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2016

Parks
Make
Life
Better!

Soak Up the Sun!

Learn something New!

SUMMER TIME

Adult Classes

To register or for more information,
please visit or call the Covina Parks & Recreation Department,
1250 N. Hollenbeck Avenue at (626)384-5340

Register Now!

SPECIAL INTEREST

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.

BEGINNING: Session I-June 16; Session II-July 14

DAY & TIME: Thursday, 6-8 pm

FEE: \$ 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.

BEGINNING: Session I-June 14; Session II-July 12

DAY & TIME: Tuesday, 4-6 pm

FEE: \$ 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.

INSTRUCTOR: Raul Nessi

LOCATION: Hollenbeck Park, Conference Room

BEGINNING: August 27

DAY & TIME: Saturday, 9-11 am

FEE: \$ 30/1 day

INTRODUCTION TO MICROSOFT WORD AND POWERPOINT - Ages 10-Adult

Learn to use Microsoft Word for writing reports, projects, or basic communication skills. Learn formatting with fonts, paragraph alignment, bullets and numbering, and columns and tables. Turn information into an awesome Power Point slideshow.

INSTRUCTOR: AGI Academy

LOCATION: Covina Public Library,
234 N. Second Ave.

BEGINNING: June 14

DAY & TIME: Tuesday, 7-7:45 pm

FEE: \$ 105/9 weeks, plus \$ 10 supply fee

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.

INSTRUCTOR: Judy Kelly

LOCATION: Covina Park, Teen Center

BEGINNING: August 20

DAY & TIME: Saturday, 8:30 am-5 pm

FEE: \$ 90/1 day, plus \$ 30 material



DOG TRAINING WITH K9 BAR ACADEMY

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

INSTRUCTOR: Anthony Gio Giammarco,
CTBS, K9 BAR Academy
LOCATION: Covina Park, Hockey Rink
BEGINNING: July 7 or 9

BASIC DOG OBEDIENCE - Handlers ages 12-Adult. For dogs 12 weeks and older. Covers basic obedience commands like, informal heeling, come, sit and a "release" command and more! Managing unwanted behaviors such as chewing, hole-digging, housebreaking problems, etc.
DAYS & TIMES: Thursday, 6:30-7:30 pm or
Saturday, 10-11 am
FEE: \$ 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.
DAYS & TIMES: Thursday, 5 pm, 5:30 pm or 6 pm
FEE: \$ 95/5 weeks, \$ 15 material fee



CPR COURSES WITH CRAIG'S CPR & FIRST AID TRAINING

LOCATION: Covina Park, Teen Center

CPR, AED AND FIRST AID TRAINING

This is a 2-year certification and requires attendance at both classes. Ages 12-Adult.
DATES: June 15 or August 3 (CPR/AED)
June 22 or August 10 (FA)
DAY & TIME: Wednesday, 6-9:30 pm
FEE: \$ 50/2 weeks, plus \$ 20 material fee

BASIC LIFE SUPPORT (BLS) FOR HEALTHCARE PROVIDER

Provides healthcare professionals the ability to recognize several life-threatening emergencies, CPR, AED, and choking. Ages 18 & up.

DATE: July 13
DAY & TIME: Wednesday, 6-9:30 pm
FEE: \$ 50/1 day, plus \$ 15 material fee

PEDIATRIC CPR, AED & FIRST AID - Ages 12-Adult

This Emergency Medical Services Authority program offers instruction and training for infant, child and adult in CPR, AED and first aid. 2-year certification.
DATE: August 13
DAY & TIME: Saturday, 9 am-3:30 pm
FEE: \$ 60/1 day, plus \$ 20 material fee

DANCE

BEGINNERS SQUARE DANCING

Learn the basic square dance steps in this easy to follow class. Dance beginning the first night. Class also includes one easy level line dance each night. Wear smooth-soled shoes. Ages 16-Adult.

INSTRUCTOR: Bill Sutman
LOCATION: Cougar Park
BEGINNING: July 6

DAY & TIME: Wednesday, 7-9 pm
FEE: \$ 60/10 weeks or \$ 8/per class drop-in (cash only/exact change please)

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. Intermediate/Advanced class includes complex combinations and various shimmy techniques with mini choreography and requires instructor's approval. Ages 16-Adult.

INSTRUCTOR: Arlene Mar
LOCATION: Recreation Hall, Covina Park
BEGINNING: Session I-June 15 or 16;
Session II-August 17 or 18

DAYS & TIMES:
Wednesday, 8:15-9:15 pm (Beginners),
Thursday, 8:15-9:15 pm (Intermediate/Advanced)
FEE: \$ 48/8 weeks, Session I,
\$ 24/4 weeks, Session II

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.
INSTRUCTOR: Gabe Van Leeuwen,
"Tavanna"

LOCATION: Recreation Hall,
Covina Park
BEGINNING: June 15
DAY & TIME: Wednesday,
6:10-7:10 pm
FEE: \$ 49/7 weeks



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SUNDAY DANCE CLASSES

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

INSTRUCTOR: Cheryl Sevold

LOCATION: Recreation Hall,
Covina Park

BEGINNING: July 10

FEE: \$ 35/6 weeks

SALSA

DAY & TIME: Sunday, 1:30-2:30 pm

BALLROOM - "SHALL WE DANCE"

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

DAY & TIME: Sunday, 2:30-3:30 pm

LET'S SWING!

Learn all the basics for the different Swing tempos.

DAY & TIME: Sunday, 3:30-4:30 pm

DANCE CLASSES WITH VERA BOTELLO

LOCATION: Recreation Hall, Covina Park

BEGINNING: June 26

FEE: \$ 55/8 weeks (Level I),
\$ 60/8 weeks (Level II)

FOLKLORICO

Folk dances from the different states of Mexico. Learn proper warm-up and technique footwork. Wear dance attire and sturdy shoes. Ages 6-Adult.

DAY & TIMES: Sunday, 6-6:45 pm (Level I);
6:50-7:50 pm (Level II)

FLAMENCO

Learn this exciting and beautiful dance with an emphasis on correct body posture, arm and hand movement, playing of castanets and footwork. Learn choreography and structure of dances to create routines. Ages 10-Adult.

DAY & TIME: Sunday, 8-9 pm

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 July 4.

INSTRUCTOR: Pam Wagoner

LOCATION: Cougar Park

BEGINNING: June 13

DAY & TIMES: Monday,
7:15-8:15 pm (Beginners),
8:15-9:30 pm (Intermediate)

FEE: \$ 36/8 weeks-Beg. or Int.,
\$ 52/8 weeks-Beg. and Int.



FITNESS

NEW! CROSSFIT BOOTCAMP

We offer a physical fitness class using the methodology of Crossfit. This class is designed for anyone utilizing basic functional movements in order to improve quality of life. All equipment provided at gym. Participants should wear athletic clothing and active shoes. Ages 15-Adult. Pre-registration required.

INSTRUCTOR: Gregory Dorman

LOCATION: Shield Crossfit,
1028 E Cypress Street

BEGINNING: June 14 or 18

DAYS & TIMES:

Tuesday, 10:30-11:30 am or
7-8 pm and/or Saturday, 10-11 am
FEE: \$ 40/8 weeks, Tuesday or Saturday,
\$ 80/8 weeks, Tuesday and
Saturday (combo)

NEW! OLYMPIC WEIGHTLIFTING FUNDAMENTALS

An introduction to Olympic weightlifting for adults through seniors. Receive direct coaching from a USA Wrestling certified instructor who on both the snatch and clean and jerk. Includes mobility skill training and stretches, proper form and efficiency and strength building work. Bring bottled water and wear flat shoes. No class July 4. Ages 18 & up.

INSTRUCTOR: Miguel Sanchez

LOCATION: Shield Crossfit,
1028 E Cypress Street

BEGINNING: June 13 or 18

DAYS & TIMES: Monday, 6-7:30 pm and/or
Saturday, 11:30 am-1 pm

FEE: \$ 40/8 weeks, Monday or Saturday,
\$ 80/8 weeks, Monday and
Saturday (combo),
plus \$ 5 material fee

NEW! KUNG FU SAN SOO

Learn how the concepts of San Soo can change the way you think about self-defense. Ages 5-Adult.

INSTRUCTOR: Dale Garrison

LOCATION: Covina Park, Recreation Hall

BEGINNING: June 26

DAY & TIMES: Sunday, 10:30-11:30 am
(Ages 5-11); 11:30 am-12:30 pm
(Ages 12-Adult)

FEE: \$ 60/8 weeks

FALL-PROOF BALANCE & MOBILITY

A great way to get moving again if you have been inactive or would like to begin to improve your health and sense of vitality. An individual balance and mobility routine will be implemented. Ages 18 & up.

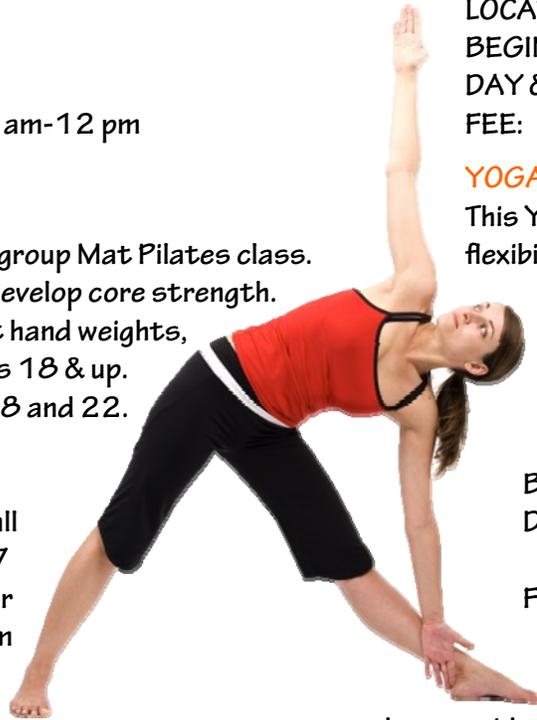
INSTRUCTOR: Dan Layne
LOCATION: Cougar Park
BEGINNING: June 18
DAY & TIME: Saturday, 11 am-12 pm
FEE: \$55/8 weeks

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. No class June 20, 24, July 18 and 22.

INSTRUCTOR: Carol Cugno
LOCATION: Covina Park, Recreation Hall
BEGINNING: June 13 or 17
DAYS & TIME: Monday and/or Friday, 6:15-7:15 am
FEE: \$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.

INSTRUCTOR: Cal Barber
LOCATION: Covina Park, Recreation Hall
BEGINNING: June 14
DAY & TIME: Tuesday, 8:30-9:30 pm
FEE: \$64/8 weeks

ZUMBA - Ages 15-Adult.

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

INSTRUCTOR: Arlene Mar
LOCATION: Covina Park, Recreation Hall
BEGINNING: Session I-June 15; Session II- August 17
DAY & TIME: Wednesday, 7:15-8:15 pm
FEE: \$36/8 weeks, Session I, \$18/4 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.

INSTRUCTOR: Dan Layne
LOCATION: Recreation Hall, Covina Park
BEGINNING: June 17
DAY & TIME: Friday, 7:15-8:45 pm
FEE: \$60/8 weeks

YOGA

This Yoga class develops strength and flexibility and releases stress. Bring a mat or towel. Ages 18 & up. No class June 27, 29, July 4, 6 and 11.

INSTRUCTOR: Chris Maletz
LOCATION: Monday - Cougar Park or Wednesday - Covina Public Library
BEGINNING: June 13 or 15
DAYS & TIMES: Monday 6:15-7:15 pm or Wednesday 9:30-10:30 am
FEE: \$56/8 weeks

TAI CHI MOVEMENT & RELAXATION

Learn a system of relaxed movements that provide strength and a workout without physical exhaustion. Improve the mind's focus and regain lost ability of motion. Ages 12-Adult.

INSTRUCTOR: Dan Layne
LOCATION: Recreation Hall, Covina Park
BEGINNING: June 17
DAY & TIME: Friday, 6-7 pm
FEE: \$45/8 weeks

SPINNING CLASS

Try an indoor cycling training class uniquely tailored to suit a wide range of abilities and fitness goals and an incredible calorie burn. Preregistration required. First time students arrive 10 minutes early to check in. No class July 4. Ages 18 & up.

INSTRUCTOR: Spin 360 Staff
LOCATION: Spin 360, 757 E Arrow Hwy #J, Glendora
BEGINNING: Ongoing
DAYS & TIMES: 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
FEE: \$65/per month unlimited spinning

TENNIS CLASSES

INSTRUCTOR: A.J. Seresinghe,
USPTR Certified Instructor

LOCATION: Covina Park, Tennis Courts,
Fourth Ave. & Badillo

Bring tennis racquet. Ages 18 & up. No class July 4.

PRIVATE TENNIS LESSONS

DAY & TIME: To be arranged

FEE: \$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

BEGINNING: Session I-June 15;
Session II-July 27

DAY & TIME: Wednesday, 8:30-10 pm

FEE: \$45/5 weeks

MEN

BEGINNING: Session I-June 16;
Session II-July 28

DAY & TIME: Thursday, 8-9:30 pm

FEE: \$45/5 weeks

TENNIS FOR BEGINNERS

BEGINNING: Session I-June 14;
Session II-July 26

DAY & TIME: Tuesday, 8:30-9:30 pm

FEE: \$45/5 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.

BEGINNING: Session I-June 15;
Session II-July 27

DAY & TIME: Wednesday, 7:30-8:30

FEE: \$45/5 weeks



MUSIC

PRIVATE PIANO LESSONS

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 July 4.

INSTRUCTOR: Christof Munoz

LOCATION: Hollenbeck Park, Office

BEGINNING: Session I-June 13, 14, 15, 17 or 18
Session II-August 15, 16, 17, 19 or 20

DAYS & TIMES: Monday, Tuesday or
Wednesday, 3:30-6 pm,

Friday, 3:30-6 pm, 7-8:30 pm, or

Saturday, 9 am-11:30 am, 12:30-2:30 pm

FEE: \$120/8 weeks, Session I,
\$60/4 weeks, Session II,
plus \$10 material fee

GUITAR CLASSES

INSTRUCTOR: Jeremiah Donovan

LOCATION: Covina 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.

BEGINNING: June 16

DAY & TIME: Thursday, 5-6 pm

FEE: \$65/8 weeks, plus \$7 material fee

GUITAR-PRIVATE LESSONS

Half-hour private lessons. Ages 8-Adult.

BEGINNING: Session I-June 15 or 16;
Session II-July 13 or 14

DAYS & TIMES: Wednesday, 4 pm, Thursday,
4 pm or 4:30 pm

FEE: \$60/4 weeks, plus \$7 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.

BEGINNING: June 15

DAY & TIME: Wednesday, 4:30-5 pm

FEE: \$70/8 weeks, plus \$10 material fee



Material fees are paid to the instructor at the first class.