

# CLASSES

## GENERAL CLASS INFORMATION

To register or for more information, please call or come by the Parks & Recreation Department, 1250 N. Hollenbeck Ave. (626) 384-5340. Office hours are Monday-Thursday and alternate Fridays, 10 am-5:45 pm. For complete class registration and refund policies, visit [www.covinaca.gov](http://www.covinaca.gov).

## NOTE TO PARENTS OF CHILD PARTICIPANTS:

A consent form must be signed by a parent or legal guardian before a child can participate in any class. If someone other than a parent will be bringing a child to register at the first day of class, the mail-in registration form must be signed by the parent or legal guardian and brought with the child to class. For mail-in registration, see page 47.

## CLASS LOCATIONS: (see map on page 46)

Hollfelder Teen Center, 301 N. Fourth Avenue (Covina Park)  
Recreation Hall, 340 N. Valencia Pl. (Covina Park)  
Hollenbeck Park, 1250 N. Hollenbeck Avenue  
Cougar Park, 150 W. Puente Street  
Kahler Russell Park, 735 N. Glendora Avenue

## CLASS INSTRUCTORS WANTED

Do you have a special talent or skill that you would like to share with your community, why not teach a class? We are always looking for certified or trained instructors to help enrich our class program. Can you teach foreign languages, violin, flute, preschool academics, vocal, health and wellness, tutoring or dance? If you are interested, please submit an Instructor Proposal form, available at [www.covinaca.gov](http://www.covinaca.gov).

# ADULT DANCE

## COUNTRY LINE DANCING

Learn the latest line dances step by step in a relaxed atmosphere. This class is also a great way to stay in shape. Ages 16-Adult. No class October 31.

<b>INSTRUCTOR:</b>	Pam Wagoner
<b>LOCATION:</b>	Cougar Park
<b>BEGINNING:</b>	Session I-September 19, Session II-November 28
<b>DAY &amp; TIMES:</b>	Monday, 7-8:15 pm (Beginners), 8:15-9:15 pm (Intermediate)
<b>FEE:</b>	\$36/8 weeks-Beg. or Int., \$52/8 weeks-Beg. and Int., Session I, \$18/4 weeks-Beg. or Int., \$26/4 weeks-Beg. and Int., Session II

## BEGINNERS SQUARE DANCING

Learn the basic square dance steps in this easy to follow class. You will be dancing beginning the first night. Class also includes one easy level line dance each night. Wear smooth-soled shoes. Ages 16-Adult. No class Nov. 13 & 27.

<b>INSTRUCTOR:</b>	Bill Sutman
<b>LOCATION:</b>	Recreation Hall, Covina Park
<b>BEGINNING:</b>	September 25
<b>DAY &amp; TIME:</b>	Sunday, 5-7 pm (Level I), 7-9 pm (Level II)
<b>FEE:</b>	\$66//11 weeks or \$8/per class drop-in (cash only/exact change please)

## POLYNESIAN HAWAIIAN DANCE

Sway your hips and do the graceful hand movements of Hawaii and the agility of the poi ball dance. Poi balls can be purchased from instructor. Ages 16-Adult.

<b>INSTRUCTOR:</b>	Gabe Van Leeuwen, "Tavanna"
<b>LOCATION:</b>	Recreation Hall, Covina Park
<b>BEGINNING:</b>	September 21
<b>DAY &amp; TIME:</b>	Wednesday, 6:10-7:10 pm
<b>FEE:</b>	\$49/7 weeks

## MODERN EGYPTIAN BELLY DANCING

Beginner's class introduces and breaks down articulation at basic belly dance movements, such as figure eights, shimmy, arm and hip isolations. Beginners I is for first time dancers and Beginners II for returners. Intermediate/Advanced class includes complex combinations and various shimmy techniques with mini choreography and requires instructor's approval. Ages 16-Adult.

<b>INSTRUCTOR:</b>	Arlene Mar
<b>LOCATION:</b>	Recreation Hall, Covina Park
<b>BEGINNING:</b>	Session I-September 21, 22 or 24; Session II-November 30 or December 1
<b>DAYS &amp; TIMES:</b>	Wednesday, 8:15-9:15 pm (Beginners II), Thursday, 8:15-9:15 pm, (Intermediate/ Advanced), Saturday, 1:15-2:15 pm (Beginners I)
<b>FEE:</b>	\$48/8 weeks, Session I, \$30/5 weeks, Session II, Beginners II and Int./Adv. only

**SUNDAY DANCE CLASSES**

Partners recommended, but not required. Ages 15-Adult.

<b>INSTRUCTOR:</b>	Cheryl Sevold
<b>LOCATION:</b>	Recreation Hall, Covina Park
<b>BEGINNING:</b>	September 25
<b>FEE:</b>	\$35/6 weeks

**SALSA**

<b>DAY &amp; TIME:</b>	Sunday, 1:30-2:30 pm
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**BALLROOM - "SHALL WE DANCE"**

Includes an introduction to Foxtrot, Waltz, Rumba, Tango and Cha-Cha.

<b>DAY &amp; TIME:</b>	Sunday, 2:30-3:30 pm
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**LET'S SWING!**

Learn all the basics for the different Swing tempos.

<b>DAY &amp; TIME:</b>	Sunday, 3:30-4:30 pm
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# ADULT FITNESS/ATHLETICS

**CROSSFIT BOOTCAMP**

This class, which uses the methodology of Crossfit, is designed for anyone utilizing basic functional movements in order to improve quality of life. All equipment is provided. Wear athletic clothing and active shoes. Ages 15-Adult. Pre-registration required.

<b>INSTRUCTOR:</b>	Shield Crossfit Staff
<b>LOCATION:</b>	Shield Crossfit, 1028 E. Cypress St.
<b>BEGINNING:</b>	September 20 or 24
<b>DAYS &amp; TIMES:</b>	Tuesday, 10:30-11:30 am or 7-8 pm and/or Saturday, 10-11 am
<b>FEE:</b>	\$40/8 weeks, Tuesday or Saturday, \$80/8 weeks, Tuesday and Saturday (combo)

**OLYMPIC WEIGHTLIFTING FUNDAMENTALS**

An introduction to Olympic weightlifting for adults through seniors, with direct coaching from a USA Weightlifting certified instructor who will walk you through both the snatch, and clean and jerk. Class includes mobility stretches and skill training that will lead to proper form and efficiency as well as strength building work. The goal is to provide students with a supportive and solid foundation to begin their journey. Bring bottled water and wear flat shoes. Ages 18 & up.

<b>INSTRUCTOR:</b>	Shield Crossfit Staff
<b>LOCATION:</b>	Shield Crossfit, 1028 E. Cypress St.
<b>BEGINNING:</b>	September 19 or 24
<b>DAYS &amp; TIMES:</b>	Monday, 6-7:30 pm and/or Saturday, 11:30 am-1 pm
<b>FEE:</b>	\$40/8 weeks, Monday or Saturday, \$80/8 weeks, Monday and Saturday (combo), plus \$5 material fee

**KUNG FU SAN SOO**

The ancient art of Kung Fu San Soo is a Chinese style of hand-to-hand combat developed and refined for over two thousand years. Learn how the concepts of San Soo can change the way you think about self-defense. Ages 12-Adult.

<b>INSTRUCTOR:</b>	Dale Garrison
<b>LOCATION:</b>	Covina Park, Recreation Hall
<b>BEGINNING:</b>	September 25 (no class Nov. 27)
<b>DAY &amp; TIMES:</b>	Sunday, 11:30 am-12:30 pm
<b>FEE:</b>	\$82/11 weeks

**FALL-PROOF BALANCE & MOBILITY**

This is a great way to get moving again if you have simply been inactive or would like to begin to improve your health and sense of vitality. After careful review, an individual routine will be implemented. Ages 18 & up.

<b>INSTRUCTOR:</b>	Dan Layne
<b>LOCATION:</b>	Cougar Park
<b>BEGINNING:</b>	September 24
<b>DAY &amp; TIME:</b>	Saturday, 11 am-12 pm
<b>FEE:</b>	\$55/8 weeks

**MAT PILATES**

Strengthen your core with a group Mat Pilates class. Increase your flexibility and develop core strength. All levels welcome. Bring light hand weights, bands and workout mat. Ages 18 & up.

<b>INSTRUCTOR:</b>	Carol Cugno
<b>LOCATION:</b>	Covina Park, Recreation Hall
<b>BEGINNING:</b>	Session I-September 19 or 23, Session II-November 28 or December 2
<b>DAYS &amp; TIME:</b>	Monday and/or Friday, 6:15-7:15 am
<b>FEE:</b>	\$54/8 weeks, Monday or Friday, \$84/8 weeks, Monday and Friday (combo)

**CAL'S BOOTCAMP**

Class combines strength and agility training with a good dose of aerobics. This workout is sure to make you sweat, build muscle and burn calories while decreasing body fat. "Let's Work!" Please bring a workout towel and positive energy. Ages 15-Adult.

<b>INSTRUCTOR:</b>	Cal Barber
<b>LOCATION:</b>	Covina Park, Recreation Hall
<b>BEGINNING:</b>	September 20
<b>DAY &amp; TIME:</b>	Tuesday, 8:30-9:30 pm
<b>FEE:</b>	\$64/8 weeks

**ZUMBA**

Ditch the workout, join the party! Zumba is a dance fitness program that combines Latin & International music with fun, effective and easy choreographies. Ages 15-Adult.

<b>INSTRUCTOR:</b>	Arlene Mar
<b>LOCATION:</b>	Covina Park, Recreation Hall
<b>BEGINNING:</b>	Session I-September 21; Session II- November 30
<b>DAY &amp; TIME:</b>	Wednesday, 7:15-8:15 pm
<b>FEE:</b>	\$36/8 weeks, Session I, \$22/5 weeks, Session II or \$5/per class drop-in (cash only/exact change please)

**KARATE**

Get healthy, get fit. A traditional form of karate with emphasis on balance of mind and body through integrated practice. Ages 12-Adult. No class November 11.

<b>INSTRUCTOR:</b>	Dan Layne
<b>LOCATION:</b>	Recreation Hall, Covina Park
<b>BEGINNING:</b>	September 23
<b>DAY &amp; TIME:</b>	Friday, 7:15-8:45 pm
<b>FEE:</b>	\$60/8 weeks

**TAI CHI MOVEMENT & RELAXATION**

This easy to learn system of relaxed movements provides strength and a workout without physical exhaustion. Improve the mind's focus and regain lost ability of motion. Ages 12-Adult. No class November 11.

<b>INSTRUCTOR:</b>	Dan Layne
<b>LOCATION:</b>	Recreation Hall, Covina Park
<b>BEGINNING:</b>	September 23
<b>DAY &amp; TIME:</b>	Friday, 6-7 pm
<b>FEE:</b>	\$45/8 weeks

**TENNIS CLASSES**

<b>INSTRUCTOR:</b>	A.J. Seresinghe, USPTR Certified Instructor
<b>LOCATION:</b>	Covina Park, Tennis Courts, Fourth Ave. & Badillo

Bring tennis racquet. Ages 18 & up.

**PRIVATE TENNIS LESSONS**

<b>DAY &amp; TIME:</b>	To be arranged
<b>FEE:</b>	\$35/hour (Individual); \$45/hour (Group of 4)

**TEAM TENNIS FOR WOMEN OR MEN**

Learn skills and strategies for competition and compete throughout class as singles or doubles. Participants may form teams to prepare for competition in the USTA Leagues.

**WOMEN**

<b>BEGINNING:</b>	September 21
<b>DAY &amp; TIME:</b>	Wednesday, 8:30-10 pm
<b>FEE:</b>	\$56/8 weeks

**MEN**

<b>BEGINNING:</b>	September 22
<b>DAY &amp; TIME:</b>	Thursday, 8-9:30 pm
<b>FEE:</b>	\$56/8 weeks

**TENNIS FOR BEGINNERS**

<b>BEGINNING:</b>	September 20
<b>DAY &amp; TIME:</b>	Tuesday, 8:30-9:30 pm
<b>FEE:</b>	\$56/8 weeks

**INTERMEDIATE TENNIS**

Good for fine tuning and correcting strokes and taking the next step in improving game skills. Learn overhead smash, lob, top spin, game strategy and much more.

<b>BEGINNING:</b>	September 21
<b>DAY &amp; TIME:</b>	Wednesday, 7:30-8:30
<b>FEE:</b>	\$56/8 weeks



**YOGA**

This Yoga class develops strength and flexibility and releases stress. Bring a mat or towel. Ages 18 & up. No class October 31.

<b>INSTRUCTOR:</b>	Chris Maletz
<b>LOCATION:</b>	Monday-Cougar Park or Wednesday-Covina Public Library
<b>BEGINNING:</b>	Session I-September 19 or 21, Session II-November 28 or 30
<b>DAYS &amp; TIMES:</b>	Monday 5:45-6:45pm or Wednesday 9:30-10:30 am
<b>FEE:</b>	\$56/8 weeks, Session I, \$49/7 weeks, Session II

**SPINNING CLASS**

Try an indoor cycling training class uniquely tailored to suit a wide range of abilities and fitness goals. Each spinning class delivers an incredible calorie burn. Preregistration required. First time students arrive 10 minutes early to check in. No class November 11, 24, 25, December 24, 25, 31 and January 1. Ages 18 & up.

<b>INSTRUCTOR:</b>	Spin 360 Staff
<b>LOCATION:</b>	Spin 360, 757 E Arrow Hwy #J, Glendora
<b>BEGINNING:</b>	Ongoing
<b>DAYS &amp; TIMES:</b>	Monday/Wednesday/Friday, 5:30 am, 7:30 am, 9:30 am, 4:30 pm, 6 pm (M/W only), Tuesday/Thursday, 8:30 am, 4:30 pm, 6 pm; Saturday/Sunday, 8:30 am
<b>FEE:</b>	\$65/per month unlimited spinning

# ADULT SPECIAL INTEREST WORKSHOPS & CLASSES

ALL MATERIAL FEES must be paid to instructor at class.

**NEW! CAKE DECORATING**

Have fun and build confidence in our cake decorating class. Learn how easy cake decorating can be. Go home with a decorated cake with different themes each week! Additional supplies needed at first class (list provided upon registration.) Must bring baked cake or styrofoam cake to each class. Ages 18 & up.

<b>INSTRUCTOR:</b>	Mayra Mendoza
<b>LOCATION:</b>	McIntyre Square, 244 S. Citrus Ave, West Covina
<b>BEGINNING:</b>	September 24
<b>DAY &amp; TIME:</b>	Saturday, 11am -1 pm
<b>FEE:</b>	\$80/8 weeks

**ART CLASSES WITH A.R.T.S. INC.**

LOCATION: A.R.T.S Inc., 973 E. Badillo St., Ste B  
Preregistration is MANDATORY.

**EXPLORING ART TECHNIQUES**

Learn to draw with pen, ink, charcoal, watercolor and acrylic. Ages 18 & up.

<b>BEGINNING:</b>	Session I-September 22; Session II-Oct. 20
<b>DAY &amp; TIME:</b>	Thursday, 6-8 pm
<b>FEE:</b>	\$50/4 weeks, plus \$35 material fee

**MASTER ARTIST CLASS**

Class consists of lecture, life drawing and painting with Master Artist Bernard Stanley Hoyes. Ages 12-Adult.

<b>BEGINNING:</b>	Session I-September 20; Session II-October 18
<b>DAY &amp; TIME:</b>	Tuesday, 4-6 pm
<b>FEE:</b>	\$50/4 weeks, plus \$15 material fee

**DO-IT-YOURSELF HOME PAINTING**

Class is taught by a professional commercial painter that wants to show you the tricks of the trade and save you some money in the process. Ages 18 & up.

<b>INSTRUCTOR:</b>	Raul Nessi
<b>LOCATION:</b>	Hollenbeck Park, Conference Room
<b>BEGINNING:</b>	October 15
<b>DAY &amp; TIME:</b>	Saturday, 9-11 am
<b>FEE:</b>	\$30/1 day



**BECOME A CALIFORNIA NOTARY PUBLIC**

State-approved class satisfies the mandatory education requirements needed prior to appointment or reappointment. Includes passport quality picture and CD with notary certificates. Must bring valid ID (current Driver License, California ID Card or U.S. Passport). Classroom portion only. Testing and application process not included. Preregistration mandatory. Ages 18 & up.

<b>INSTRUCTOR:</b>	Judy Kelly
<b>LOCATION:</b>	Covina Park, Teen Center
<b>BEGINNING:</b>	October 1
<b>DAY &amp; TIME:</b>	Saturday, 8:30 am-5 pm
<b>FEE:</b>	\$90/1 day, plus \$30 material fee

**DOG TRAINING WITH K9 BAR ACADEMY**

Training begins at first class meeting held WITH DOGS. Bring preventative vaccination sheet or current vaccination records.

<b>INSTRUCTOR:</b>	Anthony Gio Giammarco, CTBS, K9 BAR Academy
<b>LOCATION:</b>	Covina Park, Hockey Rink
<b>BEGINNING:</b>	September 29 or October 1



**BASIC DOG OBEDIENCE**

For dogs 12 weeks and older. Covers basic obedience commands like, informal heeling, come, sit and a “release” command and more! Tips on managing unwanted behaviors such as destructive chewing, hole-digging, housebreaking problems, etc. Handlers ages 12-Adult.

<b>DAYS &amp; TIMES:</b>	Thursday, 6:30-7:30 pm or Saturday, 10-11 am
<b>FEE:</b>	\$70/5 weeks, \$15 material/equipment fee

**PRIVATE DOG OBEDIENCE TRAINING**

An individual training plan will be designed. Half-hour private lesson. Handlers ages 16-Adult.

<b>DAY &amp; TIMES:</b>	Thursday, 5 pm, 5:30 pm or 6 pm
<b>FEE:</b>	\$95/5 weeks, \$15 material/equipment fee

**CPR COURSES WITH CRAIG’S CPR & FIRST AID TRAINING**

Courses are certified through American Heart Association and are state-approved, video-based, instructor-led courses.

**NEW! PAWS 4 SAFETY-PET CPR**

This training session is geared for pet owners, dog walkers and trainers, and veterinary office, pet store and animal shelter workers. Simple healthcare and safety information, primarily for dogs and cats, is included, along with information on animal behavior. Learn care and safety for pets and hands on CPR, choking and First Aid. Class held without pets. Ages 7-Adult.

<b>LOCATION:</b>	Hollenbeck Park, Conference Room
<b>DATE:</b>	October 22
<b>DAY &amp; TIME:</b>	Saturday, 9 am-12 pm
<b>FEE:</b>	\$30/1 day, plus \$20 material fee

**CPR, AED AND FIRST AID TRAINING**

This is a 2-year certification and requires attendance at both classes. Ages 12-Adult.

<b>LOCATION:</b>	Covina Park, Teen Center
<b>DATES:</b>	September 21 or October 19 (CPR/AED) September 28 or October 26 (FA)
<b>DAY &amp; TIME:</b>	Wednesday, 6-9 pm
<b>FEE:</b>	\$50/2 weeks, plus \$20 material fee

**BASIC LIFE SUPPORT (BLS) FOR HEALTHCARE PROVIDER**

Classroom Course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. Ages 18 & up.

<b>LOCATION:</b>	Covina Park, Teen Center
<b>DATE:</b>	October 12 or November 16
<b>DAY &amp; TIME:</b>	Wednesday, 6-9 pm
<b>FEE:</b>	\$50/1 day, plus \$15 material fee

**PEDIATRIC CPR, AED & FIRST AID**

This Emergency Medical Services Authority program offers instruction and training for infant, child and adult in CPR, AED, and both general and pediatric first aid. 2-year certification. Ages 12-Adult.

<b>LOCATION:</b>	Hollenbeck Park, Conference Room
<b>DATE:</b>	October 8
<b>DAY &amp; TIME:</b>	Saturday, 9 am-12:30 pm
<b>FEE:</b>	\$60/1 day, plus \$20 material fee

**INTRODUCTION TO MICROSOFT WORD AND POWERPOINT**

Learn to use Microsoft Word for writing reports, projects, homework, or basic communication skills. Includes formatting with fonts, paragraph alignment, indents, margins, clip art, bullets and numbering, and columns and tables. Then learn how to turn information into an awesome Power Point slideshow for a great and meaningful presentation. Bring Covina Library card. Ages 10-Adult.

<b>INSTRUCTOR:</b>	AGI Academy
<b>LOCATION:</b>	Covina Public Library, 234 N. Second Ave.
<b>BEGINNING:</b>	September 20
<b>DAY &amp; TIME:</b>	Tuesday, 7-7:45 pm
<b>FEE:</b>	\$105/9 weeks, plus \$10 lab/supply fee

# YOUTH & ADULT MUSIC

PREREGISTRATION is MANDATORY for all private and semi-private music classes. ALL MATERIAL FEES must be paid to instructor at first class.

**PROFESSIONAL PERCUSSION STUDIOS WITH A.R.T.S. INC.**

Class has an emphasis on snare drum technique and is a prerequisite to the drum set. Ages 6-17.

<b>LOCATION:</b>	A.R.T.S Inc., 973 E. Badillo St., Ste B
<b>BEGINNING:</b>	Session I-September 20; Session II-October 18
<b>DAY &amp; TIMES:</b>	Tuesday, 4-5 pm (Level I) or 5-6 pm (Level II)
<b>FEE:</b>	\$50/4 weeks, plus \$35 material fee (includes sticks and practice pad)

**PRIVATE PIANO LESSONS**

Students learn elementary to full comprehensive music theory fundamentals, along with proper piano fingering technique. Must have access to a piano or keyboard for practice. Evaluation at first class to determine books. Bring folder, notepad and pen/pencil. Half-hour private lessons. Ages 6-Adult. No class October 31, Nov. 11 and 12.

<b>INSTRUCTOR:</b>	Jessica Mercado
<b>LOCATION:</b>	Hollenbeck Park, Office
<b>BEGINNING:</b>	Session I: Sept. 19, 20, 21, 23 or 24 Session II: Nov. 28, 29, 30 or Dec. 2
<b>DAYS &amp; TIMES:</b>	Monday, Tuesday or Wednesday, 3:30-5:30 pm, Friday, 3:30-6 pm, 7-8 pm, or Saturday, 9 am-11:30 am, 12:30-2:30 pm
<b>FEE:</b>	\$120/8 weeks, Session I, \$90/6 weeks, Session II, plus \$10 material fee

**GUITAR CLASSES**

<b>INSTRUCTOR:</b>	Jeremiah Donovan
<b>LOCATION:</b>	Covina Public Library, Community Room

Bring guitar. Acoustic and electric guitars welcome.

**GUITAR GROUP LEVEL I**

Class designed for beginners. Covers chords, rhythm skills, proper technique and song playing. Ages 10-Adult.

<b>BEGINNING:</b>	September 22
<b>DAY &amp; TIME:</b>	Thursday, 5-6 pm
<b>FEE:</b>	\$65/8 weeks, plus \$10 material fee

**GUITAR-PRIVATE LESSONS**

Half-hour private lessons. Ages 8-Adult.

<b>BEGINNING:</b>	Session I-Sept. 21 or 22; Session II-Oct. 19 or 20; Session III Nov. 30 or Dec. 1
<b>DAYS &amp; TIMES:</b>	Wed., 4 pm, Thursday, 4 pm or 4:30 pm
<b>FEE:</b>	\$60/4 weeks, plus \$10 material fee

**GUITAR LEVEL I (SEMI-PRIVATE)**

Beginners will learn chords, rhythm skills, proper technique and song playing. Half-hour lessons. Class size limited to 3. Ages 10-Adult.

<b>BEGINNING:</b>	September 21
<b>DAY &amp; TIME:</b>	Wednesday, 4:30-5 pm
<b>FEE:</b>	\$70/8 weeks, plus \$10 material fee