



MISSION VIEJO

FALL 2023

# Life



**CITY GUIDE TO EVENTS, SERVICES AND ACTIVITIES**

The City is celebrating 35 years of building City identity, community pride and spirit.

For more information on the City's history, visit [cityofmissionviejo.org](https://www.cityofmissionviejo.org).



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### REGISTRATION

[cityofmissionviejo.org/register](http://cityofmissionviejo.org/register)

### PAYMENT

Visa/MC, Cash or Check  
(payable to City of Mission Viejo)

### CANCELLATION POLICY

The City has the right to cancel events, programs, reservations, or other services to ensure the safety of the community and patrons at any time up to and including the day of the scheduled event, reservation, program or other service. Reasons for a cancellation include but are not limited to any unforeseen circumstances such as maintenance, emergencies, closures due to state or county order, and public health emergencies including disease outbreaks, epidemics, pandemics or the like.

### REFUND POLICY

To withdraw from an activity or request a refund, call 949-470-3062 during business hours or visit [cityofmissionviejo.org/register](http://cityofmissionviejo.org/register).



## FACILITIES

### ANIMAL SERVICES CENTER (AS)

28095 Hillcrest / 949-470-3045

### CITY HALL (CH)

200 Civic Center / 949-470-3061

### FELIPE TENNIS AND RECREATION CENTER (FTR)

27161 Nogal / 949-859-4FIT (4348)

### MARGUERITE TENNIS PAVILION (MTP) MARGUERITE AQUATICS COMPLEX (MAC)

27474 Casta Del Sol / 949-859-4FIT (4348)

### MISSION VIEJO LIBRARY (MVL)

100 Civic Center / 949-830-7100

### MONTANOSO RECREATION AND FITNESS CENTER (MFIT)

25800 Montanoso Drive / 949-859-4FIT (4348)

### NORMAN P. MURRAY COMMUNITY AND SENIOR CENTER (NPM)

24932 Veterans Way / 949-470-3062

### POTOCKI CENTER FOR THE ARTS (ARTS)

27301 La Paz Road / 949-470-8470

### SIERRA RECREATION AND FITNESS CENTER (SFIT)

26887 Recodo Lane / 949-859-4FIT (4348)

COMMUNITY OF CHARACTER QUALITIES OF THE MONTH:

SEPTEMBER RESPONSIBILITY OCTOBER RESPECT NOVEMBER THANKFULNESS



# COMMUNITY EVENTS



## Pumpkin Diving

Jump in and pick your pumpkin. Join us for this annual event as we transform the Sierra pool into a floating pumpkin patch. Decorate your pumpkin at a decorating station and play fun carnival games. \*\$5 pre-sale tickets available online until 11:30 pm on October 20.

#119105 / Sat / Oct. 21 / 1 – 4 pm / \$10\* / SFIT

## Veterans Day Observance

On this special day, we honor and remember the men and women of the armed forces. The public ceremony will include a military keynote and guest speaker; live vocal performance of patriotic songs; presentation of colors by the Marine Color guard; a three-volley rifle salute and taps. The ceremony will feature sign language interpretation to support folks with hearing impairments.

An outdoor dessert and beverage reception will follow the ceremony at the Norman P. Murray Center Veteran's Plaza. For more information, call 949-470-3061 or 949-470-8412.

Sat / Nov. 11 / 2 pm / NPM

## Gifts & Goodies Boutique

The 52nd Annual Mission Viejo Activities Gifts & Goodies Boutique will be held on Saturday, November 18 from 8 am to 5 pm at the Norman P. Murray Community & Senior Center. Everyone is invited to shop at the biggest, best and longest running boutique in South County featuring 86 selected artisans. Food and mimosas will be available for purchase. For additional information, visit [mvactivities.com](http://mvactivities.com) or call 949-830-7066.

Sat / Nov. 18 / 8 am – 5 pm / NPM



# COMMUNITY EVENTS



## Family and Friends Fun Tennis Night

AGES 10 & UP

Play tennis with family, friends and enjoy pro-led activities including a modified version of cardio tennis, games, music, snacks and tons of fun. For information, contact Coach Stephen Loreto at 714-757-8903.

\*Youth 10 - 17 receive discounted rate.

#113519 / Fri / Sept. 1 / 6:30 – 8:30 pm / \$10 – \$25\* / MTP

#119070 / Fri / Oct. 6 / 6:30 – 8:30 pm / \$10 – \$25\* / MTP

#119071 / Fri / Nov. 3 / 6:30 – 8:30 pm / \$10 – \$25\* / MTP

## Math Challenge

2ND GRADE & UP

Join math instructor Kosuke Nishimori for a morning of fun and challenging math problems and trivia. Parents are encouraged to participate.

Sat / Sept. 2 / 10:30 – 11:30 am / MVL

Sat / Nov. 4 / 10:30 – 11:30 am / MVL

## Lord of the Strings Concerts

This concert series features a variety of Grammy Award-winning and world-class guitarists.

SEPT. 9 – DR. MARTIN TAYLOR & BIRELI LAGRENE / \$60

SEPT. 30 – OLLIE SOIKOLI & CESAR GARABALDI / \$50

OCT. 13 – LAURENCE JUBER'S AIRFOIL / \$50

Sat / 7 pm / CH – Council Chamber

949-842-2227 / [lordofthestringsconcerts.com](http://lordofthestringsconcerts.com)

## Writers Present: Melanie Benjamin

Join bestselling author Melanie Benjamin as she discusses her new novel "California Golden." For more information, email [libraryprograms@cityofmissionviejo.org](mailto:libraryprograms@cityofmissionviejo.org).

Th / Sept. 14 / 6 – 7 pm / CH

## Adult Spelling Bee

AGES 18 & UP

Test your spelling skills and win prizes. To register, visit the Library or email [bdunphy@cityofmissionviejo.org](mailto:bdunphy@cityofmissionviejo.org). Refreshments will be served before 6 pm.

Fri / Sept. 15 / 5:30 – 7:30 pm / Free / CH

## Heritage House Open House

History lovers of all ages are welcome to visit the City's Heritage House to learn more about the history of Mission Viejo and the idea of "The California Promise."

Sun / Sept. 17 / 11 am – 1 pm / Free / Melinda Park

Sun / Oct. 15 / 11 am – 1 pm / Free / Melinda Park

## Films of Character

SEPT. 17 / "A MAN CALLED OTTO" / PG-13

NOV. 19 / "A CHARLIE BROWN THANKSGIVING" & "A CHARLIE BROWN CHRISTMAS" / G

Sun / 1:15 pm / Free / CH - Council Chamber

## Senior & Community Flu Shot Clinics

To help keep residents healthy, the City of Mission Viejo is partnering with Genoa Healthcare to provide free Senior and Community Flu Shot Clinics. Both standard flu shots and the "senior-dose" will be available at both clinics on a first-come, first-served basis. Participants are encouraged to bring their health insurance card; however, all shots will be provided for free, and no reservations are needed to obtain a flu shot.

Mon / Sept. 18 / 11 am – 3 pm / Free / NPM

Mon / Sept. 25 / 11 am – 3 pm / Free / NPM

## Chalice of the Gods Release Party

2ND GRADE & UP

Prepare for Rick Riordan's latest book, "The Chalice of the Gods". Go on a quest throughout the library and enjoy snacks and crafts.

Mon / Sept. 18 / 4 pm / Free / MVL



# COMMUNITY EVENTS

## 1st Annual Tennis Clothes Swap Meet

Tennis clothing donations will be accepted September 1 - 10 in exchange for a shopping voucher to be used at the sale event. Donations must be new or gently used, without stains, tears or holes. All proceeds benefit the Marines & Sailors Adoption Committee.  
Sept. 22 - 23 / 8 am - 1 pm / MTP

## Jim Gill's Sing-A-Thon of Celebrated Songs

Jim Gill presents music for families to sing, clap, and dance together. Jim will delight audiences with his banjo and original songs.  
Wed / Sept. 27 / 6 pm / NPM

## Home Composting Workshop

Learn how to turn your yard waste and food scraps into valuable organic fertilizer for your garden through traditional composting or vermicomposting. To register, email [greenmv@cityofmissionviejo.org](mailto:greenmv@cityofmissionviejo.org).  
Sat / Sept. 30 / 10 am / Free / The Kershaw Garden - CH

## Movies In The Park

Parks make life better by bringing families together, so join us for these free movies in the park. Movies begin at dusk. Drop off blankets and chairs early. Enjoy fun games and music before the movie, and refreshments will be available for purchase. \*Napoli Park (27682 Napoli Way) and Cordova Park (26931 El Retiro). We are grateful for our title event sponsor Mission Viejo Acura.

#120118 / Sat / Sept. 30 / 5 - 9 pm / Free / Napoli Park  
#120119 / Sat / Oct. 14 / 5 - 9 pm / Free / Cordova Park  
#120125 / Sat / Oct. 28 / 5 - 9 pm / Free / Cordova Park

## Taste of Zest

Join us for a taste of Zest! Sample our lunch program restaurant cater, Zest. Your taste ticket includes chili turkey, marinara sauce meatball, pulled-pork slider, salmon with panang curry sauce, chicken shawarma, chicken tarragon, split pea soup, honey-glazed carrots, herb-roasted potatoes, orange slices and dessert samplings of a cookie, brownie and cake.  
#119093 / Mon / Oct. 2 / 11:30 am - 12:30 pm / \$7 / NPM

## Document Shredding

Residents and businesses can bring up to five banker-size boxes worth of paper records for immediate shredding during this free drive-through event. Proof of residency is required. For more information, contact [greenmv@cityofmissionviejo.org](mailto:greenmv@cityofmissionviejo.org).  
Sat / Oct. 7 / 9 - 11 am / Free / CH

## 13th Annual Tee It Up Fore Marines Golf Tournament

The City of Mission Viejo, Mission Viejo Community Foundation and Headquarters Battalion, 1st Marine Division Camp Pendleton partner for a fundraiser on the golf course at Camp Pendleton. For more information, visit [mvcommunityfoundation.org](http://mvcommunityfoundation.org).  
Fri / Oct. 13 / 9:30 am check-in / 11 am shotgun start  
\$1,000 Foursome, \$1,000 Foursome with Marine(s) or \$250 per person

## E-Waste & Household Hazardous Waste Collection

Residents can bring up to 125 pounds or 15 gallons of HHW per vehicle during this free drive-through event. Each container must not exceed five gallons. Proof of residency is required and residents must stay in their vehicles. For more information on eligible items that can be brought to this event, contact [greenmv@cityofmissionviejo.org](mailto:greenmv@cityofmissionviejo.org).  
Sat / Oct. 14 / 9 - 11 am / Free / CH

## Halloween Book Exchange Tea Party

Gather your favorite scary reads and exchange them with others in this spooky themed tea party.  
Sat / Oct. 14 / 2 - 4 pm / MVL

## Family Fort Night

AGES 3 & UP  
Bring blankets, pillows, and other fort-making equipment and enjoy reading with your family in your fort. Light refreshments will be provided.  
Fri / Oct. 20 / 5:30 - 7:30 pm / MVL

## Library Trick or Treat

Join us for tricks and treats at the Mission Viejo Library. Visit treat and activity stations throughout the library. Supplies provided and could be limited. Costumes welcome.  
Sat / Oct. 28 / 10 am - 2 pm / MVL

## Día de Los Muertos Fiesta

Mission Viejo Activities Committee invites the community to join them for food, fun, and fiesta in celebration of Día de Los Muertos (Day of the Dead). Enjoy Mariachi entertainment, Folkloric Dance, face painting, craft activities and a multi-cultural market. Community and individual Ofrendas. Pixar's "Coco" will be showing indoors. Artisanal wares, food, beverages, wine, beer, and Sangria will be available for purchase.  
Sat / Oct. 28 / 2 - 7 pm / Free / NPM





# COMMUNITY EVENTS & EXCURSIONS

## Día de los Muertos Storytime

Join us for an evening of stories and activities to honor Día de los Muertos. Learn about the holiday and traditions.

Wed / Nov. 1 / 6 pm / Free / MVL

## Puzzle Party Challenge

Couples and groups of friends are invited to the library for the unique challenge of competitive jigsaw puzzles.

Sat / Nov. 5 / 2 pm / MVL

## Fall in Love - Speed Dating Social

Calling all 50+ singles. Join us for a festive fall speed-dating social to meet potential partners or make new friends. Everyone will get an opportunity to network between intervals. After the speed dating activity, stick around for fun music, a fall themed photo backdrop and light refreshments.

#120443 (Male) / Tu / Nov. 7 / 4 - 6 pm / \$10 / NPM

#120445 (Female) / Tu / Nov. 7 / 4 - 6 pm / \$10 / NPM

## Glow Golf Tournament

Join us for a fun night of golf when we light up the course. The tournament will be a shotgun scramble with prizes for the top three teams. The entry fee is \$100 per person and includes a cart, dinner, two glow golf balls, a glow stick for your golf bag, and a glow necklace. Prizes will be awarded for best cart decorations. For more information or to register, contact 949-470-4997 or [GoToEvents@osocreekgolf.com](mailto:GoToEvents@osocreekgolf.com).

Sat / Nov. 11 / 6 pm / \$100 / Oso Creek Golf Course

## Winter Gala

Dress in your finest holiday attire and join us for a festive evening. Enjoy a traditional holiday meal, dance to the sounds of a live, 10-piece big band "Close Harmony," take your annual holiday photos in front of our merry decorations, and receive a lovely memento of the season. Don't miss this winter holiday celebration.

#94840 / Mon / Dec. 4 / 6:30 - 9 pm / \$30 / NPM

## Community Chanukah Wonderland

The Chabad of Mission Viejo will celebrate the Jewish Festival of Lights with Chanukah music and entertainment, games, activities, bounce house, creative crafts, face painting, cookie decorating and so much more! Come to experience all the wonderment of Chanukah with the lighting of the menorah, singing traditional holiday songs, eating latkes (potato pancakes) and sufganiot (jelly donuts). Experience spinning the dreidel of joy at this citywide celebration of the winter holiday of miracles.

Sun / Dec. 11 / 3 - 5 pm / Free / NPM

## COMMUNITY EXCURSIONS

### Viejas Casino & Outlet Shopping

Now 50+ can enjoy all the discount benefits. There is something for everyone with great options for dining and shopping. Must be 21 and have a player VIP card or sign up for a player VIP card upon arrival. Guests must play at least \$20 per person. Guests will receive \$10 in free play cash when they earn 200 points on their Viejas Card. Meet at the Norman P. Murray Center at 8:30 am.

#112381 / Tu / Oct. 10 / 8:30 am - 6 pm / \$20 / NPM

### Festival of Lights - Mission Inn

Take the Metrolink at the Irvine station and ride to Downtown Riverside to visit the Festival of Lights at the Mission Inn. This festival is one of the nation's largest holiday light collections, voted "Best Public Lights Display" by USA Today. Enjoy lunch on your own and experience the Festival of Lights as a group. \*Metrolink schedule and excursion time is subject to change.

#120285 / Sat / Nov. 18 / noon - 11 pm\* / \$20 / NPM





# COMMUNITY SERVICES



## CITY SERVICES

### Voluntary Wellness Check

If an emergency or incident happens within the City and volunteer support is available, participants will be contacted for a wellness check. This program is offered by the City of Mission Viejo and managed with the support of Community Emergency Preparedness Academy (CEPA) volunteers in an effort to make life safer during times of local and regional emergencies. Designed for Mission Viejo residents 60 and older and individuals of any age with special needs. Information will be kept confidential and accessed for wellness check purposes only. For more information or to apply, complete an application online at [cityofmissionviejo.org/wellness-check-program](https://cityofmissionviejo.org/wellness-check-program) or in-person at the Norman P. Murray Center.

## FOOD RESOURCES

### Senior Grocery

This free food pantry caters to low- and fixed-income seniors. Shop from perishable and nonperishable items such as meat, dairy, fresh produce and canned goods. Seniors may fill up to two grocery or reusable bags per household. Check-in at 8 am in the lobby. Bring two reusable grocery bags to fill with food items.

Fri / 8 – 9 am / Ongoing / Free / NPM

### Age Well Senior Services Lunch Program

Age Well Senior Services provides hot or cold nutritious and delicious lunches. Meals are catered by Zest in a Bowl. For the monthly menu, make a reservation or for information about upcoming special events, contact 949-470-3063 or [mvc1@myagewell.org](mailto:mvc1@myagewell.org). Suggested donations are \$5.50 for seniors and a cost of \$7.50 for folks under 60. Be sure to ask about our Bingo programs.

Mon – Fri / 11:30 am / NPM

### Commodities

Age Well Senior Services in cooperation with the Community Action Partnership of Orange County distributes nonperishable food items. Residents of Mission Viejo, Ladera Ranch, Rancho Santa Margarita and Rancho Mission Viejo are able to participate. Proof of residency required. Please bring two (2) reusable grocery bags to fill.

Sept. 21 / 10 – 11 am / NPM

Oct. 19 / 10 – 11 am / NPM

Nov. 16 / 10 – 11 am / NPM

## MILITARY SUPPORT

### Adopt-A-Family Gift-Giving Program

Every year, countless military members spend the holidays away from loved ones. In gratitude for their service, you can make a difference to those who protect our freedoms by providing holiday gifts for Marine families. The Holiday Family Gift-Giving Program is a great way for individuals, schools, organizations, businesses, and churches to give back to those who serve and protect our country.

949-470-3061 / [rsc@cityofmissionviejo.org](mailto:rsc@cityofmissionviejo.org) / CH

### Toys For Marine Families

Donate toys for the children of the City's adopted Marine Headquarters Battalion. Toys are collected at all City facilities, recreation, and tennis centers and will be distributed at the battalion's holiday party.

949-470-3061 / [rsc@cityofmissionviejo.org](mailto:rsc@cityofmissionviejo.org)

## SPECIAL NEEDS

### Special Needs Adaptive Program (SNAP) 🌈🧑🏻

The City of Mission Viejo is committed to providing successful recreational opportunities to individuals of all ABILITIES! Look for our logo to identify specific programs that can help provide an inclusive experience today.

## TRANSPORTATION

### Dial-A-Taxi

AGES 60 & UP (MISSION VIEJO RESIDENTS ONLY)

The City's Senior Dial-A-Taxi Program offers 24/7 service in Mission Viejo, Laguna Hills, Lake Forest, Laguna Woods, Rancho Santa Margarita and additional satellite destinations. Customer cost is \$5 per one-way trip. Seniors can also obtain a ride to John Wayne Airport for \$20 each way. \*Enjoy free round-trip service to all City facilities. Fill out an application online at [cityofmissionviejo.org/recreation](https://cityofmissionviejo.org/recreation).

\$5 per one-way trip\* / NPM

## TRAVEL

### Mission Viejo Library Passport Acceptance Service

Passport services is now open. Make an appointment Tuesday through Saturday, and walk-in service is available Wednesday and Thursday. For hours and holiday closures, visit [cmvl.org](https://cmvl.org) or call 949-470-8420. Look under "Services" for passports.



# EARLY CHILDHOOD CLASSES

## DANCE

### Princess Ballet

AGES 3 – 6

Participants learn beginning ballet and gross motor skills with a princess twist. This class promotes coordination, flexibility, poise, and listening skills. It also includes short princess storytimes and crafting. Leotard, tights, and ballet shoes required. A \$5 cash material fee per 6-week session is due to the instructor. No class October 23 and November 20.

**Instructor: SoCa Arts**

6-WEEK SESSION

#118286 / Mon / Sept. 11 – Oct. 16 / 3:30 – 4:15 pm / \$89 / NPM

#118287 / Mon / Oct. 30 – Dec. 11 / 3:30 – 4:15 pm / \$89 / NPM

12-WEEK SESSION

#118283 / Mon / Sept. 11 – Dec. 11 / 3:30 – 4:15 pm / \$164 / NPM

## EDUCATIONAL

### Full STEAM Ahead to Kindergarten!

AGES 4 – 5

In Mrs. K's class, you will be encouraged to imagine, discover, and create projects that demonstrate knowledge in science, technology, engineering, art, reading, writing and mathematics. A \$10 material fee is due to the instructor. No class November 23.

**Instructor: Marilyn Kochendorfer**

#99616 / Tu & Th / Sept. 5 – 28 / 10 am – noon / \$120 / NPM

#99617 / Tu & Th / Oct. 3 – 26 / 10 am – noon / \$120 / NPM

#99618 / Tu & Th / Nov. 2 – 30 / 10 am – noon / \$120 / NPM

### Miss Sara's Sunshine Seekers

AGES 1.5 – 8

This outdoor play class is open-ended and child-led with irresistible invitations to play. This class is for children 1.5 to 8 years old and follows the TinkerGarten curriculum. Families will be led through movement, exploration and purposeful play while outdoors.

**Instructor: Sara Stewart**

#120707 / Mon / Sept. 11 – Nov. 6 / 12:30 – 1:30 pm / \$190 / NPM

#120708 / Wed / Sept. 13 – Nov. 8 / 9:30 – 10:30 am / \$190 / NPM

### Baby Storytime

AGES 6 – 18 MONTHS

Encourage early childhood development through bounces, rhymes, stories, and songs in the Storytime Room. Attendance is limited, so please arrive early.

Tu / Sept. 12 – Oct. 3 / 10:30 – 11 am / Free / MVL

Tu / Sept. 12 – Oct. 3 / 11:15 – 11:45 am / Free / MVL

Tu / Oct. 24 – Nov. 14 / 10:30 – 11 am / Free / MVL

Tu / Oct. 24 – Nov. 14 / 11:15 – 11:45 am / Free / MVL

### Pajama Storytime

AGES 3 – 6

Come in your pajamas and enjoy evening stories and songs in the Storytime Room. Attendance is limited, so please arrive early.

Tu / Sept. 12 – Oct. 3 / 6 pm / Free / MVL

Tu / Oct. 24 – Nov. 14 / 6 pm / Free / MVL



### Preschool Storytime

AGES 3 – 6

Strengthen kindergarten readiness skills with interactive stories and songs in the Storytime Room. Attendance is limited, so please arrive early.

Wed / Sept. 13 – Oct. 4 / 10:30 – 11 am / Free / MVL

Wed / Sept. 13 – Oct. 4 / 11:15 – 11:45 am / Free / MVL

Wed / Oct. 25 – Nov. 15 / 10:30 – 11 am / Free / MVL

Wed / Oct. 25 – Nov. 15 / 11:15 – 11:45 am / Free / MVL

### Sensory Storytime 🌈🧩

AGES 3 & UP

An interactive and inclusive storytime geared towards children with special needs. Space is limited. Registration is required and available by emailing [LibraryPrograms@cityofmissionviejo.org](mailto:LibraryPrograms@cityofmissionviejo.org).

Sat / Sept. 9 / 10:30 – 11:30 am / Free / MVL

Sat / Oct. 14 / 10:30 – 11:30 am / Free / MVL

### Toddler Storytime

AGES 18 – 35 MONTHS

Support early literacy with books, songs, movements, and fingerplays in the Storytime Room. Attendance is limited, so please arrive early.

Mon / Sept. 11 – Oct. 2 / 10:30 – 11 am / Free / MVL

Mon / Sept. 11 – Oct. 2 / 11:15 – 11:45 am / Free / MVL

Th / Sept. 14 – Oct. 5 / 10:30 – 11 am / Free / MVL

Th / Sept. 14 – Oct. 5 / 11:15 – 11:45 am / Free / MVL

Mon / Oct. 23 – Nov. 13 / 10:30 – 11 am / Free / MVL

Mon / Oct. 23 – Nov. 13 / 11:15 – 11:45 am / Free / MVL

Th / Oct. 26 – Nov. 16 / 10:30 – 11 am / Free / MVL

Th / Oct. 26 – Nov. 16 / 11:15 – 11:45 am / Free / MVL



# EARLY CHILDHOOD CLASSES

## MUSIC

### Music Together

AGES 4 & UNDER

Families participate together in songs, rhythmic activities, movement and instrumental jam sessions. This fun musically rich social setting supports growth and learning. A required \$40 material fee is due to the instructor on the first day of class.

**Instructor: Elena Salisbury**

#117952 / Tu / Sept. 12 / 9 – 9:45 am / Free / NPM

#117953 / Tu / Sept. 19 – Nov. 7 / 9 – 9:45 am / \$155 / NPM

#117954 / Tu / Nov. 14 – 21 / 9 – 9:45 am / \$38 / NPM

### Fun with Sounds I

AGES 1 – 2.5

This fun, easy and interactive parent-and-me class introduces music and dance. Participants will explore harmonies, beats and rhythms by singing, dancing and playing along to popular nursery rhymes and seasonal festive music pieces from around the world. No class October 13, November 10 and 24.

**Instructor: Katherina Sutter**

#118017 / Fri / Sept. 15 – Oct. 27 / 10:15 – 10:55 am / \$90 / NPM

#118018 / Fri / Nov. 3 – Dec. 15 / 10:15 – 10:55 am / \$75 / NPM

### Fun with Sounds II

AGES 1 – 2.5

Building on Fun with Sounds I, this class requires active participation to fun musical activities. You and your child will clap along to beats, sing and vocalize along to your favorite songs and nursery rhymes. No class October 13, November 10 and 24.

**Instructor: Katherina Sutter**

#118015 / Fri / Sept. 15 – Oct. 27 / 9:30 – 10:10 am / \$90 / NPM

#118016 / Fri / Nov. 3 – Dec. 15 / 9:30 – 10:10 am / \$75 / NPM



### Rhythm Champs & Groove Busters

AGES 2.5 – 4

Tap into the magical power of music and explore the world of dance. Practice drumming and moving to rhythms and beats. Parent participation is recommended. No class October 13.

**Instructor: Katherina Sutter**

#118019 / Fri / Sept. 15 – Oct. 27 / 11 – 11:45 am / \$96 / NPM

### Little Songbirds

AGES 2.5 – 4

Explore the world of music through song and voice. Learn about harmonies, melodies and scales while playing singing games and singing along to festive songs and popular nursery rhymes. Parent participation is recommended. No class November 10 and 24.

**Instructor: Katherina Sutter**

#118020 / Fri / Nov. 3 – Dec. 15 / 11 – 11:45 am / \$80 / NPM

## SPORTS

### Gymnastics / Jr. Olympians

AGES 3 – 5

This fun, active class will introduce gymnastics skills including rolls cartwheels, balance beam, mini trampoline and more! Boost self-esteem, increase body awareness and build strength and coordination for all types of sports! A \$3 material fee is due to the instructor.

**Instructor: Tumble-N-Kids**

#118794 / Mon / Sept. 11 – Oct. 23 / 2:15 – 3 pm / \$100 / MFIT

#118795 / Mon / Nov. 6 – Dec. 18 / 2:15 – 3 pm / \$100 / MFIT

### Little Hoopers

AGES 3 – 7

The program consists of four one-hour sessions with each session focusing on a specific basketball fundamental including dribbling, passing, shooting and defense.

**Instructor: Breakthrough Sports**

#120696 / Th / Sept. 14 – Oct. 5 / 4:30 – 5:30 pm / \$85 / MFIT

#120697 / Th / Oct. 26 – Nov. 16 / 4:30 – 5:30 pm / \$85 / MFIT

### Skyhawks HoopsterTots

This class will focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to provide just the right amount of challenge.

**Instructor: Skyhawks**

AGES 3.5 – 4.5

#118889 / Mon / Sept. 18 – Oct. 16 / 4 – 4:40 pm / \$95 / MFIT

#118890 / Mon / Nov. 6 – Dec. 4 / 4 – 4:40 pm / \$95 / MFIT

AGES 4.5 – 5

#118891 / Mon / Sept. 18 – Oct. 16 / 4:50 – 5:30 pm / \$95 / MFIT

#118892 / Mon / Nov. 6 – Dec. 4 / 4:50 – 5:30 pm / \$95 / MFIT



# EARLY CHILDHOOD / YOUTH & TEEN CLASSES

## Super Soccer Stars

Learn soccer skills in a fun, non-competitive and educational environment. Through an age-specific curriculum, soccer is used to nurture, build self-confidence and develop teamwork. \*Cordova Park, 26931 El Retiro.

**Instructor: Super Soccer Stars**

AGES 1 - 2 (PARENT-&-ME)

#118805 / Sat / Sept. 16 - Nov. 18 / 8:15 - 8:55 am / \$240 / Cordova\*

AGES 2 - 3

#118806 / Sat / Sept. 16 - Nov. 18 / 9 - 9:40 am / \$240 / Cordova\*

AGES 3 - 4

#118807 / Sat / Sept. 16 - Nov. 18 / 9:45 - 10:30 am / \$240 / Cordova\*

AGES 4 - 5

#118808 / Sat / Sept. 16 - Nov. 18 / 10:35 - 11:25 am / \$240 / Cordova\*

## THEATER

### Storybook Stage Play: Fancy Nancy

AGES 3 - 6

All the world's a stage in this fun theater class. Recreate famous storybook characters while cultivating creativity, imagination, public speaking skills and confidence! All leading up to a play performance on the last day. \$5 material fee is due to the instructor.

**Instructor: Take The Stage Productions**

#118213 / Wed / Sept. 20 - Nov. 15 / 3:30 - 4:15 pm / \$165 / NPM

## DANCE

### All-in-One Dance

AGES 4 - 7

Dancers learn beginning ballet, jazz, hip-hop, and tumbling in an upbeat and encouraging environment. This class helps improve balance, coordination, rhythm, and even sports ability! Leotard, tights or leggings, and ballet or jazz shoes required. No class October 23 and November 20.

**Instructor: SoCa Arts**

6-WEEK SESSION

#118282 / Mon / Sept. 11 - Oct. 16 / 4:20 - 5:05 pm / \$89 / NPM

#118281 / Mon / Oct. 30 - Dec. 11 / 4:20 - 5:05 pm / \$89 / NPM

12-WEEK SESSION

#118280 / Mon / Sept. 11 - Dec. 11 / 4:20 - 5:05 pm / \$164 / NPM

### Beginning Classical Ballet

AGES 5 - 8

Dancers will learn beginning ballet with an emphasis on proper placement, musicality, spatial awareness, and coordination in this structured, yet nurturing class for the budding ballerina. Leotard, tights and ballet shoes required. Suitable for beginners or those continuing from princess ballet. No class October 23 and November 20.

**Instructor: SoCa Arts**

6-WEEK SESSION

#118279 / Mon / Sept. 11 - Oct. 16 / 5:10 - 5:55 pm / \$89 / NPM

#118276 / Mon / Oct. 30 - Dec. 11 / 5:10 - 5:55 pm / \$89 / NPM

12-WEEK SESSION

#118274 / Mon / Sept. 11 - Dec. 11 / 5:10 - 5:55 pm / \$164 / NPM

### Beginning Hip-Hop

AGES 5 - 8

This is a popular class for boys and girls! Dancers learn beginning hip-hop technique and dance combinations. Class improves coordination, rhythm, gross motor skills, listening, and agility. All movements and songs are age-appropriate. Athletic attire and sneakers required. No class October 23 and November 20.

**Instructor: SoCa Arts**

6-WEEK SESSION

#118269 / Mon / Sept. 11 - Oct. 16 / 6 - 6:45 pm / \$89 / NPM

#118270 / Mon / Oct. 30 - Dec. 11 / 6 - 6:45 pm / \$89 / NPM

12-WEEK SESSION

#118264 / Mon / Sept. 11 - Dec. 11 / 6 - 6:45 pm / \$164 / NPM

### Children's Musical Theater

AGES 6 - 11

Learn beginning musical theater, jazz dance technique and choreography in this fun, energetic class. This class will focus on rhythm, coordination and confidence to age appropriate Broadway musical numbers. Athletic or dance attire with jazz shoes or sneakers required. No class October 23 and November 20.

**Instructor: SoCa Arts**

6-WEEK SESSION

#118290 / Mon / Sept. 11 - Oct. 16 / 6:50 - 7:35 pm / \$89 / NPM

#118289 / Mon / Oct. 30 - Dec. 11 / 6:50 - 7:35 pm / \$89 / NPM

12-WEEK SESSION

#118288 / Mon / Sept. 11 - Dec. 11 / 6:50 - 7:35 pm / \$164 / NPM





# YOUTH & TEEN CLASSES



## EDUCATIONAL

### After-School Sewing for Kids & Teens

AGES 8 - 17

Fashionistas will design and create their own fashions using a sewing machine while learning about fabric selection and how to follow a variety of patterns. All fabrics, notions, patterns and sewing machines are supplied. \$35 material fee due to the instructor.

**Instructor: Linda Rush**

#118547 / Wed / Sept. 6 - 27 / 3:30 - 6 pm / \$188 / NPM

### Reading Development Grades K - 1

This individualized phonics-based reading program identifies skill gaps with comprehensive first-day testing. Skill-based curriculum and instruction facilitates in bringing skills to mastery. No class October 31 and November 21 - 23.

**Instructor: Readwrite**

#117777 / Tu & Th / Sept. 5 - 28 / 3:30 - 4:25 pm / \$169 / NPM

#117779 / Tu & Th / Oct. 5 - Nov. 2 / 3:30 - 4:25 pm / \$169 / NPM

#117780 / Tu & Th / Nov. 9 - Dec. 12 / 3:30 - 4:25 pm / \$169 / NPM

### Reading Development Grades 2 - 6

Improve comprehension, vocabulary, spelling and fluency. Gaps will be identified with comprehensive testing. Skill-based curriculum assists struggling students and challenges advanced students. No class October 31 and November 21 - 23.

**Instructor: Readwrite**

#117781 / Tu & Th / Sept. 5 - 28 / 4:30 - 5:25 pm / \$169 / NPM

#117782 / Tu & Th / Oct. 5 - Nov. 2 / 4:30 - 5:25 pm / \$169 / NPM

#117783 / Tu & Th / Nov. 9 - Dec. 12 / 4:30 - 5:25 pm / \$169 / NPM

### Math Development Grades 2 - 6

Comprehensive first-day testing identifies skill gaps for an individualized program that may include basic or advanced fraction operations, prime numbers, factoring concepts, decimals, algebra and geometry skills. No class October 31 and November 21 - 23.

**Instructor: Readwrite**

#117784 / Tu & Th / Sept. 5 - 28 / 5:30 - 6:25 pm / \$169 / NPM

#117785 / Tu & Th / Oct. 5 - Nov. 2 / 5:30 - 6:25 pm / \$169 / NPM

#117786 / Tu & Th / Nov. 9 - Dec. 12 / 5:30 - 6:25 pm / \$169 / NPM

### Minecraft MakeCode Programming

AGES 5 - 10

Computational thinking and programming skills are important in today's society. Kids will gain confidence as they learn how to solve problems using programming. Students must bring their own laptops.

**Instructor: Coding Minds**

#118854 / Tu / Sept. 5 - 26 / 4 - 5 pm / \$135 / NPM

#118855 / Tu / Oct. 3 - 24 / 4 - 5 pm / \$135 / NPM

#118856 / Tu / Nov. 7 - 28 / 4 - 5 pm / \$135 / NPM

### Game Development and Design with ROBLOX

AGES 10 & UP

Motivate kids to learn by showing them that they can create their own games and turn their ideas into reality with Roblox Studio. While creating their own games with Roblox Studio, students will also encounter and learn about 3D modeling. Students must bring their own laptop.

**Instructor: Coding Minds**

#118857 / Tu / Sept. 5 - 26 / 5 - 6 pm / \$135 / NPM

#118858 / Tu / Oct. 3 - 24 / 5 - 6 pm / \$135 / NPM

#118859 / Tu / Nov. 7 - 28 / 5 - 6 pm / \$135 / NPM

### 2D-Game Development Drag & Drop

AGES 6 - 10

Learn how to make games like Flappy Bird, Geometry Dash and Subway Surfers. Using Scratch's drag-and-drop system, students will learn beginner coding concepts while designing their own video games. \*Class is held in-person at the CoderSchool Mission Viejo, 27660 Marguerite Parkway, Suite G.

**Instructor: theCoderSchool Staff**

#118800 / Wed / Sept. 6 - Oct. 18 / 3:30 - 4:30 pm / \$240 / Offsite\*

#118801 / Wed / Oct. 25 - Nov. 29 / 3:30 - 4:30 pm / \$205 / Offsite\*

### 2D-Game Development Python

AGES 9 - 14

Using Pixelpad, a visual Python platform, students will learn how to create their own games with a simplified object-oriented approach. Students will gain a better understanding of how to code their own mechanics and gameplay. \*Class is held in-person at the CoderSchool Mission Viejo, 27660 Marguerite Parkway, Suite G.

**Instructor: theCoderSchool Staff**

#118802 / Wed / Sept. 6 - Oct. 18 / 4:30 - 5:30 pm / \$290 / Offsite\*

#118803 / Wed / Oct. 25 - Nov. 29 / 4:30 - 5:30 pm / \$250 / Offsite\*



# YOUTH & TEEN CLASSES

## MARTIAL ARTS

### Karate - Juniors - All levels welcome

AGES 6 & UP

This class is designed to build character through discipline and self-confidence. Most importantly, students learn about positive attitudes and manners. \*The family discounted price is only available through staff. Contact the facility at 949-859-4348. No class October 31 and November 23.

**Instructor: Robert Cherone**

#120655 / Tu & Th / Sept. 5 - 28 / 6 - 7 pm / \$70\* / MFIT

#120656 / Tu & Th / Oct. 3 - 26 / 6 - 7 pm / \$70\* / MFIT

#120658 / Tu & Th / Nov. 2 - 30 / 6 - 7 pm / \$70\* / MFIT

### Karate - Teens/Adults - All levels welcome

AGES 12 & UP

Karate benefits include improved fitness, confidence, agility and good character. Build character through discipline and self-confidence. You will be taught to defend against punches, holds and grabs. \*The family discounted price is only available through staff. Contact the facility at 949-859-4348. No class October 31 and November 23.

**Instructor: Robert Cherone**

#120659 / Tu & Th / Sept. 5 - 28 / 7 - 8 pm / \$70\* / MFIT

#120660 / Tu & Th / Oct. 3 - 26 / 7 - 8 pm / \$70\* / MFIT

#120661 / Tu & Th / Nov. 2 - 30 / 7 - 8 pm / \$70\* / MFIT

## SPORTS

### Gymnastics / Kartwheel-N-Kids

AGES 6 - 8

This class will focus on beginning tumbling skills while incorporating music, obstacle courses and fun. Students will learn skills including cartwheels, rolls, jumps, handstands, beams, handspring barrel, trampoline and more! A \$3 material fee is due to the instructor.

**Instructor: Tumble-N-Kids**

#118796 / Mon / Sept. 11 - Oct. 23 / 3 - 4 pm / \$125 / MFIT

#118797 / Mon / Nov. 6 - Dec. 18 / 3 - 4 pm / \$125 / MFIT

### Gymnastics / Jammin' Gymnasts

AGES 9 - 12

Students will build skills on the balance beam, mini-trampoline and floor while perfecting cartwheels, round-offs, handsprings, backbends, flips and more! The mastery of basic skills leads to increased development and advancement through the progression of the program. A \$3 material fee is due to the instructor.

**Instructor: Tumble-N-Kids**

#118798 / Mon / Sept. 11 - Oct. 23 / 4 - 5 pm / \$125 / MFIT

#118799 / Mon / Nov. 6 - Dec. 18 / 4 - 5 pm / \$125 / MFIT

### Mission Viejo Flag Football powered by Matt Leinart Flag Football

AGES 4 - 14

The Matt Leinart Flag Football League, in conjunction with the NFL Flag Football program, is a flag football league for kids in grades K-8 with the emphasis on community fun. The league is for boys and girls of all skill levels and promotes a competitive, confidence-building, non-contact football experience.

Fri / Sept. 8 - Nov. 17 / 5 - 9 pm / Oso Viejo Park

\$155 PreK - Kinder Division / \$225 1st - 8th Grade Division



### Pickleball Stars

AGES 7 - 14

This clinic will focus on developing hand-eye coordination, paddle skills, stroke development, footwork, rules and scoring. Our USPTA certified pro creates a rally-based approach to learning the sport of pickleball. All levels are welcome. Players will be grouped based on age and skill level. \*Members receive a discounted rate. Registration opens on the 1st of each month for the following months programs. No class November 20 & 22.

**Coach: Senem Aktuccar, USPTA Certified Pro**

#118246 / Mon / Sept. 11 - 25 / 3:30 - 5 pm / \$105\* / FTR

#118250 / Wed / Sept. 6 - 27 / 3:30 - 5 pm / \$140\* / FTR

#118247 / Mon / Oct. 2 - 30 / 3:30 - 5 pm / \$175\* / FTR

#118251 / Wed / Oct. 4 - 25 / 3:30 - 5 pm / \$140\* / FTR

#118249 / Mon / Nov. 6 - 27 / 3:30 - 5 pm / \$105\* / FTR

#118252 / Wed / Nov. 1 - 29 / 3:30 - 5 pm / \$140\* / FTR

### Jr. Pickleball Match Play

AGES 7 - 14

For graduates of Pickleball Stars who are ready for match play with their peers. Players will rotate in small groups on the courts to take their training and apply it in real match play settings. . Players will be grouped based on age and skill level. \*Members receive a discounted rate. Registration opens on the 1st of each month for the following months programs. No class November 20 & 22.

**Coach: Senem Aktuccar, USPTA Certified Pro**

#118253 / Mon / Sept. 11 - 25 / 3:30 - 5 pm / \$90\* / FTR

#118254 / Wed / Sept. 6 - 27 / 3:30 - 5 pm / \$120\* / FTR

#118255 / Mon / Oct. 2 - 30 / 3:30 - 5 pm / \$150\* / FTR

#118256 / Wed / Oct. 4 - 25 / 3:30 - 5 pm / \$120\* / FTR

#118257 / Mon / Nov. 6 - 27 / 3:30 - 5 pm / \$90\* / FTR

#118258 / Wed / Nov. 1 - 29 / 3:30 - 5 pm / \$120\* / FTR

### Junior Pickleball Round-Robin Tournaments

Introductory junior pickleball round-robin tournaments are designed to introduce players to match play in a fun environment. Players receive instruction and feedback from pros to improve their pickleball and match play skills. An awards ceremony will follow each tournament.

**Coach: Senem Aktuccar, USPTA Certified Pro**

#118261 / Sun / Sept. 17 / 2:30 - 4:30 pm / \$35 / FTR

#118262 / Sun / Oct. 15 / 2:30 - 4:30 pm / \$35 / FTR

#118263 / Sun / Nov. 12 / 2:30 - 4:30 pm / \$35 / FTR



# YOUTH & TEEN CLASSES

## Skyhawks Basketball

This fun skill-intensive program is designed for beginning to intermediate players. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

**Instructor: Skyhawks**

AGES 6 - 8

#118893 / Mon / Sept. 18 - Oct. 16 / 5:40 - 6:20 pm / \$95 / MFIT

#118894 / Mon / Nov. 6 - Dec. 4 / 5:40 - 6:20 pm / \$95 / MFIT

AGES 9 - 12

#118895 / Mon / Sept. 18 - Oct. 16 / 6:30 - 7:30 pm / \$105 / MFIT

#118896 / Mon / Nov. 6 - Dec. 4 / 6:30 - 7:30 pm / \$105 / MFIT

## Super Soccer Stars

AGES 5 - 7

Super Soccer Stars teaches soccer skills in a fun, non-competitive and educational environment. Through an age-specific curriculum, soccer is used to nurture, build self-confidence and develop teamwork. Players must bring their own soccer ball. \*Cordova Park, 26931 El Retiro.

**Instructor: Super Soccer Stars**

#118809 / Sat / Sept. 16 - Nov. 18 / 11:30 am - 12:30 pm / \$240 / Cordova\*

## Youth Tennis Mixers

Enjoy a pro-led games and guided open match play as the players take over the tennis courts with music, snacks, and tons of fun. All levels welcome. For information, contact Coach Stephen Loreto at 714-757-8903.

**Middle School Tennis Mixer (6th - 8th grade)**

#119068 / Fri / Sept. 15 / 6:30 - 8:30 pm / \$25 / MTP

#119069 / Fri / Oct. 13 / 6:30 - 8:30 pm / \$25 / MTP



## THEATER

### Broadway Star Musical Theater: Encanto

AGES 7 - 11

Act, sing, dance and explore the world of Broadway in this fun musical theater class! Gain performance skills, play theater games and perform a mini musical. A \$5 material fee is due to the instructor.

**Instructor: Take The Stage Productions**

#118214 / Wed / Sept. 20 - Nov. 15 / 4:15 - 5:15 pm / \$165 / NPM

## FALL BREAK CAMPS

### Artsy Cooking

AGES 7 - 12

In this scrumptious and artistic class, students will tantalize their taste buds and have fun with crafts. Students will explore a different cooking recipe each day while also making beautiful works of art.

**Instructor: Parker-Anderson Enrichment Staff**

#119003 / Mon - Wed / Nov. 20 - 22 / 9 am - noon / \$140 / ARTS

### Jewelry Making Workshop

AGES 5 - 12

Make your own jewelry, accessories, and crafts in this hands-on and creative class. Students will make jewelry, bags, jewelry holders, and other accessories using a variety of materials including clay, beads, paint and UV resin.

**Instructor: Parker Anderson Enrichment Staff**

#119004 / Mon - Wed / Nov. 20 - 22 / 1 - 4 pm / \$120 / ARTS

### LEGO Robotics

AGES 5 - 12

Challenge aspects of your creativity and intellect while learning the basics of engineering and physics! Students are given new and different projects every day to build, test and modify as they graduate to the next level of engineering comprehension.

**Instructor: Parker-Anderson Enrichment Staff**

#117809 / Mon - Wed / Nov. 20 - 22 / 9 am - noon / \$110 / NPM

### Spy Kidz: Secret Agents

AGES 5 - 12

Take fingerprints, decode secret messages, search for clues, go on a scavenger hunt, decipher our escape room and more! Explore the fascinating world of solving mysteries and develop observation and reasoning skills.

**Instructor: Parker-Anderson Enrichment Staff**

#117810 / Mon - Wed / Nov. 20 - 22 / 1 - 4 pm / \$120 / NPM

### Super Soccer Stars Camp

Super Soccer Stars teaches soccer skills in a fun, non-competitive and educational environment. Through an age-specific curriculum, soccer is used to nurture, build self-confidence and develop teamwork. \*Melinda Park (28951 Melinda Rd).

**Instructor: Super Soccer Stars**

AGES 6 - 12

#118861 / Mon - Wed / Nov. 20 - 22 / 9 am - noon / \$150 / Melinda\*

AGES 3 - 5

#118860 / Mon - Wed / Nov. 20 - 22 / 9 am - noon / \$150 / Melinda\*



# ADULT CLASSES

## EDUCATIONAL

### Chess for Fun

AGES 12 & UP

Social and recreational chess games, lessons and tournaments. Beginners will learn the basics while intermediate and advanced players can practice and play casual games. Class takes place the third Monday of the month.

**Instructor: Bill Humphreys**

#118182 / Mon / Sept. 18, Oct. 16 & Nov. 20 / 6 – 8 pm / \$5 / NPM

### Coloring for Adults

Experience reduced stress and increased mindfulness with colored pencils every second Thursday on the Heritage Reading Porch. Supplies will be provided.

Th / Sept. 14 / 6:30 – 8:30 pm / Free / MVL

Th / Oct. 12 / 6:30 – 8:30 pm / Free / MVL

Th / Nov. 9 / 6:30 – 8:30 pm / Free / MVL

### Learn to Sew for Adults

AGES 18 & UP

If you have always wanted to learn to sew, you're in luck! We are now offering learn-to-sew classes for adults. No experience needed. All fabrics, notions, patterns and sewing machines are supplied. \$35 material fee due to the instructor.

**Instructor: Linda Rush**

#118793 / Wed / Sept. 6 – 27 / 7 – 9 pm / \$188 / NPM

### Let's Go Digital

Learn about our library's online resources. Semi-monthly library sessions meet the second and fourth Wednesdays in periodicals.

Wed / Sept. 13 & 27 / 10 – 11:30 am / Free / MVL

Wed / Oct. 11 & 25 / 10 – 11:30 am / Free / MVL

Wed / Nov. 8 & 12 / 10 – 11:30 am / Free / MVL

## FITNESS

### Jazzercise with Suzy

AGES 14 & UP

Class includes high-intensity, dance-based cardio followed by 20 minutes of strength training and stretching. Each month, the class will incorporate Power Sculpt, which includes intense strength training with bursts of cardio. No class September 4, November 10 and 24.

**Instructor: Suzy Galaz**

#99575 / Mon, Wed & Fri / Sept. 1 – 29 / 9 – 10 am / \$45 / NPM

#99576 / Mon, Wed & Fri / Oct. 2 – 30 / 9 – 10 am / \$45 / NPM

#99577 / Mon, Wed & Fri / Nov. 1 – 29 / 9 – 10 am / \$45 / NPM

### Jazzercise with Pam

AGES 14 & UP

Join a dynamic 60-minute dance workout which includes cardio and strength training that builds endurance, muscle tone, balance and coordination. Jazzercise is great for our bodies and spirits, and you will leave this workout sweaty and smiling. Modifications available for personal comfort. Bring hand-held weights. No class November 23.

**Instructor: Pam Fortmuller**

#99582 / Tu & Th / Sept. 5 – 28 / 9 – 10 am / \$30 / NPM

#99581 / Tu & Th / Oct. 3 – 31 / 9 – 10 am / \$30 / NPM

#99580 / Tu & Th / Nov. 2 – 30 / 9 – 10 am / \$30 / NPM

### Morning Stretch

AGES 14 & UP

Increase flexibility with a full-body stretch and improve blood flow to typically tight muscles and joints and center your mind. Please bring a mat to class. No class September 7, 12, 14 and November 23.

**Instructor: Pam Fortmuller**

#118207 / Tu & Th / Sept. 5 – 28 / 8:15 – 8:45 am / \$15 / NPM

#118208 / Tu & Th / Oct. 3 – 31 / 8:15 – 8:45 am / \$15 / NPM

#118209 / Tu & Th / Nov. 2 – 30 / 8:15 – 8:45 am / \$15 / NPM

### SPIN

AGES 14 & UP

Spin classes are back. Each class includes calorie-burning, cardio-pumping, and muscle-strengthening rides. Challenge yourself with hill climbs, sprints, and more. Limited SPD clip-in pedals available on a first-come, first-served basis. \*Free for members, \$30 non-member session price. No class November 22 – 23.

#120663 / Tu / Sept. 5 – 26 / 6 – 6:50 am / \$30\* / MFIT

#120664 / Wed / Sept. 6 – 27 / 6 – 6:50 am / \$30\* / MFIT

#120665 / Th / Sept. 7 – 28 / 6 – 6:50 am / \$30\* / MFIT

#120666 / Fri / Sept. 1 – 29 / 6 – 6:50 am / \$30\* / MFIT

#120667 / Tu / Oct. 3 – 31 / 6 – 6:50 am / \$30\* / MFIT

#120668 / Wed / Oct. 4 – 25 / 6 – 6:50 am / \$30\* / MFIT

#120669 / Th / Oct. 5 – 26 / 6 – 6:50 am / \$30\* / MFIT

#120670 / Fri / Oct. 6 – 27 / 6 – 6:50 am / \$30\* / MFIT

#120671 / Tu / Nov. 7 – 28 / 6 – 6:50 am / \$30\* / MFIT

#120672 / Wed / Nov. 1 – 29 / 6 – 6:50 am / \$30\* / MFIT

#120673 / Th / Nov. 2 – 30 / 6 – 6:50 am / \$30\* / MFIT

#120674 / Fri / Nov. 3 – 17 / 6 – 6:50 am / \$30\* / MFIT

### TRX

AGES 14 & UP

Builds a strong core, strength, flexibility, and endurance. A complete training system using your body, this class works all three planes of motion allowing you to strengthen muscles and joints as a group.

\*Non-member session price is \$99. No class November 22 and December 25.

**Instructor: Ponci Kaylor**

#114511 / Mon & Wed / Aug. 28 – Sept. 27 / 5:30 – 6:30 pm / \$49\* / MFIT

#120648 / Mon & Wed / Oct. 9 – Nov. 8 / 5:30 – 6:30 pm / \$49\* / MFIT

#120650 / Mon & Wed / Nov. 20 – Dec. 27 / 5:30 – 6:30 pm / \$49\* / MFIT



# ADULTS 50+ CLASSES



## FITNESS

### Candlelight Rest & Restore

In this class, we will reduce muscle tension using myofascial release techniques and a foam roller. We will calm the busy mind using guided meditation and relaxation. Please bring a blanket and foam roller to class. A drop-in fee of \$12 is available. \*Membership discounted price is \$40. No class on November 23.

**Instructor: Gia Anderson**

#117244 / Th / Sept. 7 – 28 / 5 – 6 pm / \*\$50 / NPM  
#117246 / Th / Oct. 5 – 26 / 5 – 6 pm / \*\$50 / NPM  
#117247 / Th / Nov. 2 – 30 / 5 – 6 pm / \*\$50 / NPM

### Chair Strength & Tone

Chair exercises are designed to improve physical and mental health. Workout with hand weights, dynabands and a Pilates ball. All fitness levels are welcome. Bring light bands, a yoga mat and small Pilates ball. Class kits will be available for \$10. A drop-in fee of \$10 is available. No class on November 22.

**Instructor: Gia Anderson**

#117238 / Wed / Sept. 6 – 27 / 12:30 – 1:15 pm / \$28 / NPM  
#117239 / Wed / Oct. 4 – 25 / 12:30 – 1:15 pm / \$28 / NPM  
#117240 / Wed / Nov. 1 – 29 / 12:30 – 1:15 pm / \$28 / NPM

### Intermediate Tai Chi Qigong Shibashi

This class consists of a gentle exercise and breathing routine, which is easy to learn. Because of the slow movements and mindful approach, this class will leave you feeling energized and relaxed.

#104404 / Mon / Oct. 9 – Nov. 13 / 10:30 – 11:30 am / \$48 / NPM  
#104549 / Wed / Oct. 11 – Nov. 15 / 10:30 – 11:30 am / \$48 / NPM

### Learn To Play Bocce

Play on the City's beautiful bocce courts at an easygoing pace. All equipment is provided. The Thursday class is an educational session inside the building. The Friday class takes place on the bocce courts.

#104583 / Th & Fri / Sept. 7 – 8 / 9 – 11 am / Free / NPM  
#104585 / Th & Fri / Nov. 2 – 3 / 9 – 11 am / Free / NPM

### Mindful Breathing for Health & Healing

Breathing is the most important function of our bodies, but most of us develop harmful respiratory habits as we age. In this class, you can learn to improve beneficial breathing. Sit, relax and breathe your way back to better health, serenity and strength. A drop-in fee of \$7 is available.

**Instructor: Dara Linson**

#112996 / Mon / Oct. 2 – 23 / 10 – 11 am / \$25 / NPM

### Pilates & Barre

This class uses a combination of ballet-inspired movements, mindfulness and strength training. These exercises help build overall stability, strength and coordination. Bring light bands, a yoga mat and small Pilates ball. Class kits will be available for \$10. A drop-in fee of \$10 is available. No class on November 22.

**Instructor: Gia Anderson**

#117241 / Wed / Sept. 6 – 27 / 1:30 – 2:30 pm / \$32 / NPM  
#117242 / Wed / Oct. 4 – 25 / 1:30 – 2:30 pm / \$32 / NPM  
#117243 / Wed / Nov. 1 – 29 / 1:30 – 2:30 pm / \$32 / NPM

### Power Hour

This class focuses on exercise for both strength and balance. Participants will be seated and standing with some options for floor work. Bring 1- to 3-pound weights, a pool noodle, balance ball and hand towel and water. A drop-in fee of \$12 is available.

#119100 / Wed / Sept. 6 – 27 / 9 – 10 am / \$40 / NPM  
#119101 / Wed / Oct. 4 – 25 / 9 – 10 am / \$40 / NPM  
#119102 / Wed / Nov. 1 – 29 / 9 – 10 am / \$50 / NPM

### Senior Boxing

Boxing is the ultimate full-body workout that strengthens the entire body and will help you increase energy level, improve balance and coordination, gain strength and increase metabolism. Put on some gloves and spring into action. A drop-in fee of \$12 is available.

#119095 / Tu / Sept. 5 – 26 / 10:15 – 11:15 am / \$40 / NPM  
#119098 / Tu / Oct. 3 – 31 / 10:15 – 11:15 am / \$50 / NPM  
#119099 / Tu / Nov. 7 – 28 / 10:15 – 11:15 am / \$40 / NPM

### Senior Strength & Conditioning

Build muscle through specialized weight training, band exercises and body weight moves. Incorporating a cardio circuit, HIIT training and seated focused strength exercises to improve balance, posture and muscle performance. All levels welcome. Please bring hand weights, bands, a towel and water. A drop-in fee of \$12 is available. No class on November 23.

#119104 / Th / Sept. 7 – 28 / 10:30 – 11:30 am / \$40 / NPM  
#119106 / Th / Oct. 5 – 26 / 10:30 – 11:30 am / \$40 / NPM  
#119107 / Th / Nov. 2 – 30 / 10:30 – 11:30 am / \$40 / NPM

### Tai Chi with Bing

Come rejuvenate your mind, body, and senses during Tai Chi with Bing. With many health benefits including improved strength, focus, and reduced stress, see why Tai Chi is practiced by millions all across the world. Sponsored by Optum.

#114424 / Tu / Sept. 5 / 11 am – noon / Free / NPM



## ADULTS 50+ CLASSES



### Yoga on a Chair for Every-BODY!

Chair Yoga improves fitness through an adaptive exercise supported at all times by a chair. You will receive all the health benefits of yoga including relaxation of your body and mind, improved flexibility and strength. A drop-in fee of \$12 is available. No class on November 24.

**Instructor: Dara Linson**

#112300 / Fri / Sept. 15 – 29 / 11:30 am – 12:30 pm / \$30 / NPM

#115211 / Fri / Oct. 6 – 27 / 11:30 am – 12:30 pm / \$40 / NPM

#115216 / Fri / Nov. 17 – Dec. 8 / 11:30 am – 12:30 pm / \$30 / NPM

### Yoga Stretch

This class is designed to explore the functionality of yoga and stretch exercise to everyday life. Participants will learn body awareness, improve muscular strength and improve flexibility and range of motion. For beginner to intermediate level. A drop-in fee of \$10 is available. No class September 21 and October 26.

**Instructor: Paula Giertych**

#118791 / Tu & Th / Sept. 19 – Oct. 12 / 11 am – noon / \$56 / NPM

#118792 / Tu & Th / Oct. 17 – Nov. 16 / 11 am – noon / \$72 / NPM

## MUSIC, DANCE & ART

### Aloha Ukulele Strummers

Fine tune your ukulele skills as you play along with O.C.'s premier ukulele strumming, singing, and social group - The Aloha Strummers. Everyone is welcome, from beginners to experienced players. Players should already have some basic ukulele skills such as being able to play basic strum chords like C, F, and G7. Participation requires a ukulele, music stand, and a tablet/iPad for the music.

#117255 / Tu / Oct. 3 – Dec. 5 / 1:30 – 3:30 pm / \$20 / NPM

### Beginner Line Dancing

If you are new to line dancing, this is the class for you! Join Carrie for lots of fun learning beginner line dances that are taught step by step and reviewed each week. A drop-in fee of \$10 is available.

**Instructor: Carrie Wojo**

#117287 / Wed / Sept. 6 – 27 / 9:15 – 10:15 am / \$36 / NPM

#117288 / Wed / Oct. 4 – 25 / 9:15 – 10:15 am / \$36 / NPM

#117289 / Wed / Nov. 1 – 29 / 9:15 – 10:15 am / \$45 / NPM

### Intermediate Line Dancing

If you've been line dancing for a while and want more of a challenge, this is the class for you! Enjoy intermediate dances that will be broken down and reviewed each week. A drop-in fee of \$12 is available.

**Instructor: Carrie Wojo**

#117290 / Wed / Sept. 6 – 27 / 10:30 am – noon / \$56 / NPM

#117291 / Wed / Oct. 4 – 25 / 10:30 am – noon / \$56 / NPM

#117292 / Wed / Nov. 1 – 29 / 10:30 am – noon / \$70 / NPM

### Social Ballroom and Latin Dancing

Learn dances such as Foxtrot, Swing, Salsa, Tango, Country Western Two-Step, and more. Each class will cover two to three dances and will follow up with at least one dance from the previous class. Certified instructors will make learning fun and easy. A drop-in fee of \$10 is available.

#118851 / Tu / Sept. 5 – 26 / 5:30 – 6:30 pm / \$32 / NPM

#118862 / Tu / Oct. 3 – 24 / 5:30 – 6:30 pm / \$32 / NPM

#118863 / Tu / Nov. 7 – 28 / 5:30 – 6:30 pm / \$32 / NPM

# ADULTS 50+ CLASSES

## SOCIAL & EDUCATIONAL

### Beginning Bridge

This six-session class uses the Standard American Bridge System and is for people with little or no bridge knowledge. Bridge is the type of game that you can play quickly and constantly improve upon. This beginner class will teach basic playing, bidding and scoring. A \$12 material fee is due to the instructor.

#117360 / Th / Sept. 7 – Oct. 12 / 1 – 2:30 pm / \$60 / NPM

### Intermediate Bridge I

This six-session class is for people with little bridge knowledge. This class will expand on playing, bidding and scoring techniques learned in Beginning Bridge. Additionally, classes will cover a few basic conventions, simple overcalls and when bids are forcing or non-forcing. No class November 23. A \$12 material fee is due to the instructor.

#117361 / Th / Oct. 19 – Nov. 30 / 1 – 2:30 pm / \$60 / NPM

### Advanced Bridge I

This six-session class is for people with good bridge knowledge who want to become more proficient. This class will expand on all the techniques and conventions learned in Beginning and Intermediate Bridge I and II. Additionally, class will cover advanced strategies for declarer and defensive play, and must-know conventions. No class on October 26.

#117358 / Th / Oct. 5 – Nov. 16 / 10 – 11:30 am / \$60 / NPM

### Learn to Play American Mah Jongg

This is an introductory class for students who have never played Mah Jongg or have not played in many years. Learn the National Mah Jongg League (NMJL) rules and how to use the NMJL cards. A \$15 material fee is due to the instructor.

#117099 / Fri / Oct. 6 – 27 / 1:30 – 3:30 pm / \$90 / NPM

### Newcomers Orientation

New to Mission Viejo? Interested in learning about the programs and services of the Norman P. Murray Center? Join our Senior Leadership Committee as they guide you on a tour of the facility, educate you on our programs and services for older adults and end the afternoon with lunch at our daily lunch program. Registration closes three days before the class start date.

#120109 / Th / Sept. 28 / 10:30 am – 12:30 pm / Free / NPM

#120110 / Th / Oct. 26 / 10:30 am – 12:30 pm / Free / NPM

#120111 / Th / Nov. 16 / 10:30 am – 12:30 pm / Free / NPM

### Parkinson's Connection

This free program is for people with Parkinson's and their caregivers to enjoy different activities each week. Activities include board games, card games, brain games, art, ping-pong, and discussion. Drop-in the third Wednesday of the month.

Wed / Ongoing / 1 – 3 pm / Free / NPM

### Senior Ombudsman Program & Real ID

Learn about the DMV's Senior Ombudsman unit and the available resources they have. This unit is dedicated to helping seniors drive as long as they can safely do so. Learn options of testing for written and vision exams and other mature driving programs.

#114373 / Th / Sept. 21 / 10 – 11 am / Free / NPM

### AARP Driver Safety Program

Successful completion of this course may reduce your insurance rates. Registration is \$20 for AARP members and \$25 for non-members. Please bring a check the first day of class made out to AARP.

#114381 / Wed & Th / Sept. 6 – 7 / 8:30 am – 1 pm / Free / NPM

### AARP Driver Safety Refresher Program

Successful completion of this refresher course within three years of taking the original two-day course may reduce your insurance rates. Registration is \$20 for AARP members and \$25 for non-members. Please bring a check the first day of class made out to AARP.

#114384 / Th / Nov. 9 / 8:30 am – 1 pm / Free / NPM

### Driving Wellness

Learn and understand the reasons older drivers stop driving including physical problems such as vision loss as well as cognitive and emotional causes. Suggestions for a clinical assessment are included in the decision of when the senior should stop driving.

#114376 / Wed / Sept. 6 / 10 – 11 am / Free / NPM

### Nutrition at the End of Life

Improve nutrition and learn how nutritional requirements change as we age.

#120288 / Tu / Oct. 17 / 10 – 11:30 am / Free / NPM

### What to do Financially with the Sudden Loss of Your Partner

Get a check list ready to ensure continued quality of life including housing, retirement income, transportation, caregiving, and health care.

#105630 / Tu / Sept. 12 / 10 – 11 am / Free / NPM

### Driver's License Handbook Review

Boost your confidence by reviewing the California Driver's Handbook and test questions with a trained volunteer. Be better prepared for the testing process.

#113023 / Th / Sept. 14 / 1 – 2 pm / Free / NPM

### Government Benefits

Learn about Social Security benefits and what SSI and SSDI mean. Learn common issues with your government benefits and how Community Legal Aid SoCal can help you with your benefits.

#114367 / Tu / Sept. 19 / 10 – 11 am / Free / NPM

### Age Well, Drive Smart

The Age Well Drive Smart class is an education program designed to help seniors tune up their driving skills, refresh their rules and road knowledge, and learn about normal age-related physical changes and how it affects driving abilities.

#120121 / Tu / Sept. 19 / 10 – 11 am / Free / NPM

### Pre-Planning: Understanding Available Options

Learn how to start pre-planning and the differences between cremation or casket burial, private or national cemetery, memorial or celebration of life, and columbarium or mausoleum.

#105631 / Tu / Oct. 17 / 10 – 11 am / Free / NPM



# ADULTS 50+ CLASSES

## Decluttering

Simplify your space. Discover the six-step formula to help you decide what to keep and what to do with the items you no longer use or need.

#105614 / Tu / Nov. 14 / 10 – 11 am / Free / NPM

## Hands-Only CPR

Join the Red Cross for a 45-minute non-certification course that teaches participants how to provide life-saving chest compressions. Throughout the course, you will learn why CPR is important, how to perform chest compressions, and when hands-only CPR is needed.

#120275 / Tu / Sept. 26 / 10 – 11 am / Free / NPM

## Nutrition for a Healthier Mind

This presentation will explore the importance of nutrition for optimal health and how to start making small changes to support your well-being. Learn what you can do to improve brain health through your gut.

#120301 / Mon / Sept. 18 / 10 – 11 am / Free / NPM

## The Importance of Sleep for Cognition

Learn how sleep affects the brain, how much and what kind of sleep adults need for optimal health, and how to develop your own sleep hygiene for better brain function.

#120302 / Tu / Sept. 19 / 11 am – noon / Free / NPM

## The Role of Physical & Mental Exercise

Research shows that active people are at a lower risk of cognitive decline. Discover how small changes can make a big impact on reducing cognitive decline through mental and physical stimulation.

#120303 / Th / Sept. 21 / 10 – 11 am / Free / NPM



## OCTA Resources

The OCTA Learn How to Ride the Bus Workshop is a hands-on program that covers everything riders need to know to make each trip aboard public transit successful. Additionally, the workshop will cover OC Flex, OCTA's newest on-demand, curb-to-curb service that serves Mission Viejo. Lastly, the workshop highlights various transportation services such as 211Ride that allows users to identify the best transportation option to suit their individual needs.

#120309 / Tu / Nov. 21 / 10 – 11 am / Free / NPM

## Current Events

Discuss interesting current events, pros and cons, politics and more.

#105196 / Fri / Ongoing / 12:30 – 2:30 pm / Free / NPM

## Laugh & Exercise for Your Health

Laugh while doing cardio, stretching and breathing for fun and fitness. This drop-in class is held the first, second, and third Tuesday of the month.

Tu / Ongoing / 1 – 2:30 pm / Free / NPM

## French Club

This club is for anyone who enjoys speaking French—whether you are a native speaker or just want to practice and develop the language skills you learned in school. Drop-in the first and third Monday of the month. No registration needed.

Mon / Ongoing / 1 – 2:30 pm / Free / NPM

## Spanish Club

The Spanish Club welcomes all who enjoy practicing and building upon their knowledge of the Spanish language. All levels of speaking and comprehension are welcome to join, whether native or novice. No class September 10, 17, 24, and November 23.

#114429 / Th / June 1 – Nov. 30 / 1 – 2 pm / Free / NPM

## The Traveling Gardener: The Gardens of Lake Como, Italy

Join Kris Bonner, the Traveling Gardener, on a virtual trip to the gardens of Lake Como, Italy, described by some as “heaven on Earth”. Como is home to many beautiful villas and gardens that were built in the 1800's during a period of immense wealth in northern Italy. Whether you enjoy visiting gardens or are just interested in traveling to Lake Como, this talk is for you.

#120205 / Wed / Oct. 18 / 10 – 11 am / Free / NPM

#120206 / Th / Oct. 19 / 10 – 11 am / Free / Online

## The Traveling Gardener: The Tropical Gardens of Florida

Join Kris Bonner, the Traveling Gardener, on a virtual trip to the tropical gardens and nature preserves of south Florida. The talk will include the Fairchild Botanic Garden, one of the world's top botanic gardens, and hear the story of a famed plant hunter, David Fairchild.

#120207 / Wed / Nov. 15 / 10 – 11 am / Free / NPM

#120208 / Th / Nov. 16 / 10 – 11 am / Free / Online

## Cool Season Veggies

From gourmet selections to a stir-fry garden, this presentation covers everything you need to know about starting and growing vegetables that you can harvest in fall, winter and early spring. UC Master Gardeners will show you how to “start something” this weekend that you can harvest and eat throughout the cool season.

#120128 / Th / Sept. 7 / 10 – 11 am / Free / NPM

#120209 / Fri / Sept. 8 / 1 – 2 pm / Free / Online

# ADULTS 50+ CLASSES

## Beautiful Bulbs, Made Easy

Bulbs add beauty to any garden, but have the unfair reputation of being difficult. Join Master Gardeners of Orange County to discover the beauty, ease and simple steps for successful gardening with bulbs. Learn about bulbs and their close relatives, and how to plant and care for them. You'll discover easy and sustainable ways to grow bulbs, rewarding you with stunning garden color and beautiful cut flowers for your home.

#120210 / Th / Oct. 5 / 1 – 2 pm / Free / NPM

#120211 / Fri / Oct. 6 / 10 – 11 am / Free / Online

## California Natives

Learn from Master Gardeners of Orange County about selection, planting, and maintenance of beautiful California natives that are adapted to our dry climate.

#120213 / Th / Nov. 2 / 10 – 11 am / Free / NPM

#120212 / Fri / Nov. 3 / 10 – 11 am / Free / Online

## We're Blooming – Floral Workshop

Presented by a local flower shop and Optum, this floral workshop will teach you how to make a seasonal flower arrangement to take home.

#114427 / Tu / Sept. 19 / 11 am – noon / Free / NPM

## TECHNOLOGY

### 5G Internet and Cell Phone Plans Explained

If you saved money by cutting the cable provider out of your life, this is the follow-up to save money again. We discuss everything you need to know about 5G internet and how understanding your cell phone data plan can help you save even more money.

**Instructor: Marga Dill**

#117143 / Tu / Oct. 3 / 2 – 3:30 pm / \$24 / Online

### AARP Basic Fraud Training

This class teaches older adults how to spot scams and avoid becoming a fraud victim. This class will answer your questions about the most prevalent traditional and online scams of today. There will be a 15-minute question-and-answer session after the presentation.

#118848 / Tu / Oct. 3 / 10 – 11 am / Free / NPM

### AARP Online Fraud Training

This class focuses on the most common scams for older adults who are active online. During this class, you'll learn about phishing and email fraud, bogus bills and invoices, phony website links and much more. There will be a 15-minute question-and-answer session after the presentation.

#118849 / Tu / Oct. 24 / 10 – 11 am / Free / NPM

### Amazon Prime Explained

Amazon Prime has many benefits and services for members that you may not know about. We will show you how to get more out of Prime and what products Amazon is working on for the future.

**Instructor: Marga Dill**

#117142 / Tu / Sept. 26 / 2 – 3:30 pm / \$24 / Online

#117150 / Tu / Oct. 31 / 2 – 3:30 pm / \$24 / Online

### Apple Watch: The Basics

Review the initial settings and learn how to operate an Apple Watch. Learn about notifications, the most important settings and additional apps to consider.

**Instructor: Marga Dill**

#117156 / Wed / Sept. 13 / 12:30 – 2 pm / \$24 / Online

#117168 / Wed / Nov. 8 / 9 – 10:30 am / \$24 / Online

### Apple Watch: The Next Level

Learn additional settings, tips, and tricks to get more out of your Apple Watch and what other ways your watch can help you.

**Instructor: Marga Dill**

#117157 / Wed / Sept. 20 / 12:30 – 2 pm / \$24 / Online

#117169 / Wed / Nov. 15 / 9 – 10:30 am / \$24 / Online

### Android for Beginners

Learn very basic skills for an Android phone including making the sound louder, send and receive text messages, connect to Bluetooth and more. This class can only be taken once per person.

#114790 / Th / Sept. 14 / 10 am – noon / Free / NPM

#114791 / Th / Oct. 12 / 10 am – noon / Free / NPM

#114792 / Th / Nov. 9 / 10 am – noon / Free / NPM

### iPhone for Beginners

Learn very basic skills for an iPhone including making the sound louder, send and receive text messages, connect to Bluetooth and more. This class can only be taken once per person.

#114796 / Th / Sept. 28 / 10 am – noon / Free / NPM

#114797 / Th / Oct. 26 / 10 am – noon / Free / NPM

#114798 / Th / Nov. 30 / 10 am – noon / Free / NPM

### ChatGPT Explained

Learn the value of using ChatGPT and how to get started. Class includes a cheat sheet and 100 example prompts. Handouts will be provided.

**Instructor: Marga Dill**

#117161 / Wed / Sept. 27 / 10:30 am – noon / \$24 / Online

#117167 / Wed / Oct. 25 / 2 – 3:30 pm / \$24 / Online

#117153 / Tu / Nov. 14 / 2 – 3:30 pm / \$24 / Online

### Cutting the Cable

Learn how to get rid of your cable provider and save money. We will explain the replacement options and the devices to buy. We will also give you scenarios and how to prepare for the change.

**Instructor: Marga Dill**

#117140 / Tu / Sept. 12 / 2 – 3:30 pm / \$24 / Online

#117162 / Wed / Oct. 4 / 10:15 – 11:45 am / \$24 / Online

#117148 / Tu / Oct. 17 / 2 – 3:30 pm / \$24 / Online

#117152 / Tu / Nov. 7 / 2 – 3:30 pm / \$24 / Online

### Digital Security

People who use technology should know the security tips to keep them safe. From understanding scams to protecting yourself from hackers, this course is valuable for all.

**Instructor: Marga Dill**

#117139 / Tu / Sept. 12 – Oct. 3 / 12:30 – 1:30 pm / \$47 / Online

#117151 / Tu / Nov. 7 – 14 / 9 – 11 am / \$47 / Online



# ADULTS 50+ CLASSES

## Everything Google

Learn how to use the most-used Google applications on your devices for free. Get more out of Google Maps, Google Chrome and many more.

**Instructor: Marga Dill**

#117137 / Tu / Sept. 12 – Oct. 3 / 10:15 – 11:15 am / \$47 / Online

#117145 / Tu / Oct. 10 – 31 / 10:15 – 11:15 am / \$47 / Online

## Smartphone for Beginners

This class will teach you the fundamentals of your phone. Participants will learn about the phone, contacts, camera, and photo apps.

**Instructor: Marga Dill**

IPHONES

#117128 / Tu / Sept. 12 – Oct. 3 / 9 – 10 am / \$47 / Online

#117164 / Wed / Oct. 11 – Nov. 1 / 10:15 – 11:15 am / \$47 / Online

ANDROID

#117154 / Wed / Sept. 13 – Oct. 4 / 9 – 10 am / \$47 / Online

#117165 / Wed / Oct. 11 – Nov. 1 / 12:30 – 1:30 pm / \$47 / Online

## Smartphones Advanced

In the advanced class, we discuss how using a smartphone in your daily life will make things more manageable. You will get examples of how to save time and money and use your phone for daily life, hobbies and entertainment.

**Instructor: Marga Dill**

IPHONES

#117144 / Tu / Oct. 10 – 31 / 9 – 10 am / \$47 / Online

ANDROID

#117163 / Wed / Oct. 11 – Nov. 1 / 9 – 10 am / \$47 / Online

## Technology for Travelers

Technology has revolutionized the way we travel, making travel more convenient. You can plan a trip in minutes and your mobile device is your travel buddy. We'll look at travel technologies and how you can benefit from them on your next trip.

**Instructor: Marga Dill**

#117146 / Tu / Oct. 10 – 31 / 12:30 – 1:30 pm / \$47 / Online

## Technology for Organizing Your Photos

Clean up and structure your digital photos. Learn technology to edit, scan, colorize, and use your photos to create print materials like party invites and holiday cards.

**Instructor: Marga Dill**

#117155 / Wed / Sept. 13 – 20 / 10:15 – 11:45 am / \$40 / Online

#117170 / Wed / Nov. 8 – 15 / 10:45 am – 12:15 pm / \$40 / Online

## The Future of Aging

Learn how to use technology for independent living in the later stages of life. Explore how technology can reimagine how we live and which companies and technologies will help with this.

**Instructor: Marga Dill**

#117141 / Tu / Sept. 19 / 2 – 3:30 pm / \$24 / Online

#117149 / Tu / Oct. 24 / 2 – 3:30 pm / \$24 / Online

## Your Music and Technology

This workshop will explain how to get your music onto your computer, tablet, phone, or TV. You will also learn how to listen to new and free music via Amazon, Spotify or YouTube music.

**Instructor: Marga Dill**

#117147 / Tu / Oct. 10 / 2 – 3:30 pm / \$24 / Online

# HEALTH & WELLNESS

## Healthy Living for Your Brain & Body

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways to incorporate changes into a plan for healthy aging.

#116549 / Wed / Sept. 13 / 10 – 11 am / Free / NPM

## Senior Fall Prevention

Learn about the most prevalent causes of falls and what you can do to equip yourself and your home to prevent falls from taking place. Presented by Orange County Fire Authority.

#103130 / Th / Sept. 14 / 10 – 11 am / Free / NPM

## Senior Fall Injury Prevention Session with Experts

Mission Hospital Trauma Services marks Fall Prevention Awareness Week Sept. 21 – 25. The trauma team is committed to empowering all older adults in reducing their risk of falls. A panel of experts will provide mini sessions on this topic with time for open discussion. Suggested for ages of 55+ and caretakers. Mission Hospital Trauma will host with morning coffee, snacks, and a light to-go lunch. Registration is required.

#120114 / Th / Sept. 21 / 9 am – 12:30 pm / Free / NPM

## Health Talks with Dr. Trinh

Come chat about the hottest health topics of the day.

#119083 / Tu / Sept. 26 / 10:30 – 11:30 am / Free / NPM

#119086 / Tu / Oct. 24 / 10:30 – 11:30 am / Free / NPM

#119087 / Tu / Nov. 28 / 10:30 – 11:30 am / Free / NPM

## What's New in Osteoporosis

The National Institutes of Health (NIH) states that Osteoporosis is a disease that leads to bone fragility and an increased risk of bone fracture. Please join us in a discussion on what's new in the management of osteoporosis and the importance of seeing your physician regularly.

#104612 / Th / Nov. 16 / 10 – 11 am / Free / NPM

For more programs and services for 50+, check out the latest [Murray Memo](#) online at [cityofmissionviejo.org/activity-guides](http://cityofmissionviejo.org/activity-guides).



## ART

### Adventures in Mixed Media Art

AGES 18 & UP

Mixed media art journals give you permission to create and reflect by combining different art techniques and mediums with fun and messiness inside a journal. It is a wonderful space to practice your art and discover your personal and artistic voice. \*A \$20 material fee is due to the instructor on the first day of class.

**Instructor: Erna Van Dyk**

#118811 / Wed / Sept. 20 – Oct. 11 / 9:30 – 11:30 am / \$120\* / ARTS

#118812 / Wed / Oct. 25 – Nov. 15 / 9:30 – 11:30 am / \$120\* / ARTS

### Art Explorations

AGES 6 – 11

In this beginning art class students will combine fun drawing exercises and creative painting projects to build skills. We will use a variety of media such as acrylics on canvas, pastels, charcoal, watercolors and more. \*A \$20 material fee is due to the instructor on the first day of class.

**Instructor: Lucia Henry**

#118813 / Mon / Sept. 11 – Oct. 2 / 3:30 – 4:45 pm / \$115\* / ARTS

#118814 / Mon / Oct. 9 – 30 / 3:30 – 4:45 pm / \$115\* / ARTS

#118815 / Mon / Nov. 6 – 27 / 3:30 – 4:45 pm / \$115\* / ARTS

### Bewitched Fairy House Votive Workshop

AGES 8 & UP

Learn to sculpt with paper pulp and fashion your own whimsical or spooky, fairytale home that sparkles on the outside and glows from within. All supplies & electric tea light provided. \*A \$15 material fee is due to the instructor.

**Instructor: Pam Wagoner**

#118816 / Sat / Oct. 21 / 10 am – noon / \$45\* / ARTS

### Geode & Gem “Pulp Stone” Pendant Workshop

AGES 8 & UP

Create one-of-a-kind wearable art using recycled paper “pulp stones”, colorful glass & crystals. Realistic, fantastical geode or gem style pendants are lightweight, beautiful and sure to impress. \*A \$15 material fee is due to instructor.

**Instructor: Pam Wagoner**

#118817 / Sat / Sept. 16 / 10 am – noon / \$40\* / ARTS

### Knitting for Beginners

AGES 14 & UP

Learn the skills to begin enjoying the craft of knitting. Skills include casting-on, knit stitch, purl stitch, and binding off. All supplies provided. \*An \$18 material fee is due to the instructor.

**Instructor: Tamara Griffin**

#118819 / Tu / Sept. 5 – 26 / 11:30 am – 1:30 pm / \$72\* / ARTS

### Knitting Beyond Beginner

AGES 14 & UP

Take your knitting to the next level. Learn to increase, decrease and combine stitches. All supplies provided. \*An \$18 material fee is due to the instructor on the first day of class.

**Instructor: Tamara Griffin**

#118820 / Tu / Oct. 3 – 24 / 11:30 am – 1:30 pm / \$72\* / ARTS



### Knitting Project: Two-Color Cowl

AGES 16 & UP

In this advanced beginner class, learn how to read a color chart and knitting with two colors in the Fair Isle tradition. We will be making a gorgeous two-color cowl. A supply list, including a link for purchasing a pattern download will be emailed prior to the start of class.

**Instructor: Tamara Griffin**

#118821 / Tu / Sept. 5 – 26 / 6 – 8 pm / \$72 / ARTS

### Knitting Project: Cozy Cabled Slippers

AGES 16 & UP

In this advanced beginner class, you will learn how to make a pair of beautiful, adult-sized slippers using a quick-to-knit-up bulky weight yarn. A supply list, including a link for purchasing a pattern download will be emailed prior to the start of class.

**Instructor: Tamara Griffin**

#118823 / Tu / Oct. 3 – 24 / 6 – 8 pm / \$72 / ARTS

### Knitting Open Project: UFO’s – Unfinished Objects

AGES 16 & UP

Come work on your unfinished projects in a supportive environment and use the help of your knitting instructor to get unstuck. Attend all four weeks or pick the dates that work best for you.

**Instructor: Tamara Griffin**

#118824 / Tu / Nov. 7 – 28 / 6 – 8 pm / \$60 / ARTS

#118898 / Tu / Nov. 7 / 6 – 8 pm / \$15 / ARTS

#118899 / Tu / Nov. 14 / 6 – 8 pm / \$15 / ARTS

#118902 / Tu / Nov. 21 / 6 – 8 pm / \$15 / ARTS

#118903 / Tu / Nov. 28 / 6 – 8 pm / \$15 / ARTS

### Natural Dyeing, Eco-Printing and Bundle Dyeing

AGES 18 & UP

Learn how to use flowers, food items and plants to make gorgeous, wearable works of art. \*A \$20 material fee is due to the instructor.

**Instructor: Rachael Duran**

#118825 / Th / Oct. 5 – 19 / 6 – 8 pm / \$110\* / ARTS



# ART FOR ALL AGES



## Paint, Paste and Pour

AGES 18 MONTHS – 6 YRS

Watch your child discover paint, glue, crayons, dough and more. Kids enjoy developmentally appropriate, hands-on experiences with manipulative art and sensory materials. Parent participation is required. \*A \$20 material fee is due to the instructor. No class November 21.

**Instructor: Rachel Westfall**

#118826 / Tu / Sept. 5 – 26 / 10 – 10:45 am / \$50\* / ARTS

#118827 / Tu / Oct. 3 – 24 / 10 – 10:45 am / \$50\* / ARTS

#118828 / Tu / Nov. 7 – Dec. 5 / 10 – 10:45 am / \$50\* / ARTS

## Succulent Pumpkin Workshop

AGES 12 & UP

Join us in creating a beautiful succulent pumpkin centerpiece that will last for months with the right care. Get step-by-step instructions and all materials supplied except for the pumpkin. Please bring a medium to large size pumpkin of your choice – white, gray or fairytale type. \*A \$25 material fee is due to the instructor at the time of class.

**Instructor: Liz Russo**

#118830 / Th / Oct. 12 / 6 – 7:30 pm / \$50\* / ARTS

## Succulent Christmas Tree Workshop

AGES 12 & UP

Join us in creating a beautiful holiday succulent centerpiece. Get step-by-step instructions and all materials needed to create a Christmas tree. Pick from several festive holiday color options. \*A \$35 material fee is due to the instructor at the time of class.

**Instructor: Liz Russo**

#118833 / Th / Nov. 30 / 6 – 7:30 pm / \$50\* / ARTS

## CERAMICS

### Clay Adventures

AGES 6 – 11

Have a blast learning how to turn clay into fun projects and wonderful creatures. Learn techniques such as coiling, scoring, slab construction and more. Then we will paint them with under glazes. \*A \$25 material fee is due to instructor on the first day of class.

**Instructor: Lucia Henry**

#118834 / Wed / Sept. 6 – 27 / 3:30 – 4:45 pm / \$125\* / ARTS

#118835 / Wed / Oct. 4 – 25 / 3:30 – 4:45 pm / \$125\* / ARTS

#118836 / Wed / Nov. 1 – 22 / 3:30 – 4:45 pm / \$125\* / ARTS

## DRAWING & PAINTING

### Beginning Acrylic Painting for Seniors

AGES 55 & UP

This class will focus on basic color blending to create your favorite pet located in your favorite travel destination. \*A \$10 material fee is due to the instructor on the first day of class.

**Instructor: Bill Knauer**

#118905 / Wed / Sept. 27 – Oct. 25 / 3 – 5 pm / \$50\* / ARTS

### Fun Art for Kids

AGES 7 – 11

Kids will experience creativity through fun art projects. Classes include a directed drawing experience followed by an art activity using various art media. All supplies included. \*A \$5 material fee is due to instructor on the first day of class. No class November 22.

**Instructor: Peggy Dutcher**

#118906 / Wed / Sept. 6 – 27 / 3:30 – 5 pm / \$30\* / ARTS

#118907 / Wed / Nov. 1 – 29 / 3:30 – 5 pm / \$30\* / ARTS

### The Art of Painting for Adults

AGES 15 & UP

Learn about techniques, styles and processes. From light and shadow, color mixing and usage, to create depth and mood and much more. Beginners and advanced students are welcome. Please bring a 11 x 14 canvas to the first session. No class November 23.

**Instructor: Jack Knight**

#118908 / Th / Sept. 7 – 28 / 6 – 8 pm / \$125 / ARTS

#118909 / Mon / Sept. 11 – Oct. 2 / 10:30 am – 12:30 pm / \$125 / ARTS

#118910 / Th / Oct. 5 – 26 / 6 – 8 pm / \$125 / ARTS

#118913 / Mon / Oct. 9 – 30 / 10:30 am – 12:30 pm / \$125 / ARTS

#118914 / Th / Nov. 2 – 30 / 6 – 8 pm / \$125 / ARTS

#118915 / Mon / Nov. 6 – 27 / 10:30 am – 12:30 pm / \$125 / ARTS

### The Art of Painting for Kids

AGES 8 – 14

Kids will be guided step by step through basic processes to more advanced concepts of painting, such as creating light, shadow, depth and mood and much more. Beginning to advanced students are welcome. Please bring a 11 x 14 canvas to the first session.

**Instructor: Jack Knight**

#118916 / Tu / Sept. 5 – 26 / 4 – 6 pm / \$125 / ARTS

#118917 / Tu / Oct. 3 – 24 / 4 – 6 pm / \$125 / ARTS

#118918 / Tu / Nov. 7 – 28 / 4 – 6 pm / \$125 / ARTS

## The Joy of Watercolor: Plumeria Color Study

AGES 14 & UP

Learn to paint a value and color study using plumerias. You will create a value study using colored paper and two paintings on watercolor paper using three different primary colors. All skill levels are welcome. A supply list will be emailed prior to the first day of class. \*A \$5 material fee is due to the instructor on the first day of class.

**Instructor: Kathleen Black**

#118919 / Th / Sept. 7 – 28 / 3 – 5 pm / \$120\* / ARTS

## The Joy of Watercolor: Male & Female Cardinals

AGES 14 & UP

Learn to use different techniques to mimic feathers on the bodies of birds and identify the difference between male and female with their different coloring in a winter scene. All skill levels are welcome. A supply list will be emailed prior to the first day of class.

**Instructor: Kathleen Black**

#118920 / Th / Oct. 5 – 26 / 3 – 5 pm / \$120 / ARTS

## The Joy of Watercolor: Christmas Village

AGES 14 & UP

Paint a village in pastels with a deep sky backdrop to achieve a winter wonderland painting. A supply list will be emailed prior to the first day of class. No class November 23.

**Instructor: Kathleen Black**

#118922 / Th / Nov. 2 – 30 / 3 – 5 pm / \$120 / ARTS

## The Pleasure of Drawing

AGES 18 & UP

Learn to see and record your world on paper in the form of drawing with line, tone and texture in a variety of subjects.

**Instructor: Marlene Gerloff**

#118923 / Wed / Oct. 4 – Nov. 1 / 12:30 – 2 pm / \$42 / ARTS

## Wonderful Watercolors with Marlene Gerloff

AGES 18 & UP

Learn about color theory, elements of art and technique. Enjoy learning to create successful watercolor paintings through training, demonstrations, and critiques. A supply list will be emailed prior to the first day of class. No class November 22.

**Instructor: Marlene Gerloff**

#118924 / Wed / Nov. 15 – Dec. 20 / noon – 2:30 pm / \$83 / ARTS

## MUSIC

### Beginning Guitar & Ukulele Ensemble for Kids

AGES 8 – 13

Learn to play fun and easy songs in this new class. Children will experience the fun of playing music with other beginner students. Please bring either a guitar (acoustic or electric) or a non-toy ukulele to class.

**Instructor: Ron Gorman**

#118998 / Tu / Sept. 12 – Oct. 10 / 4 – 5 pm / \$109 / ARTS

### Beginning Guitar & Ukulele Ensemble for Teens & Adults

AGES 14 & UP

Experience the great sound of the low frequency of the guitar mixed with the high register of the ukulele. Students will learn easy, popular songs and melodies in a supportive environment. Please bring either a guitar (acoustic or electric) or a non-toy ukulele to class.

**Instructor: Ron Gorman**

#118999 / Tu / Sept. 12 – Oct. 10 / 5 – 6 pm / \$109 / ARTS





# RECREATION & FITNESS



## RECREATION & FITNESS

Recreation and Fitness Center use is free for members. Guests may access the centers by purchasing a day pass for \$8 for adults and \$4 for youth 13 and younger.

### Montanoso Recreation & Fitness Center (MFIT)

Mon – Fri | 5:30 am – 8 pm  
Sat | 7 am – 7 pm  
Sun | 7 am – 5 pm

### Sierra Recreation & Fitness Center (SFIT)

Mon – Fri | 5:30 am – 8 pm  
Sat | 7 am – 7 pm  
Sun | 7 am – 5 pm

### Fitness Classes

Fitness classes will keep you motivated and help you achieve your fitness goals. A variety of strength, cardio and yoga classes are offered throughout the week. Classes include Aqua Aerobics, Yoga, Zumba, Pilates, Boot Camp, RIPPED, Spin (registration required) and more. For an updated schedule, visit [cityofmissionviejo.org/fitness](http://cityofmissionviejo.org/fitness). For more information, contact [fitness@cityofmissionviejo.org](mailto:fitness@cityofmissionviejo.org) or 949-859-4348, option 2.

### Lap Swim

Our Montanoso and Sierra Recreation Center pools are open for lap swim on a drop-in basis during operating hours. For more information, visit [cityofmissionviejo.org/aquatics](http://cityofmissionviejo.org/aquatics).

### Recreation Family Swim

Montanoso and Sierra Recreation Center pools offer recreation swim times for families throughout the week starting at noon each day.

### Splash Pad

The Montanoso Splash Pad is the place to be for some splashtacular fun. A colorful space filled with spays, misters, hoses, and splash buckets make for an excellent water play experience for all ages! \*Day pass required for guests.

Mon – Sun / 10:30 am – dusk or closing time / Free\* / MFIT

### Rentable Spaces

Spend time with family, friends, or colleagues at Montanoso or Sierra rentable spaces. The Deck at Montanoso is a perfect location to host a party, intimate gathering, or watch your favorite television event in the comfort of our new bungalows. Complete with a fire pit, TV, small refrigerator, refreshments, poolside Wi-Fi and electrical outlets for your devices, our lovely bungalows provide the perfect setting for you and your guests.

The Playground at Sierra is a great place to host your next event or birthday. Rentals include flexible, shaded reserved seating with tables and chairs. Recreational swimming included. To book your party, contact 949-859-4349, option 3 or [fitness@cityofmissionviejo.org](mailto:fitness@cityofmissionviejo.org).

### Tennis at the Recreation Centers

Contact the recreation centers directly to book a court at 949-859-4348, option 2 (Montanoso) or option 3 (Sierra). Free for members, \$8-day pass required for guests.

#### Montanoso

Mon – Fri | 7 am / 8:30 am / 10 am / 11:30 am / 1 pm / 2:30 pm / 4 pm / 5:30 pm  
Sat | 7 am / 8:30 am / 10 am / 11:30 am / 1 pm / 2:30 pm / 4 pm  
Sun | 7 am / 8:30 am / 10 am / 11:30 am / 1 pm / 2:30 pm

#### Sierra

Mon – Fri | 2 pm / 3:30 pm / 5 pm / 6:30 pm  
Sat & Sun | 2 pm / 3:30 pm / 5 pm



# RECREATION & PICKLEBALL

## PICKLEBALL

Courts and site amenities are included for members. Guests may access the centers by purchasing a day pass for \$8.

### Felipe Tennis & Recreation Center (FTR)

Mon – Fri | 7 am – 1 pm / 3 – 9 pm

Sat | 7 am – 7 pm

Sun | 7 am – 5 pm

### Sierra Recreation & Fitness Center (SFIT)

Mon – Fri | 8 am – 8 pm

Sat | 8 am – 7 pm

Sun | 8 am – 5 pm

949-859-4348, option 5 (FTR), option 3 (SFIT)

[pickleball@cityofmissionviejo.org](mailto:pickleball@cityofmissionviejo.org)

[cityofmissionviejo.org/pickleball](http://cityofmissionviejo.org/pickleball)

### Pickleball Memberships

Pickleball memberships start as low as \$40 a month

10% discount available for individuals over the age of 55.

For information about becoming a member or membership amenities, visit [cityofmissionviejo.org/recreation](http://cityofmissionviejo.org/recreation) or call 949-859-4348.

### Pickleball Reservations

Members can book courts starting Monday mornings at 7 am for Tuesday through the following Monday. Non-members can make a reservation one day in advance for any remaining courts after 7 am. To make a reservation, email [pickleball@cityofmissionviejo.org](mailto:pickleball@cityofmissionviejo.org).

#### Felipe Court Reservation Availability

9:30 am / 11 am / 12:30 pm / 3:30 pm / 5 pm / 6:30 pm

Felipe Overflow Pickleball Courts: (released 1 day in advance, after 12 pm)

7:30 am / 9 am / 10:30 am / noon / 5 pm / 6:30 pm

#### Sierra Court Reservation Availability

8 am / 9:30 am / 11 am / 12:30 pm / 2 pm / 3:30 pm / 5 pm / 6:30 pm

MAKE FITNESS, STRENGTH, AND A HEALTHY LIFESTYLE YOUR MISSION!

MEMBERSHIPS AS LOW AS \$30 A MONTH



### Recreation & Fitness Membership Amenities

- Access to Montanoso and Sierra Recreation and Fitness Centers
- 4 Pickleball Courts (Sierra)
- Free Weights
- Cardio Equipment
- Strength Equipment
- Heavy Lifting Room
- Resistance Equipment
- Lap Swim
- Recreation Family Swim
- Water Slide (Sierra, summer months only)
- Splash Pad (Montanoso)
- Basketball Court
- 3 Tennis Courts
- Locker Room Use
- Group Fitness Instruction
- Safe Family Play Spaces
- Party Rental Options

949-859-4348

[memberships@cityofmissionviejo.org](mailto:memberships@cityofmissionviejo.org)



# PICKLEBALL

## Drop-in Play / All levels welcome

No reservations required. \*An \$8-day pass is required for guests.

Mon – Sun (7 days a week) / 7:15 – 9:30 am / Free\* / FTR

Mon / Wed / Fri / 5 – 6:30 pm / Free\* / FTR

## Pickleball Tutor Ball Machine Rental

Remote-controlled pickleball machine supports oscillation, 2-line play and elevation adjustments. Franklin X balls included. To reserve, email [pickleball@cityofmissionviejo.org](mailto:pickleball@cityofmissionviejo.org) and request pickleball court 6 for the ball machine listing desired times. \*An \$8-day pass is required for guests.

\$10 / hour\* / FTR

\$45 / Three-Month Unlimited Pass (members only) / FTR

\$150 / Annual Unlimited Pass (members only) / FTR

## Adult Pickleball Camp

Learn all the essential shots in pickleball, from dinking and soft game to volleys, serves and returns, transition play and the all-important third shot. This camp is designed for the intermediate-level player and is not for beginners. \*Membership discounted price is \$115.

**Instructor: Marc Freije**

#118140 / Sat / Sept. 9 / 8:30 am – 12:30 pm / \$125\* / SFIT

## ADULT PICKLEBALL CLASSES

Classes do not open for registration until approximately four weeks prior to the start date. For additional class times and registration, visit [cityofmissionviejo.org/pickleball](http://cityofmissionviejo.org/pickleball).

### New Player Pickleball

Learn fundamentals including serving, scoring, game play, and player development in this group clinic. Suitable for all players with or without pickleball experience. \*Membership discounted price is \$85 (60-minutes) or \$96 (90-minutes).

**Instructor: Mel Seagle (No class November 23)**

#118566 / Mon / Sept. 18 – Oct. 9 / 9 – 10 am / \$90\* / FTR

#118567 / Wed / Sept. 20 – Oct. 11 / 7 – 8 am / \$90\* / FTR

#118568 / Th / Sept. 21 – Oct. 12 / 5:30 – 6:30 pm / \$90\* / FTR

#118576 / Mon / Oct. 30 – Nov. 20 / 10 – 11 am / \$90\* / FTR

#118577 / Wed / Nov. 1 – 22 / 8 – 9 am / \$90\* / FTR

#118580 / Th / Nov. 2 – 30 / 5:30 – 6:30 pm / \$90\* / FTR

**Instructor: Kevin Chaidez (No class November 21 - 23)**

#118271 / Tu / Oct. 3 – 24 / 8 – 9 am / \$90\* / FTR

#118272 / Wed / Oct. 4 – 25 / 3:30 – 4:30 pm / \$90\* / FTR

#118273 / Th / Oct. 5 – 26 / 8 – 9 am / \$90\* / FTR

#118275 / Tu / Nov. 7 – Dec. 5 / 8 – 9 am / \$90\* / FTR

#118277 / Wed / Nov. 8 – Dec. 6 / 3:30 – 4:30 pm / \$90\* / FTR

#118278 / Th / Nov. 9 – Dec. 7 / 8 – 9 am / \$90\* / FTR

**Instructor: Marc Freije**

#118132 / Sat / Sept. 16 – Oct. 7 / 8:30 – 9:30 am / \$90\* / SFIT

#118133 / Sat / Sept. 16 – Oct. 7 / 9:30 – 10:30 am / \$90\* / SFIT

#118136 / Sat / Oct. 28 – Nov. 18 / 8:30 – 9:30 am / \$90\* / SFIT

#118137 / Sat / Oct. 28 – Nov. 18 / 9:30 – 10:30 am / \$90\* / SFIT

**Instructor: Somchai Moy (No class October 28)**

#118400 / Mon / Oct. 2 – 23 / 3:30 – 4:30 pm / \$90\* / FTR

#118401 / Mon / Nov. 13 – Dec. 4 / 3:30 – 4:30 pm / \$90 / FTR

#118402 / Sat / Sept. 9 – 23 / 8 – 9:30 am / \$102\* / FTR

#118403 / Sat / Oct. 14 – Nov. 4 / 8 – 9:30 am / \$102\* / FTR

#118404 / Sun / Sept. 10 – 24 / 8 – 9:30 am / \$102\* / FTR

#118405 / Sun / Oct. 15 – Nov. 5 / 8 – 9:30 am / \$102\* / FTR

**Instructor: Yvonne Bustamante**

#118427 / Fri / Sept. 1 – 22 / 8 – 9 am / \$90\* / FTR

#118430 / Fri / Oct. 13 – Nov. 3 / 8 – 9 am / \$90\* / FTR



### Developing Player Pickleball (2.5 – 3.0)

Improve stroke development, learn different serves, control height and depth of shots, and transition to the net. \*Membership discounted price is \$85 (60-minutes) or \$96 (90-minutes).

**Instructor: Mel Seagle (No class November 23)**

#118569 / Mon / Sept. 18 – Oct. 9 / 8 – 9 am / \$90\* / FTR

#118570 / Wed / Sept. 20 – Oct. 11 / 9 – 10 am / \$90\* / FTR

#118571 / Th / Sept. 21 – Oct. 12 / 4:30 – 5:30 pm / \$90\* / FTR

#118581 / Mon / Oct. 30 – Nov. 20 / 9 – 10 am / \$90\* / FTR

#118583 / Wed / Nov. 1 – 22 / 10 – 11 am / \$90\* / FTR

#118584 / Th / Nov. 2 – 30 / 4:30 – 5:30 pm / \$90\* / FTR

**Instructor: Kevin Chaidez (No class November 22)**

#118357 / Wed / Oct. 4 – 25 / 4:45 – 5:45 pm / \$90\* / FTR

#118358 / Wed / Nov. 8 – Dec. 6 / 4:45 – 5:45 pm / \$90\* / FTR

**Instructor: Marc Freije**

#118134 / Sat / Sept. 16 – Oct. 7 / 10:30 – 11:30 am / \$90\* / SFIT

#118138 / Sat / Oct. 28 – Nov. 18 / 10:30 – 11:30 am / \$90\* / SFIT

**Instructor: Somchai Moy (No class October 28)**

#118406 / Mon / Oct. 2 – 23 / 4:45 – 5:45 pm / \$90\* / FTR

#118407 / Mon / Nov. 13 – Dec. 4 / 4:45 – 5:45 pm / \$90 / FTR

#118408 / Sat / Sept. 9 – 23 / 9:45 – 11:15 am / \$102\* / FTR

#118409 / Sat / Oct. 14 – Nov. 4 / 9:45 – 11:15 am / \$102\* / FTR

#118410 / Sun / Sept. 10 – 24 / 9:45 – 11:15 am / \$102\* / FTR

#118411 / Sun / Oct. 15 – Nov. 5 / 9:45 – 11:15 am / \$102\* / FTR

**Instructor: Yvonne Bustamante**

#118428 / Fri / Sept. 1 – 22 / 9:15 – 10:15 am / \$90\* / FTR

#118431 / Fri / Oct. 13 – Nov. 3 / 9:15 – 10:15 am / \$90\* / FTR

## Developing Player Clinic + Live Play (2.5 – 3.0)

Improve stroke development, learn different serves, control height and depth of shots, and transition to the net. Class will conclude with 30-minutes of live play. \*Membership discounted price is \$125. No class November 23.

**Instructor: Kevin Chaidez**

#118360 / Th / Oct. 5 – 26 / 10:30 am – noon / \$130\* / FTR

#118361 / Th / Nov. 9 – Dec. 7 / 10:30 am – noon / \$130\* / FTR

## Intermediate Pickleball (3.0 – 3.5)

Control the ball, improve court movement, accuracy with shots and serves. Combine shot selection with court strategy. \*Membership discounted price is \$85. No class November 23.

**Instructor: Mel Seagle**

#118572 / Mon / Sept. 18 – Oct. 9 / 7 – 8 am / \$90\* / FTR

#118574 / Wed / Sept. 20 – Oct. 11 / 8 – 9 am / \$90\* / FTR

#118575 / Th / Sept. 21 – Oct. 12 / 3:30 – 4:30 pm / \$90\* / FTR

#118585 / Mon / Oct. 30 – Nov. 20 / 8 – 9 am / \$90\* / FTR

#118696 / Wed / Nov. 1 – 22 / 9 – 10 am / \$90\* / FTR

#118697 / Th / Nov. 2 – 30 / 3:30 – 4:30 pm / \$90\* / FTR

**Instructor: Kevin Chaidez**

#118363 / Th / Oct. 5 – 26 / 9:15 – 10:15 am / \$90\* / FTR

#118364 / Th / Nov. 9 – Dec. 7 / 9:15 – 10:15 am / \$90\* / FTR

**Instructor: Yvonne Bustamante**

#118429 / Fri / Sept. 1 – 22 / 10:30 – 11:30 am / \$90\* / FTR

#118432 / Fri / Oct. 13 – Nov. 3 / 10:30 – 11:30 am / \$90\* / FTR

## Intermediate Clinic + Live Play (3.0 – 3.5)

Control the ball, improve court movement, accuracy with shots and serves. Combine shot selection with court strategy. Class concludes with 30 minutes of live play. \*Membership discounted price is \$125. No class November 21 – 22.

**Instructor: Kevin Chaidez**

#118387 / Wed / Oct. 4 – 25 / 6 – 7:30 pm / \$130\* / FTR

#118388 / Wed / Nov. 8 – Dec. 6 / 6 – 7:30 pm / \$130\* / FTR

#118389 / Tu / Oct. 3 – 24 / 10:30 am – noon / \$130\* / FTR

#118392 / Tu / Nov. 7 – Dec. 5 / 10:30 am – noon / \$130\* / FTR

**Instructor: Marc Freije**

#118135 / Sat / Sept. 16 – Oct. 7 / 11:30 am – 1 pm / \$135\* / SFIT

#118139 / Sat / Oct. 28 – Nov. 18 / 11:30 am – 1 pm / \$135\* / SFIT

## Play Strategies (3.0)

Achieve proficiency and improve your game during recreation and tournament play. This skills-and-drills course will improve not only your pickleball game but your fitness and strength. \*Membership discounted price is \$85 (60-minutes) or \$96 (90-minutes). No class October 28.

**Instructor: Somchai Moy**

#118412 / Mon / Oct. 2 – 23 / 6 – 7 pm / \$90\* / FTR

#118413 / Mon / Nov. 13 – Dec. 4 / 6 – 7 pm / \$90 / FTR

#118414 / Sat / Sept. 9 – 23 / 11:30 am – 1 pm / \$102\* / FTR

#118415 / Sat / Oct. 14 – Nov. 4 / 11:30 am – 1 pm / \$102\* / FTR

#118416 / Sun / Sept. 10 – 24 / 11:30 am – 1 pm / \$102\* / FTR

#118417 / Sun / Oct. 15 – Nov. 5 / 11:30 am – 1 pm / \$102\* / FTR

## Advanced Pickleball (3.5 – 4.0)

Advanced court strategy, pro-level serving, the all-important dink, transition play, perfecting the third shot, communication, and advanced team play. \*Membership discounted price is \$85. No class November 21.

**Instructor: Kevin Chaidez**

#118394 / Tu / Oct. 3 – 24 / 9:15 – 10:15 am / \$90\* / FTR

#118397 / Tu / Nov. 7 – Dec. 5 / 9:15 – 10:15 am / \$90\* / FTR

## Play Strategies (3.5 – 4.0)

Achieve proficiency and improve your game during recreation and tournament play. This skills-and-drills course will improve not only your pickleball game but your fitness and strength. \*Membership discounted price is \$85.

**Instructor: Somchai Moy**

#118418 / Mon / Oct. 2 – 23 / 7:15 – 8:15 pm / \$90\* / FTR

#118419 / Mon / Nov. 13 – Dec. 4 / 7:15 – 8:15 pm / \$90\* / FTR

## ADULT PICKLEBALL SOCIALS

### Mixed-Doubles Social Play by Skill Level

This is a 24-player, no set partner mixed-doubles social. After each round, players will switch partners with the winning pair moving up one court and the losing pair moving down a court. Prizes will be awarded to the top court winners at the end of the social. \*Member discounted rate is \$15.

**Registration: Members Aug. 1 | Residents Sept. 1 | General Oct. 1**

#118236 / 3.0 Men / Sat / Nov. 4 / 3 – 4:45 pm / \$23\* / FTR

#118239 / 3.0 Women / Sat / Nov. 4 / 3 – 4:45 pm / \$23\* / FTR

#118240 / 3.5 Men / Sat / Nov. 4 / 3 – 4:45 pm / \$23\* / FTR

#118241 / 3.5 Women / Sat / Nov. 4 / 3 – 4:45 pm / \$23\* / FTR





# PICKLEBALL & TENNIS

## ADULT PICKLEBALL LEAGUES

### 10-Week Competitive Evening Pickleball Leagues

Sixteen to 24-player round-robin with no set partner. Individual scores over the season determine champion in each division. This is not an instructional period but rather skilled-competitive match play.

\*Membership discounted price is \$30.

**Member priority registration opens Tu / July 18**

**General public registration opens Wed / July 19**

2.5 – 3.0 (DEVELOPING TO INTERMEDIATE)

#117929 / Wed / Sept. 13 – Nov. 15 / 6:45 – 8:45 pm / \$100\* / FTR

#117930 / Sub / Free / FTR

3.0 (INTERMEDIATE)

#117931 / Tu / Sept. 12 – Nov. 14 / 6:45 – 8:45 pm / \$100\* / FTR

#117932 / Sub / Free / FTR

3.0 – 3.5 (INTERMEDIATE TO ADVANCED)

#117933 / Mon / Sept. 11 – Nov. 13 / 6:45 – 8:45 pm / \$100\* / FTR

#117934 / Sub / Free / FTR

3.5 (ADVANCED)

#117936 / Fri / Sept. 15 – Nov. 17 / 6:45 – 8:45 pm / \$100\* / FTR

#118420 / Fri / Sub / Free / FTR

3.5 – 4.0 (ADVANCED PLUS)

#118421 / Th / Sept. 14 – Nov. 16 / 6:45 – 8:45 pm / \$100\* / FTR

#118422 / Sub / Free / FTR

### 5-Week Social Organized Play Groups

Scores won't be tracked in these friendly weekly matches. Up to five players will be assigned to each court for weekly round-robin play. Balls are provided. This is not an instructional period but rather skilled match play. All players should know how to play pickleball prior to registering. \*Membership discounted price is \$15. No sessions November 20 - 26.

**Member priority registration opens Tu / Aug. 8**

**General public registration opens Wed / Aug. 9**

#112785 / Sun / 3.5 / Sept. 17 – Oct. 15 / 9:30 – 11:15 am / \$45\* / FTR

#117914 / Sun / 3.0 / Sept. 17 – Oct. 15 / 11:30 am – 1:15 pm / \$45\* / FTR

#112786 / Mon / 3.0 / Sept. 18 – Oct. 16 / 11 am – 12:45 pm / \$45\* / FTR

#112787 / Tu / 3.5 – 4.0 / Sept. 19 – Oct. 17 / 11 am – 12:45 pm / \$45\* / FTR

#112788 / Wed / 3.0 – 3.5 / Sept. 20 – Oct. 18 / 11 am – 12:45 pm / \$45\* / FTR

#112789 / Th / 2.5 – 3.0 / Sept. 21 – Oct. 19 / 11 am – 12:45 pm / \$45\* / FTR

#112790 / Fri / 2.5 / Sept. 22 – Oct. 20 / 11 am – 12:45 pm / \$45\* / FTR

#117915 / Fri / 3.0 / Sept. 22 – Oct. 20 / 6:30 – 8:15 pm / \$45\* / FTR

#112791 / Sat / 3.0 / Sept. 23 – Oct. 21 / 9:30 – 11:15 am / \$45\* / FTR

#117917 / Sat / 3.5 / Sept. 23 – Oct. 21 / 11:30 am – 1:15 pm / \$45\* / FTR

**Member priority registration opens Tu / Sept. 26**

**General public registration opens Wed / Sept. 27**

#117918 / Sun / 3.5 / Nov. 5 – Dec. 10 / 9:30 – 11:15 am / \$45\* / FTR

#117919 / Sun / 3.0 / Nov. 5 – Dec. 10 / 11:30 am – 1:15 pm / \$45\* / FTR

#117920 / Mon / 3.0 / Nov. 6 – Dec. 11 / 11 am – 12:45 pm / \$45\* / FTR

#117921 / Tu / 3.5 – 4.0 / Nov. 7 – Dec. 12 / 11 am – 12:45 pm / \$45\* / FTR

#117922 / Wed / 3.0 – 3.5 / Nov. 8 – Dec. 13 / 11 am – 12:45 pm / \$45\* / FTR

#117923 / Th / 2.5 – 3.0 / Nov. 9 – Dec. 14 / 11 am – 12:45 pm / \$45\* / FTR

#117924 / Fri / 2.5 / Nov. 10 – Dec. 15 / 11 am – 12:45 pm / \$45\* / FTR

#117926 / Fri / 3.0 / Nov. 10 – Dec. 15 / 6:30 – 8:15 pm / \$45\* / FTR

#117927 / Sat / 3.0 / Nov. 11 – Dec. 16 / 9:30 – 11:15 am / \$45\* / FTR

#117928 / Sat / 3.5 / Nov. 11 – Dec. 17 / 11:30 am – 1:15 pm / \$45\* / FTR

### Singles Competitive Ladder Leagues

Games are first to 11, win by two, best three of five games. Balls included. Players must play one match every two weeks or they will be automatically knocked down one space on the ladder. Registration will remain open throughout the season until 16 players are in each ladder bracket. \*Non-members subject to \$8 guest fee upon arrival.

**September 1 – November 30**

#118227 / Coed (2.5 - 3.0) / \$30\* / FTR or SFIT

#118228 / Coed (3.0) / \$30\* / FTR or SFIT

#118230 / Coed (3.5) / \$30\* / FTR or SFIT

#118231 / Coed (4.0) / \$30\* / FTR or SFIT

### PRIVATE OR SEMI-PRIVATE LESSONS

Mel Seagle / 949-678-4550 / [Melseagle@gmail.com](mailto:Melseagle@gmail.com)

Kevin Chaidez / 949-887-6299 / [kevinchaidez@gmail.com](mailto:kevinchaidez@gmail.com)

Marc Freije / 239-877-2740 / [pbcoachmarc@gmail.com](mailto:pbcoachmarc@gmail.com)

Somchai Moy / 949-874-8969 / [lrtc@cox.net](mailto:lrtc@cox.net)

Jamil Atcha / 949-243-2055 / [jatchao07@gmail.com](mailto:jatchao07@gmail.com)

Senem Aktuccar / 562-243-8233 / [senem.aktuccar@gmail.com](mailto:senem.aktuccar@gmail.com)

Yvonne Bustamante / 949-690-1871 / [thecoachyvonne@gmail.com](mailto:thecoachyvonne@gmail.com)





## TENNIS

### Marguerite Tennis Pavilion (MTP)

Mon – Fri | 7 am – 1 pm / 3 – 9 pm  
 Sat | 7 am – 7 pm  
 Sun | 7 am – 2 pm

### Felipe Tennis & Recreation Center (FTR)

Mon – Fri | 7 am – 1 pm / 3 – 9 pm  
 Sat | 7 am – 7 pm  
 Sun | 7 am – 5 pm

[Tennis@cityofmissionviejo.org](mailto:Tennis@cityofmissionviejo.org)

[cityofmissionviejo.org/tennis](http://cityofmissionviejo.org/tennis)

### Tennis Memberships Amenities

Access to tennis, pickleball and facility amenities at Marguerite Tennis Pavilion and Felipe Tennis & Recreation Center are free for members. Guests may access the centers by purchasing a day pass for \$8. Does not include pickleball at Sierra.

Memberships as low as \$50 a month. For information, visit [cityofmissionviejo.org/tennis](http://cityofmissionviejo.org/tennis) or call 949-859-4348.

### 90-Minute Court Tennis Court Reservations

For details about reservation procedures and times, email [Tennis@cityofmissionviejo.org](mailto:Tennis@cityofmissionviejo.org) or visit [cityofmissionviejo.org/tennis](http://cityofmissionviejo.org/tennis). Non-members can request same day courts.

Court times:

7:30 am / 9 am / 10:30 am / 3:30 pm / 5 pm / 6:30 pm / MTP or FTR

## SPECIAL NEEDS AND ADAPTIVE PROGRAMS



### ACEing Autism Tennis

ACEing Autism Tennis offers a free tennis clinic to children with autism. People interested in having their children participate or are interested in getting involved as a youth or adult volunteer should contact [info@aceingautism.org](mailto:info@aceingautism.org) or call 949-859-4348, option 4 for updates and registration information.

### Wheelchair Adaptive Tennis Programs

The City of Mission Viejo will host bi-monthly free clinics for wheelchair and adaptive tennis players. For updates and registration information, call 949-859-4348, option 4.

## YOUTH CLINICS

Current student registration opens on the 10th of every month for the next month. New student registration opens on the 20th of every month for the next month. If you have any questions about student placement, contact Coach Ryan Hill at 949-632-3602 or via email at [missionviejotennis@gmail.com](mailto:missionviejotennis@gmail.com).

### Junior Development Beginner

Introductory clinic focusing on all the formal strokes including basics of shot mechanics, consistency, and form. \*Discounted rate for members. No class on November 23.

**Instructor: Head Tennis Professional Ryan Hill**

#119019 / Mon / Sept. 11 – 25 / 4 – 5 pm / \$67.50 – \$75\* / MTP  
 #119021 / Tu / Sept. 5 – 26 / 4 – 5 pm / \$90 – \$100\* / MTP  
 #119022 / Wed / Sept. 6 – 27 / 4 – 5 pm / \$90 – \$100\* / MTP  
 #119023 / Th / Sept. 7 – 28 / 4 – 5 pm / \$90 – \$100\* / MTP  
 #119024 / Mon / Oct. 2 – 30 / 4 – 5 pm / \$112.50 – \$125\* / MTP  
 #119025 / Tu / Oct. 3 – 31 / 4 – 5 pm / \$112.50 – \$125\* / MTP  
 #119028 / Wed / Oct. 4 – 25 / 4 – 5 pm / \$90 – \$100\* / MTP  
 #119029 / Th / Oct. 5 – 26 / 4 – 5 pm / \$90 – \$100\* / MTP  
 #119030 / Mon / Nov. 6 – 27 / 4 – 5 pm / \$90 – \$100\* / MTP  
 #119031 / Tu / Nov. 7 – 28 / 4 – 5 pm / \$90 – \$100\* / MTP  
 #119032 / Wed / Nov. 1 – 29 / 4 – 5 pm / \$112.50 – \$125\* / MTP  
 #119033 / Th / Nov. 2 – 30 / 4 – 5 pm / \$90 – \$100\* / MTP

### Junior Development Intermediate

Focus on the next steps of shot mechanics, drills and an introduction to rallies and game play. Suitable for Junior Development Beginner graduates. \*Discounted rate for members. No class on November 23.

**Instructor: Head Tennis Professional Ryan Hill**

#119037 / Mon / Sept. 11 – 25 / 5 – 6 pm / \$67.50 – \$75\* / MTP  
 #119038 / Tu / Sept. 5 – 26 / 5 – 6 pm / \$90 – \$100\* / MTP  
 #119040 / Wed / Sept. 6 – 27 / 5 – 6 pm / \$90 – \$100\* / MTP  
 #119041 / Th / Sept. 7 – 28 / 5 – 6 pm / \$90 – \$100\* / MTP  
 #119042 / Mon / Oct. 2 – 30 / 5 – 6 pm / \$112.50 – \$125\* / MTP  
 #119043 / Tu / Oct. 3 – 31 / 5 – 6 pm / \$112.50 – \$125\* / MTP  
 #119044 / Wed / Oct. 4 – 25 / 5 – 6 pm / \$90 – \$100\* / MTP  
 #119045 / Th / Oct. 5 – 26 / 5 – 6 pm / \$90 – \$100\* / MTP  
 #119046 / Mon / Nov. 6 – 27 / 5 – 6 pm / \$90 – \$100\* / MTP  
 #119047 / Tu / Nov. 7 – 28 / 5 – 6 pm / \$90 – \$100\* / MTP  
 #119048 / Wed / Nov. 1 – 29 / 5 – 6 pm / \$112.50 – \$125\* / MTP  
 #119049 / Th / Nov. 2 – 30 / 5 – 6 pm / \$90 – \$100\* / MTP

### Junior Development Advanced

For graduates of Junior Development Intermediate looking for further growth in stroke development and technique with formal introduction to live ball drills and match play. \*Discounted rate for members. No class on November 23.

**Instructor: Head Tennis Professional Ryan Hill**

#119050 / Tu / Sept. 5 – 26 / 6 – 7 pm / \$90 – \$100\* / MTP  
 #119051 / Wed / Sept. 6 – 27 / 6 – 7 pm / \$90 – \$100\* / MTP  
 #119052 / Th / Sept. 7 – 28 / 6 – 7 pm / \$90 – \$100\* / MTP  
 #119055 / Tu / Oct. 3 – 31 / 6 – 7 pm / \$112.50 – \$125\* / MTP  
 #119057 / Wed / Oct. 4 – 25 / 6 – 7 pm / \$90 – \$100\* / MTP  
 #119058 / Th / Oct. 5 – 26 / 6 – 7 pm / \$90 – \$100\* / MTP  
 #119059 / Tu / Nov. 7 – 28 / 6 – 7 pm / \$90 – \$100\* / MTP  
 #119060 / Wed / Nov. 1 – 29 / 6 – 7 pm / \$112.50 – \$125\* / MTP  
 #119061 / Th / Nov. 2 – 30 / 6 – 7 pm / \$90 – \$100\* / MTP



# TENNIS

## HIGH PERFORMANCE YOUTH CLINICS

### Worthy to Win

Focused on building a strong technical, tactical and mental base for tennis players, drills are structured around ball striking skills and footwork with mental training principles. For a complementary placement assessment, contact Coach Joey at 801-725-4940. Complementary match play for program players is included.

**Instructor: Coach Joey Johnson**

Mon – Fri / 7 – 9 am or 2 – 5 pm

\$35 (60 min) / \$50 (90 min) / \$70 (2 hr) / \$100 (3 hr) FTR

Academy players (10+ hrs per week; or siblings 15+ hrs a week): \$30/hr

### Junior Tennis Competition

This program is the next step for junior players who want to improve their tennis game. Learn to keep score, compete in both singles and doubles, and play matches with other players featuring Orange/Red/Green Dot and Yellow balls. The day will include snacks and awards. For more information, contact Coach Stephen Loreto at 714-757-8903.

#119065 / Sun / Sept. 17 / 1 – 4:30 pm / \$30 / MTP

#119066 / Sun / Oct. 15 / 1 – 4:30 pm / \$30 / MTP

#119067 / Sun / Nov. 19 / 1 – 4:30 pm / \$30 / MTP

## UNIVERSAL TENNIS (UT)

### Training and Tournament Preparation (UT / USTA / Club / Recreation)

\*Additional \$60 – \$72 is due to Universal Tennis. For more information, contact Coach Stephen Loreto at 714-757-8903.

### 12U Youth Progression Green Dot Ball

Players must be 12 years old and under to participate. Players must know the concept of scoring, how to serve and rally at least three to five shots with each other.

#119064 / Sat / Sept. 9 – Dec. 9 / 1:30 – 4:30 pm / \$180\* / MTP

### 12U UTR 2 – 4 Ratings (Regular Ball)

Players must be 12 years old and under to participate. Team will compete against each other in this innovative and fun coed format. This is a 10-week regular season and two-week playoffs.

#119063 / Sat / Sept. 9 – Dec. 9 / 1:30 – 4:30 pm / \$180\* / MTP

### 12+ UTR 2 – 4 Ratings (Regular Ball)

Players must be 12 – 18 years old to participate. Team will compete against each other in this innovative and fun coed format. This is a 10-week regular season and two-week playoffs.

#119062 / Sat / Sept. 9 – Dec. 9 / 1:30 – 4:30 pm / \$180\* / MTP

## ADULT CLINICS

### Adult Competitive Live Ball

Live Ball for tennis players who have the ability to rally with pace, consistency, and use shot selection in any circumstance to take the point. Challenge yourself and others through exciting game play and fast-paced scenarios. \*Discounted rate for members. No class November 25.

**Instructor: Head Tennis Professional Ryan Hill**

#119007 / Sat / Sept. 2 – 30 / 9 – 10 am / \$112.50 – \$125\* / MTP

#119010 / Sat / Oct. 7 – 28 / 9 – 10 am / \$90 – \$100\* / MTP

#119011 / Sat / Nov. 4 – 18 / 9 – 10 am / \$67.50 – \$75\* / MTP

### Adult Beginner

Focus on the correct technique to achieve a 20-ball rally. Eliminate unforced errors and master the big five - forehand, backhand, server, overhead, return, and volley. \*Discounted rate for members. No class on November 26.

**Instructor: Coach Lawrence Holguin**

#119013 / Sun / Sept. 3 – 24 / 9 – 10:30 am / \$100 – \$120\* / FTR

#119014 / Sun / Oct. 1 – 29 / 9 – 10:30 am / \$125 – \$150\* / FTR

#119015 / Sun / Nov. 5 – 19 / 9 – 10:30 am / \$75 – \$90\* / FTR

### Adult Intermediate

Add targeting and strategy to neutralize your opponents and get them on the run with consistency, aiming and contest drills to force opponent errors. \*Discounted rate for members. No class November 23.

**Instructor: Coach Lawrence Holguin**

#119016 / Th / Sept. 7 – 28 / 7 – 8:30 pm / \$100 – \$120\* / FTR

#119017 / Th / Oct. 5 – 26 / 7 – 8:30 pm / \$100 – \$120\* / FTR

#119018 / Th / Nov. 2 – 30 / 7 – 8:30 pm / \$100 – \$120\* / FTR

### Adult Triples Tennis (mini-cardio tennis)

This is a fast-moving, cardio tennis clinic that engages six players on court at one time, with tons of touches on the ball. The focus is fun and social, not competition. Heart monitor optional. For more information, contact Coach Stephen Loreto at 714-757-8903.

**Instructor: Coach Stephen Loreto**

#119072 / Fri / Sept. 22 / 6:30 – 8:30 pm / \$25 / MTP

#119073 / Fri / Oct. 27 / 6:30 – 8:30 pm / \$25 / MTP



## ADULT TENNIS LEAGUES

### Singles Flex League

Singles flex matches are played at a mutually agreed upon date and time. Individual match scores will be maintained and playoffs will take place at the end of the session. \*Membership discounted price is \$45; league fee include ball, guest fees, and prizes. Matches are played at either the Felipe Tennis Center or Marguerite Tennis Pavilion.

**Member priority registration opens Aug. 1 at 8 am**

**General public registration opens Aug. 2 at 8 am**

#119000 / Men's 3.5 - 4.5+ / Aug. 19 - Nov. 4 / \$45 - \$125\*

#119005 / Women's 3.5 - 4.0+ / Aug. 19 - Nov. 4 / \$45 - \$125\*

### Round-Robin Tennis (3.5 - 4.0+)

Our round-robin tennis programs are week-to-week tennis matches for coed doubles play. Email [tennis@cityofmissionvejo.org](mailto:tennis@cityofmissionvejo.org) and select your level (3.5 or 4.0+) and day (Friday or Sunday) by Thursday at 2 pm of each week to be confirmed for match play. Players must supply their own tennis balls, which are available onsite for \$4 a canister. \*Program is free for members.

Fri / 6:30 - 8:30 pm / \$8\* / MTP

Sun / 9 - 10:30 am / \$8\* / MTP

### MNT/TNT/ WNT Doubles Tennis Leagues

Ten-week coed doubles round-robin tennis league with no set partner. \*Membership discounted price is \$30; league fee includes balls, non-member fees, and prizes.

**Member priority registration opens Aug. 1 at 8 am**

**General public registration opens Aug. 2 at 8 am**

**MNT (3.5)**

#118963 / Mon / Sept. 11 - Nov. 13 / 6:30 - 8:30 pm / \$30 - \$100\* / FTR

#118965 / Sub / Free / FTR

**TNT (3.5 - 4.0)**

#118966 / Tu / Sept. 12 - Nov. 14 / 6:30 - 8:30 pm / \$30 - \$100\* / FTR

#118967 / Sub / Free / FTR

**WNT (4.0+)**

#118968 / Wed / Sept. 13 - Nov. 15 / 6:30 - 8:30 pm / \$30 - \$100\* / MTP

#118969 / Sub / Free / MTP

## ADULT TENNIS SOCIALS

### Ladies Tennis Season Kick-off Social

Enjoy a morning of ladies' round-robin doubles tennis, followed by lunch and prizes. Show off your new team uniform. Please bring food donation items to support the Marines & Sailors Adoption Committee. \*Discounted rate for members.

#118441 / Fri / Sept. 8 / 10:30 am - 1:30 pm / \$20 - \$25\* / MTP

### Halloween Round-Robin Tennis Social

Join us for a Halloween Tennis Social at the Marguerite Tennis Pavilion. Participants will enjoy dinner, followed by two hours of coed doubles tennis in a round-robin format. Costumes and festive attire are strongly encouraged. Prizes will be awarded. Fee includes dinner and prizes. \*Discounted rate for members.

#118443 / Fri / Oct. 20 / 5:30 - 8:30 pm / \$25 - \$30\* / MTP



### 3rd Annual Thanksgiving Turkey Tourney Round-Robin Social

Enjoy a morning of round-robin doubles tennis, followed by lunch including traditional holiday desserts in this all levels, coed social event. Prizes will be awarded. \*Discounted rate for members.

#118444 / Sun / Nov. 26 / 9 am - 12:30 pm / \$20 - \$25\* / MTP

### 2nd Annual Ladies Holiday Tennis Social and Toy Drive

Enjoy a morning of round-robin doubles tennis, followed by lunch including traditional holiday treats in this all-levels, ladies only social event. Festive attire encouraged and prizes will be awarded. Please bring new, unwrapped toys for donation to the Marines & Sailors Adoption Committee. \*Discounted rate for members.

#118442 / Fri / Dec. 1 / 10:30 am - 1:30 pm / \$20 - \$25\* / MTP

## PRIVATE LESSONS

Contact coaches directly for availability and booking.

**Head Tennis Professional Ryan Hill**

949-632-3602 | [Missionviejotennis@gmail.com](mailto:Missionviejotennis@gmail.com)

**Coach Senem Aktuccar**

562-243-8233 | [senem.aktuccar@gmail.com](mailto:senem.aktuccar@gmail.com)

**Coach Joey Johnson**

801-725-4940 | [Joey@worthytowin.com](mailto:Joey@worthytowin.com)

**Coach Stephen Loreto**

714-757-8903 | [stevevisoy@gmail.com](mailto:stevevisoy@gmail.com)

**Kendall Weber**

949-302-5853 | [kendallweber445@yahoo.com](mailto:kendallweber445@yahoo.com)





City of Mission Viejo  
 200 Civic Center  
 Mission Viejo, CA 92691

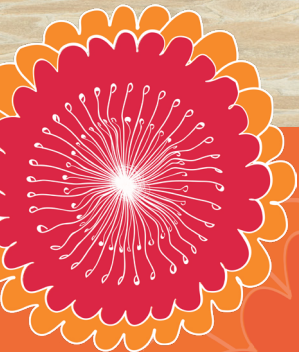
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# BE INFORMED, STAY INFORMED



# LOS OSOS



[ENVISIONMV.COM](http://ENVISIONMV.COM)

Celebrate the City's 35th anniversary with music under the stars and tons of fun for all ages. This year's Symphony in the Cities and Prelude in the Park on Saturday, August 5 cannot be missed! Save the date and read all about this time-honored event on page 1.