

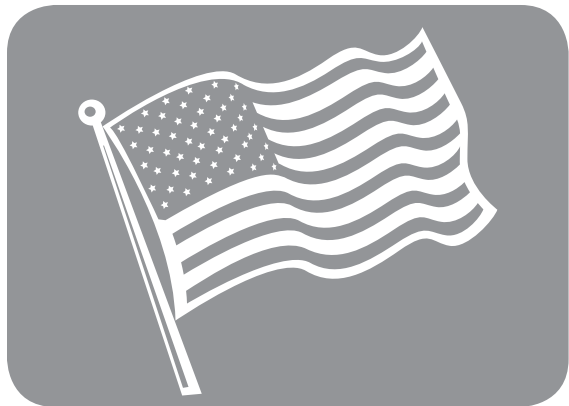
The  
Cerritos

WINTER 2023

Community Services Program

PARKS MAKE LIFE BETTER

Special Events



Veterans Day Ceremony

**Free** **One Day**  
**Fri., Nov. 11 10 AM**  
**Cerritos Civic Center Veterans Memorial**

The City of Cerritos will host a Veterans Day Ceremony in honor and remembrance of those who have defended the Nation’s freedom by serving in the U.S. Armed Forces. A musical prelude to the ceremony will begin at 9:45 AM. The ceremony will begin at 10 AM with refreshments being served immediately following. For more information, please call the Community Participation Division at (562) 865-8101.

Christmas Tree Lighting Ceremony and Activities

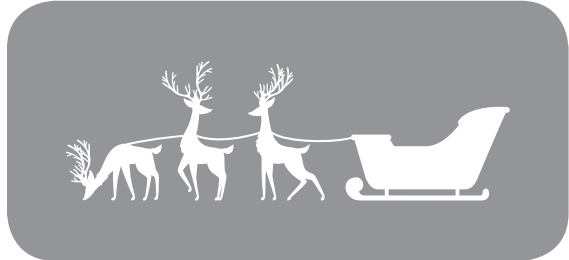
**Free** **One Day**  
**Mon., Nov. 27 5-7 PM** **Family**  
**Cerritos Civic Center**

Get an early jump on the holiday spirit at this special event for Cerritos families. The event will begin at 5 PM with entertainment by local music groups, carolers, crafts and fun for the entire family. The Christmas tree will be lit at 6 PM and following the lighting, Santa will be available for visits. Please bring a camera. For more information, please call the Community Participation Division at (562) 865-8101.

E-Mail to Santa

**Free**

Visit the City of Cerritos website and e-mail a greeting to Santa! A special e-mail address has been set up by the City so children, up to age 11, can send their holiday wishes electronically. Santa is very busy this time of year so the site will only be open November 27 through December 15. E-mail Santa by watching for his link on the City’s website at [cerritos.us](http://cerritos.us).



Santa’s Holiday Float

Santa Claus is coming to Cerritos! Wave and cheer to Santa as he travels through your neighborhood spreading holiday cheer. The holiday float will begin in the first neighborhood at 6 PM. Track Santa’s location each evening through a link on the City of Cerritos website. Please maintain a safe distance from Santa’s Float while it travels through your neighborhood. In the event of rain, the float will be canceled for that evening and the route will be rescheduled to another night. For more information and detailed route information, please visit the City’s website at [cerritos.us](http://cerritos.us).

Mon., Dec. 4	Route #7
Tue., Dec. 5	Route #6
Wed., Dec. 6	Route #5
Mon., Dec. 11	Route #4
Tue., Dec. 12	Route #3
Wed., Dec. 13	Route #2
Fri., Dec. 15	Route #1

North Pole Calling

Make this holiday extra special by having little ones talk person-to-person with Santa, Mrs. Claus or an Elf at the North Pole. To get on Santa’s phone list, register for the appropriate age group until December 7. Make sure children are home to receive calls between 5:30 and 7:30 PM on the correct date. For more information, please call Heritage Park at (562) 916-8570.

Free	One Day
<b>11183</b> Thu., Dec. 7 Heritage Park	5:30-7:30 PM 4-6 years
<b>11184</b> Fri., Dec. 8 Heritage Park	5:30-7:30 PM 7-9 years

Santa’s Holiday Island

**Free** **One Day**  
**Sat., Dec. 16 noon-3:30 PM** **Family**  
**Heritage Park**

Families are invited to enjoy some holiday cheer by visiting Santa Claus at the Heritage Park Play Island! Enjoy crafts, music, games and more. Please bring a camera. Children ages 2 to 11 who visit all program areas on the Island will receive a special commemorative gift (while supplies last). For more information, please call Heritage Park at (562) 916-8570.

Festival of Friendship

**Free** **One Day**  
**Sat., Feb. 3 noon-4 PM**  
**Los Cerritos Center (Cerritos Mall)**

The City of Cerritos and the Let Freedom Ring Committee, in conjunction with the Los Cerritos Center, invites the community to attend the 25th Annual Festival of Friendship. The festival provides a unique opportunity to learn about the City’s rich cultural diversity through a variety of acts performed on stages throughout the mall. Visit each stage to obtain a special commemorative gift (while supplies last). For more information, please contact the Recreation Services Division at (562) 916-1254.

Cerritos Resident Talent Showcase

**Celebrating the City’s 68th Anniversary**

Start the music! Light the lights! The stage awaits prospective Cerritos resident performers to participate in the annual citywide Talent Showcase Celebrating the City’s 68th Anniversary. Performances may include: dancing, singing, musical instrument performances and variety (i.e., juggling, magic, dramatic reading performance or singing and dancing combination) for performers ages 4 to adult. No stand up comedy, please. The number of acts will be limited.

Qualifying acts must be able to record their performances on Monday, April 1 or Tuesday, April 2 by appointment only.

Group performances are allowed and may have a maximum of six members; fifty percent or more of each group must be Cerritos residents.

- Acts are limited to four (4) minutes maximum.
- All recorded accompaniment music must be in mp3 format.
- Qualifying acts will be notified by e-mail.
- Participation certificates will be distributed.

Complete and submit the digital entry form on the City’s website at [cerritos.us](http://cerritos.us) beginning Friday, February 16 through Monday, March 4.

The Talent Showcase will be cablecast on Cerritos TV3 on

Friday, April 26	7 PM
Saturday, April 27	7 PM
Sunday, April 28	7 PM

For more information, please call Cerritos Park East at (562) 407-2611.

Preschool Classes and Activities

**Half Pint’s Night**

Join us for an evening of themed activities that may include games, crafts, and stories. Parents are required to sign children in and out of the class.

**\$10 resident/\$15 non-resident** **One Day**  
**Penguin Pals**

**11185** Fri., Jan. 19 6-7:30 PM 3-5 years  
Cerritos Park East

Little One’s Hour

Children will enjoy a fun-filled hour of crafts, games and stories at the community centers. Parents are required to sign children in and out of each class meeting.

**\$18 resident/\$27 non-resident** **3 classes**  
**Wild Arctic**

<b>11186</b> Tue., Dec. 5-19	3:30-4:30 PM	3-5 years
Liberty Park		

Parent/Child Create Art with Me

Participants will explore different types of art and make a new masterpiece each week. Each project will encourage participants to use their imagination and creativity. Staff will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

**\$23 resident/\$35 non-resident** **5 classes**

<b>11187</b> Wed., Jan. 10-Feb. 7	10:15-11:15 AM	2-4 years
Cerritos Park East		

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Parent/Child Story Time Fun

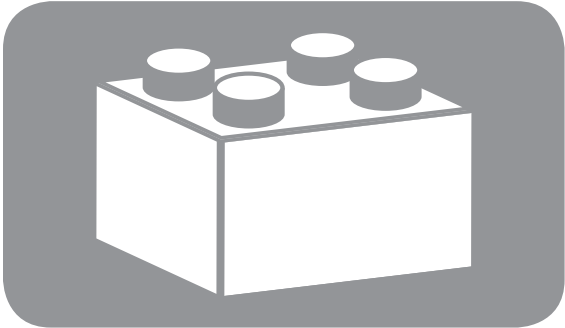
Participants will explore their creativity and use their imaginations. Each week, staff will read a story followed by a craft that relates to the tale. Staff will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$23 resident/\$35 non-resident		5 classes	
11188	Mon., Jan. 8-Feb. 5	10:15-11:15 AM	2-4 years Heritage Park

Parent/Child Wiggle and Giggle with Me

This play-based class will get participants wiggling and giggling as they explore various mediums of play. Dancing and movement games will get them wiggling, while singing silly songs and stories will get children giggling. Staff will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$23 resident/\$35 non-resident		5 classes	
11189	Fri., Jan. 5-Feb. 2	10:15-11:15 AM	2-4 years Heritage Park



Preschool Learning with LEGO®

Preschoolers will be introduced to the fun of learning, building, and playing the Bricks 4 Kidz way!

Trip to the Zoo!

Welcome to the zoo! There are so many amazing animals in the world, and zoos allow us to learn all about them and see them up close. Did you know a camel can go several days with no food or water because it stores energy in its hump? Did you know that when a baby giraffe is born, it stands about 6 feet tall? Children will go wild for more fun facts about some amazing animals. It will feel just like a trip to the zoo! They will practice letter recognition, size comparison, shape and color identification, counting, placement vocabulary, and patterning. Parents are required to sign children in and out of each class meeting.

\$75 resident/\$113 non-resident		4 classes	
11276	Tue., Jan. 9-30	10:30-11:15 AM	3-5 years Heritage Park

Preschool Play & Practice

Children will sing, play, and learn numbers and letters through age-appropriate activities. Each class is based on a different theme and may include cutting, pasting, and coloring. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$66 resident/\$99 non-resident		4 classes	
11281	Tue., Jan. 9-30	10:15-11 AM	2-4 years Liberty Park

Teeny Tumblers

Enjoy quality time together participating in activities that are fun for both parents and little cruisers. Early walkers will build important motor skills, balance and coordination as they explore tunnels, slides and ramps. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$66 resident/\$99 non-resident		4 classes	
11282	Tue., Jan. 9-30	12:10-12:55 PM	2-4 years Liberty Park
11283	Sat., Jan. 13-Feb. 3	10:30-11:15 AM	2-4 years Liberty Park



Tumble and Yoga

Tumbling and yoga increases strength, balance, flexibility and coordination while increasing attention span. Children will have fun without realizing how healthy and relaxed they are becoming. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$66 resident/\$99 non-resident		4 classes	
11284	Tue., Jan. 9-30	11:15 AM-noon	2-4 years Liberty Park



Cerritos Tot Lots

September through June

This is a cooperative preschool program (not child care or day care) for children, 2 years 9 months to 5 years old at Liberty Park and 3 to 5 years old at Heritage Park. Activities will include lessons, songs, plays, crafts, excursions and parties. Parents are required to work one morning per week and attend a monthly evening meeting. Fees include initial registration, quarterly tuition and insurance.

This educational program is conducted September through June, Monday through Friday. There will be no program on ABC Unified School District breaks and holidays. New members may join as openings occur. Priority is given to Cerritos residents. For more information, contact the membership chairperson of the individual Tot Lot.

Heritage Park 10:30 AM-1:25 PM	Phiravy Dopp (562) 290-7790 (text preferred) Email: hptotlotvp@gmail.com
Liberty Park 10:15 AM-1:15 PM	Marijean Isla (562) 265-8805 Email: libertyparktotlot@gmail.com

Youth Classes and Activities

Bricks 4 Kidz One Day Camp

Brick City Engineers with LEGO®!

Let's build a CITY! There are many different types of engineering jobs and building is one of the most fun! What would a city be without the architects and engineers who come up with the ideas, plans, and building skills to make it all come together? Campers will put their engineering and architecture skills to work as they build city themed models using LEGO® Bricks. The sky is the limit when campers are challenged to use their own ideas and skills to build a skyscraper taller than their heads! They will have a blast using custom-built cars to move the people of the city all around town – brick by brick! Please bring a snack and drink. Parents are required to sign children in and out of the class.

\$55 resident/\$83 non-resident		One Day	
11273	Sat., Dec. 2	10 AM-1 PM	5-12 years Heritage Park

Game on Challenge with LEGO®!

For kids today, it is all about the world of online video games and apps! In this interactive camp, campers will use LEGO® Bricks to create and build different characters from their favorite video games. Themes such as Super Mario Bros., Roblox, Beyblades, Pokémon, and Minecraft come to life through the use of our robots, mosaics, and 3D art, all made out of LEGO® Bricks. Do not forget classic Nintendo and SEGA themes such as Zelda, Duck Hunt, Pacman, and Sonic the Hedgehog! The day will be an adventure as the virtual and LEGO® worlds combine! Please bring a snack and drink. Parents are required to sign children in and out of the class.

\$55 resident/\$83 non-resident		One Day	
11274	Sat., Jan. 20	10 AM-1 PM	5-12 years Heritage Park



Ceramics

Stimulate the imagination by creating fun projects out of clay. Learn fundamental hand-building skills and ceramics terminology. Parents are required to sign children in and out of each class meeting. Please bring a \$12 materials fee to the first class.

\$40 resident/\$60 non-resident		5 classes	
11233	Tue., Jan. 9-Feb. 6	5:45-6:45 PM	13-Adult Cerritos Park East
11234	Thu., Jan. 11-Feb. 8	4:30-5:30 PM	6-12 years Cerritos Park East
11235	Thu., Jan. 11-Feb. 8	5:45-6:45 PM	6-12 years Cerritos Park East

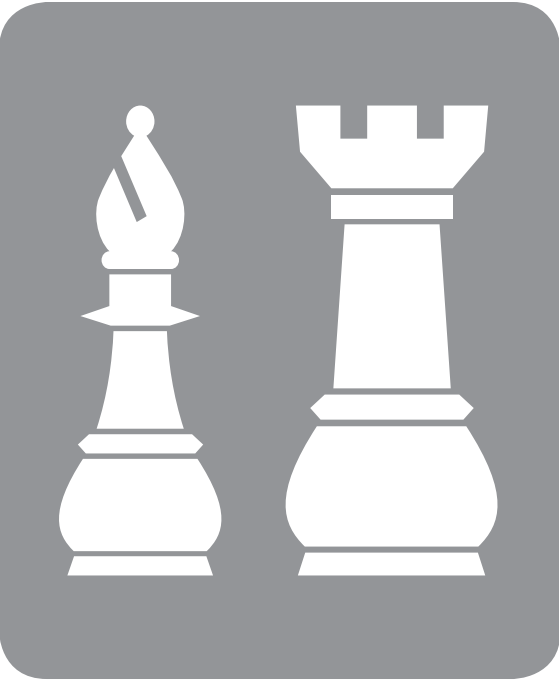
Chess Academy

Learn the game of chess in a fun and enriching environment.

Chess boards and pieces will be provided each week for use during each class session. Students will be evaluated and placed into their proper skill group where they will learn the Hanley Chess Academy 8 level curriculum. Learn the basic skills necessary to play a game of chess with knowledge of how all pieces move, capture, check, and checkmate. Participants will also improve their critical thinking skills, concentration, focus, and have a lot of fun in the process. When ready, they can take a test to advance to the next level! Parents are required to sign children in and out of each class meeting. Optional \$28 materials fee.

Beginning/Intermediate \$76 resident/\$114 non-resident		4 classes	
11236	Wed., Jan. 10-31	5-6:15 PM	6-Adult Heritage Park
11237	Wed., Jan. 10-31	6:30-7:45 PM	6-Adult Heritage Park





Friday Night Chess Tournament

Make your move! Beginners, who have little to no experience, are invited to enroll in the Capture the King Non-Rated tournament. Players enrolled in the United States Chess Federation (USCF) Rated tournament will be grouped according to their rating. Trophies will be awarded to top finishers. Parents are required to sign children in and out of the class.

\$25 resident/\$38 non-resident			One Day
Capture the King Non-Rated Tournament			
11238	Fri., Dec. 8 Heritage Park	5-7:30 PM	4-18 years
11239	Fri., Jan. 19 Heritage Park	5-7:30 PM	4-18 years
USCF Rated Tournament			
11240	Fri., Dec. 8 Heritage Park	5-7:30 PM	4-18 years
11241	Fri., Jan. 19 Heritage Park	5-7:30 PM	4-18 years

Introduction to Typing,  
Microsoft Word and PowerPoint

Learn proper typing skills and how to use various functions in Microsoft Word for writing reports and turn your projects into awesome slideshow presentations with animations using PowerPoint. Laptops will be provided for hands-on learning. Parents are required to sign children in and out of each class meeting. Please bring a \$10 materials fee to the first class.

\$110 resident/\$165 non-resident		4 classes	
11351	Thu., Nov. 30-Dec. 21 Heritage Park	2:45-3:45 PM	6-15 years
11285	Thu., Jan. 11-Feb. 1 Heritage Park	2:45-3:45 PM	6-15 years

Mad Science

Join this fun-filled and educational class where new and exciting activities will be conducted each week. Students will become detectives, geologists, and bug scientists. All classes are hands-on, minds-on, and fun. Participants will create and take home projects. Please bring a \$10 materials fee to the first class. Parents are required to sign children in and out of each class meeting.

\$115 resident/\$173 non-resident		5 classes	
11242	Tue., Jan. 9-Feb. 6 Cerritos Park East	3:45-4:45 PM	5-12 years

Manners for Young Ladies and  
Gentlemen

Knowing what to do in social situations can build self-esteem and confidence in everyone. Children will receive a foundation of good manners while learning good communication, positive body language and proper grooming in a relaxed, fun atmosphere. Parents are required to sign children in and out of each class meeting.

\$66 resident/\$99 non-resident		4 classes	
11286	Sat., Jan. 13-Feb. 3 Liberty Park	12:30-1 PM	4-12 years

Math Development

Readwrite Educational Solutions, Inc.™ comprehensive, individualized math program evaluates students and pinpoints skill gaps. The primary building blocks of addition, subtraction, multiplication, and division are continually reinforced. Participants will build confidence and a solid foundation of fundamental math knowledge. Parents are required to sign children in and out of each class meeting.

\$85 resident/\$128 non-resident		6 classes	
11243	T/Th, Dec. 5-21 Cerritos Park East	4:20-5:05 PM	7-11 years
11244	T/Th, Jan. 9-25 Cerritos Park East	4:20-5:05 PM	7-11 years



Reading Development

Readwrite Educational Solutions, Inc.™ supplementary reading program is designed to improve vocabulary, comprehension and spelling skills. Periodic testing will be conducted to assess progress and reports will be distributed to parents. Parents are required to sign children in and out of each class meeting.

\$85 resident/\$128 non-resident		6 classes	
11245	T/Th, Dec. 5-21 Cerritos Park East	5:10-5:55 PM	7-11 years
11246	T/Th, Jan. 9-25 Cerritos Park East	5:10-5:55 PM	7-11 years

Sound Start Reading

Readwrite Educational Solutions, Inc.™ beginning reading program can make the difference between a struggling student and a successful one. Specially trained teachers will test, structure, and implement an individualized phonics program. Decoding, spelling, vocabulary, and comprehension are all featured in this fundamental approach to reading. Parents are required to sign children in and out of each class meeting.

\$85 resident/\$128 non-resident		6 classes	
11247	T/Th, Dec. 5-21 Cerritos Park East	3:30-4:15 PM	5-6 years
11248	T/Th, Jan. 9-25 Cerritos Park East	3:30-4:15 PM	5-6 years

STEM Learning with LEGO®

Students will build realistic objects out of LEGO® bricks in this interactive and hands-on program.

Construction Craze!

Put on your hard hat and head on over to our LEGO® construction site! Make your own motorized models of tools of the trade from a hand-held power drill and power saw to a tough, all-terrain bulldozer and giant dump truck. Join Bricks 4 Kidz for lots of high-impact learning and fun! Each student will receive a customized LEGO minifigure and Certificate of Achievement on the last day of class. Parents are required to sign children in and out of each class meeting.

\$95 resident/\$143 non-resident		4 classes	
11275	Tue., Jan. 9-30 Cerritos Park East	4:30-5:30 PM	6-12 years

Teen Classes  
and Activities

The Recreation Services Division offers a variety of programs and activities for teens ages 13 to 17. For more information regarding teen programs and activities, please call the Recreation Services Division at (562) 916-1254.

Volunteer Opportunities

Be a Recreation Services Volunteer and assist leaders with daily park programs, swim classes, and city-wide special events. All volunteers need to be 13 years of age or older, and each volunteer must have a City of Cerritos Recreation Services Division Volunteer Application/Waiver on file, complete the fingerprinting process, and attend a volunteer orientation workshop prior to being assigned to any program or event. In addition, volunteers are required to attend two enrichment workshops a year to maintain their active status.

The Application/Waiver is available online in the Recreation section of the City's website at cerritos.us or at any Cerritos community center. Volunteers under the age of 18 must obtain a signature from their parent or guardian. Fingerprinting is conducted by appointment only on the first Wednesday of every month, except holidays. Orientation dates are listed in the volunteer section.

Pursuant to California state law, a county, city or special district shall not assign a volunteer to perform services, in a position having supervisory or disciplinary authority over a minor, if that person has been convicted of an offense specified in Public Resource Code 5164.

Registered volunteers will receive a letter with their recorded hours on a quarterly basis. Upon completion of a minimum number of service hours, volunteers will be invited to an annual volunteer recognition. The demand for volunteers, assignments, and hours vary from season to season. For more information regarding volunteer opportunities, workshops, orientations, and fingerprinting appointments, please call Heritage Park at (562) 916-8570.



Teen Workshop:  
Healthy Eating Habits

Healthy eating is important at every age. The teenage years are typically a time of rapid growth and development. This workshop will help teens understand what a healthy diet consists of and the benefits of having well-balanced meals.

Free		One Day	
11190	Sat., Dec. 9 Cerritos Park East	10-11:30 AM	13-18 years

REGISTER!

Help avoid  
program cancellations!

A minimum number of registered  
participants is required for each class.

Failure to register may result in  
program cancellations.

# Adult Classes and Activities

## Adult CPR

Learn how to perform adult, single-rescuer CPR, recognize the signs of a heart attack, and assist choking victims. Participants who successfully complete the course will receive a two-year certificate from the American Red Cross. Parents are required to sign children in and out of the class. A \$25 materials fee will be charged at the time of registration.

	resident: \$25 materials fee only non-resident: \$38 plus \$25 materials fee		One Day
11287	Wed., Jan. 10	4:30-7:30 PM	12-Adult
	Cerritos Park East		
11288	Wed., Feb. 7	4:30-7:30 PM	12-Adult
	Cerritos Park East		



## Community CPR and First Aid Basics

Prepare for accidents that may occur at home or around the workplace. Learn methods for basic first aid and performing infant, child, and adult CPR. Participants who successfully complete the course will receive a two-year certificate from the American Red Cross. Parents are required to sign children in and out of the class. A \$25 materials fee will be charged at the time of registration.

	resident: \$25 materials fee only non-resident: \$60 plus \$25 materials fee		One Day
11289	Sat., Jan. 20	10 AM-3:30 PM	12-Adult
	Cerritos Park East		

# Adaptive Recreation

The Recreation Services Division is pleased to comply with the Americans with Disabilities Act (ADA). Reasonable accommodations will be made in recreation programs and facilities to enable participation by an individual with a disability. Cerritos is committed to providing residents with disabilities the benefit of City programs. Participants must meet eligibility requirements for the program.

For more information and support for accessibility of programs and facilities, call the Recreation Services Division office at (562) 916-1254.

## Recreation Programs

- Adaptive Basketball – January through February
- Adaptive Dance and Movement – Year-round
- Adaptive Fitness Fun – April through May
- Adaptive Game Night – Quarterly
- Adaptive Golf Clinic - July
- Adaptive Movie Night – Quarterly
- Adaptive Soccer – June through August
- Adaptive Sports Medley – September through November
- Special Olympics Soccer – September through November
- Special Olympics Basketball – March through June

## Special Olympics

Special Olympics is an international non-profit organization dedicated to empowering individuals with intellectual disabilities to become physically fit, productive, and respected members of society through sports training and competition. Special Olympics training and competition opportunities exist through the Recreation Services Division on a seasonal basis. Special Olympics basketball and soccer training and competition is offered once per year to individuals who meet the eligibility requirements. For more information, please call the Recreation Services Division at (562) 916-1254.

## Transportation

The City of Cerritos provides the community with a Dial-A-Ride transit system. Offered to seniors and people with disabilities, the system operates seven days a week throughout the Cerritos area. To use the service, call (866) 402-RIDE (7433) between 8 AM and 8 PM, Monday through Friday or from 8 AM to 5 PM on Saturday and Sunday. Reservations can be made up to 48 hours in advance of required pick-up times.

## Adaptive Basketball

Learn fundamental basketball skills and display these skills in a non-competitive manner. A half court or full court will be used and rules will be modified according to your abilities. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of each class meeting.

	\$26 resident/\$39 non-resident		6 classes
11191	Thu., Jan. 18-Feb. 22	6:20-7:05 PM	5-12 years
	Cerritos High School Community Gymnasium		
11192	Thu., Jan. 18-Feb. 22	7:15-8 PM	13-Adult
	Cerritos High School Community Gymnasium		



## Adaptive Dance and Movement

Put on those dancing shoes and come participate in this fun class that will have everyone moving to the music. This class will incorporate physical fitness and fun games while teaching choreographed dance steps. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of each class meeting. NO CLASS ON DEC. 27 AND JAN. 3

	\$12 resident/\$18 non-resident		8 classes
11193	Wed., Dec. 6-Feb. 7	6-6:45 PM	6-12 years
	Cerritos Park East		
11194	Wed., Dec. 6-Feb. 7	7-7:45 PM	13-Adult
	Cerritos Park East		

## Adaptive Dinner and a Movie Night – Transformers: Rise of the Beasts

Come spend a Saturday night at Cerritos Park East and enjoy a movie and dinner from a local restaurant. Ice breaker games will be conducted prior to the movie. The program is an excellent opportunity for socialization and fun. The movie is rated PG-13 and is 2 hours and 7 minutes in length. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of the class.

	\$10 resident/\$15 non-resident		One Day
11195	Sat., Jan. 13	5-7:30 PM	16-Adult
	Cerritos Park East		

## Adaptive Families Holiday Event

Join staff for a fun-filled holiday evening that will include gift ‘shopping’ and wrapping where participants have the opportunity to choose gifts from a selection and wrap the gifts for that special person in their life. Festivities will also include dinner, games, and crafts. Pre-registration is required for participants and each family member in attendance.

	\$10 resident/\$15 non-resident		One Day
11196	Sat., Dec. 9	5:30-8 PM	3-Adult
	Cerritos Park East		



## Adaptive Game Night

Adaptive Game Night is all about games, games, and more games! Spend an evening with friends playing board games, card games, and other organized games such as scavenger hunts and team builders. A light snack will be provided. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of the class.

	Free		One Day
11197	Sat., Feb. 17	5-7 PM	16-Adult
	Cerritos Park East		

# Dance, Adult/Youth

## Baby Ballet

For little tykes who love to dance, this is a fun introduction to ballet, which includes beginning movements, and arm and foot positions. The class will help develop self-confidence and poise through the art of dance. Parents are required to sign children in and out of each class meeting.

	\$55 resident/\$83 non-resident		5 classes
11265	Fri., Jan. 5-Feb. 2	4-4:45 PM	3-5 years
	Liberty Park		

### Ballet/Tap Combo

Children will develop self-confidence and poise through the art of dance. Posture, grace, rhythm, basic stretches, and body positions are taught through specially designed exercises. Parents are required to sign children in and out of each class meeting.

	\$55 resident/\$83 non-resident		5 classes
11266	Fri., Jan. 5-Feb. 2	4:55-5:40 PM	4-7 years
	Liberty Park		
11267	Sat., Jan. 6-Feb. 3	10:15-11 AM	3-5 years
	Liberty Park		
11249	Mon., Jan. 8-Feb. 5	5-5:45 PM	3-4 years
	Cerritos Park East		
11250	Mon., Jan. 8-Feb. 5	6-6:45 PM	5-8 years
	Cerritos Park East		

FEATURED





Hip Hop Dance

Learn the latest dance moves! Moves and music are age appropriate. This fun, high energy class for boys and girls introduces fundamental hip hop and hip hop funk moves. Class promotes coordination, rhythm, creativity, and fun. Parents are required to sign children in and out of each class meeting.

\$55 resident/\$83 non-resident		5 classes	
11268	Tue., Jan. 9-Feb. 6 Cerritos Park East	4-4:45 PM	3-5 years
11269	Tue., Jan. 9-Feb. 6 Cerritos Park East	4:55-5:40 PM	5-7 years
11270	Tue., Jan. 9-Feb. 6 Cerritos Park East	5:50-6:35 PM	6-8 years
11271	Tue., Jan. 9-Feb. 6 Cerritos Park East	6:45-7:30 PM	8-12 years
11525	Fri., Jan. 12-Feb. 9 Cerritos Park East	4-4:45 PM	3-5 years

K-Pop Dance

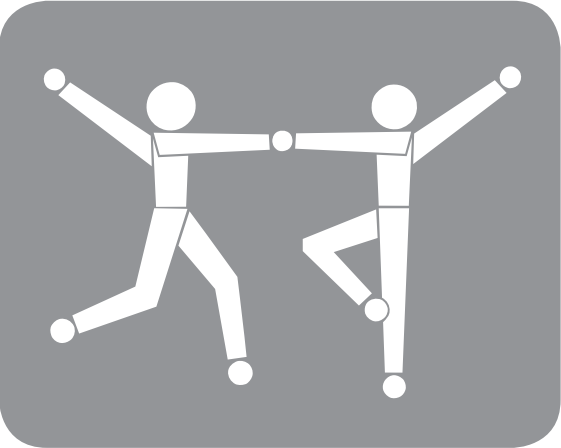
K-Pop is a musical genre class that teaches an easy and fun mix of electronic, hip-hop, and pop dance moves to upbeat K-Pop music. Class improves coordination and rhythm with a focus on performance skills. Athletic attire and sneakers required. Parents are required to sign children in and out of each class meeting.

\$55 resident/\$83 non-resident		5 classes	
11526	Fri., Jan. 12-Feb. 9 Cerritos Park East	4:55-5:40 PM	5-9 years
11527	Fri., Jan. 12-Feb. 9 Cerritos Park East	5:50-6:35 PM	7-12 years

Salsa

In this beginning salsa class, participants will learn the basic figures and footwork to get started on the dance floor. Partner combinations will be covered. No partner is necessary; singles are welcome. Parents are required to sign children in and out of each class meeting.

\$36 resident/\$54 non-resident		5 classes	
11272	Thu., Jan. 11-Feb. 8 Liberty Park	6:30-7:30 PM	14-Adult



Zumba

Zumba is an aerobic work out that combines different movements and rhythms such as salsa, cumbia, merengue, belly dance, rock and roll, and much more! Zumba is an effective, easy, and fun way to get in shape. Parents are required to sign children in and out of each class meeting.

\$39 resident/\$59 non-resident		5 classes	
11251	Mon., Jan. 8-Feb. 5 Liberty Park	5:30-6:30 PM	16-Adult

Music,  
Adult/Youth

Cerritos College  
Community Band

Fees paid to Cerritos College

The Cerritos College Community Band is dedicated to the performance of popular, family-oriented compositions and is comprised of brass, woodwind and percussion instruments. Emphasis will be placed upon the development of individual musicianship through both large and small group rehearsals. Musical compositions of a wide variety will be studied. Registration will take place through Cerritos College. For further information, please contact David Betancourt, Director of Bands, at dbetancourt@cerritos.edu.

Community Band		
Tue., Jan. 9-May 14	7-10 PM	12-Adult
Cerritos College		

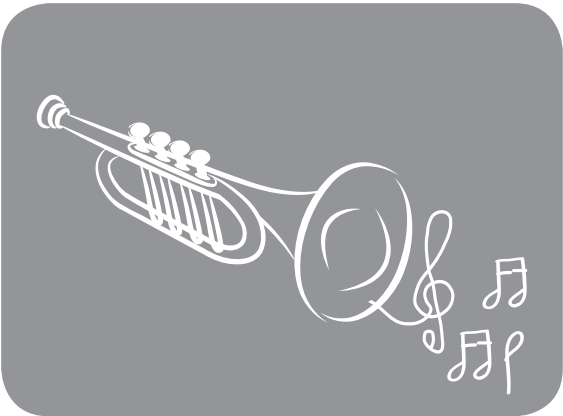


Cerritos College  
Community Jazz Band

Fees paid to Cerritos College

The Cerritos College Community Jazz Band is dedicated to the performance of popular, family-oriented jazz compositions and is comprised of brass, woodwind and rhythm instruments. Emphasis will be placed upon the development of individual musicianship through both large and small group rehearsals. Musical compositions of a wide variety will be studied. Registration will take place through Cerritos College. For further information, please contact David Betancourt, Director of Bands, at dbetancourt@cerritos.edu.

Jazz Band		
Wed., Jan. 10-May 15	7-10 PM	12-Adult
Cerritos College		



Cerritos College  
Community Orchestra

Fees paid to Cerritos College

The Cerritos College Community Orchestra is dedicated to the performance of popular, family-oriented compositions and is comprised of brass, woodwind, string, and percussion instruments. Emphasis will be placed upon the development of individual musicianship through both large and small group rehearsals. Musical compositions of a wide variety will be studied. Registration will take place through Cerritos College. For further information, please contact David Betancourt, Director of Bands, at dbetancourt@cerritos.edu.

Orchestra		
Mon., Jan. 8-May 13	6-9 PM	12-Adult
Cerritos College		

Drums for Fun

Learn the basic techniques of drumming from a professional musician. Instruction will include proper grip positions, hand and wrist development, sight reading, hand and foot coordination, rudimentary training, and drum set techniques. Practice pads and sheet music will be provided. Parents are required to sign children in and out of each class meeting. Please bring your own drum sticks to each class meeting or bring \$6 materials fee to purchase drum sticks. Students may purchase take-home pads at an additional fee.

\$98 resident/\$147 non-resident		6 classes	
11252	Tue., Jan. 9-Feb. 13 Heritage Park	4:30-5:30 PM	6-Adult

Guitar

Learn beginning guitar chording, strumming, and self-accompaniment. Modern and pop songs will be included. Students must bring a guitar. Parents are required to sign children in and out of each class meeting. Please bring a \$5 materials fee to the first class.

\$52 resident/\$78 non-resident		5 classes	
11253	Mon., Jan. 8-Feb. 5 Liberty Park	4:30-5:15 PM	9-Adult

Sports/Fitness,  
Adult/Youth

Cerritos Fitness Centers

Fitness Centers are located in the Cerritos Olympic Swim & Fitness Center and the Liberty Park Community Center. The Swim & Fitness Center is equipped with locker room facilities.

- Membership is available to Cerritos residents, 16 years and older.
- Individual memberships are \$50 per year.
- Replacement card may be purchased for \$5.
- Fitness Centers include a multi-max station, treadmills, stair climbers, and life cycles.
- Adults working in Cerritos can purchase an annual business membership for \$50, valid only Monday through Friday from 6 AM to 2 PM at the Swim Center location and 10 AM to 5 PM at the Liberty Park location.
- Waiver required.
- Membership cards are valid at both locations and must be presented to enter.

Fitness Center Hours:

Swim Center Location	
Monday through Friday	6 AM-2 PM / 5-9 PM
Saturday/Sunday	7 AM-2 PM

Liberty Park Location	
Monday through Friday	10 AM-8 PM
Saturday/Sunday	10 AM-6 PM

For more information, please call the Recreation Services Division at (562) 916-1254.

Help avoid  
program cancellations!

A minimum number of registered  
participants is required for each class.

Failure to register may result in  
program cancellations.



Tennis Courts

Courts are available for use at Liberty Park and Cerritos Park East. Tennis courts may be closed without prior notice.

Cerritos residents:

- May use the courts at no charge during regular park operating hours.
- Age 16 years and older may reserve one (1) court up to one (1) week in advance and no less than one (1) hour in advance.
- A 5-minute grace period will be given before the court is released.
- Only one (1) reservation per family account may be held at any given time.
- Must present a valid California Driver's License or valid California ID with current Cerritos address and must be in the City's database to check out a court key.
- Reservations will only be taken in person or over the phone by calling Liberty Park at (562) 916-8565 or Cerritos Park East at (562) 407-2611 during normal operating hours.

Non-residents:

- May use the courts for drop-in play Monday through Friday, between 10 AM and 3 PM, for a \$7 hourly fee.
- No reservations allowed.
- Adults working in Cerritos may drop-in to play Monday through Friday only, between 10 AM and 3 PM, at no charge.
- Must present a valid California Driver's License or California ID and proof of employment in Cerritos.



Sand Volleyball Courts

Courts are available for use at Liberty Park. The sand volleyball courts may be closed without prior notice.

- Cerritos residents, 16 years and older, may reserve one court up to one (1) week in advance free of charge.
- Non-residents, 16 years and older, may reserve one (1) court up to two (2) days in advance free of charge.
- Reservations will be a maximum of one (1) hour and may be booked on the hour or on the half hour.
- A 5-minute grace period will be given before the court is released.
- Only one (1) reservation per family account may be held at any given time.
- Must present a valid California Driver's License or valid California ID with current Cerritos address and must be in the City's database to access court.
- Reservations will be taken in person or over the phone by calling Liberty Park at (562) 916-8565 during normal operating hours.



Jazzercise

Monthly Fees \$69 with EFT\*  
One Time Class \$15  
Registration taken at class site by course instructor.

Blending easy to follow dance steps with fun dance routines, Jazzercise will enhance cardiovascular fitness, balance, posture, strength, and flexibility. Certified professional Jazzercise instructors will cue participants through the moves that incorporate various elements of dance with resistance training, pilates, yoga, kickboxing, and more. The 60-minute workout is effective for every age, skill, and fitness level. Please bring a floor mat and water bottle; hand weights are optional.

Monthly fee allows patrons to attend any of the classes.

\*EFT (Electronic Funds Transfer) or Easy Fitness Ticket allows patrons to automatically pay for Jazzercise programs through an electronic funds transfer each month. Patrons must pay a \$30 joining fee.

Monday	10:15-11:15 AM	Cerritos Park East
Wednesday	10:15-11:15 AM	Cerritos Park East
Friday	10:15-11:15 AM	Cerritos Park East
Sunday	10:15-11:15 AM	Cerritos Park East



Ballet Barre

Join this low impact ballet based exercise class. By using the barre you will stretch, strengthen, lengthen, tone, and elongate your muscles. Also increase balance, strength, stamina, posture, endurance, core strength, and muscle tone. Beginners welcome. No dance experience required. Parents are required to sign children in and out of each class meeting.

\$40 resident/\$60 non-resident		4 classes	
11254	Mon., Jan. 8-29 Liberty Park	10:15-11:15 AM	8-Adult
11255	Wed., Jan. 10-31 Liberty Park	10:15-11:15 AM	8-Adult
11256	Wed., Jan. 10-31 Liberty Park	5:30-6:30 PM	8-Adult

For more information and support for accessibility of programs and facilities, please call the Recreation Services Division at (562) 916-1254.

Core Yolates

Enjoy this new workout trend that combines two popular methods of exercise - yoga and Pilates. This course will emphasize core stabilization, lengthening, toning, and body sculpting. Yolates also improves core strength, posture and overall body awareness. Please bring a stability ball, resistance band and weights to class. Parents are required to sign children in and out of each class meeting.

\$60 resident/\$90 non-resident		5 classes	
11277	Sun., Jan. 7-Feb. 4 Liberty Park	10:15-11:40 AM	13-Adult

Gymnastics: Jammin' Gymnasts

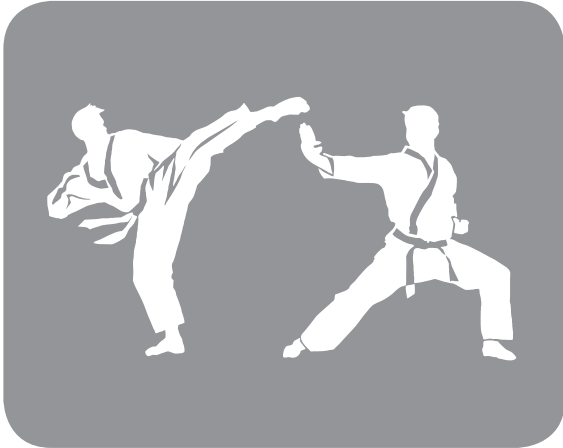
Discover the inner gymnast inside everyone! Gymnastics also improves coordination and strength development. Girls and boys of all skill levels will safely learn recreation gymnastics techniques such as cartwheels, round-offs, rolls, handstands, and more. Obstacle courses and music will make learning fun while creating confidence and a positive learning environment! Parents are required to sign children in and out of each class meeting. Please bring a \$2 materials fee to the first class.

\$75 resident/\$113 non-resident		5 classes	
11257	Wed., Jan. 10-Feb. 7 Cerritos Park East	3:20-4:20 PM	4-6 years
11258	Wed., Jan. 10-Feb. 7 Cerritos Park East	4:35-5:35 PM	5-10 years

Hatha Yoga

Experience the release of tension and stress through a series of postures which develop strength, flexibility, concentration, and balance. Please bring your own yoga mat to each class and wear comfortable clothing.

\$60 resident/\$90 non-resident		5 classes	
11259	Tue., Jan. 9-Feb. 6 Cerritos Park East	10:15-11:15 AM	18-Adult
11260	Thu., Jan. 11-Feb. 8 Cerritos Park East	10:15-11:15 AM	18-Adult



Martial Arts

Karate provides an excellent physical and mental workout, increasing coordination and flexibility. The well-rounded curriculum incorporates ground and stand-up self-defense, kata and weaponry. Experience strength and confidence boosting fun classes with something for every member of the family. Parents are required to sign children in and out of each class meeting. Participants arriving more than 10 minutes after the class start time will not be permitted entry. NO CLASS ON DEC. 25, 26, 27, 28, JAN. 1, 2, 3, 4, AND 15

\$84 resident/\$126 non-resident		12 classes	
11263	M/W, Dec. 18-Feb. 12 Liberty Park	3:30-4:30 PM	4-7 years
11264	T/Th, Dec. 19-Feb. 8 Liberty Park	3:30-4:30 PM	8-Adult

Pickleball Round-Robin Social

Join the Pickleball Round Robin Social at Liberty Park! All players will participate in three 30-minute matches against different players in a true round-robin format. No partner is needed. Mixed-doubles play are randomly drawn based on the number of registrations. Intermediate level preferred. Prizes are awarded for first and second place.

\$5 per person		One Day	
11198	Thu., Jan. 18 Liberty Park	10 AM-noon	18-Adult





Pilates

This Pilates class will combine barre work and cardio to tone and strengthen the entire body. Thera-bands and exercise balls will be provided by the instructor to work on specific muscles and muscle groups to increase strength and agility. This revolutionary toning and conditioning system stretches, strengthens, and realigns overused joints, and muscles. Participants will work at an individualized pace. Parents are required to sign children in and out of each class meeting.

\$50 resident/\$75 non-resident		5 classes
11278	Tue., Jan. 9-Feb. 6 Liberty Park	6-7 PM 13-Adult
11279	Thu., Jan. 11-Feb. 8 Cerritos Park East	6-7 PM 13-Adult

Tri-Star Basketball Skills Competition

Want to show off some hoop skills? Join in this exciting one-day basketball skills competition sponsored by the Cerritos Optimist Club. Display shooting, passing and dribbling skills while competing for prizes. Trophies will be awarded to the top three finishers in each age group and winners will advance to a Optimist Club Zone Competition. Parents are required to sign children in and out the class.

Free	One Day	
11534	Sat., Dec. 9 Community Gymnasium at Cerritos High School	9-11 AM 8-13 years



Yoga For Kids

Yoga is a safe, fun and non-competitive way for children to exercise and develop coordination. Yoga also strengthens the body, builds self-esteem, and increases focus and concentration. Parents are required to sign children in and out of each class meeting.

\$66 resident/\$99 non-resident		4 classes
11280	Sat., Jan. 13-Feb. 3 Liberty Park	11:30 AM-12:15 PM 4-12 years

Yoga For Relaxation

Enjoy an introductory course in conditioned relaxation based on the ancient art of hatha yoga as it is taught in India. This course consists of stretching, breathing, and relaxation exercises, which relieve mental tension, emotional stress, and physical strain. Exercise mats will be provided. Parents are required to sign children in and out of each class meeting.

\$60 resident/\$90 non-resident		5 classes
11261	Mon., Jan. 8-Feb. 5 Liberty Park	6:45-7:45 PM 14-Adult
11262	Wed., Jan. 10-Feb. 7 Liberty Park	6:45-7:45 PM 14-Adult

Sports Leagues,  
Adult/Youth

Youth Boys and Girls Basketball

\$55 resident/\$83 non-resident

All registration for youth basketball league will be online at <https://secure.recl.com/CA/cerritos-ca/catalog>

RACER account required prior to online registration. For RACER account information, call the Recreation Services Division at (562) 916-1254.

Cerritos Resident Registration:

Begins on Saturday, Nov. 4 at 10 AM

Open Registration:

Begins on Saturday, Nov. 11 at 10 AM

The non-refundable registration fee includes a team jersey, participation award, officials, and Players' Medical Benefit Fund. A picture day will be held during the season and a picture packet will be distributed to teams by the head coach. Team and individual picture packages may be purchased at an additional cost. Basketball participants will be formed into teams for league play. Children born in 2015 or before are required to attend a mandatory skills testing as they will be placed on teams according to their age and ability.

Basketball games will be played during the months of January through March. Practices and games will be held at various locations throughout the City. Practices and games may not be close to a child's residence. For further information, please call the Sports Complex at (562) 916-8590.



Divisions:

11224	Rookie I	Born 2018
11225	Rookie II	Born 2017
11226	Rookie III	Born 2016
11227	Boys Pee Wee Division	Born 2014 & 2015
11228	Boys Elementary Division	Born 2012 & 2013
11229	Boys Intermediate Division	Born 2010 & 2011
11230	Girls Pee Wee Division	Born 2014 & 2015
11231	Girls Elementary Division	Born 2012 & 2013
11232	Girls Intermediate Division	Born 2010 & 2011

Game Days:

The following game day information is tentative and subject to change, and does not reflect days for practices, which are at the discretion of the volunteer coach.

Rookie Divisions:

Saturdays

Boys Divisions:

Pee Wee Division: Tuesdays or Wednesdays and Saturdays  
Elementary Division: Mondays or Tuesdays and Saturdays  
Intermediate Division: Mondays or Wednesdays and Saturdays

Girls Divisions:

Mondays or Wednesdays and Saturdays



Sports Officials Needed

Adults and teenagers, 16 years and older, are invited to apply as sports officials. Hourly wages are dependent upon education and experience and range from \$20 to \$30 per game. All officials must be fingerprinted and cleared prior to being assigned. Previous officiating experience is desirable. For more information, please call the Cerritos Sports Complex at (562) 916-8590.

Golf,  
Adult/Youth

Cerritos Iron-Wood Nine Golf Course

(562) 916-8400

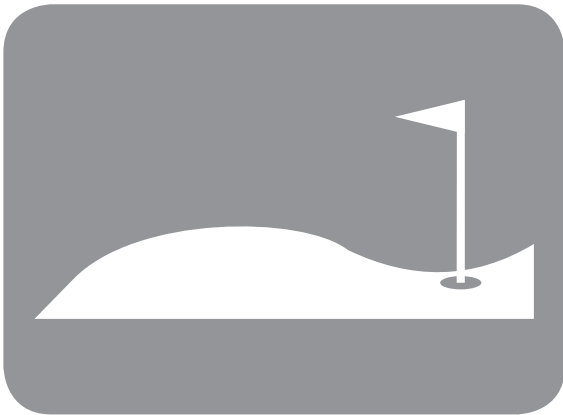
The City of Cerritos Iron-Wood Nine Golf Course is a nine-hole, par 29, 1,468-yard, executive golf course. The lighted driving range offers a choice of hitting off mats or grass. Rental clubs and handcarts are available; reservations can be made up to one week in advance. Starting times will begin at 6:30 AM depending upon course conditions.

Hours of Operation:

Monday through Friday		6:30 AM-7 PM
Saturday/Sunday		6:30 AM-6 PM
Range Hours:	Monday through Friday	6:30 AM-7 PM
	Thursday	11 AM-7 PM
	Saturday/Sunday	6:30 AM-6 PM

The last range bucket will be sold 30 minutes prior to closing.

Cerritos residents must present a valid California Driver's License or a valid California ID with current Cerritos address. Residents that have not secured a new California issued ID with a current Cerritos address must present an ID and provide a utility bill, rent receipt, tax bill, escrow papers, credit card, bank statement, or car registration that is postmarked within the last 60 days.



Golf Course Dress Code

The Cerritos Iron-Wood Nine Golf Course enforces its dress code policy.

Men must wear a presentable shirt with sleeves. Tank tops, sleeveless shirts, swim suits and other dress deemed inappropriate for the course will not be allowed. Women must also wear a presentable shirt. Halter tops, tube tops, swim suits, and other dress deemed inappropriate for the course will not be allowed.

Driving Range Fees

\$7.00	Small Bucket Card (51 balls)
\$10.50	Large Bucket Card (102 balls)

REGISTER!

Help avoid  
program cancellations!  
A minimum number of registered  
participants is required for each class.  
Failure to register may result in  
program cancellations.



Cerritos Junior Golf Academy

The Junior Golf Academy with Cerritos Iron-wood Nine Golf Professional Jason Holmes, is designed for youth golfers of all ability levels. From beginners to advanced golfers, participants will improve their game in a small group setting. Instruction will be conducted on the Course’s driving range, putting greens, and pitching area. Range balls will be provided for each class and loaner clubs are available during class time. Parents are required to sign children in and out of the class meeting.

\$55 resident/\$83 non-resident4 classes

Session I			
11462	M/W, Jan. 8-17 Golf Course	5-5:45 PM	7-10 years
11463	M/W, Jan. 8-17 Golf Course	6-6:45 PM	11-17 years
11466	Sat., Jan. 13-Feb. 3 Golf Course	10-10:45 AM	4-6 years
11467	Sat., Jan. 13-Feb. 3 Golf Course	11-11:45 AM	4-6 years

Session II			
11464	M/W, Jan. 22-31 Golf Course	5-5:45 PM	7-10 years
11465	M/W, Jan. 22-31 Golf Course	6-6:45 PM	11-17 years



Group Golf Lessons

Join Cerritos Iron-Wood Nine Golf Professional Jason Holmes in a relaxed group setting designed for all skill levels, from the novice to the experienced player. For novice players, fundamental skills such as stance, grip and swing will be covered. More experienced players will sharpen their skills and develop game techniques. One small bucket of practice balls will be provided at each lesson. Parents are required to sign children in and out of the class meeting.

\$70 resident/\$105 non-resident4 classes

Session I			
11468	Sat., Jan. 13-Feb. 3 Golf Course	8-8:45 AM	14-Adult
11469	Sat., Jan. 13-Feb. 3 Golf Course	9-9:45 AM	8-13 years

Itsy Bitsy Golf Clinic

This clinic is designed to introduce participants to the game of golf. The program will provide preschool golfers with brief instruction on grip, stance, swing and putting. Complimentary driving range use is also included. Parents are required to sign children in and out of the class.

\$15 resident/\$23 non-resident		One Day	
11204	Sat., Dec. 16 Golf Course	4-5 PM	4-5 years

Winter Target Challenge

Test your accuracy and shot-making abilities by participating in the driving range target challenge. Participants will go through a series of challenges on the driving range. Win points and earn rewards for successfully completing the challenges.

\$16 resident/\$24 non-resident		One Day	
11203	Sat., Jan. 20 Golf Course	6-7:30 PM	18-Adult

Aquatics, Adult/Youth

General Information

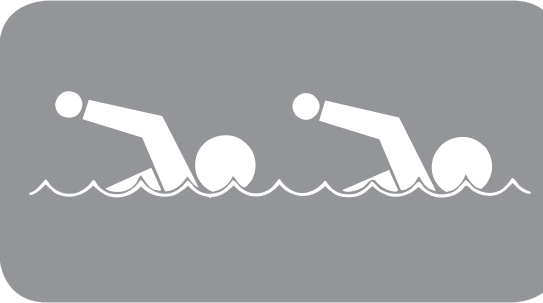
The Cerritos Olympic Swim & Fitness Center is located at 13150 E. 166th Street, adjacent to Cerritos Park East. For general information, including hours of operation and admission fees, please call the Swim & Fitness Center at (562) 407-2600. For swim lesson registration, see below.

Admission Policies

The Swim & Fitness Center is open to Cerritos residents, accompanied guests, and adults working in the City of Cerritos. Each resident may bring up to four (4) guests during recreational swimming only.

Cerritos residents must present a valid California Driver’s License or a valid California ID with current Cerritos address. Residents that have not secured a new California issued ID with a current Cerritos address must present an ID and provide a utility bill, rent receipt, tax bill, escrow papers, credit card, bank statement, or car registration that is postmarked within the last 60 days.

Children under 16 years of age may present a Cerritos resident library card. Parents are responsible for the supervision of children. Adults working in the City of Cerritos must present a valid driver’s license and a business ID. Children who cannot swim and are less than four feet tall must be accompanied in the water by an adult. All residents using tickets for recreational swimming will be required to show acceptable Cerritos identification. Children over 5 years of age are not permitted in the locker room of the opposite sex.



Swim Fees

Lap Swim Fees	
\$3.00	Adults, age 18 to 59
\$2.50	Seniors, age 60 and older

Recreational Swim Fees	
\$2.00	Cerritos Resident
\$2.00	Adults who work in Cerritos with business ID
\$2.50	Nonresident Child, age 17 and under. Must be a guest of a Cerritos resident (see above)
\$3.25	Nonresident Adult, age 18 and older. Must be a guest of a Cerritos resident (see above)

Ticket Books

Ticket books are non-transferable. Patrons utilizing tickets as payments still need to meet all entrance requirements. Patrons using tickets for recreational swimming will be required to show acceptable Cerritos identification. Purchase limit of two (2) ticket books per visit.

Age 17 and under	15 tickets - \$20
Adults, age 18 to 59	20 tickets - \$60
Seniors, age 60 and older	20 tickets - \$50



Swim Center Hours

Hours of Operation	
Monday-Friday	6 AM-9 PM
Saturday/Sunday	7 AM-2 PM

Recreational Swim	
Monday/Wednesday/Friday	7-9 PM
Saturday/Sunday	noon-2 PM

Adult Lap Swim	
Monday-Friday	6 AM-2 PM
Tuesday/Thursday*	7-9 PM
Saturday/Sunday	7 AM-noon

\*Open to Cerritos Residents only.

A minimum of four lanes will be available for all lap swim sessions. Please refer to the Sports/Fitness section for Fitness Center hours.

Special Hours

The pool will be closed on the following days:

- Thanksgiving Day, Thursday, November 23
- Christmas Eve, Sunday, December 24
- Christmas Day, Monday, December 25
- New Year’s Day, Monday, January 1

The pool will have modified hours on the following days:

- Wednesday, November 22, 7 AM-2 PM Lap Swim, 11 AM-2 PM Recreational Swim
- Friday, November 24, 7 AM-2 PM Lap Swim, 11 AM-2 PM Recreational Swim
- Monday, January 15, 11 AM-2 PM Recreational Swim

Help avoid program cancellations!

A minimum number of registered participants is required for each class.

Failure to register may result in program cancellations.





Sign up for the free Cerritos  
E-News e-mail and text messaging  
service by visiting cerritos.us

Please Register Carefully

Any person registered in a class above their skill level will be dropped from the class without a refund.

Free Skills Testing

Skills testing is available prior to registration if assistance is needed to determine class level. Participants may come to the Swim & Fitness Center during recreational swim hours for testing.



Mommy/Daddy and Me

6 months-3 years

This class allows parents to share in the fun of children learning to swim. Children will learn basic safety skills, breath control, floating, kicking and paddling. Up to two adults per child are permitted to participate. Swim diapers must be worn during each class.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Winter 1 Nov. 27-Jan. 10*	Winter 2 Jan. 15-Feb. 14
10:30-11 AM	11290	11292
6:30-7 PM	11291	11293

\*NO CLASS DEC. 25-JAN. 5

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Winter 2 Jan. 16-Feb. 15
10:30-11 AM	11295

SATURDAY

\$25 resident/\$38 non-resident

	Winter 2 Jan. 13-Feb. 10
10:30-11 AM	11296

SUNDAY

\$25 resident/\$38 non-resident

	Winter 2 Jan. 14-Feb. 11
10:30-11 AM	11297



Preschool Puffer Fish

3-6 years

Acquaint preschool-aged children to the aquatic environment. Beginners will learn breath control, floating and kicking. More advanced students will be presented with the basic elements of front crawl and backstroke. Parents are required to sign children in and out of each class meeting.

(Continued on the next column)

Preschool Puffer Fish (Continued)

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Winter 1 Nov. 27-Jan. 10*	Winter 2 Jan. 15-Feb. 14
10-10:30 AM	11298	11311
11-11:30 AM	11299	11312
12:30-1 PM	11302	11315
1-1:30 PM	11303	11316
1:30-2 PM	11304	11317
5-5:30 PM	11305	11318
5:30-6 PM	11306	11319
6-6:30 PM	11307	11320
6:30-7 PM	11308	11321
7-7:30 PM	11309	11322
7:30-8 PM	11310	11323

\*NO CLASS DEC. 25-JAN. 5

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Winter 1 Nov. 28-Jan. 11*	Winter 2 Jan. 16-Feb. 15
5-5:30 PM	11331	11345
5:30-6 PM	11332	11346
6-6:30 PM	11333	11347
6:30-7 PM	11334	11348

\*NO CLASS DEC. 25-JAN. 5

SATURDAY

\$25 resident/\$38 non-resident

	Winter 2 Jan. 13-Feb. 10
9-9:30 AM	11354
9:30-10 AM	11355
10-10:30 AM	11356
10:30-11 AM	11357
11-11:30 AM	11358
11:30 AM-noon	11359

SUNDAY

\$25 resident/\$38 non-resident

	Winter 2 Jan. 14-Feb. 11
9-9:30 AM	11362
9:30-10 AM	11363
10-10:30 AM	11364
10:30-11 AM	11365



Starfish/Minnows

6-16 years

Come and get acquainted with the excitement of the aquatic world. Students will learn breath control, floating and other elementary skills. Parents are required to sign children in and out of each class meeting.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Winter 1 Nov. 27-Jan. 10*	Winter 2 Jan. 15-Feb. 14
5-5:45 PM	11368	11372
6-6:45 PM	11369	11373
7-7:45 PM	11370	11374
8-8:45 PM	11371	11375

\*NO CLASS DEC. 25-JAN. 5

(Continued on the next column)

Starfish/Minnows (Continued)

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Winter 1 Nov. 28-Jan. 11*	Winter 2 Jan. 16-Feb. 15
5-5:45 PM	11376	11380
6-6:45 PM	11377	11381
7-7:45 PM	11378	11382
8-8:45 PM	11379	11383

\*NO CLASS DEC. 25-JAN. 5

SATURDAY

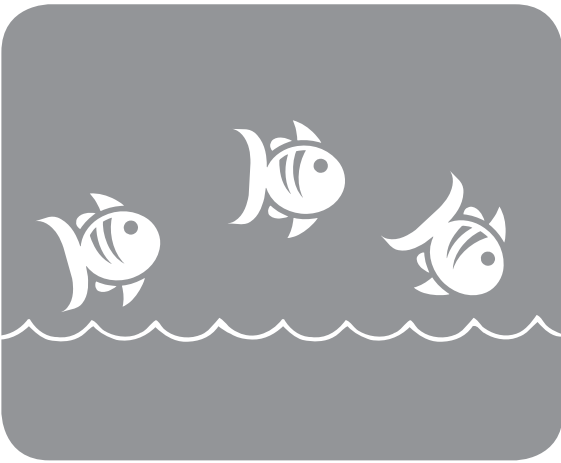
\$25 resident/\$38 non-resident

	Winter 2 Jan. 13-Feb. 10
8-8:45 AM	11384
9-9:45 AM	11385
10-10:45 AM	11386
11-11:45 AM	11387

SUNDAY

\$25 resident/\$38 non-resident

	Winter 2 Jan. 14-Feb. 11
8-8:45 AM	11388
9-9:45 AM	11389
11-11:45 AM	11391



Flying Fish

6-16 years

Now that you know the elementary skills of swimming, come develop the front crawl and backstroke techniques. Along with these strokes, you will be presented with safety skills, self-rescue and diving. (Skills may take more than one session to complete.) Prerequisite: Minnows-level swimming skills. Parents are required to sign children in and out of each class meeting.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Winter 1 Nov. 27-Jan. 10*	Winter 2 Jan. 15-Feb. 14
5-5:45 PM	11392	11396
6-6:45 PM	11393	11397
7-7:45 PM	11394	11398
8-8:45 PM	11395	11399

\*NO CLASS DEC. 25-JAN. 5

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Winter 1 Nov. 28-Jan. 11*	Winter 2 Jan. 16-Feb. 15
5-5:45 PM	11400	11404
6-6:45 PM	11401	11405
7-7:45 PM	11402	11406
8-8:45 PM	11403	11407

\*NO CLASS DEC. 25-JAN. 5

SATURDAY

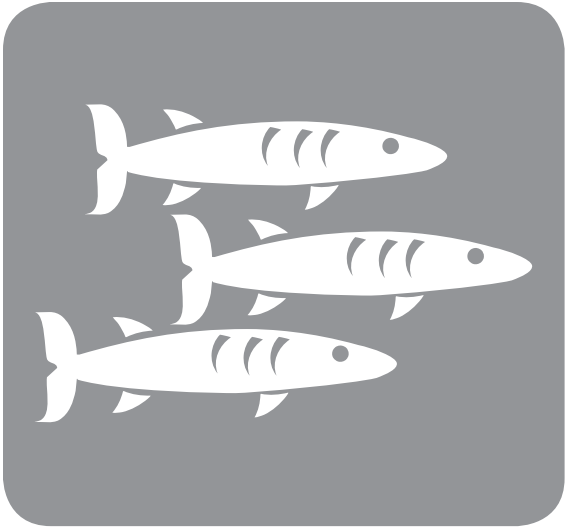
\$25 resident/\$38 non-resident

	Winter 2 Jan. 13-Feb. 10
8-8:45 AM	11408
9-9:45 AM	11409
10-10:45 AM	11410
11-11:45 AM	11411

SUNDAY

\$25 resident/\$38 non-resident

	Winter 2 Jan. 14-Feb. 11
9-9:45 AM	11413
10-10:45 AM	11414
11-11:45 AM	11415



Barracudas

6-16 years

Now it is time to improve your stamina and coordination! Come and learn breaststroke and sidestroke kicks and more safety skills. Prerequisite: Flying Fish-level swimming skills. Parents are required to sign children in and out of each class meeting.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Winter 1	Winter 2
	Nov. 27-Jan. 10*	Jan. 15-Feb. 14
6-6:45 PM	11420	11423
7-7:45 PM	11421	11424
8-8:45 PM	11422	11425

\*NO CLASS DEC. 25-JAN. 5

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Winter 1	Winter 2
	Nov. 28-Jan. 11*	Jan. 16-Feb. 15
6-6:45 PM	11426	11429
7-7:45 PM	11427	11430
8-8:45 PM	11428	11431

\*NO CLASS DEC. 25-JAN. 5

SATURDAY

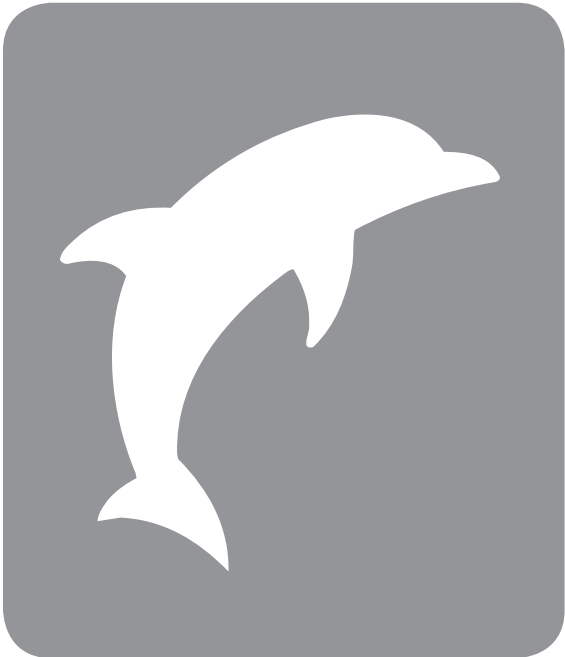
\$25 resident/\$38 non-resident

	Winter 2
	Jan. 13-Feb. 10
8-8:45 AM	11432
9-9:45 AM	11433
11-11:45 AM	11435

SUNDAY

\$25 resident/\$38 non-resident

	Winter 2
	Jan. 14-Feb. 11
8-8:45 AM	11436
11-11:45 AM	11438



Dolphins

6-16 years

Soon you will be swimming like a dolphin! This class coordinates, refines and polishes skills learned in previous levels. Butterfly is introduced, as are open turns, surface dives and diving. Emphasis is placed on developing efficiency, power and endurance. Prerequisite: Barracuda-level swimming skills. Parents are required to sign children in and out of each class meeting.

(Continued on the next column)

Dolphins (Continued)

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Winter 1	Winter 2
	Nov. 27-Jan. 10*	Jan. 15-Feb. 14
7-7:45 PM	11439	11440

\*NO CLASS DEC. 25-JAN. 5

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Winter 1	Winter 2
	Nov. 28-Jan. 11*	Jan. 16-Feb. 15
7-7:45 PM	11441	11442

\*NO CLASS DEC. 25-JAN. 5

SATURDAY

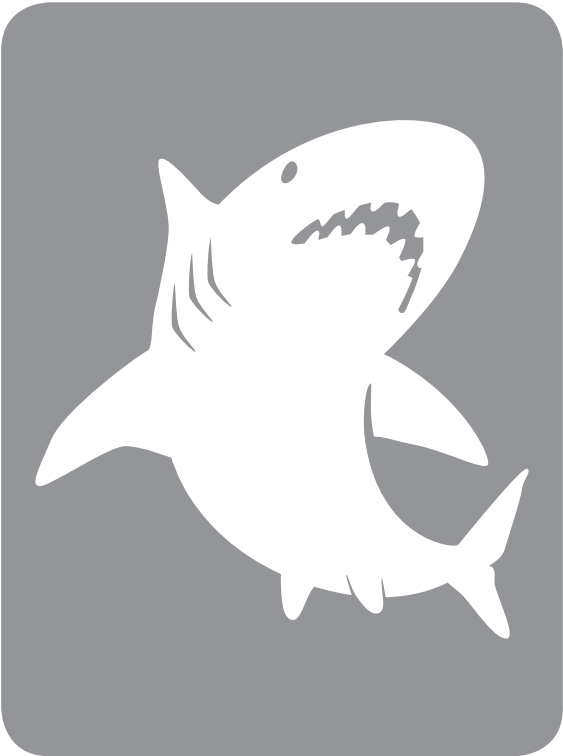
\$25 resident/\$38 non-resident

	Winter 2
	Jan. 13-Feb. 10
8-8:45 AM	11443
11-11:45 AM	11444

SUNDAY

\$25 resident/\$38 non-resident

	Winter 2
	Jan. 14-Feb. 11
11-11:45 AM	11445



Sharks

6-16 years

Prepare yourself for a competitive team or just improve your swimming skills. You will learn flip turns, starts and dives. You will also refine the competitive strokes learned in previous classes. Prerequisite: Dolphin-level swimming skills. This class may be enjoyed many times over. Parents are required to sign children in and out of each class meeting.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Winter 1	Winter 2
	Nov. 27-Jan. 10*	Jan. 15-Feb. 14
8-8:45 PM	11446	11447

\*NO CLASS DEC. 25-JAN. 5

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Winter 1	Winter 2
	Nov. 28-Jan. 11*	Jan. 16-Feb. 15
8-8:45 PM	11448	11449

\*NO CLASS DEC. 25-JAN. 5

SATURDAY

\$25 resident/\$38 non-resident

	Winter 2
	Jan. 13-Feb. 10
10-10:45 AM	11450

SUNDAY

\$25 resident/\$38 non-resident

	Winter 2
	Jan. 14-Feb. 11
10-10:45 AM	11451



Board Diving

6-16 years

Spring into diving! In this course, you will be exposed to the basics of one and three meter springboard diving. The course will focus on safely teaching the fundamentals of basic board diving. Prerequisite: Standing front dive and Barracuda-level swimming skills. This class may be enjoyed many times over. Parents are required to sign children in and out of each class meeting.

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

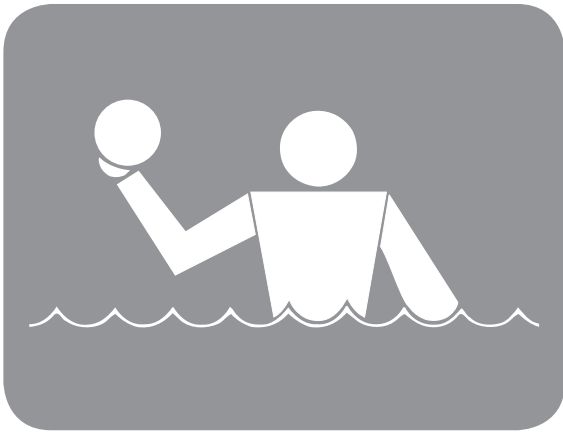
	Winter 1	Winter 2
	Nov. 28-Jan. 11*	Jan. 16-Feb. 15
7-7:45 PM	11452	11453

\*NO CLASS DEC. 25-JAN. 5

SATURDAY

\$25 resident/\$38 non-resident

	Winter 2
	Jan. 13-Feb. 10
9-9:45 AM	11529



Fundamentals of Water Polo

8-17 years

This course will cover the basic skills and strategies of the game. Learn game rules, ball control, passing, shooting and basic play. Prerequisite: Barracuda-level swimming skills. Parents are required to sign children in and out of each class meeting.

SUNDAY

\$25 resident/\$38 non-resident

	Winter 2
	Jan. 14-Feb. 11
noon-12:45 PM	11523

REGISTER!

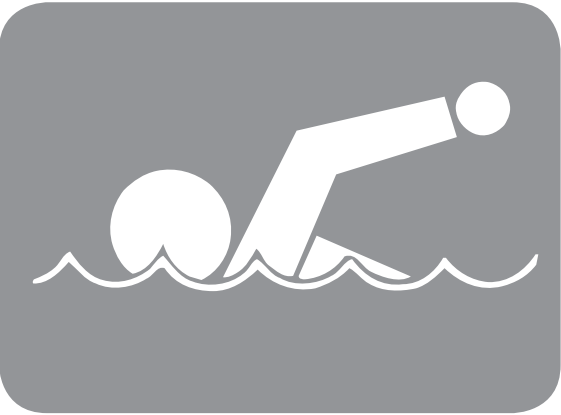
Help avoid

program cancellations!

A minimum number of registered participants is required for each class.

Failure to register may result in program cancellations.





Adult Beginning Swimming  
16 years and older

Come and conquer your fear of water or develop your existing swimming skills. This is a basic swim course for the adult just learning to swim. The course is designed to teach floating and basic stroke techniques, including the front crawl and elementary backstroke. No previous skills required. Parents are required to sign children in and out of each class meeting.

MONDAY/WEDNESDAY		
\$43 resident/\$65 non-resident		
	Winter 1	Winter 2
	Nov. 27-Jan. 10*	Jan. 15-Feb. 14
8-8:45 PM	11454	11455

\*NO CLASS DEC. 25-JAN. 5

SATURDAY		
\$25 resident/\$38 non-resident		
	Winter 2	
	Jan. 13-Feb. 10	
9-9:45 AM	11456	

SUNDAY		
\$25 resident/\$38 non-resident		
	Winter 2	
	Jan. 14-Feb. 11	
8-8:45 AM	11457	



Adult Intermediate Swimming  
16 years and older

You will continue to improve the front crawl and be introduced to the breaststroke and sidestroke. Depending on your skill level, treading water, diving and flip turns will be introduced. The majority of class time will be spent in deep water. Prerequisite: Adult Beginning-level swimming skills. Parents are required to sign children in and out of each class meeting.

SATURDAY		
\$25 resident/\$38 non-resident		
	Winter 2	
	Jan. 13-Feb. 10	
8-8:45 AM	11460	

SUNDAY		
\$25 resident/\$38 non-resident		
	Winter 2	
	Jan. 14-Feb. 11	
8-8:45 AM	11461	

Volunteer  
Opportunities

Looking for work experience or something to add flair to your college or job application? If so, the Recreation Services Division's volunteer program is a great place to start. Opportunities exist for teens and adults to assist the City in a variety of volunteer capacities within the Recreation Services Division.

All volunteers need to be 13 years of age or older, and each volunteer must have a City of Cerritos Recreation Services Division Volunteer Application/Waiver on file, complete the fingerprinting process, and attend a volunteer orientation workshop prior to being assigned to any program or event. In addition, volunteers are required to attend two enrichment workshops a year to maintain their active status.



The Application/Waiver is available online in the Recreation section of the City's website at cerritos.us or at any Cerritos community center. Volunteers under the age of 18 must obtain a signature from their parent or guardian. Fingerprinting is conducted by appointment only on the first Wednesday of every month, except holidays. Orientation workshops are listed below.

Pursuant to California state law, a county, city or special district shall not assign a volunteer to perform services, in a position having supervisory or disciplinary authority over a minor, if that person has been convicted of an offense specified in Public Resource Code 5164.

Registered volunteers will receive a letter with their recorded hours on a quarterly basis. Upon completion of a minimum number of service hours, volunteers will be invited to an annual volunteer recognition. The demand for volunteers, assignments, and hours vary from season to season. For more information regarding volunteer opportunities, workshops, orientations, and fingerprinting appointments, please call Heritage Park at (562) 916-8570.

Orientation Dates		
Wednesday, November 15	7 PM	Heritage Park
Wednesday, December 20	7 PM	Heritage Park
Wednesday, January 17	7 PM	Heritage Park



Recreation Services Volunteer

Volunteers, age 13 years or older, are needed for a variety of youth activities such as Parent/Child programs, Little One's Hour, Half Pint's Night, crafts, and much more. Special events include the Halloween Festival, Christmas Tree Lighting, Summer Entertainment Showcase, and the July 4th Let Freedom Ring Celebration.

Youth Sports Volunteer

The sports section of the Recreation Services Division recruits volunteer coaches on a seasonal basis for its three youth sports leagues. Volunteer coaches must be 18 years and older and are required to undergo a certification process, which includes fingerprinting and mandatory meetings. Teen volunteers with athletic experience are needed to assist Recreation Leaders in a variety of youth sports programs. Teens will learn basic Recreation Leader responsibilities and serve as a youth organized play class instructor's assistant, a youth sports volunteer coach, a special events assistant, and more. For more information on becoming a youth sports volunteer, please call the Cerritos Sports Complex at (562) 916-8590.

Swim Assistant Volunteer

Volunteers will assist swim instructors as well as help with special events at the Cerritos Swim & Fitness Center. Orientation is required. For more information, please call the Cerritos Swim & Fitness Center at (562) 407-2600.

Facility  
Information

Moon Bounce use at Cerritos  
Recreational Facilities

Cerritos residents are permitted to have a moon bounce at their family or neighborhood-related functions at a staffed Cerritos Recreation Facility. Moon bounces are only allowed at the following Cerritos recreational facilities, during normal operating hours: Cerritos Park East, Frontier Park, Heritage Park, Liberty Park, and Westgate Park.

Please be aware of the following policies and procedures:

- Advance reservation for a shelter is required. Fees and deposits are required for all shelter reservations. There is a limited number of moon bounce areas designated at each facility. Moon bounce must be powered by a gasoline generator with enough gas to last for the duration of the reservation (maximum of six (6) hours). Moon bounces may not be plugged in to City electrical outlets.
- Moon bounce may not exceed 16ft x 16ft in size. Combos, climbers, slides or water features are prohibited.
- The permit holder must be present when the equipment is dropped off and must remain at the facility until the equipment is picked up by the vendor. All moon bounces must be supervised by an adult at all times.
- Choose from one (1) of the vendors who have a current certificate of insurance on file with the City of Cerritos or select an alternate company.
- If using an alternate company, an original certificate of insurance is required in the amount of one (1) million dollars, naming the City of Cerritos, its officers, employees, agents and volunteers as additional insured, along with an endorsement. Both documents are due at least ten (10) business days prior to the reservation date.
- All moon bounce requests are subject to approval by the Facility Coordinator and Supervisor.

Please visit one of the Cerritos Community Centers – Cerritos Park East, Heritage Park, or Liberty Park – for reservation information and facility availability.

For additional information, please contact the Recreation Services Division at (562) 916-1254.

For more information and  
support for accessibility of  
programs and facilities, please  
call the Recreation Services  
Division at (562) 916-1254.

Registration Instructions



RACER, powered by CivicRec, offers many exciting features for patrons to register for classes and activities.

Below are the required steps to register for a RACER account:

1. Have an existing e-mail address.
2. Visit a City facility and provide a valid photo ID for each adult within your family.
  - To be registered as a Cerritos Resident, proof of residency is required. Please provide one of the following:
    - A valid California Driver's License or California Identification Card with your current Cerritos address
    - Government-issued I.D.

AND

- One of the of the following, which must be postmarked within the last 60 days:
  - Utility bill
  - Rent receipt
  - Tax bill/Social Security statement
  - Escrow papers
  - Credit card statement
  - Bank statement
  - Car registration

***Note:** Both items presented for residency verification must show your name and the same address. We cannot accept a P.O. Box as a mailing address.*

3. To register a child under the age of 18, please provide one of the following for age verification:
  - Birth certificate (original or copy)

- Statement from the local registrar or County Recorder listing the date of birth
- Baptism certificate (duly attested)
- Passport
- Adoption record
- Hospital or physician's certificate listing the date of birth
- Affidavit from the parent, guardian or custodian of the minor
- Current year tax form
- Insurance paperwork
- School I.D. or school emergency card with birthdate

After your account has been created, you will be able to register on-line or in person for classes and activities.

REGISTRATION INSTRUCTIONS

- Step 1 Read through the brochure for suitable classes.
- Step 2 Choose method of Registration: On-line or Walk-In  
NOTE DATES OF REGISTRATION  
(Any patron that does not have a RACER account must submit proper paperwork, which includes a birth certificate for all children under 18 years of age.)
- Step 3 Confirmation of registered and waitlisted classes can be viewed on-line. If a class is full, you may be placed on the waiting list and no payment will be taken for the registration. Staff will contact you if a space becomes available.

REGISTRATION

- Cerritos website: cerritos.us
- Cerritos Resident** On-Line and Walk-In  
All Classes  
**Saturday, November 4  
10 AM**
- Non-Resident** On-Line and Walk-In  
All Classes  
**Friday, November 10  
10 AM**

On-line registration is the recommended method of registering for classes. To check the availability of classes or register for classes, please visit the City's website at cerritos.us and look for the on-line registration link. RACER is best viewed with Google Chrome.

If computers are not accessible for patrons, computers at the Cerritos Library may also be used.

**Visa, MasterCard, Discover, and American Express are accepted payment types for on-line registration.**

Walk-in registration will be held at all community centers, Swim & Fitness Center and Golf Course, beginning at 10 AM. Registration will continue until classes are full.

ADDITIONAL INFORMATION

- Classes will begin the week of **November 13** unless otherwise listed.
- Class fees and times are subject to change without notice.

REFUND POLICY:

- **If a class is cancelled by the City, a full refund will be given.**
- **If the request to withdraw from a class is three (3) days or more before the first class meeting, a refund will be granted, minus a \$5 service fee per registrant, per class.**
- **Requests for class withdrawal less than three (3) days prior to the first class meeting will not be granted.**
- **Any person registered in an aquatics class above their skill level will be dropped from the class without a refund.**

RECREATION SERVICES DIVISION

Bloomfield Avenue at 183rd Street  
Cerritos, California 90703  
Monday-Friday, 8 AM - 5 PM  
(562) 916-1254

City Facilities and Hours

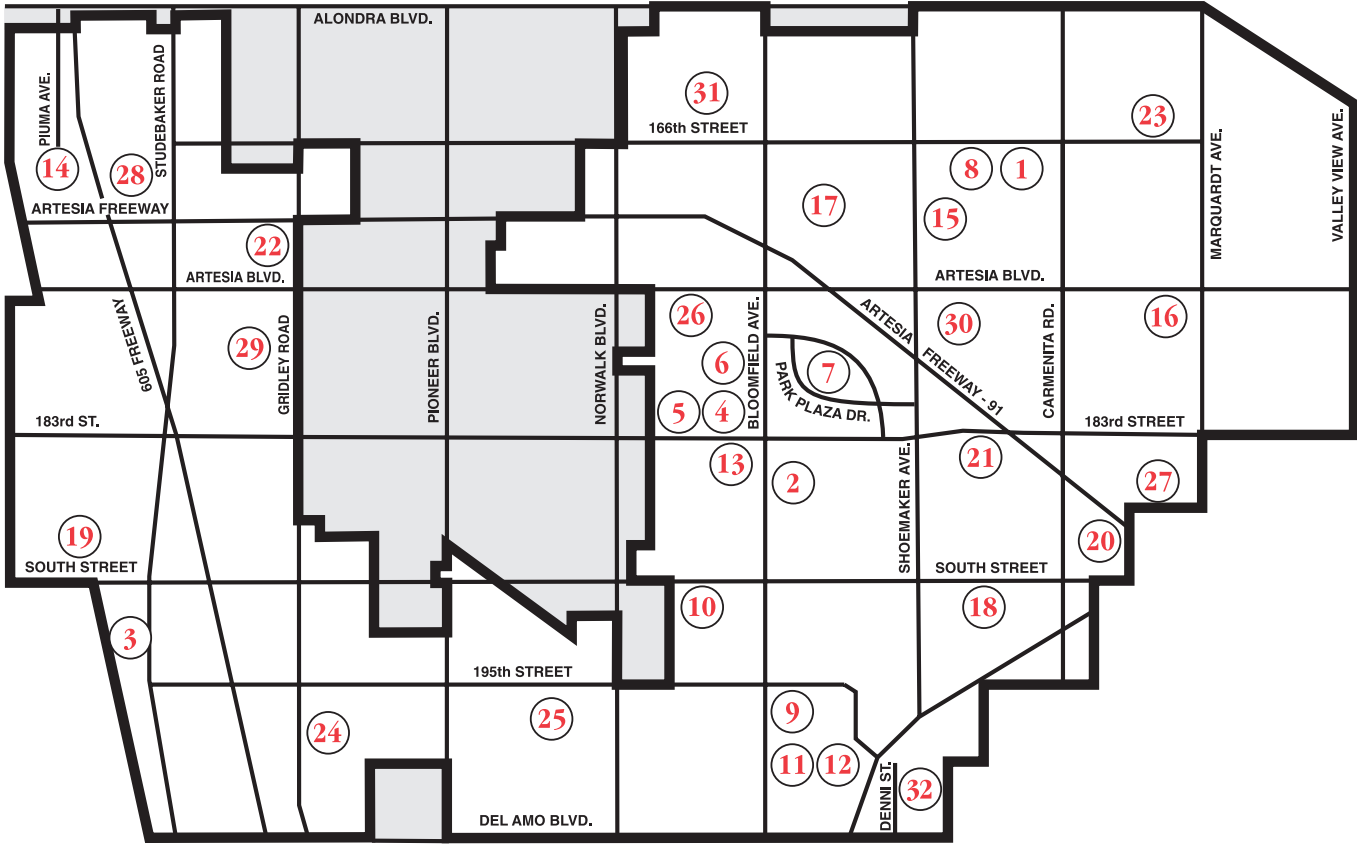
Community Centers

Monday-Friday, 10 AM-8 PM  
Saturday/Sunday, 10 AM-6 PM

- 1 Cerritos Park East**  
13234 E. 166th St., (562) 407-2611
- 2 Heritage Park**  
18600 Bloomfield Ave., (562) 916-8570  
Play Island: Daily, 10 AM to Dusk  
Tuesday, 2 PM to Dusk
- 3 Liberty Park**  
19211 Studebaker Rd., (562) 916-8565

Special Facilities

- 4 Cerritos City Hall/Civic Center**  
Bloomfield at 183rd Street, (562) 860-0311  
Monday-Friday, 8 AM-5 PM
- 5 Cerritos Sheriff's Station/Community Safety Center**  
18135 Bloomfield Ave., (562) 860-0044
- 6 Cerritos Library/Civic Center**  
18025 Bloomfield Ave., (562) 916-1350  
Monday-Friday, 11 AM-7 PM  
Saturday/Sunday, 11 AM-5 PM
- 7 Cerritos Center for the Performing Arts**  
12700 Center Court Drive, (562) 916-8500
- 8 Cerritos Olympic Swim and Fitness Center**  
13150 E. 166th St., (562) 407-2600  
Monday-Friday, 6 AM-9 PM  
Saturday/Sunday, 7 AM-2 PM
- 9 Don Knabe Community Regional Park**  
19700 Bloomfield Ave., (562) 924-5144
- 10 Cerritos Senior Center at Pat Nixon Park**  
12340 South St., (562) 916-8550
- 11 Cerritos Sports Complex**  
19900 Bloomfield Ave., (562) 916-8590
- 12 Cerritos Skate Park at the Cerritos Sports Complex**  
19900 Bloomfield Ave., (562) 916-8590
- 13 Community Gym at Cerritos High School**  
12500 E. 183rd St., (562) 916-8577



- 14 Cerritos Iron-Wood Nine Golf Course**  
16449 Piuma Ave., (562) 916-8400  
Range Hours:  
Monday-Wednesday, 6:30 AM-7 PM\*  
Thursday, 11 AM-7 PM\*  
Friday, 6:30 AM-7 PM\*  
Saturday/Sunday, 6:30 AM-6 PM\*  
*\*The last range bucket will be sold 30 minutes prior to closing.*
- 15 Community Gym at Whitney High School**  
16800 S. Shoemaker Ave., (562) 407-2635

Neighborhood Parks

- 16 Friendship Park**  
13650 Acoro St.
- 17 Frontier Park**  
16910 Maria Ave., (562) 407-2648
- 18 Sunshine Park**  
19310 Vickie Ave.
- 19 Westgate Park**  
18830 San Gabriel, (562) 916-8580
- 20 Bettencourt Park**  
13575 Andy St.
- 21 Brookhaven Park**  
13167 Brookhaven St.
- 22 Ecology Park**  
17133 Gridley Rd.
- 23 Gonsalves Park**  
13611 E. 166th St.
- 24 Gridley Park**  
Gridley and Yearling
- 25 Jim Edwards Park**  
Jacob and Yearling
- 26 Loma Park**  
17503 Stark St.
- 27 Rainbow Park**  
18600 S. Linda Cir.
- 28 Reservoir Hill Park**  
16733 Studebaker Rd.
- 29 Rosewood Park**  
17715 Eric Ave.
- 30 Saddleback Park**  
13037 Acoro St.
- 31 Satellite Park**  
12410 Ash Creek Road
- 32 El Rancho Verde Park**  
7815 Denni St.