



Pee Wee (4-6 yrs.), \$36 (\$41 NR).

Introduce your child to tennis; learn basic skills and principles of the game. Bring 21"- 23" tennis racket.

Jim Majd, Court 8

6459	Sat.	Jul. 6-27	9-10 a.m.
6460	Sat.	Aug. 3-24	9-10 a.m.
6461	Sat.	Sep. 7-28	9-10 a.m.



Juniors (7-17 yrs.)

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

Linda Ruiz, Court 3, \$51 (\$58 NR). Materials: \$5.

6472	M/W	Jul. 8-31	5-6 p.m.
6473	M/W	Aug. 5-28	5-6 p.m.
6474	M/W	Sep. 4-30	5-6 p.m.
6475	M/W-Adv.	Jul. 8-31	6-7 p.m.
6476	M/W-Adv.	Aug. 5-28	6-7 p.m.
6477	M/W-Adv.	Sep. 4-30	6-7 p.m.
(3)	ina Maid Carret F	¢ 4Ε (¢Ε2 ND)	

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

6462	T/TH	Jul. 2-25	5-6 p.m.
6463	T/TH	Aug. 6-29	5-6 p.m.
6464	T/TH	Sep. 3-26	5-6 p.m.



Adult (18+ yrs.)

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

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

6465	T/TH	Jul. 2-25	6-7 p.m.
6466	T/TH	Aug. 6-29	6-7 p.m.
6467	T/TH	Sep. 3-26	6-7 p.m.



Adult Doubles (18+ yrs.)

This class is for the 3.0 level and above player who wants to play more effective double. Court coverage and movement is important and will be emphasized. Bring one unopened can of Wilson or Penn tennis balls or \$5.

Leonard Johnson, Tournament Court 8. \$55 (\$62 NR).

6445	T/TH	Jul. 11-Aug. 1	5-6:30 p.m.
6446	T/TH	Aug. 8-29	5-6:30 p.m.
6447	T/TH	Sep. 5-26	5-6:30 p.m.

Court Maintenance - Courts closed while cleaned.

Public Play - Except during tournaments, non-City lessons or court rentals.

Tennis Court Lights - Courts are lit from dusk to 10 p.m., 7 days a week. First come, first served. One-hour use if players are waiting for an open court.

AQUATICS COURSES NOW AVAILABLE ONLINE!

To Register:

- 1. Read descriptions.
- 2. Determine which class you would like to take.
- 3. Select the schedule that is convenient (see page 27 & 28).
- 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 661-723-6255.

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

at Jane Reynolds Park, 716 Oldfield Street.

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:

Public Swim	MonFri.	1:30-3 p.m.
Public Swim	Sat. & Sun.	1:30-3:30 p.m.
Early Bird Lap	MonThu.	5:45-7 a.m.
Noon Lap	MonSat.	11:45 a.m1 p.m.
Senior & Therapy	MonFri.	10:30-11:30 a.m.
Evening Lap	Wed.	8:30-9:30 p.m.

Eastside Pool Holiday Closures: July 4, September 2

Webber Pool: Open July 4 through September 2

Public Swim	MonFri.	1-3 p.m.
Public Swim	Sat. & Sun.	1-4 p.m.

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

Class Information

All classes: 8 lessons, 30 minutes long, except Level 6, Aquacise and Hydrofit which are 45 minutes. For full descriptions of classes, visit City Hall or go online to www.cityoflancasterca.org.

Parent/Tot

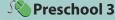
(6 mos.-3 yrs.) Parents, teach your child to feel more relaxed and comfortable in the water.

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.







Level 1: Introduction to Water Skills

(6-14 yrs.) Helps students feel comfortable in the water. 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 and float on front and back.

Level 2: Fundamental Aquatic Skills

(6-14 yrs.) Teaches fundamental skills and enhances Level 1 skills. Learn to: enter water by stepping or jumping from 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 and tread water.



Level 3: Stroke Development

(6-14 yrs.) Builds on skills in Level 2 through additional guided practice. Participants learn to: jump into deep water from side; dive from kneeling or standing position; submerge and retrieve an object; bob with 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.



See Level 4: Stroke Improvement

(6-14 yrs.) Develops confidence in skills learned and improve Level 3 skills. 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, front and back crawl, breaststroke, butterfly, elementary backstroke and swim on side.



Level 5: Stroke Refinement

(6-14 yrs.) Provides further coordination and refinement of Level 4 strokes. Learn to: tread water with two different kicks; learn survival swimming; perform rescue breathing. Perform standing dive; shallow dive; glide two body lengths and begin any front stroke.



See Level 6: Swimming & Skill Proficiency

(6-14 yrs.) 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.



Adult Swim Lessons

(15+ yrs.) Everyone can learn to swim. All skills taught.



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.



Y Hydrofit: Muscle Toning & Fitness

(15+ yrs.) Exercise class for an invigorating water workout. Uses belts, ankle cuffs and Styrofoam barbells.

Private Swim Lessons

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

6679

Lesson times to be arranged



Salifeguard Training Class

(15+ vrs.) 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) provide own manuals and a pocket mask. Must take CFAS and CPRPR* at Red Cross and show certification on first day. Must attend all classes - no exceptions. \$77 (\$84 NR). Call Shanae Hill, 661-723-6255 for times and information. *CPR for the Professional Rescuer.

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. Must attend all classes – no exceptions. \$77 (\$84 NR). Call Gerald Wesley or Steve Reiman, 661-723-6255 for times and information.

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. Visit www.oasisaquatics.org for more information.

Oasis Masters Swim Program

(18+ yrs.) 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 Dawn Brooks at 661-946-7042.



The numbers listed under each time frame are the class codes to include on your registration. **ESP: Eastside Pool** | **WP: Webber Pool**

Session 1: July 1 - 11

Monday - Thursday (4x/week for 2 weeks) \$34 (\$39 NR). No class July 4. (Make-up date: Friday, July 5 @ same course time)

Class Level	8:10 a.m.	8:50 a.m.	9 a.m.	9:30 a.m.	9:40 a.m.	10:20 a.m.
Parent/Tot				6610		6611
Preschool	6620	6621	6622		6623	
Preschool 2	6647	6648			6649	6650
Preschool 3			6667	6668		
Level 1	6495		6496	6497		6498
Level 2	6514	6515			6516	6517
Level 3		6543	6544	6545	6546	
Level 4	6571		6572			6573
Level 5		6593			6594	
Level 6				6603		



Class Level	9 a.m.	9:40 a.m.	10:20 a.m.	11 a.m.
Parent/Tot			6616	
Preschool	6632	6633	6634	
Preschool 2	6659	6660		
Preschool 3				6673
Level 1	6507			
Level 2		6526		6527
Level 3			6555	
Level 4	6580			
Level 5		6599		
Adult				6484
Aquacise			6488	



Session 2: July 15 - 25

Monday - Thursday (4x/week for 2 weeks) \$34 (\$39 NR).



Class Level	8:10 a.m.	8:50 a.m.	9 a.m.	9:30 a.m.	9:40 a.m.	10:20 a.m.
Parent/Tot				6612		6613
Preschool	6624	6625	6626		6627	
Preschool 2	6651	6652			6653	6654
Preschool 3			6669	6670		
Level 1	6499		6500	6501		6502
Level 2	6518	6519			6520	6521
Level 3		6547	6548	6549	6550	
Level 4	6574		6575			6576
Level 5		6595			6596	
Level 6				6604		

Session 3: July 29 - August 8

Monday - Thursday (4x/week for 2 weeks) \$34 (\$39 NR).

Class Level	8:10 a.m.	8:50 a.m.	9 a.m.	9:30 a.m.	9:40 a.m.	10:20 a.m.
Parent/Tot				6614		6615
Preschool	6628	6629	6630		6631	
Preschool 2	6655	6656			6657	6658
Preschool 3			6671	6672		
Level 1	6503		6504	6505		6506
Level 2	6522	6523			6524	6525
Level 3		6551	6552	6553	6554	
Level 4	6577		6578			6579
Level 5		6597			6598	
Level 6				6605		



Session 7: June 18 - July 11 | Eastside Pool

Tuesday/Thursday (2x/week for 4 weeks) \$34 (\$39 NR). No class July 4. (Make-up date: Monday, July 8 @ same course time)

Class Level	4:20 p.m.	5 p.m.	5:40 p.m.	6:40 p.m.	7:20 p.m.	8 p.m.	8:15 p.m.
Parent/Tot				6617			
Preschool	6635	6636	6637		6638		
Preschool 2	6661			6662			
Preschool 3		6674			6675		
Level 1	6508		6509				
Level 2	6528	6529	6530	6531	6532		
Level 3	6556	6557	6558	6559	6560		
Level 4		6581	6582		6583	6584	
Level 5				6600			
Level 6						6606	
Adult						6485	
Aquacise					6489		
Hydrofit							6492



Session 8: July 16 - August 8 | Eastside Pool

Tuesday/Thursday (2x/week for 4 weeks) \$34 (\$39 NR).

Class Level	4:20 p.m.	5 p.m.	5:40 p.m.	6:40 p.m.	7:20 p.m.	8 p.m.	8:15 p.m.
Parent/Tot				6618			
Preschool	6639	6640	6641		6642		
Preschool 2	6663			6664			
Preschool 3		6676		6678			
Level 1	6510		6511				
Level 2	6533	6534	6535	6536	6537		
Level 3	6561	6562	6563	6564	6565		
Level 4		6585	6586		6587	6588	
Level 5				6601			
Level 6						6607	
Adult						6486	
Aquacise					6490		
Hydrofit							6493

Session 9: August 13 - September 5 | Eastside Pool

Tuesday/Thursday (2x/week for 4 weeks) \$34 (\$39 NR).

Class Level	4:20 p.m.	5 p.m.	5:40 p.m.	6:40 p.m.	7:20 p.m.	8 p.m.	8:15 p.m.
Parent/Tot				6619			
Preschool	6643	6644	6645		6646		
Preschool 2	6665			6666			
Preschool 3		6677					
Level 1	6512		6513				
Level 2	6538	6539	6540	6541	6542		
Level 3	6566	6567	6568	6569	6570		
Level 4		6589	6590		6591	6592	
Level 5				6602			
Level 6						6608	
Adult						6487	
Aquacise					6491		
Hydrofit							6494



Participate in one or all sessions! Weekly camp program includes a fun excursion, games, sports, themed crafts and swimming at the AV YMCA.

Day Camp Fee: \$150 per week (*\$120 for 4th of July week – no program July 4). Fee includes excursion and pool visit.

Core Camp Hours: 9 a.m. to 4 p.m., Monday through Friday. Participants may enjoy extended commuter hours (7:30 a.m. to 6 p.m.) at no additional cost.

Registration Policy: A \$50 non-refundable deposit per week is required when enrolling. The remaining balance is due two weeks before the start of each camp week. Bring a current photo of your child. Cash, check and credit cards are accepted.

Call 661-723-6077 for more information.





Heading in the Right Direction

The Antelope Valley Transit Authority (AVTA) serves a population of more than 400,000 residents throughout the cities of Lancaster and Palmdale, as well as the unincorporated areas of northern Los Angeles County. AVTA provides 21 routes, covering a total service area of 1,200 square miles. Local transit service now reaches as far east as Pearblossom thanks to a new route added in March of this year. Residents have the opportunity to use AVTA's local transit around town and commuter services to reach the L.A. basin. Dial-A-Ride service is also available, providing curb-to-curb pick up for residents 65 and older, as well as persons with disabilities. AVTA is heading in the right direction and our customers are pointing the way!



661.945.9445

Local Transit Service | Commuter Service | Dial-A-Ride Service

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

Herbivores eat plants. Carnivores eat meat. Locavores eat local.

Become a Lancaster Locavore!



4 to 9 p.m., every Thursday

The BLVD Farmers Market always offers great produce, baked goods and handmade items, but during the summer months there is even more to enjoy!

- Free All-American Concert Series at BeX Bandstand sponsored by Sierra Toyota Scion and BeX Grill
 - Al Fresco dining at popular BLVD restaurants
 - Fun fitness activities for kids
 - Creative cooking demonstrations
 - Saludables discusiones alimenticios (healthy food discussions)

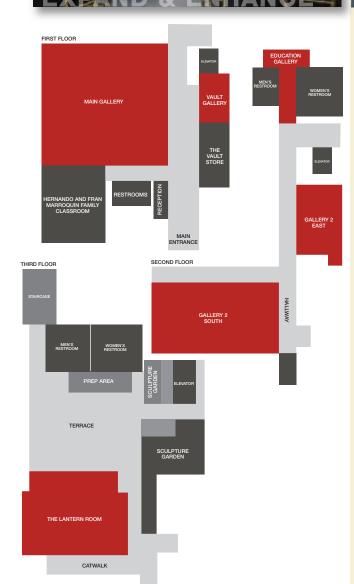
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MUSEUM OF ART & HISTORY







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MOAH

For more information about making your next event a huge success, call 661-723-6077.

665 W. Lancaster Boulevard (at Ehrlich Avenue) 661-723-6250 | www.lancastermoah.org Open Tuesday - Sunday 11 a.m. - 6 p.m.

Thursday 11 a.m. - 8 p.m. Closed Monday and Holidays

PRIME DESERT WOODLAND PRESERVE

43201 35th Street West • Lancaster

Come visit the 100-acre Preserve, featuring nearly three miles of trails. The trails are open from 6 a.m. to sunset. The Interpretive Center is open Saturday and Sunday from 10 a.m. to 3 p.m. Group tours are available by appointment by calling 661-816-4466. Fees to attend presentations will be collected at the door of the Interpretive Center on the day of each presentation. All presentations and walks last approximately one hour. Presentations are free for children three years and under. Meet at the Interpretive Center at posted times for all group walks.

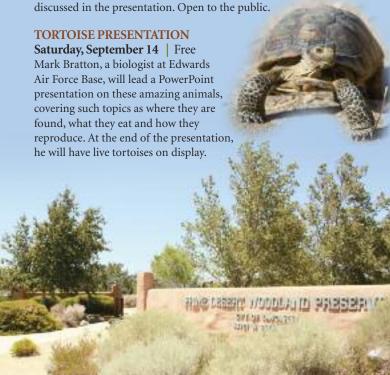
Parking and attendance are limited for events held in the Interpretive Center. No reservations are required.

MOON WALKS | \$2 donation is welcome
Saturday, June 1, 8:30 p.m. • Saturday, July 27, 8:30 p.m.
Saturday, August 24, 8 p.m. • Saturday, September 21, 7 p.m.
Experience a magical night of nature and astronomy combined.
Jeremy Amarant, Director of Palmdale School District's SAGE
Planetarium, will take you on a journey through the mysterious night sky teaching you about the stars and constellations. Enjoy this one-mile tour of the captivating Prime Desert Woodland Preserve. Open to the public. Weather permitting, AV Astronomy Club members will have telescopes ready for a closer look at the night sky.

BIRD WALK | **Saturday, June 15, 7 a.m.** | Free Audubon member Vern Benhart will lead an hour-long walk teaching you about the desert birds. Remember to bring field guides and binoculars. You never know what you might see! Please meet inside the Interpretive Center at the Prime Desert Woodland Preserve. Open to the public.

WILD ANIMAL PRESENTATION Saturday, July 13, 1 p.m. | Free

Mark Bratton, a biologist at Edwards Air Force Base, will teach you about the wild animals of the Mojave desert. He will enlighten you with a PowerPoint presentation of these amazing animals and their life cycle. The event will include some live animals





The Lancaster Performing Arts Center Foundation recognizes the following Mayor's LPAC Gold Club members for 2013 and extends our appreciation for their continued and generous contributions. With their support, the Foundation is able to provide funding for programs such as *Arts for Youth – Education through the Arts*, as well as program and facility enhancements for the theatre.

For more information on supporting the LPAC Foundation, please contact Julie Secory, LPAC Foundation Administrative Assistant, at 661-723-6082, jsecory@cityoflancasterca.org or visit lpacf.org.

MAYOR'S LPAC GOLD CLUB

Ameriprise Financial Keith Chandler & Jacob Chandler Drs. Karunyan & Inpamani Arul Thomas & Janet Berard John & Barbara Blancett Roberta Bloom Donald Borchers Louis V. "Lou" Bozigian Mark & Karen Bozigian Ralph & Virginia Bozigian Peter & Laura Bradford Anthony Bruneau, CPA Marvin Crist Jesse & Bettye Davis Steven & Courtney Derryberry Dr. & Mrs. Prithviraj Dharmaraja Timothy & Beverly Doerfler Chuck & Candice Francey Tim & Rosa Fuller John & Brenda Gamlowski Luis & Patti Garibay Jim & Jo Anne Gilley Rafael Gonzalez, HDMG Randy & Susan Hall Ora Harrison Harvey & Denise Holloway Ryan & Rita Husbands Marco & Sandra Johnson Mental Health America, A.V. Judy Cooperberg Mike & Patti Johnson

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LPAC Foundation Board of Directors: Louis V. "Lou" Bozigian, President; R. Steven Derryberry, First Vice President; John Porter, Ed.D., Second Vice President; Timothy W. Doerfler, Treasurer; Berna Mayer, Secretary; and Directors, Inpamani Arul, M.D., David Friedman, Marco Johnson, Marilyn Norris, Michelle Shaver, Becky Smith and Mark E. Thompson.

Anita Williams

2013 · 2014 SEASON







High Desert Medical Group

In 1982, High Desert Medical Group began providing Antelope Valley families with the highest quality healthcare possible. Thirty years later, we continue to deliver excellent healthcare with several locations to serve you:

High Desert Medical Group, Lancaster, our main location, is a multi-specialty facility with convenient services all under one roof, including our 24 Hour Urgent Care Center, family practice, internal medicine, lab, x-ray, subspecialties and more.

Heritage Health Care, Palmdale, offers internal medicine and women's health, lab and x-ray. Heritage patients also have full access to all services at HDMG, Lancaster.

Our Lancaster and Palmdale locations accept most health insurance plans, including HMO, PPO, POS, EPO, Private Insurance and Medicare.

HDMG-Acton, offers family practice and Endocrinology, with full access to services at HDMG, Lancaster. HDMG-Acton accepts PPO, POS, EPO, Private Insurance, Medicare and Private Pay patients.

HDMG Senior Wellness Center, **Lancaster**, provides seniors with innovative wellness programs free of charge. Carefully designed workshops and activities promote self-confidence, increased mobility and enhanced socialization, to help seniors stay healthy and live happier more complete lives.

Learn more about our physicians and services at www.hdmg.net

High Desert Medical Group 43839 N. 15th Street West Lancaster, CA 93534 [651] 945-9984 HDMG Senior Wellness Center 43779 N. 15th Street West Lancester, CA 93534 16611 951-3050 HDMU-Acton 5720 W. Sierre Hwy., Ste. F Acton, CA 93510 (661) 723-8700 HDMG-Heritage 38209 47th Street East, Ste. C Palmdale, CA 93552 (651) 272-3777

& wellness

The City of Lancaster appreciates the generous underwriting of programs and services by our City Partners, including High Desert Medical Group, Please extend your thanks and patronage to all our City Partners. 661-723-6077

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