LOMPOC RECREATION
We Create Community Through People, Parks & Programs

May-August 2016
Summer Activity Guide

City of Lompoc
(805) 875-8100
www.cityoflompoc.com

Programs for Youth, Teens, Adults & Seniors

Find us on: facebook®
GENERAL INFORMATION

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HANDICAP ACCESSIBILITY
The Anderson Recreation Center is fully accessible to the physically handicapped. The Anderson Recreation Center has an elevator serving the east parking lot and all floors of the building, as well as a ramp serving the west, at the North “I” Street entrance. If ramp access is necessary, please call in advance so that we can assure that all doors will be open for your use. The Dick DeWees Community & Senior Center and the Lompoc Aquatic Center are single story structures with street level access with automatic accessible doors.

Reference to businesses or other entities in this publication, through advertising or otherwise, does not constitute an endorsement of such businesses by the City of Lompoc.

THE ANDERSON RECREATION CENTER IS YOUR ONE STOP THIS SUMMER FOR THE FOLLOWING:

• Flower Festival Tickets
• Lompoc Youth Theater Godspell Tickets
• 4th of July Spectacular Firework Tickets
• COLT Bus Passes

City Administrative Offices will be CLOSED on the following dates:

Memorial Day, Monday May 30th
Independence Day, Monday July 4th
Labor Day, Monday September 5th
REGISTRATION

HOW TO SIGN UP
MAIL-IN: Fill out the registration form attached and send it to Lompoc Recreation Division at 125 West Walnut Avenue, Lompoc, Ca 93436. Be sure to include payment and your class choice.

PHONE-IN: Give us a call at (805) 875-8100, Monday through Friday between 9:00 am and 5:00 pm. We can take payment over the phone with a Visa, MasterCard or Discover.

FAX-IN: Fax us your registration form to (805)736-5195. Be sure to include your Visa, MasterCard or Discover number and expiration date.

WALK-IN: Come visit us Monday through Friday from 9:00 am – 4:45 pm. We are located at the Anderson Recreation Center at 125 West Walnut Avenue, Lompoc, Ca 93436. We accept Cash, Check, Visa, MasterCard or Discover.

GENERAL REGISTRATION INFORMATION
• You can sign up for your programs with cash, check, Visa, MasterCard or Discover.
• A $25 NSF Fee will be charged on all returned checks
• Enrollment received after the class start date will be returned
• Instructors, program locations, dates, times and fees are subject to change without notice
• Non-residents are those who reside outside of City limits (Mission Hills, Vandenberg Village, Mesa Oaks, VAFB and all other unincorporated areas)
• Program fees apply to non-residents
• Financial assistance is available for qualifying families, contact us at 875-8100 for more information

REFUND POLICY
In the event that a class is cancelled or full, our office will notify you prior to the class start time. You will be given the option of transferring classes or receiving a refund. Full refunds are issued for any class cancelled by the City. Refund requests made prior to the registration deadline will be granted. Refunds will not be granted past the registration deadline.

Excursions and Special Events are non-refundable, unless the participant spot is filled. Refund processing takes 2-3 weeks from the request date. The City will mail all refund checks to your home address.

DON’T FORGET TO CHECK US OUT ON THE WEB AT WWW.CITYOFLOMPOC.COM

REGISTRATION FORM

Name of Participant  Date of Birth  M/F  Class Name & Session #  Level  Date  Time  TOTAL FEES

Cash / Check# / Credit Card

MasterCard  (circle one)

Visa  # / / / / / / / / / / / / / / / /

Expiration Date

Card Holder Name  3 Digit Authorization Code

Scholarship Fund:
Total Program Fees:
Parent/Guardian
Address
Phone ( )
ACTIVE OLDER ADULTS

Programs are FREE for participants 50 years of age and older, unless otherwise indicated. The Recreation Division of the City of Lompoc reserves the right to cancel or change class locations and/or times due to low participation, or unexpected circumstances. If you should have any questions regarding the current programming for seniors, please contact (805) 875-8085 (DDCSC) or 875-8100 (ARC). All senior programs are held at the Dick DeWees Community & Senior Center, 1120 West Ocean Avenue in Lompoc.

Senior Programs will be closed on the following days to observe the holidays: May 30th & July 4th

<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAYS</th>
<th>THURSDAYS</th>
<th>FRIDAYS</th>
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<tr>
<td>American Cancer Society</td>
<td>Fine &amp; Applied Arts Painting</td>
<td>Yoga</td>
<td>TOPS</td>
<td>Movie Matinee</td>
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<tr>
<td>9AM–12PM</td>
<td>9AM–12pm</td>
<td>9AM-10AM</td>
<td>8AM – 10AM</td>
<td>12:30PM – 3PM (Last Fri of month)</td>
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<tr>
<td>Fit 101 10:30AM - 11:30AM</td>
<td>Strength Training 9AM – 10PM</td>
<td>Tea Leaves</td>
<td>Strength Training 9AM – 10AM</td>
<td>Braille Institute</td>
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<tr>
<td>HICAP 1PM-3PM</td>
<td>Alzheimers 9AM – 11AM</td>
<td>(1st &amp; 3rd) 9:30AM-11AM</td>
<td>Grief Recovery Transition Group</td>
<td>9:30AM-11:30AM (4th Friday only)</td>
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<tr>
<td>Dignity Health Bereavement Support Group</td>
<td>Braille in Spanish 10AM – 12PM</td>
<td>Fit 101 10:30AM-11:30AM</td>
<td>Lompoc MAC User Group 10AM – 11AM</td>
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<tr>
<td>2:30PM-4PM</td>
<td>Rag Rug 1PM – 3PM</td>
<td>Tai Chi 1:30PM-2:30PM</td>
<td>(2nd &amp; 4th Mon of the month)</td>
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<td>Technology Literacy Class 4PM-5PM</td>
<td>Duplicate Bridge 1PM – 3PM</td>
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<td>Duplicate Bridge 1PM – 3PM</td>
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<td>Assisted Hospice Care/ Bereavement Support</td>
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<td>Group 1PM-3PM</td>
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<td>(1st Thursday of the month)</td>
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<td>Cancer Support 1PM-3PM</td>
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<td>(1st Thursday of the month)</td>
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<td>Caring for the Caregiver 3PM-4:30PM</td>
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<thead>
<tr>
<th>PROGRAMS OFFERED DAILY</th>
<th>PROGRAMS OFFERED/REGISTRATION REQUIRED BY APPOINTMENT ONLY</th>
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<tr>
<td>Computer Access 9AM – 3PM</td>
<td>Five Wishes 875-8098</td>
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<tr>
<td>Pool/Billiards 9AM – 3PM</td>
<td>AARP Taxes or AARP Safe Driving 875-8085</td>
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<tr>
<td>CAC Nutrition Lunch 11:30AM – 12PM</td>
<td>Braille Institute 682-5222</td>
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<tr>
<td>Dominos 12:30PM - 3PM</td>
<td>Brown Bag 875-8098</td>
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<td></td>
<td>Care for the Caregiver Valrie 965-1001, x419</td>
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<td></td>
<td>HICAP 1-800-634-0222</td>
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<td></td>
<td>Dignity Health Bereavement Support 739-3830 x2060</td>
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<td></td>
<td>Tea Leaves 875-8098</td>
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<td><strong>Note:</strong> Each class is held daily at the same time and location. <strong>Registration Required by Appointment Only</strong></td>
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<tr>
<th>PROGRAMS OFFERED ON A MONTHLY BASIS</th>
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<tr>
<td>AARP Safe Driving Program – 6/2-6/3 &amp; 8/4 – 8/5</td>
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<tr>
<td>Alzheimer’s Association - TBA</td>
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<td>Brown Bag Program – 5/4, 5/18, 6/1, 6/15, 7/6, 7/20, 8/3, 8/17</td>
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<tr>
<td>Blood Pressure Checks – 6/3 &amp; 8/15</td>
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AARP SAFE DRIVING PROGRAM
The American Association for Retired Persons is offering Driving Safety and Defensive Driving Tips for seniors in its “Safe Driving” Program. **There is a $15 fee for AARP members and a $20 fee for non-members for the workbook; payable the first day of class to the instructor.** You will receive a driving certificate.

**Instructor:** Bob Hoffman  
**Rooms:** 105/106

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<tr>
<th>Session 1:</th>
<th>TH/F</th>
<th>12:00PM-4:00PM</th>
<th>6/2 and 6/3</th>
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<tr>
<td>Session 2:</td>
<td>TH/F</td>
<td>12:00PM-4:00PM</td>
<td>8/4 and 8/5</td>
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ALLAN HANCOCK-FINE & APPLIED ARTS PAINTING
This class offers beginning to advanced instruction in acrylic painting, using oil techniques, experimenting with a palette knife in color mixing, composition, values and techniques. Demonstration and lively class critique with valuable discussion are a vital part of each session.

**Instructor:** Shirley Wallace  
**Rooms:** 105/106

| Session 1: | TU | 9:00AM-12:00PM | 5/3 – 8/30 |

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ALZHEIMER’S ASSOCIATION
In this workshop caregivers will learn about early stages; understanding the disease, symptoms, communication and intimacy. The workshop will also provide tips for coping with symptoms such as memory and personality changes, helping the person with dementia stay active, organized and maintaining a sense of independence, and maintaining closeness and intimacy by using loving words and sharing experiences that include touch.
Tuesdays      9:00AM-11:00AM  TBA

AMERICAN CANCER SOCIETY
Stop by for information on local FREE services for cancer patients, cancer prevention and early detection. Special events include the Daffodil Days Campaign and Relay for Life. Sign up as a volunteer driver or find out how YOU can support the fight against cancer. Please call 875-8085
Instructor: Cancer Society Staff Room 118
Session 1:  M 9:00AM-12:00PM  5/2 – 8/29

ASSISTED HOSPICE CARE BEREAVEMENT SUPPORT GROUP
Going through a loss on your own can be very difficult, but our caring team at Assisted Hospice Care is here to support you. Our trained counselors will help you to begin healing from the wounds of a loss. All groups are conducted in a safe and supportive setting that allows you to go at your own pace in the grieving process. This class is open to the community, and held on the 1st Thursday of each month.
Facilitator: Assisted Hospice Care Staff Room 107
Thursdays     1:00PM-3:00PM  5/5, 6/2, 7/7, 8/4

BLOOD PRESSURE CHECKS
Lompoc Valley Volunteer Nurses will be giving free blood pressure checks to keep you updated on the status of your blood pressure. Stay healthy and monitor your blood pressure with this free service!
Session 1:  F 9:30AM-12:00PM  6/3
Session 2:  M 9:30AM-12:00PM 8/15

BRAILLE INSTITUTE
The Braille Institute will be available the 4th Friday of the month to do low-cost vision care. To schedule an appointment, please call 682-6222.
Instructor: Braille Institute Staff Library
Fridays       9:30AM-11:30AM  5/20*, 6/24, 7/22, 8/26
*This session will be held the 3rd Friday of the month

BRAILLE, LOW VISION CLASS IN SPANISH
Low Vision Classes, this class is for our Spanish speaking patrons who are suffering from low vision which cannot be corrected with glasses. This class is presented by the Braille Institute of America. Tiene problemas con su visión? Esta clase es para clientes que hablan español y sufren de baja visión que no puede corregirse con lentes. Esta clase es presentada por el Instituto de Braille de América.
Instructor: Braille Institute Staff Room 108
Session 1:  TU 10:00AM-12:00PM  5/3 - 8/30

BROWN BAG PROGRAM
The mission of the Brown Bag Program is to provide bags of groceries to low-income seniors as a supplement to their own food budget and to assist seniors with maintaining an independent, self-sufficient lifestyle. To apply, please call (805) 875-8085.
Room 102 – C&D
Wednesdays  10:00AM-11:00AM  5/4, 5/18, 6/1, 6/15, 7/6, 7/20, 8/3, 8/17

CANCER SUPPORT GROUP
All cancer survivors (newly diagnosed, undergoing treatment, in remission or cured) are invited to attend the monthly Cancer Support Group, hosted by Joyce Morey. The group meets on the first Thursday of each month and provides a social setting to interact and share experiences with other Cancer survivors.
Facilitator: Joyce Morey Rooms 105/106
Session 1:  TH 1:00PM-3:00PM  5/5, 6/2, 7/7, 8/4

CARING FOR THE CAREGIVER
Need professional help caring for senior family members? We have a class for you too. On Thursday afternoons, to learn strategies, share common experiences and strengthen your coping skills along with various other supports. Family service agency endeavors to help caregivers help seniors. Call Valerie to make an appointment: 805-965-1001, x419.
Family Service Agency Room: 108
Session 1:  TH 3:00pm-4:30pm  5/5 - 8/25

COMPUTER ACCESS
You are welcome to use our computer. Computer is available in our library for your use to navigate the Internet or access your e-mail account in a relaxed environment.

DOMINOS
Drop in and have some fun! Join others after lunch in a few games of Dominos. Have a good social time as well as experience the enjoyment of playing Dominos and an opportunity to catch up on the latest news.
M-F Multi-Purpose Room  12:30PM-3:00PM  5/2 – 8/31

DUPLICATE BRIDGE
If you have played party bridge or duplicate bridge before, or if you have been away from the game for awhile, or if you want to hone your duplicate playing and convention skills, come and join us!
Every Tu/Th Room 107  1:00PM-3:00PM  5/3-8/30

FIVE WISHES
We can assist filling out the Five Wishes document. Five Wishes is a living will available to anyone 18 and older. Five Wishes is a detailed legal document that covers your personal, emotional, spiritual and medical needs. The document allows you to discuss with your family, friends, and doctors how you would like to be treated if you become seriously ill. To make an appointment please call (805) 875-8098.
FIT INDIVIDUALIZED TRAINING:  FIT 101
This is an Arthritis based exercise program, sponsored by Carnahan Therapy, to increase strength, flexibility and balance. Exercises are performed while sitting. Join the fun.
Instructor: Holly Williams  Banquet Room 102 - B
Session 1:  M/W  10:30AM-11:30AM  5/2 – 8/31

GRIEF RECOVERY TRANSITION GROUP
Transition group, for those who have moved beyond grief, but still find the need to get together and talk about their loss and to be with each other for social and emotional support.
Every Thurs Room 118  10:00AM-11:30AM  5/5 – 8/25

HICAP ASSISTANCE
Assistance for Medicare beneficiaries to understand their coverage, HMO’S and medical insurance. HICAP also assists with billing problems and appeals.  Please call 1-800-434-0222 for appointments.
Facilitator: HICAP Staff  Room 118
Session 1:  M  1:00PM-3:00PM  5/2 – 8/29

LOMPOC MAC USERS GROUP
LMUG meets the 2nd and 4th Thursday of the month to answer your questions about today’s new technology. Learn about your MAC, iPhone, iPad, and iPod.
Facilitator: Max Janatsch  Room 107
Thursdays  10:00AM-11:00AM  5/12 – 8/25

DIGNITY HEALTH BEREAVEMENT SUPPORT GROUP
Marian Hospice Bereavement Care Program in collaboration with the Lompoc Recreation Division is bringing this support group back specifically for the “Newly Bereaved”. The group will be for those who have had a loss of any kind within the last 12 to 15 months. The group will meet the 2nd and 4th Monday of each month. Registration is required. Please call to pre-register at (805) 739-3830 EXT 2060.
Facilitator: Max Janatsch  Room 107
Thursdays  10:00AM-11:00AM  5/12 – 8/25

MOVIE MATINEE
If you don’t go to the movies or own a VCR or DVD player, this is your chance to watch current movies! Join us for a fun afternoon enjoying a movie and some delicious popcorn on the last Friday of the month.
Facilitator: Terri Miley  Room 105 & 106
Mondays  2:30PM - 4:00PM  5/9 – 8/22

RAG RUG AND MISC. HANDWORK
The Rag Rug Class is branching out to encompass other handwork including, but not limited to, knitting, crocheting, quilting, embroidery and cross-stitch. Participants are encouraged to bring their projects and share ideas with people who are working on varied handwork, from easy and simplistic, to time consuming and difficult, and everything in between. In addition to doing handwork, meeting like minded folks and making new friends, it’s a great class to come to just to get away from the TV, phone and computer. Little handwork, friendly chatter, sharing, thoughts and ideas. We’d like to invite you to join us. This class is for seniors 50 and older. Hope to see you there!
Tuesdays  1:00PM-3:00PM  Rooms 105/106  5/3 - 8/30

SENIOR EXPO
The Senior Expo is the premier event in Lompoc to learn about health and resources for older adults. Featured activities will include Health Screenings, fitness Testing, exhibits on health and wellness and the return of the popular Car Fit Program. The Senior Expo is free of charge and open to the community. For more information, please call 875-8098.
Friday, May 20  9:00am – 12:00pm

STRENGTH TRAINING CLASS
Come and join a free Strength Training Class. Increase balance, coordination, and flexibility while having FUN. This class uses sitting and standing positions only to aid in a gentle approach to wellness. Terri, the instructor, makes this class fun and enjoyable.
Instructor: Terry Robinson  Room 102
Session 1:  Tu/Th  9:00AM-10:00AM  5/3 - 8/30

TAI CHI FOR SENIORS
Tai Chi accumulates energy and leaves you refreshed and relaxed when you finish. The graceful, slow speed of our styles, coupled with an emphasis on deep breathing and mental focus, creates balance, flexibility and calmness, which relieves stress and allows for the integration of your mind and body.
Instructor: Yuka Freeman  Room C&D
Session 1:  W  1:30PM-2:30PM  5/4 – 8/31

THE TEA LEAVES
Tea Leaves is a local group of women writers who meet the 1st & 3rd Wednesdays of the month. Their group of 12 members conducts writing exercises and presents readings of their writings which can include prose or poetry and fiction or non-fiction for constructive critique. If the group has been filled, a waiting list will be established. New guests are encouraged to attend three sessions to see if it is a good fit for them. Trust among Tea Leaf members must be established. To sign up for the group, please call 875-8098.
Facilitator: Mary Lou Parks  Room 107
Wednesdays  9:30AM-11:00AM  5/4 – 8/17

TECHNOLOGICAL LITERACY CLASS
Join us for a 30 minute presentation plus 30 minutes of personal assistance to help you become more productive using computers, cell phones, kindles, facebook, twitter, pinterest, and instagram. Share photos and keep in touch. Each seminar will focus on a different aspect of technology.
Instructor: Lakeshia Dudley  Room 108
Session 1:  M  4:00PM-5:00PM  5/2 – 8/29

TOPS (TAKE OFF POUNDS SENSIBLY)
Do you want to lose or maintain your weight? Then TOPS is for you. A World Wide organization with a local chapter, designed to help people lose weight through healthy eating, activities, and the support of fellow members. Our mission is to support our members as they Take Off Pounds Sensibly. Come join our weekly club and lose. Our leader is Kathleen Remington, and we meet every Thursday morning. Please call 736-1489 for more information.
Facilitator: Kathleen Remington  Room 105 & 106
Weigh-in:  TH  8:00AM- 8:55AM  5/5 - 8/25
Meetings:  TH  9:00AM-10:00AM  5/5 - 8/25

YOGA
Join Martena to learn exercises that improve strength and flexibility, pranayam (breathing) exercises to relieve anxiety and tension, moving meditations for mental focus and relaxation techniques for improved sleep. Experience the physical and mental wellness a yoga practice offers. Pre-registration is required and will be taken at the Anderson Recreation Center. $3 fee per class taken at pre-registration.
Facilitator: Martena Wilson  Room 108
Session 1:  W  9:00AM-10:00AM  5/4 – 8/31

Mark your Calendar...
Grandparent’s Dance September 11th.
NEW EVENTS FOR SUMMER 2016!

FREE SWIM DAYS
That’s right, the Lompoc Aquatic Center will open it’s doors for Recreation Swim absolutely FREE twice this summer. This is an opportunity for families to enjoy the facility at no charge.
Please join us for a great time using the playground, going down the slide, floating in the inner tubes or just enjoying the water.
Saturday, June 25th • 1:00 pm – 3:00 pm
Saturday, August 13th • 4:00 pm – 6:00 pm

DOGGIE OLYMPICS
This summer the Lompoc Aquatic Center will host its first ever Doggie Olympics! All dogs must be at least 1 year old and up to date with their vaccinations. The cost to participate is $10. Categories include: Distance Jump (over water), 25 yard swim, Water Fetch and Air Catch. Pools will be drained after the event. Stay tuned….more information to follow!
Sunday, August 14th • Lompoc Aquatic Center • Fee: $10

SENIOR DANCE
You’re never too old to boogie! Join us for some live music, refreshments and some fun! For more information, call Sue Slavens at 875-8098.
Sunday, May 15th • Dick DeWees Community & Senior Center • Fee: $10
SPECIAL EVENTS

**Mother/Son Luau**

This is a great opportunity for all moms and that special young man in her life to have an exciting night of dancing, games, snacks, and fun. Professional portraits and novelty items will be available for purchase. The doors will open at 5:30pm for pictures only.

Anderson Recreation Center  
$18/couple, $10/add. Child  
Session 1: Friday, May 6  
6:30pm - 8:30pm

**HEALTH AND RESOURCE SENIOR EXPO**

The Senior Expo is the premier event in Lompoc to learn about health and resources for older adults. Featured activities will include Health Screenings, Fitness Testing, exhibits on health and wellness and the return of the popular Car Fit Program. For drivers over the age of 60, Car Fit volunteers take you through a 15 minute, 12-point checklist with your vehicle and recommend vehicle adjustments to fit you better and enhance your safety. For more information on Car Fit call 805-925-9554. Senior Expo is free of charge and open to the community. It will be held at Dick DeWees Community & Senior Center. For more information please call 875-8098.

Dick DeWees Community & Senior Center  
Session 1: Friday, May 20  
9:00am – 12:00pm  • Fee: FREE

**Fourth of July Spectacular Fireworks Show**

Once again the City of Lompoc will amaze and entertain you with a fabulous sky spectacular. The gates will open at 6:00 pm at Lompoc High School’s Huyck Stadium, with the fireworks beginning at dusk. There will be entertainment, food and lots of fun. Bring your blankets, family, friends and appetite and enjoy a good old-fashioned community Fourth of July Celebration. Tickets will be on sale through the Lompoc Recreation Division beginning June 6th. Sponsorship opportunities are still available and needed to ensure a 2016 Fourth of July show. For more information on this event please contact our office at (805) 875-8100. Unfortunately, no glass containers, ice chests, pets, smoking or alcohol will be permitted.

Monday, July 4th  
Lompoc High School Huyck Stadium  
Time: Gates open at 6:00 PM, Fireworks begin at dusk  
Pre-Sale Tickets: $2.00 for children/$4.00 adults  
After July 3rd: $5.00 for children/$7.00 for adults

**5th Annual Boat Float**

Design and Build a human powered boat made of corrugated cardboard, capable of racing a 100-yard “M” shape course, in the competitive pool, at the Lompoc Aquatic Center. We’re all in this to enjoy a great event, be with friends, and try some outrageous inventions.

Please remember, the idea is to explore the inherent characteristics of corrugated cardboard while being creative in meeting the challenge, “Stay Afloat.”

CLASS I boats must have no more than a maximum of 2 passengers.
CLASS II boats must have no more than two a maximum of 4 passengers.
CLASS III boats, the “Instant Boats” are to be designed and built on site the day of the event with only the materials provided in your purchased boat kit. Construction will begin at 8am and conclude at 11:30AM. Boats must be able to fit through our door opening (6’6” x 6’6”) and no longer than 12’ in length.

Lompoc Aquatic Center  • Saturday July 16th

Class I & II .......................................................... $10/team  
Class III (Instant Boat Kits) .......................................$20/team

(805) 875-8100 • www.cityoflompoc.com
SPECIAL EVENTS

MOVIES IN THE PARK

It's back – the opportunity to enjoy a movie, outside with families and friends in historic Ryon Park. Grab your families, friends, blankets and join us for family friendly movies all summer long!

Ryon Park – Old Section
Friday, July 22nd  High School Musical
Friday, August 5th  Night at the Museum
Friday August 19th  Cars

Movies will begin at dusk. No alcohol, pets or smoking will be permitted at the event.

GODSPELL JR. – THE MUSICAL

Youth Theater is back in Lompoc this summer and bringing the story of “Godspell” to the stage LIVE! **If you are interested in participating in this production, please refer to the “Special Interest Camps Section” for details and mandatory audition information. Tickets are available at the Anderson Recreation Center at 125 West Walnut Avenue Monday through Friday from 9am – 5pm. This production is made possible by the collaborative efforts of the Lompoc Recreation Division and Lompoc Youth Theater.**

Performance Information:
Fridays, July 29th & August 5th  7:00 pm Civic Auditorium
Saturdays, July 30th & 6th  7:00 pm Civic Auditorium
Pre-Sale Ticket Prices: $8 for 14 years & under/ $10 for 15 years & older
After July 22nd: $10 for 14 & years& under/ $12 for 15 years & older
**Tickets on sale after June 6th

GODSPELL JR. – THE MUSICAL

10th Annual
“Hank Hudson” Memorial Sprint Triathlon
Lompoc Sprint Triathlon*
Saturday, August 6, 2016

This is the 10th year for the Lompoc Sprint Triathlon and this year’s bike course is designed to avoid all rail road tracks. Whether you are trying to break a great time, or just trying to prove to yourself that you can complete a triathlon – we want you! You can enter as an individual or grab a few friends and enter as a relay. The distances are: 500yd Swim, 1mile Bike, and a 3.1mile Run. There is something for everyone, a t-shirt is included for all participants and pre-registration is required!

Fees: $50 individuals   $90 relays   Ages 14 & Up
First heat begins at 8:00 AM

Lompoc Junior Triathlon*
Saturday, August 6, 2016

This is the 9th year for the Lompoc Junior Triathlon and the kids came out of the woodwork last year to compete, so sign up early. The distances for this competition are: 50yd Swim, 1mile Bike, 1/4mile Run (10 years and under) and 100yd Swim, 2mile Bike, 1/2mile Run (11-14 years). t-shirts are included in the fee for all participants and pre-registration is required.

Ages:  14 & Under
Time:  First heat begins at 11:00 AM
Fees:  $20 individuals, $40 relays

*Would you like a t-shirt, but don't want to race? Call to volunteer, 805-875-2703.

SKATE PARK COMPETITION

Come join the fun at the Annual Spring Skate Board competition co-sponsored by Surf Connection. Open to skaters 7 years old and older who would like to test their skills and talents against other local skaters. Prizes will be awarded in each category and age group. Don’t miss this great opportunity to show off your stuff! All participants must comply with Skate Park rules and regulations and wear all necessary safety equipment.

Lompoc Skate Park
Session 1: Saturday, August 20th  $5.00/event category  10:00am-2:00pm

BEATTIE PARK 5K/10K FUN RUN/10 & UP

Come out and enjoy a great family experience at Beattie Park. This event is geared for all ages and ability levels for people to experience a great 5k/10k race. All participants will have a chance for 1st & 2nd place awards. A t-shirt can be purchased for $10.

Pre-Registration Deadline 09/13 Check-in
8:00AM-8:45AM
Registration:  $15 Pre-Reg   $20 On-Site
Sunday  Sept 18th  9:00AM-10:00am   Beattie Park

**Tickets on sale after June 6th**
EXCURSIONS

DAY EXCURSIONS
Transportation is provided in an air-conditioned 20-passenger bus. Pre-registration is required 2 weeks in advance of excursion date. Meals and souvenirs are the responsibility of the individual participant. Lompoc Recreation Division reserves the right to cancel an excursion due to insufficient registration, weather conditions, or unexpected circumstances. A letter will be sent to all participants one week in advance with the final schedule of the day including the departure time. Unless specified, all of our excursions are designed for all ages. Any participant under the age of 18 years old MUST be accompanied by a paying adult.

CATALINA ISLAND
Come to Southern California’s island paradise! Depart from Lompoc to Long Beach where you will board a 700 passenger vessel! Cruise for an hour over to the port of Avalon where you can enjoy dining, biking, museums, the Pacific Ocean and boat rentals.
Session 1: Sa 7:00am-10:00pm 7/9 $109

LOS ANGELES ZOO & BOTANICAL GARDENS
Discover the wonderful animals at the famous LA Zoo and botanical gardens. Enjoy a fun day of exploring and learning about different types of animals. Admission into the Zoo is included.
Session 1: Sa 7:00am-9:00pm 8/20 $50

NEW! EXCURSIONS FOR KIDS/8 - 14 YEARS
For the first time ever we are offering an excursions package just for kids. One day will be a trip to the Aquarium and Museum at Morro Bay, the second day the Santa Barbara Zoo, and the third day the Ravine water park in Paso Robles. Space is limited to first 17 kids that signup per session.
Session 1: Tu/W/Th 9:00am-5:00pm 7/19, 7/20 & 7/21 $99
Session 2: Tu/W/Th 9:00am-5:00pm 7/26, 7/27 & 7/28 $99
Session 3: Tu/W/Th 9:00am-5:00pm 8/2, 8/3 & 8/4 $99

MULTI-DAY EXCURSIONS
Lompoc Recreation Division also offers overnight excursions available through Premier World Discovery! For a more detailed itinerary and registration info, please call 875-8100 or pick up a flyer at the Anderson Recreation Center. Price is per person for double occupancy.

CAPE COD & THE ISLANDS
Tour highlights include a Nantucket Island Tour, a Boston City Tour, Plymouth Plantation, Plymouth Rock, Mayflower II, Martha’s Vineyard Tour, Heritage Plantation, Sandwich and more!! Tour includes roundtrip airfare, 6 night first class hotel accommodations, sightseeing and admissions per itinerary, nine meals, hotel transfers, professional tour direction, motor coach transportation and baggage handling.
Session 1: W 6/15/16 departure $2095/person

HOLLAND WINDMILLS & RHINE RIVER CASTLES
Tour highlights include Lucerne walking tour, Basel city tour, Black Forest tour, Strasbourg city tour, Cologne walking tour, Amsterdam city tour, and Windmills of Volendam. This 11 day tour includes seven nights aboard the MS Amadeus Silver and 2 nights in Lucerne & the Black forest. Tour includes roundtrip airfare, sightseeing and admissions per itinerary, 22 meals, hotel transfers, professional tour direction, motor coach transportation and baggage handling.
Session 1: F 10/7/16 departure starts at $4695/person

JOURNEY TO INDIA
Join Hunnyfly Travel on a journey across the sea to the magical and mystical country of India for Diwali, the Festival of Lights. Spend 18 days exploring six spectacular cities and five states in North India. From the deserts of Rajasthan to the foothills of the Himalayan Mountians, you will fall in love with a culture rooted in tradition and hospitality. *transport, all hotels, airport pick-up, breakfasts, guides, planned excursions, and drop at airport included. *Airfare not included in rates. Visit www.indiatravel.guru for more info.
Session 1: Sa 10/25/16 departure Luxury rates $4500, Economy rate $2950

VENICE & THE ITALIAN LAKES
Tour highlights include 7 nights in the Lake Como area, Milan city tour, Lake Como cruise, Romeo & Juliet Balcony, Venice Gondola ride, St. Marks Basilica, Lugano, Switzerland, and Monte Bree Cable Car. Tour includes 10 meals, roundtrip airfare from LAX, professional tour direction, motor coach transportation and baggage handling.
Session 1:  Sa 11/1/16 departure $3495/person

Passports
The Anderson Recreation Center is your local U.S. Passport Acceptance Facility! Our office is fully staffed with trained passport acceptance agents who are available to execute passport applications on a walk-in basis Monday – Friday from 9am-4:30 pm. Before arriving please have the following documents available:

✔ Completed DS-11 (U.S. Passport application)
✔ Proof of US Citizenship (Certified copy of birth certificate or Naturalization Certificate)
✔ Valid photo I.D. (both parents and minor must present themselves and provide their I.D.’s for minor applicants 15 & younger)
✔ One passport photo
✔ Check or money order payable to US Dept. of State
✔ $25 execution fee payable to City of Lompoc

For any additional questions on fees, requirements or special circumstances, please contact us at 875-8100, or visit travel.state.gov to obtain U.S. Passport information and downloadable forms.
ADULT PROGRAMS

AERIAL YOGA/ 18 & UP
Aerial Yoga uses a looped piece of fabric to do poses and assist with inversions. We begin class with a few warm-ups, strengthening poses and then begin to learn inversions and hang upside down. This class is great if you want to develop and improve flexibility, strength and overall health. Most of the exercises increase core strength improving balance as well as tightening the abdominal area. Try a class an experience an amazing new way to yoga! All levels are encouraged to sign-up!
Instructor: Martena Wilson  $35(R), $43(N)  103 W. Walnut Ave.
Session 1:  M/W  7:00PM-9:00PM  5/3-6/7
Session 2:  M/W  7:00PM-9:00PM  6/1-6/27
Session 3:  M/W  7:00PM-9:00PM  7/6-7/27

BEGINNING YOGA/ 18 & UP
You will experience physical and mental benefits when practicing yoga on a regular basis. The relaxation techniques incorporated in yoga lesson chronic pain, such as lower back pain, arthritis, headaches and much more. Yoga can also increase flexibility, can lower blood pressure and reduce stress. *Classes may be cancelled due to holidays or rentals, fees prorated at time of registration.
Instructor: Martena Wilson  $35(R), $43(N)  103 W. Walnut Ave.
Session 1:  M  5:30PM-6:30PM  5/2-5/23
Session 2:  M  5:30PM-6:30PM  6/6-6/27
Session 3:  M  5:30PM-6:30PM  7/4-7/25*
Session 4:  M  5:30PM-6:30PM  8/1-8/22

CAKE DECORATING – BEGINNING/ 14 & UP
A fun class to learn the basics of creating special cakes. Celebrate all of those special occasions, holidays, birthdays, or anniversaries with cakes that you’ve decorated... just like the professionals! A supply list is available during registration.
Instructor: Arlene Carlon  $36(R), $43(N)  ARC
Session 1:  T  6:30PM-8:30PM  5/3-6/7

COOKING WITH LEFTOVERS / 16 & UP
Don’t throw away those leftovers! Come take a cooking class with the owner of Keith’s Kitchen catering! Participants will learn how to turn the previous night’s meal into a whole new experience. Using leftover meals and common kitchen ingredients you will learn how to cleverly reinvent a new meal. Come hungry to the first meeting as Keith will be providing scrumptious samples!
Instructor: Keith Marshall  $50(R), $60(N)  DDCSC
Session 1:  F  7:00PM-9:00PM  5/6-5/27
Session 2:  F  7:00PM-9:00PM  6/3-6/24
Session 3:  F  7:00PM-9:00PM  7/1-7/22
Session 4:  F  7:00PM-9:00PM  8/5-8/26

DANCE- NITE CLUB/ 18 & UP
Also known as “Night Club 2-step”, it is danced to many types of slow and medium tempo music, including popular ballads, jazz and country tunes. Easy to learn, this is the “slow dance for dancers”—soft, romantic, and flowing. Attending a wedding soon? You need this class! No experience necessary.
Instructor: Rebecca Reid  $35(R), $42(N)  DDCSC
Session 1:  W  7:00PM-8:00PM  5/4 – 6/8

DANCE- COUNTRY 2-STEP/ 18 & UP
Polish up those boots, dust off those jeans. Country Two-step has come to Lompoc. Country Two-step is easy to learn and fun on the dance floor. We will spend the first few weeks on the basics, and then show you how you can use just a few basic steps to create dozens of different moves. Whether you like classic country music or contemporary country hits, Two-step fits.
Instructor: Rebecca Reid  $35(R), $42(N)  DDCSC
Session 2:  W  8:00PM-9:00PM  7/6-7/27

DANCE- LATIN FUNDAMENTALS
Four Latin favorites in one class: Rumba, Mambo, Salsa and Cha Cha! We will change dances every two weeks, starting with the basics first, then moving to a more advanced (but easy to learn) pattern. Don’t worry about “dance overload”, all these dances use the same basic structure, so patterns from one dance are easy to take to the next. No experience necessary.
Instructor: Rebecca Reid  $35(R), $42(N)  DDCSC
Session 2:  W  8:00PM-9:00PM  7/27-8/31

DANCE- CHA CHA/ 18 & UP
Whether it’s danced to high energy Latin pop or a relaxed Cuban rhythm, Cha cha is everywhere. Precise and sophisticated, with occasional hot, sharp movements, Cha Cha is usually danced to medium tempo music with a Latin “flavor”. We will begin with the basics, then move on to patterns that take advantage of cha cha’s unique rhythms. This class is geared toward beginning to intermediate dancers; you will enjoy this class if you have a bit of dance experience.
Instructor: Rebecca Reid  $35(R), $42(N)  DDCSC
Session 2:  W  8:00PM-9:00PM  7/27-8/31

DANCE-FITNESS / 18 & UP
Dance Fitness is exercise in disguise! Dancing is a great way to relieve stress and lose weight. When it comes to aerobic activity most people dread it, but everyone enjoys dancing to their favorite jams. Imagine having fun while exercising!! * Classes may be cancelled due to holidays or rentals, fees prorated at time of registration.
Instructor: Keith Marshall  $30(R), $36(N)  DDCSC
Session 1:  M/W  6:00PM-7:00PM  5/2-5/25
Session 2:  M/W  6:00PM-7:00PM  6/1-6/27
Session 3:  M/W  6:00PM-7:00PM  7/4-7/27*
Session 4:  M/W  6:00PM-7:00PM  8/1-8/24

July is National Parks & Recreation Month...
Stay Up to Date - Like us on Facebook!
KARATE-TANG SOO DO/5 YEARS & UP
This ancient martial art, originating in Korea, is a method of empty-hand and foot fighting based on the scientific use of the body in self-defense. This mysterious art is designed to develop individual character, mental strength, integrity and respect for others. This course offers a $5.00 family discount.
Instructor: Theodore Jackson $50(R), $60(N) CA
Session 1: T/Th 6:00PM-7:00PM 5/3-5/31
Session 2: T/Th 6/2-6/30
Session 3: T/Th 7/5-7/28
Session 4: T/Th 8/2-8/30

LAUGH AND RELAX / 18 & UP
“Laughter is The Best Medicine”. Every system of medicine worldwide recognizes the many health benefits of laughter. Laughing is a simple and fun mind-body activity that relaxes yet energizes, reduces stress and stress hormones, and increases circulation, endorphins and immunity. Voluntary laughter has similar cardiovascular and respiratory benefits as aerobic exercise, yet is easier and enjoyable. It lifts our spirits and just makes us feel happier. This class combines gentle, playful movements and stretches, deep breathing and voluntary laughing. Come, play and laugh with us, just for the health of it.
Instructor: Mary Walsh $40(R), $48(N) DDCSC
Session 1: M/W 9:30AM-10:30AM 5/6-5/30
Session 2: M/W 9:30AM-10:30AM 6/2-6/29
Session 3: M/W 9:30AM-10:30AM 7/6-7/27
Session 4: M/W 9:30AM-10:30AM 8/3-8/31

SHOTOKAN-KARATE DO/7 YEARS & UP
Shotokan Karate-Do is an exercise in the development of character through training and discipline. Arms and legs are systematically trained and all movements and techniques are controlled and accurate. Students will begin by learning basic moves including blocks, kicks and punches. Upper level students will learn more advanced techniques including contraction and relaxation. All students will learn kata and kymite. Instructor: Sensei Vito Pascua $40(R), $48(N) CA
Session 1: M/W 6:00PM-7:30PM 5/2-5/30
Session 2: M/W 6:00PM-7:30PM 6/6-6/29
Session 3: M/W 6:00PM-7:30PM 7/6-7/27
Session 4: M/W 6:00PM-7:30PM 8/3-8/31

STRETCH AND RELAXATION CLASS / 18 & UP
Stress, weak muscles and inflexibility are common causes or contributors to multiple symptoms; including tension and joint or muscle pain and aging poorly. This class combines stretches, relaxation techniques and self-help practices from around the world to address these problems. “Stretch and Relax” Class is gentle, non-competitive, practical, multi-level and enjoyable. Be aware that this class is helpful to anyone with mild to moderate chronic pain, fibromyalgia or stress; but not appropriate for severe, acute back pain. Please bring a mat or blanket to lie on, and wear loose, comfortable clothing. Come relax and stretch joyfully with us.
Instructor: Mary Walsh $40 (R), $48 (N) DDCSC
Session 1: T 7:00PM-8:30PM 6/7-6/28
Session 2: T 7:00PM-8:30PM 7/7-7/28
Session 3: T 7:00PM-8:30PM 8/7-8/28

SOCIAL SCENE
An opportunity for individuals with developmental disabilities to participate in events and programs designed especially for them. Individuals requiring one on one assistance must provide their own assistant.

DANCES
Thank Goodness it’s Friday, and it’s time to dance! Participants ages 13 and up with developmental disabilities can enjoy a great evening of fun, music, dancing and friends! Snacks and refreshments are provided. Participants requiring one-on-one assistance must provide their own assistant.
Anderson Recreation Center $3 per person at the door
Session 1: Friday, May 20th - Luau 7:00pm - 8:30pm
Session 2: Friday, June 17th - 60’S Flower Power 7:00pm - 8:30pm
Session 3: Friday, July 15th – TBA TBA
Session 4: Friday, Aug 19th – Sports, Sports, Sports 7:00pm - 8:30pm

MISCELLANEOUS EVENTS
These events require a preregistration. Please contact the Anderson Recreation Center for details.
Session 1: Friday, June 24th – A night at Flower Festival 6:00pm – 8:00pm Please bring $ for food/carnival
Session 2: Sunday, July 17th – Picnic at Beattie Park 1:00pm – 4:00pm Please bring a dish to share
Session 3: Sunday, August 7th – Pool Party 1:00pm – 4:30pm
ADULT SPORTS

Whether it’s scoring the game winning goal or turning that double play…Lompoc Recreation Division has a sports program for you! Team sports traditionally play ten games with playoffs. Teams are separated into divisions of compatible ability. Adult sports league participants must be at least 16 years old.

The team entry fee covers the costs of officials, facility attendants, equipment, utilities, awards, balls (softballs only), a portion of administrative costs, and supplies. League fees are based on current costs and are subject to change. Teams consisting of 50% or more of their players living within the Lompoc city limits will be given a $25 resident discount.

INTERESTED PLAYERS LIST
Are you interested in participating in City League sports, but don’t have a clue who to play with? Get your name on the Interested Players List. Managers looking for players can call Donna with the Lompoc Recreation Division at 875-8094.

PMBF-PLAYER’S MEDICAL BENEFIT FUND
The Player’s Medical Benefit Fund gives medical financial aid to players at supervised locations and programs under the Southern California Municipal Athletic Federation. For those with no medical insurance, PMBF offers a source of reimbursement that any one participant can receive in any one period of 12 consecutive months is $500.

BASKETBALL LEAGUE/ 16 & UP
Join the fun by playing a little hoop against other teams. Games are played during the week starting at 6:30 pm. Men’s division will be offered. Teams must provide uniforms with six-inch numbers on the back of their jerseys. Teams may roster up to ten (10) players. This league plays by modified high school rules. Get your team in early to secure a spot, limited space available. Fees are based per team. Registration Dates 6/6-6/15.

$425.00 (R) $450.00 (NR) LVMS
Session 1: M 6:30pm-10:00pm 6/20-9/12

SLOW-PITCH SOFTBALL LEAGUE/ 16 & UP
Men’s and Coed Divisions available. Coed Registration is limited to first ten teams with full payment and roster on Sunday! All ability levels are welcome. Those 16 and older are eligible. Men’s teams may roster up to 16 players. Coed teams may roster up to 16 with 4 additional substitutes. This league plays modified SCMAF softball rules. 10 week season and playoffs. $42.00 additional for PMBF Insurance. * Mandatory Manager Meeting on Wednesday, June 8 at 6:00pm. Registration Dates: 5/23-6/6.

Ryon Softball Fields
Men’s League $480.00 (R) $505.00 (NR)
Session 1: W/Th 6:00PM-10:00PM 6/16-9/8
Coed League $497.00 (R) $522.00 (NR)
Session 1: Su 4:00PM-11:00PM 6/12-9/11

Mark your sports calendar for upcoming adult sports for Fall 2016:
Slow Pitch Softball • 5 on 5 Basketball • Turkey Trot

COED SOCCER LEAGUE 7 ON 7/ 16 & UP
Coed Soccer is open to all ability levels. Teams may roster up to 15 players. This league plays modified SCMAF / Cal South Soccer rules. 10 week season and playoffs. Days of the week are open to change depending on request. *$42.00 additional for PMBF. Registration Dates 5/23-6/1.

$445.00 (R) $470.00 (NR) Riverbend Park
Session 1: Su 10:00AM-6:00PM 6/5-8/21

BEATTIE PARK 5K/10K RUN/ 10 & UP
Come out and enjoy a great family experience at Beattie Park. This event is geared for all ages and ability levels for people to experience a great 5k/10k race. All participants will have a chance for 1st & 2nd place awards. A t-shirt can be purchased for $10. Pre-Registration Deadline 9/13. Race Day Check-in 8:00AM – 8:45AM.

$15/Pre-Reg, $20/On-Site Beattie Park
Session 1: Su 9:00am-10:00am 9/18

Challenge Yourself
This Summer!
LOMPOC SPRINT TRIATHLON
August 6th
BEATTIE PARK RUN
September 18th

We Create Community Through People, Parks and Programs

Lompoc Recreation Division • (805) 875-8100 • www.cityoflompoc.com
SPECIAL INTEREST CAMPS

SUMMER DROP IN PLAYGROUND PROGRAM/ 6 – 12 YEARS
The Summer Drop In Playground Program has been providing free or significantly reduced recreation activities for children ages 6-12 years old for nearly 20 years during the summer months. This program this year is made possible thanks to the support of the City of Lompoc. Activities will include arts and crafts, sports, tournaments, excursions and more. Pre-registration is REQUIRED and can be completed at the Anderson Recreation Center, beginning on Friday, April 22nd. This program has a weekly registration fee, but there are very limited scholarships available. A daily lunch will be served by the Lompoc Unified School District through the Healthy Lompoc Collaboration.

*There will be no program on July 4, 2016

Instructor: Recreation Staff  $5/per week  ARC
Session 1: M-Fri  12:30pm – 5:15pm  6/20-8/5*

LOMPOC YOUTH THEATER/ 4TH GRADE – RECENT HIGH SCHOOL GRADUATES
The return of this exciting Theatrical Camp is coming back to Lompoc! This summer, experience the most popular theater camp in our area and have the opportunity to perform “Godspell.” Top-notch professionals will be providing instruction and choreography for singing, dancing and acting. The conclusion of the camp will be the stage production of four live shows. Camp price includes the cost of the script and camp T-shirt. For payment plan information, please contact our office at 875-8100.

All participants are REQUIRED to register by May 16th in order to participate in the mandatory audition date on June 1st.

Instructor: Lompoc Youth Theater
$325 (if paid in full by June 3rd) / $350 (if paid after June 3rd)
Session 1: M-F  9:00am-12:00pm  July 11th – July 29th*
Performances: Fridays, July 29th & August 5th
Saturdays, July 30th & 6th
Auditions: Sat  9:00am-12:00pm  TBA  CA*
*Requires pre-registration fee of $75

YOUTH AND TEEN CAMPS AT A GLANCE

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<td>7-17 yrs.</td>
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JUNIOR FIRE FIGHTERS CAMP/ 7 – 10 YEARS

Boys and girls, ages 7-10, interested in learning and observing the life and work of a fire fighter are invited to this exciting hands on camp! We will explore the fire station located at 115 South G Street and spend time with actual Fire Fighters! This camp incorporates fun, education and a free T-shirt all in one!

Instructor: Lompoc Fire Department $45(R)/$54(NR)
Fire Station #1
Session 1: M-TH 9:00am-12:00pm 7/5-7/7

DANCE CAMP/ 8-11 YEARS

If your child can’t seem to keep still and just wants to get up and shake their stuff, perhaps they are ready for our “Dance Camp”! Dancers perform to their own moves and style. Kids are able to enjoy their time and express themselves rhythmically. Dance is a great way to keep kids active. If your kids love music and can’t help but dance, then this camp is right for them. This camp incorporates fun, education and a free T-shirt all in one!

Instructor: Erika Cheney $35(R)/$42(NR) ARC
Fire Station #1
Session 1: M-TH 2:00pm-4:00pm* 6/13-6/16
*On Thursday camp will meet from 1:00 PM - 4:00 PM

JUNIOR POLICE CAMP/ 8-12 YEARS

This three-day camp is an opportunity for the youth of the Lompoc Valley to learn more about the job of a police officer and about the Lompoc Police Department. Instructors from the Lompoc Police Department will provide a tour of the facility and provide information and hands on demonstrations of the tools that police officers use in their job on a day-to-day basis. Learn how to lift fingerprints, how to conduct a crime scene investigation and see demonstrations from the K-9 patrol unit.

Instructor: Lompoc Police Department $45(R)/$54(NR)
Lompoc Police Station
Session 1: T-TH 9:00am-12:00pm 6/20-6/22

NEW! VIDEO GAME DESIGN CAMP/ 8 – 15 YEARS

You play the games, now learn to design and develop them. Working in teams, students will create and develop their own video games that they can take home and play. Computers are provided for classroom use.

Instructor: Creative Brain® Learning $145 ARC
Session 1: M-F 9:00am-11:45am 7/18-7/22

NEW! ENGINEERING FUNDAMENTALS USING LEGO®/ 8 – 12 YEARS

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level.

Instructor: Play-Well TEKnologies $145 ARC
Session 1: M-F 9:00AM-12:00PM 7/12-7/14

NEW! FOODWORKZ HEALTHY COOKING/ 8 – 15 YEARS

Learn about nutrition facts and how to cook healthy and tasty meals quickly affordably! There is a materials fee due at the first day of class.

Instructor: Creative Brain® Learning ARC
$125 (+$20 materials fee)
Session 1: M-F 1:00pm-3:45pm 7/18-7/22

PRE-ENGINEERING USING LEGO®/ 5 - 7 YEARS

Let your imagination run wild with tens of thousands of LEGO®! Build engineer designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering FUNdamentals.

Instructor: Play-Well TEKnologies $145 ARC
Session 1: M-F 9:00AM-12:00PM 7/25-7/29

NEW! COOKING ADVENTURES CAMP/ 5 - 12 YEARS

This great new camp features the opportunity for kids to be creative in the kitchen! Each class will focus on creating at least one yummy meal or snack (which we get to eat or take home) as well as discussion on kitchen and food safety. Kids will learn measuring, recipes, and make new friends as they become self sufficient in the kitchen. Children will prepare appetizers, breakfast treats, lunch ideas and even quick and easy dinner options.

Instructor: Sonia Sandoval $45 (R), $54(N) ARC
Session 1: T-TH 9:00AM-12:00PM (8-12 year olds) 7/12-7/14
Session 2: T-TH 2:00PM-5:00PM (5-7 year olds) 7/12-7/14

NEW! QUICKIE CRAFT BLASTS FOR BUSY KIDS---TWO DAY CLASSES, MAKE AND TAKES/ 6 - 13 YEARS

WONDERFUL WATERCOLORS

Come learn the basics and beyond in this fun and exciting class. We will cover various watercolor techniques including watercolor washes, simple landscapes and fun exercises designed to stretch your creativity. Water colors, paper, pens and other supplies are included. We tend to get a little messy sometimes while we paint so wear “work” clothes.

Instructor: Cathy Clark $25(R), $30(N) ARC
Session 1: M/T 10:45am-12:15pm 6/13-6/14
Session 2: W/Th 10:45am-12:15pm 6/15-6/16

SCRAPBOOKING

This camp is for both the beginner and experienced. All supplies are included. Participants must bring a large selection of photos of holidays, family, school, pets, etc to cut, color and paste.

Instructor: Cathy Clark $25(R), $30(N) ARC
Session 1: M/T 10:30am-12:15pm 6/20-6/21
Session 2: W/Th 10:30am-12:15pm 6/22-6/23

BOTTLE DECO

Try the old fashioned French art of bottle decorating—Keep the bottles or give them as gifts. After a short discussion of decoupage, we will make a minimum of 3 decorated bottles using tiles, paper, and other materials. Wear “work” clothes—this class gets messy.

Instructor: Cathy Clark $25(R), $30(N) ARC
Session 1: M/T 10:45am-12:15pm 6/27-6/28

NEW! SCRAPBOOKING MAKE & TAKE: PAPERS, PENS, & MORE/ 8 - 12 YEARS

Learn the basics and beyond in this fun and exciting class. We will cover various watercolor techniques including watercolor washes, simple landscapes and fun exercises designed to stretch your creativity. Water colors, paper, pens and other supplies are included. We tend to get a little messy sometimes while we paint so wear “work” clothes.

Instructor: Cathy Clark $25(R), $30(N) ARC
Session 1: M/T 10:45am-12:15pm 6/13-6/14
Session 2: W/Th 10:45am-12:15pm 6/15-6/16
AQUATICS

PUBLIC SWIM FEES

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Under 2</td>
<td>$1.00 per entry</td>
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<tr>
<td>2 years – 12 years</td>
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<td>13 years – 17 years</td>
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<td>18 years – 59 years</td>
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<td>60 &amp; Older</td>
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</table>

Pool rules

For the protection & enjoyment of all aquatic patrons, we ask that you familiarize yourself with the program and facility regulations.

1. All patrons must shower before entering the pools.
2. Proper swimsuits are required for those entering the pool, no cut-offs of any type, or t-shirts allowed. Metal exposed zippers, buckles, rivets, or metal ornamentation are not permitted.
3. Adults with Children age 3 and under must be in the water within arms reach at all times. (1 to 1 ratio).
4. Upon arrival at the Aquatic Center children who need adult supervision will be given a wristband that matches a band given to the parent/guardian. Wristbands will be issued and must be worn by both parent/guardian and child at all times.
5. Children under the age of 3 must be fitted with a swim diaper and snug fitting plastic pants.
6. Children ages 4 through 6 must be supervised by an adult in the water at all times (1 to 2 ratio).
7. Children 8 years old and younger must be accompanied by an adult at all times.
8. Children under 12 years may play on and be in the AquaPlay area.
9. No food, drink, or gum permitted inside the facility, the dressing rooms or the pool area.
10. Children of the opposite sex, over 5 years of age, must change in the appropriate dressing room or the family dressing room.
11. Inflatable toys, mattresses, or water wings are not allowed.
12. Glass or other breakable objects are not allowed in the facility.
13. No cell phone use in the locker rooms.
14. A complete list of pool rules is available at the Anderson Recreation Center & Lompoc Aquatic Center.

POOL CLOSURES

Memorial Day, Monday, May 30th
(Open for recreational and lap swim 1pm – 3pm)

Independence Day, Monday, July 4th

“Hank Hudson” Tenth Annual Triathlon, Saturday, August 6th
(Open for recreational and lap swim 1pm – 3pm)

Annual Maintenance, August 15 through August 26th.

DATES TO REMEMBER:

- Boat Float, Saturday, July 16th
- First day of Summer Schedule, Saturday, June 11th
- 10th Annual “Hank Hudson” Triathlon, Saturday, August 6th
- 10th Annual Lompoc Junior Triathlon, Saturday, August 6th
- Memorial Day, Monday, May 30th
- Independence Day, Monday, July 4th
- “Hank Hudson” Tenth Annual Triathlon, Saturday, August 6th
- Annual Maintenance, August 15 through August 26th.

RECREATIONAL SWIM – THROUGH JUNE 5TH

It doesn’t have to be hot outside to enjoy some serious “splash time”. At the Lompoc Aquatic Center, every weekend is “water time”. Join us for tons of water FUN!! Grab your suit, friends, family, and head down to the Lompoc Aquatic Center for fun on one of the two 125-foot water slides, the shallow lap pool or more than 20 interactive features on the Aqua Play Center, which includes twin waterslides, water cannons, cargo nets, and the famous “bucket”.

Sa-Su 1:00 PM – 3:00 PM

Sun Lotion

The Lompoc Aquatic Center is a unique indoor facility with retractable ceiling panels. During warm sunny days, the ceiling panels may be open to bring the outdoors in for the enjoyment of our pool users. You may wish to use skin protection such as, hats, rash guards, and water proof sunscreens. If you choose to use a sunscreen please make sure you apply it 30 minutes before entering the pool.

- Sunscreen is a filter that must be applied to the skin 20-30 minutes before exposure.
- Sun Block (zinc oxide & titanium dioxide) is not absorbed and the blocking effects are immediate.
- Please use only water-proof products.

SUMMER RECREATIONAL SWIM BEGINNING JUNE 11TH

Summertime is here and we are ready for you! Join us for tons of water FUN!! Grab your suit, friends, family, and head down to the Lompoc Aquatic Center for fun on one of the two 125-foot water slides, the shallow lap pool or more than 20 interactive features on the Aqua Play Center, which includes twin waterslides, water cannons, cargo nets, and the famous “bucket”.

M-Su 1:00 PM – 3:00 PM
Tu/Th 7:00 PM – 8:30 PM
SUMMER LAP SWIM & WARM WATER LEISURE OPPORTUNITIES
Beginning Saturday, June 11th, 2016/ 14 & up

FAMILY SWIM/ALL AGES
We are offering quiet swim opportunities for you to enjoy together with the members of your family in our warmest pool. This is a great way to experience swimming in slower and quieter recreational opportunities in our very warm 90-degree therapy pool. This pool is only for those family members interested in a more passive recreational opportunity.
Session 1:  Sa-Su  1:00 PM – 3:00 PM

PARENT & TOT SWIM/INFANT & TODDLER WITH PARENT
We have set time aside for infants and toddlers to experience and enjoy the wonderful world of aquatics with their adult companions. This quiet time will allow you to enjoy quality time together in the 85 degree Aqua Play area. This area ranges in depth from 0 to 2.5’ deep. Children are required to wear swim diapers, covered with plastic pants. *The water features are not on at this time.*
Session 1:  M-Sa  11:30AM – 1:00 PM

LAP SWIM – COMPETITION AND ACTIVITY POOL LAP LANES
Lap Swim is available at varying times in the competition pool and the activity pool lap swim lanes. While the program is geared towards adults, youth participants are welcome but may be asked to demonstrate their swimming ability to a certified lifeguard before being allowed to participate in lap swim.

INNER TUBES
For only one dollar you can rent one of our water park inner tubes to float around the Competition Pool with your friends (All tube users must be able to demonstrate their ability to swim to participate in the all deep Competitive Pool).
FEE:  $1.00

LOCKER RENTALS
No need to bring a lock or worry about your valuables, we have ample lockers available to secure your clothes and valuables while you are enjoying our facility.
FEE:  $.25

WARM WATER LEISURE – THERAPY POOL
Enjoy the soothing properties of the 90 degree therapy pool in our 30’ x 50’, 3.5’ to 4.5’ deep pool. The therapy pool allows you to walk or swim in the warm water at your own pace during many of our lap swim times. There is easy access from the deck by the way of our long and gentle, sloping ramp in addition to the traditional stair entry. The Lompoc Aquatic Center also has two wet wheelchairs for use to enter and exit the water. (A quiet time reserved for adults and persons with disabilities). Patrons under the age of 14 may use the Therapy pool if they provide a physicians prescription that states the need for this facility. There is no recreational play in this pool.
Daily Fee:  Monthly Fee:  3-month Fee:
$4.00 per entry  $35.00  $85.00
$3.00 per entry (60+)  $30.00 (60+)  $75.00 (60+)

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<thead>
<tr>
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<th>Competition Pool</th>
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<th>Activity Pool Lap Lanes</th>
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<td>Sunday</td>
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10th Annual
"Hank Hudson" Memorial Sprint Triathlon
Lompoc Sprint Triathlon*  
Saturday, August 6, 2016

Fees: $50 individuals  $100 relays  Ages 14 & Up

Lompoc Junior Triathlon*  
Saturday, August 6, 2016

This is the 9th year for the Lompoc Junior Triathlon and the kids came out of the woodwork last year to compete, so sign up early. The distances for this competition are: 50yd Swim, 1mile Bike, 1/4mile Run (10 years and under) and 100yd Swim, 2mile Bike, 1/2mile Run (11-14 years). T-shirts are included in the fee for all participants and pre-registration is required.

Ages: 14 & Under
Time: First heat begins at 11:00 AM
Fees: $30 individuals, $60 relays

*Would you like a t-shirt, but don’t want to race? Call to volunteer, (805)875-2703.
AQUATICS

We Create Community Through People, Parks and Programs

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(805) 875-8100 • www.cityoflompoc.com Lompoc Recreation Division

SWIM LESSON SCHEDULE • SUMMER 2016

OUR LEARN – TO – SWIM

Simplicity: The fundamental elements of swimming are organized into 10 stages. Each stage builds upon skills learned at the previous class.

Goal Driven: Advancement criteria have been established which provides the student (and parents) with clear tests for advancement.

Advancement: Advancement is objective driven. Age will not play a significant role.

Quality Control: Student skills are evaluated by a supervisor at least twice during the stage.

Class size: Recommendation for the following stage:
Stage 1-3: 4-6 students
Stage 4-7: 6-8 students
Stage 8-10: 8-10 students

MORNING LESSONS • MONDAY - FRIDAY – 10 Lessons

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<td>S-3</td>
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<td>S-4</td>
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<td>S-9</td>
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* No classes Monday, July 4th. Class fee prorated.

<table>
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<th>June 27 through July 8</th>
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<th>Aug 8 through Aug 12*</th>
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<td>S-5</td>
<td>10:30am</td>
<td>11:00am</td>
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</tbody>
</table>

* No classes Monday, July 4th. Class fee prorated.

RENT THE POOL

Several areas are available to rent for your group. The AquaPlay at $90.00 per hour. The Activity pool at $175.00 per hour and the patio for $45.00 per hour, are some of your options. For more information about rental availability please call the Anderson Recreation Center at 875-8100. The rental times are as follows:

Fridays:
5:00 PM – 7:00 PM

Saturdays:
10:00 AM – 11:30 AM • 3:15 PM – 5:15 PM
5:30 PM – 7:30 PM (Available if the 3:15 PM slot has been rented)

Sundays:
10:00 AM – 11:30 AM (Available if the 11:30 AM slot has been rented)
11:30 AM – 1:00 PM • 3:15 PM – 5:15 PM
5:30 PM – 7:30 PM (Available if the 3:15 PM slot has been rented)

* Please note that the pool will be cleared 10 minutes prior to the rental end time to allow sufficient time to clear the building.
** 1 hour minimum pool rental required.
*** 1 hour minimum patio rental required.

Swim Lesson Information

All swim lesson registrations are taken at the Anderson Recreation Center, M-F from 9am – 5pm. Registrations can be taken over the phone, in person, or by mail. Pre-Registration is required for all classes. Cancellations will occur within 48 business hours prior to the course start date – so register early! For questions, contact the Lompoc Recreation Division at 875-8100. The sessions and times are indicated below each course.

FEE: $40.00 PER SESSION
## AQUATICS

### SWIM LESSON SCHEDULE • SUMMER 2016

**STAGE -1 (STARFISH)**
Gradual water adaptation, movement in the water, breath holding and releasing, submersion of the face, opening eyes underwater, blowing bubbles, bobbing with bubbles and air exchange. Advancement Skills: 10 relaxed Bobs.

**STAGE – 2 (MINNOW)**
Front float and recovery, front glide and recovery, back float and recovery, back glide and recovery. Advancement Skills: Front glide and recovery 5 – sec, Back glide and recovery 5 – sec.

**STAGE – 3 (PUFFER FISH)**

**STAGE – 4 (SEA TURTLES)**

**STAGE – 5 (SEALS)**
Crawl stroke with breathing, back crawl stroke. Advancement Skills: Crawl stroke with breathing (30 – feet minimum of 4 – breathing).

**STAGE – 6 (STING RAYS)**
Extending Freestyle swimming, tread water, jump in and tread water. sitting dive, kneeling dive, standing dive. Advancement Skills: Swim Freestyle 17 – feet, Swim backstroke 30 – feet, Tread water for 1 – minute.

**STAGE – 7 (PIRANHAS)**

**STAGE – 8 (BARRACUDAS)**

**STAGE – 9 (KILLER WHALELS)**

**STAGE – 10 (SHARKS)**
Extended swimming and technique refinement in all major strokes and turns. Advancement Skills: Swim 300 – yards Freestyle, Swim 100 – yards Freestyle, Swim 100 – yards Individual Medley.

### EVENING LESSONS • MONDAY & WEDNESDAY – 8 Lessons

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<th>Times</th>
<th>Stage</th>
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### EVENING LESSONS • TUESDAY & THURSDAY – 8 Lessons

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<td>June 2 – June 23*</td>
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<td>June 28 – July 21</td>
<td>3:20pm to 3:55pm</td>
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### EVENING LESSONS • MONDAY - THURSDAY – 8 Lessons

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<tr>
<th>Session</th>
<th>Dates</th>
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<td>July 25 – Aug 4</td>
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**July is National Parks & Recreation Month!**

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Lompoc Recreation Division

(805) 875-8100 • www.cityoflompoc.com
AQUATICS

SENIOR DROP-IN WATER POLO
Each Wednesday night from 6:30 PM to 8:00 PM join local, current and past polo players, 15 and above, as they scrimmage games. Local coaches and local legends officiate these games to ensure fair play in this demanding sport.
FEE: $3.00 NOT INCLUDED in the Splash Pass package

JUNIOR DROP-IN WATER POLO
Each Monday night from 6:30 PM to 8:00 PM join local youths with limited, polo playing experience, 14 and under. Players receive instruction in basic water polo skills. Fundamentals include: water polo, swim stroke, egg beater kick, passing, and shooting. Players must be able to swim a strong 50-yards continuously.
FEE: $3.00 NOT INCLUDED in the Splash Pass package

SHARKS & MINNOW’S PARENT & TOT/6 MO – 36 MO
This class is intended for dads and their tots to enjoy a parent and tot class. Moms are welcome. This class is taught in our 85-degree splash pool. Classes meet four consecutive Saturdays for 30 minutes.
Fee: $30.00
Session 1: Sa 9:30AM-10:00AM 4/30-5/21
Session 2: Sa 9:30AM-10:00AM 5/28-6/18
Session 3: Sa 9:30AM-10:00AM 6/25-7/16

PRIVATE/SEMI PRIVATE LESSONS
Our private lesson program has been changed to help alleviate the long wait for private lessons. The Private (1:1 ratio) and Semi-Private (1: 2-4 ratio) swim lessons will follow our new guidelines. Private lessons are $100 for 5, 30-minute classes and Semi – Private lessons are $75 for 5, 30-minute classes. For more information and a complete list of our private lesson guidelines, please contact our administrative office at 875-8100.

Swim Lessons for Adults and Children with Intellectual Disabilities
The Lompoc Recreation Division will be offering group swim lessons at the Lompoc Aquatic Center for children and adults in our community with intellectual disabilities. For a complete list of class offerings, please contact our office at 875-8100.

WATER SAFETY INSTRUCTOR/16 & UP
If you have ever wanted to teach swim lessons, here is your opportunity. This course includes instruction on your personal swim strokes, breaking down the fundamentals of each stroke for teaching technique, and prepares you for the coordination and implementation of teaching children and adults how to swim. Upon successful completion, students will exhibit proper swim technique, communicate fundamentals and display the necessary maturity that accompanies this type of responsible position. The course schedule will be discussed at the first class meeting.
FEE: $200.00 + $35.00 TEXT FEE
Session 1: TBA
Lab Dates: Throughout the course

LIFEGUARD TRAINING/15 & UP
Here is your chance to take a great class, with the benefit of becoming an American Red Cross certified Lifeguard. The course includes Lifeguard Training, CPR/AED & First Aid. A pre-test date will be announced upon registration and attendance at all sessions is required.
Fee: $200.00 + $20 TEXT FEE
Session 1: M-Sa Dates TBA

FIRST RESPONDER CERTIFICATION OPPORTUNITIES
If you need to re-certify for CPR/AED for the Professional Rescuer or Lifeguard training, we are here to help. Our ever current American Red Cross Instructors will be ready with the NEW material for 2014 Reviews and Challenges.
FEES:
$100.00 Challenge Lifeguard/First Aid (9hrs) *min two students
$100.00 Challenge CPR/AED (2hrs)

ADULT LEARN TO SWIM CLASSES/16 & UP
These swim classes are designed for adults and teens that want to learn swimming skills in a small group setting. This class allows you to work on personal goals that might include perfecting alternate breathing or flip turns. This class is taught in our 85-degree Lap pool. Classes meet four consecutive Saturdays for one hour.
Fee: $40.00
Sessions 1: Sa 8:30AM-9:30AM 4/30-5/21
Sessions 2: Sa 8:30AM-9:30AM 5/28-6/18
Sessions 3: Sa 8:30AM-9:30AM 6/25-7/16

All water exercise classes require pre-registration to determine that the class has the minimum amount of registration. Drop in opportunities are available for $5.00 per visit, space permitting. All classes are designed for participants 18 years and older.

AQUA STEP AEROBICS
This class offers a terrific workout in the lap lanes of our recreation pool, at a depth of 4.5’. Our instructor will lead you through a fast-paced routine set to music using water steps. This class is unlike any other step aerobics class you have experienced.
Instructor: Laurie Lane $35.00
Session 1: M/W/F 10:30 AM - 11:30 AM 5/2-5/27
Session 2: M/W/F 10:30 AM - 11:30 AM 6/1-6/29
Session 3: M/W/F 10:30 AM - 11:30 AM 7/1-7/29*
Session 4: M/W/F 10:30 AM - 11:30 AM 8/1-8/12* *No class Monday, July 4th – fee prorated **Class fee prorated

Instructor: Kathy Nelson $35.00
Session 1: M/W 6:30 PM – 7:30 PM 5/2-5/25
Session 2: M/W 6:30 PM – 7:30 PM 6/1-6/29
Session 3: M/W 6:30 PM – 7:30 PM 7/6-7/27*
Session 4: M/W 6:30 PM – 7:30 PM 8/1-8/10* *Class fee prorated
DEEP WATER AEROBICS
This class offers you the chance to enjoy water exercise in our competition pool, which ranges from 7’ to 9’ feet in depth. The resistance of the water will help build strength in your joints and muscles, while using a floatation belt to stay afloat. The ability to swim is not required in order to participate in this class.

Instructor: Caroline Halbeisen  $35.00

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<td>8/2-8/11*</td>
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*Class fee prorated

WARM WATER EXERCISE
The class will take you through a variety of exercises in the water using the natural water resistance and equipment to tone and strengthen your muscles. This is a painless exercise choice for joint and bone issues taught in a warm therapy pool.

Instructor: Laurie Lane  $35.00

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*Class fee prorated

GENTLE WATER EXERCISE
This class is taught in warm water with slow movements and joint movement. This class is perfect for mature adults who want to exercise in the water without stressing their muscles or joints. This is designed for those individuals suffering from arthritis, fibromyalgia and other special sensitivities such as stress, the need to start an exercise program or those recovering from illness or injury. This class will be offered in the therapy pool, which maintains a wonderful temperature at 90 degrees.

Instructor: TBA  $33.00

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<td>9:15 AM - 10:15 AM</td>
<td>8/2-8/11*</td>
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*Class fee prorated

AQUA AEROBICS
This class is designed for those who would love to exercise in the water without stressing their joints. In this class, you will use the water for resistance as you build muscle tone and strength.

Instructor: TBA  $35.00

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*Class fee prorated

FREE SWIM DAYS
That’s right, the Lompoc Aquatic Center will open it’s doors for Recreation Swim absolutely FREE twice this summer. This is an opportunity for families to enjoy the facility at no charge. Please join us for a great time using the playground, going down the slide, floating in the inner tubes or just enjoying the water.

Saturday, June 25th • 1:00 pm – 3:00 pm
Saturday, August 13th • 4:00 pm – 6:00 pm
FIFTH ANNUAL BOAT FLOAT
SATURDAY, JULY 16TH, 2016

Design and Build a human powered boat made of corrugated cardboard, capable of racing a 100-yard “M” shape course, in the competitive pool, at the Lompoc Aquatic Center. We’re all in this to enjoy a great event, be with friends, and try some outrageous inventions. Please remember, the idea is to explore the inherent characteristics of corrugated cardboard while being creative in meeting the challenge, “Stay Afloat.”

CLASS I boats must have no more than a maximum of 2 passengers.
CLASS II boats must have no more than two with a maximum of 4 passengers.
CLASS III boats, the “Instant Boats” are to be designed and built on site the day of the event with only the materials provided in your purchased boat kit. Construction will begin at 8am and conclude at 11:30AM. Boats must be able to fit through our door opening (6’6” x 6’6”) and no longer than 12’ in length.

Class I & II ................................................... $10/team
Class III (Instant Boat Kits) .................................. $20/team

THE PASS IS HERE!

A GREAT CONVENIENT OPTION FOR FAMILIES TO ENJOY THE LOMPAC AQUATIC CENTER PROGRAMS AND SERVICES WITH A SIMPLE SWIPE OF A CARD!

The Splash Pass can be used for Recreation Swim, Lap Swim, Swim Lessons and Water Exercise Classes

Convenient, Affordable and Easy to Use

- Enroll in the monthly “Splash Pass” program as an individual $40/month, two-person household ($50/month) or a five-person household ($60/month).
- All “Splash Pass” users would be provided a pass with their photo on it, allowing them unlimited access for regularly scheduled programs.
- Each pass system would require an initial $25 processing fee and pre-payment of the first two months via credit card, or pre-payment of the entire six months in cash.

For more information, contact the Lompoc Recreation Division at 875-8100. Splash Pass fees are charged at the 1st of each month with cancellation requests required two weeks prior to the first of the month. There is no pro-ration for the Splash Pass option and there is a six month minimum commitment.

EMPLOYEE SPOTLIGHT

This Summer the Lompoc Recreation Division would like to congratulate Jeff Storie on his retirement. Jeff came to the City of Lompoc from Oregon in March of 2006, to accept the position of Recreation Supervisor overseeing the Aquatics programs. His primary task was to open the much anticipated Lompoc Aquatic Center. Jeff brought experience in aquatic programming, event planning and facility maintenance to the position. He spent countless hours researching and developing plans for the facility to include staffing, safety, maintenance, emergencies, etc….all of which have contributed to the success of the facility and its programs. Jeff loves the Central Coast and plans on remaining in Lompoc with his wife Pam and dog Lola!

In October of 2016, the facility will celebrate its 10 year Anniversary and while Jeff will not be at the helm of programming, you can be rest assured you will find him at the facility on a regular basis. In his words, “it’s the best aquatic facility around”. Congratulations Jeff and thank you for your 10 years of service!
YOUTH & TEEN PROGRAMS

TWIRLING TOTS/3 - 6 YEARS

Does your little one love to move and shake? Our class offers an introduction to the freestyle movement of creative dance. This is a great way for your tots to stay active while having a lot of fun! Kids should wear comfortable clothing and shoes. Jeans and skirts are not recommended.

Instructor: Erika Cheney  $20(R), $24(N) ARC

Session 1:  Sat  9:00am – 9:45am  5/7 – 5/28
Session 2:  Sat  9:00am – 9:45am  6/4 – 6/25
Session 3:  Sat  9:00am - 9:45am  7/9 - 7/30
Session 4:  Sat  9:00am – 9:45am  8/6 – 8/27

ARCHERY/7 YEARS & UP

We are proud to offer this exciting and popular archery class for youth. Classes include safety, physical and mental skill, proper shooting form, and the physics and math of archery. Archery instills confidence and self-esteem in athletes and all training is done in a positive, self-assuring manner with emphasis on the enjoyment of the sport.

Instructor: Thom Chamberlain  $44(R), $48.80(N) KAPK

Session 1:  Tu  4:00pm - 5:00pm  5/3-5/24

KENDO/ 6 AND UP

Kendo, literally “the Way of the Sword” is the modern sport of Japanese fencing based on traditional Kenjutsu “sword fighting”. Physical benefits include improved coordination and strength, and increased stamina and aerobic capacity; and mental benefits include improved concentration, mental stamina and character development. Great for young and old, come try one of Japan’s most popular martial arts! No equipment needed to start. You may purchase gear at a discount through the instructor. Jason Carter has been training in the Japanese martial arts of Kendo, Iaido and Aikido under some of the top Masters in the world for over 17 years.

Instructor:  Jason Carter  $20(R), $24(N) CA

Session 1:  F  5:30PM-7:00PM  5/6-5/27
Session 2:  F  5:30PM-7:00PM  6/3-6/24
Session 3:  F  5:30PM-7:00PM  7/8-7/29
Session 4:  F  5:30PM-7:00PM  8/5-8/26

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Session 3:  F  5:30PM-7:00PM  7/8-7/29
Session 4:  F  5:30PM-7:00PM  8/5-8/26

YOUR INNER ARTIST/ 6 – 10 YEARS

Trouble being creative? Join “Your Inner Artist” for a boost in your creative abilities where you will work with several mediums on different projects throughout the course (collage, paint, & pen). All materials will be provided.

Instructor: Roman Davis  $20(R)/$24(NR) ARC

Session 1:  W  11:00am – 12:30pm  6/22 – 7/13

Lompoc Recreation Division reserves the right to use any photos of participants taken by our staff in our programs and facilities as promotion material for future brochure publications, flyers, website postings and any other media opportunity.
## YOUTH SPORTS

### SPUDBALL CAMP/ 3 – 6 YEARS OLD
Spudballers will learn the fundamentals of baseball rather than competition. Fielding, throwing, hitting, and running will be taught with the spudball world series rounding out the fun! Everyone gets a spudball shirt and great memories. Parents participation is encouraged! Limited to the first 50 participants.

**Instructor:** Recreation Staff $45 (R), $54 (N)  
**Session 1:** M-Th 5:15PM-6:15PM  6/13-6/23

### FLAG FOOTBALL CAMP/ 8-14 YEARS OLD
Join us for this brand new sports offering through the Recreation Division. Learn the basics of flag-football. Enjoy the fun and excitement of football without the contact. Everyone gets a camp t-shirt. Hurry in and sign-up. Camp is limited to first 40 kids that sign up.

**Instructor:** Recreation Staff $40(R), $48(N)  
**Session 1:** M-Th 5:15PM-6:15PM 6/27-6/30

### BASKETBALL CAMP – LITTLE STARS/ 4 - 7 YEARS OLD
Come learn the fundamentals of basketball!!! The importance of social skills will be emphasized rather than competition. Shooting, passing, dribbling and coordination skills will be practiced. Participants will complete the program, gaining valuable skills and earning a camp t-shirt. Limited to the first 24 participants per session.

**Instructor:** Recreation Staff $45 (R), $54 (N)  
**Session 1:** M-Th 5:15PM-6:10PM (4-5 year olds)  7/11-7/21  
**Session 2:** M-Th 6:15PM-7:15PM (6-7 year olds)  7/11-7/21

### LITTLE KICKERS SOCCER CAMP/ 3 – 6 YEARS OLD
This program will teach youngsters the basic fundamentals of soccer. Learning will be emphasized rather than competition. You'll learn to kick, pass, goal and transition the ball. Participants will receive a t-shirt and a great time! Parent participation is welcome and encouraged. Limited to first 60 participants.

**Instructor:** Recreation Staff $45 (R), $54 (N)  
**Session 1:** M-Th 5:15PM-6:15PM  7/25-8/4

### VOLLEYBALL CAMP / 7 – 17 YEARS OLD
Learn how to pass, dig, spike and block, plus learn positions and formations of the game of volleyball. Coaches at Cabrillo will teach beginners and up to high school levels the necessary skills to play volleyball. This will be a great experience and everyone gets a t-shirt!

**Instructor:** CHS Coaching Staff  
**Session 1:** M-Th 5:00PM-6:45PM  6/13-6/16

### WRESTLING CAMP / 7 – 17 YEARS OLD
Learn the fundamentals of take downs, escapes and pinning combinations from the coaching staff at Cabrillo High School. The camp is open to ages 7 - 17 years old. All participants will receive a camp t-shirt.

**Instructor:** CHS Coaching Staff  
**Session 1:** M-Th 3:00PM-5:00PM  6/13-6/16

### LOMPOC VALLEY POLICE ACTIVITIES LEAGUE – JR GIANTS T-BALL & BASEBALL LEAGUE /6 – 15* YEARS
This program is a non-competitive baseball league for boys and girls that are sponsored by the San Francisco Giant’s Community Fund. Kids will learn about baseball and also leadership, teamwork, integrity and confidence. This summer league is hosted by Lompoc PAL and includes a reading program with great incentives for all participants.

* Age group 13 – 15 years is contingent on registrations

**Coaches:** PAL Volunteers  
**Session 1:** Days of the week vary  6/13-8/5

### ANNUAL SKATE PARK COMPETITION/ 7 & UP
Come join the fun at the Annual Skate Board competition co-sponsored by Surf Connection. Open to skaters 7 years old and older who would like to test their skills and talents against other local skaters. Prizes will be awarded in each category and age group. Don’t miss this great opportunity to show off your stuff! All participants must comply with Skate Park rules and regulations and wear all necessary safety equipment. Pre-Registration will ensure the competition is not canceled, but on-site registration will be accepted.

**Location:** Skate Park  
**Session 1:** Sa 10:00AM-2:00PM  8/20  
**$5 per-event**

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(805) 875-8100 • www.cityoflompoc.com

Lompoc Recreation Division
Looking to stay fit.....Try one of our walking or fitness trails!

RYON PARK walking trail is 1330 feet, just 10 feet over 1/4 mile

BEATTIE PARK walking and fitness trail is 2172 feet,468 feet shy of a 1/2 mile

RIVER PARK's walking trail is 5138 feet in length, which is 142 feet short of a mile.

RIVERBEND MULTI-PURPOSE TRAIL
Approximately 2.25 miles.
Welcome to the 2016 Summer Recreation Activity Guide filled with information related to Lompoc City Parks and Recreation Division programs and services. Remember that "July is National Parks & Recreation Month" and to celebrate, on the following pages you will find creative classes, sports activities, exciting excursions, specialty camps, aquatics and so much more… with something for everyone in the family. Some of our summer events include a 4th of July Fireworks Show, the Youth Theater Production of Godspell, the Triathlon, the return of Movies in the Park and more.

Your administrative team in the Recreation Division work hard to bring you quality facilities, programs and services. The staff is responsive to your needs, making adjustments to program offerings to remain effective and bring quality services to the citizens of the Lompoc Valley.

We have improved the charts in our guide that would allow you to schedule your programs at a glance and to determine what facility best meets your needs. We have responded to demands on particular services adding additional program offerings and bringing back some family favorites. If you have not done so yet, please look up Lompoc Parks & Recreation and “like us on Facebook”, so you too can be informed with the most up to date information!

We would like to thank you for choosing services coordinated by the Recreation Division to meet the leisure needs of you and your family. Whether you are booking a picnic shelter, registering for a class or getting your passport…..we thank you! If there is anything we can do for you, please stop by our administrative offices at the Anderson Recreation Center and let us know. Thank you for the opportunity to “Create Community Through People, Parks & Programs”.

FACILITIES & PARKS

FACILITIES
Rental facilities include the Anderson Recreation Center and Dick DeWees Community & Senior Center, accommodating 30-300 people for special events, exhibition, meetings, etc., and the Civic Auditorium, with a seating capacity of 430 for performing arts, seminars, meetings, etc. Rates will vary depending on the size of the facility needed, the type of activity and the length of the activity. Applications and fee schedules are available at the Anderson Recreation Center, 125 W. Walnut Ave. Contact the Facility Manager, at 875-8095, for more information.

PARK RESERVATIONS
Large groups are encouraged to reserve City park group picnic areas and BBQ pits. Group picnic facilities are available at Ryon Park, Beattie Park, Ken Adam Park and River Park. These group areas can accommodate large groups up to 150 persons. Please complete facility reservation forms at the Anderson Recreation Center, 125 W. Walnut Ave., between the hours of 9:00 am and 5:00 pm, Monday through Friday. Smaller individual tables and braziers are available on a first-come, first-served basis in all parks. For more information contact 875-8100.

PARK MAINTENANCE
The parks division, maintains nearly 400 acres of City parks, public facility grounds, parkways, and open space. City parks are open to the public daily from 7:30 am until dusk.
“We Create Community Through People, Parks & Programs”

For your convenience, please use the following directory to contact the Parks or Recreation Division Team Members.

Recreation
Administrative Offices  875-8100

email  recreation@ci.lompoc.ca.us

Lompoc Aquatic Center  875-2782 (875-AQUA)

JoAnne Plummer  875-8097
Mario Guerrero Jr.  875-8095
Chad Dawson  875-8092
Trevor Martin  875-2703
Sue Slavens  875-8098
Johanna Kinard  875-8089
Senior Services  875-8085

We reserve the right to use any photos of participants taken by our staff in our programs and facilities as promotion material for future brochure publications, flyers, website postings and any other media opportunity.

When there are two fees listed under a program and/or a course, the (R) is the discounted rate for those participants who reside within the city limits, paying City taxes. The (N) is the fee for those non-residents who reside outside the city limits (Vandenberg Village, Mission Hills, Mesa Oaks, etc.) which is the actual cost of the class and/or program.

Recreation Facility Abbreviation List

Anderson Recreation Center – ARC
125 West Walnut Avenue

Civic Auditorium Classroom – CA
217 South L Street

Dick DeWees Community & Senior Center – DDCSC
1120 West Ocean Avenue

Lompoc Aquatic Center - LAQC
207 West College Avenue

Ken Adam Park – KAPK
Adjacent to Allan Hancock College

WHAT IS HEAL?

HEAL is a State of California driven campaign providing communities the unique opportunity to create a healthy environment for their residents and employees.

In September of 2012, the City of Lompoc adopted the HEAL Resolution, committing to embrace policies that facilitate activities to promote healthier lifestyles and communities, including healthy diet and nutrition and adoption of city design and planning principles that enable citizens of all ages and abilities to undertake exercise.

Lompoc is a Healthy Eating, Active Living Community so take advantage of all of the great opportunities provided to you this summer!

http://www.healthylompoc.org/heal/
This is the 10th year for the Lompoc Sprint Triathlon and this year’s bike course is designed to avoid all rail road tracks. Whether you are trying to break a great time, or just trying to prove to yourself that you can complete a triathlon — we want you! You can enter as an individual or grab a few friends and enter as a relay. The distances are: 500yd Swim, 11mile Bike, and a 3.1mile Run. There is something for everyone, a t-shirt is included for all participants and pre-registration is required!

Fees: $50 individuals     $90 relays   Ages 14 & Up
First heat begins at 8:00 AM

This is the 9th year for the Lompoc Junior Triathlon and the kids came out of the woodwork last year to compete, so sign up early. The distances for this competition are: 50yd Swim, 1mile Bike, 1/4mile Run (10 years and under) and 100yd Swim, 2mile Bike, 1/2mile Run (11-14 years). T-shirts are included in the fee for all participants and pre-registration is required.

Ages: 14 & Under
Time: First heat begins at 11:00 AM
Fees: $20 individuals, $40 relays

*Would you like a t-shirt, but don’t want to race? Call to volunteer, 805-875-2703.