



City of El Monte  
Community Services Department  
Community & Senior Services Division



# WINTER/SPRING 2010 Recreation Contract Classes (626) 580-2210

**REGISTRATION:** We are automated and accept MAIL-IN registrations ONLY. Please print and fill-in your information completely, using the mail-in form in this section. Feel free to duplicate the form, as needed. Then mail your personal check(s) for the correct payment amount to the department address, Attn: "Class Name". **DO NOT MAIL CASH!** Make checks payable to "City of El Monte". Enclose a separate check for each class and each person...in the event that your choices are closed, we can register you for the classes that are open and return your other payment. Please make sure all your information is complete and that you have enclosed your payment and mail it to: **El Monte Community Services Department, "Contract Classes" 3120 N. Tyler Avenue, El Monte, CA 91731. Class Registration MUST be mailed two weeks prior to the class starting date.**

**REFUND POLICY:** Please note that all refunds must be requested during the first two weeks of classes only and whether or not your child participates in the class, unless otherwise indicated and that refunds may take up to 2 to 4 weeks to process. Refunds must be requested **IN WRITING**. Requests can be mailed in, or brought to the office with your printed first and last name, signature, and date. The final deadline is always the Thursday of the 2<sup>nd</sup> week of that class by 5:00 PM, except for Polynesian Karate. Cancellations for Polynesian Karate will be the Thursday of the 1<sup>st</sup> week of class by 5:00 PM.

**ADDITIONAL INFORMATION:** If you would like additional information, please stop by the **Community & Senior Services Division, located at the Jack Crippen Multi-Purpose Senior Center at 3120 N. Tyler Avenue in El Monte or call (626) 580-2210.** Office hours are Monday through Thursday, 7:00 AM – 5:30 PM.

#### CLASS LOCATION CODES:

CC – Community Center – 3130 Tyler Avenue  
LP – Lambert Park – 11431 McGirk Avenue  
MVP – Mt. View Park – 12127 Elliott Avenue  
JCMSC – Jack Crippen Multi-Purpose Senior Center – 3120 Tyler Avenue  
AC – Aquatic Center – 11001 Mildred Street

All classes and schedules are subject to change.

**WE LOOK FORWARD TO ENJOYING OUR EXCITING  
WINTER/SPRING SESSION WITH YOU**



# Ballet, Tap & Jazz



**ONGOING MONTHLY REGISTRATION**  
**\$30/Month**

These three dance favorites will be combined into one class that children are sure to enjoy. Your future star will gain flexibility, coordination, self-esteem and learn the basic fundamentals of dance. Props will be used to make this experience enjoyable for even the youngest dancers. All classes instructed by Mrs. Rhonda Olvera and her staff.

<b>Dance 1</b>	<b>3 – 4 Years Old</b>	<b>Mondays</b>	<b>4:00 – 4:40 PM</b>	<b>JCMSC</b>
<b>Dance 2</b>	<b>5 – 9 Years Old</b>	<b>Mondays</b>	<b>4:40 – 5:30 PM</b>	<b>JCMSC</b>

# Gymnastics

**WINTER SESSION:** January 27<sup>th</sup> – March 24<sup>th</sup>, 2010 (**Gymnastics Show March 24<sup>th</sup>, 2010**)  
**SPRING SESSION:** April 14<sup>th</sup> – June 16<sup>th</sup>, 2010 (**Bring a Friend to Class June 16<sup>th</sup>, 2010**)  
**\$48/10 Weeks**

The El Monte Gymnastics program's philosophy is to develop a child's self-esteem by providing successful experiences in a non-competitive environment. El Monte Gymnastics' unique teaching philosophy is different from that of most team focused programs because it allows every child to feel like a winner.

Beginning level classes are designed to give students a solid basis of gymnastics. Classes include cartwheels, handstands and bridge kick-overs. Also included are basic uneven bar and balance beam skills, as well as social development.

Intermediate level classes offer a slightly more advanced level of skills, which includes round-offs, and back walkovers on the floor, as well as handstands and cartwheels on the balance beam. Additionally, instruction is given on more advanced uneven bar skills and front flips on the springboard.

Any level higher than beginning has no age requirement, but requires the instructor's approval. All gymnasts are evaluated to assure placement in the appropriate class with other students of the same skill level. Classes are taught by Brenda Witt and her gymnastics staff.

<b>Gym 1</b>	<b>Beg. Gym.</b>	<b>4-6 Years Old</b>	<b>Wednesdays</b>	<b>4:15 - 5:00 PM</b>	<b>LP</b>
<b>Gym 2</b>	<b>Beg. Gym.</b>	<b>7 &amp; Up</b>	<b>Wednesdays</b>	<b>5:00 - 5:45 PM</b>	<b>LP</b>
<b>Gym 3</b>	<b>Interm. Gym.</b>	<b>Tchr's OK</b>	<b>Wednesdays</b>	<b>5:45 - 6:30 PM</b>	<b>LP</b>

*The 5:45 PM class is open only to advanced students who have the instructor's written approval.*

**WINTER REGISTRATION BEGINS:** Wednesday, January 13<sup>th</sup>, 2010

**SPRING REGISTRATION BEGINS:** Wednesday, March 31<sup>st</sup>, 2010

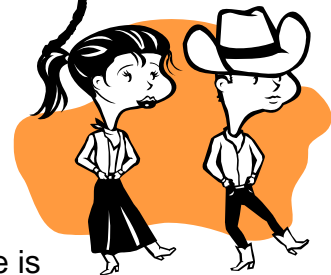
# Line Dancing

**WINTERSESSION:** January 18<sup>th</sup> – March 24<sup>rd</sup>, 2010

**SPRING SESSION:** March 30<sup>th</sup> – May 19<sup>th</sup>, 2010

**\$40/8 Weeks**

Come and join in on this fantastic class. You will learn the basics of Line Dancing. You will be dancing to Swing, Waltz, Tango, and Night Club music. Sue S. Dong, with over 20 years of Line Dancing experience, will be instructing classes. You must be at least 18 years of age and older. Some dance experience is required. This is a high-beginner class!



LD 1	18 Years of Age	Tuesdays	7:00 – 8:30 PM	JCMSC
LD 2	18 Years of Age	Wednesday	7:30 – 9:00 PM	JCMSC

**WINTER REGISTRATION BEGINS:** Tuesday, January 5<sup>th</sup>, 2010

**SPRING REGISTRATION BEGINS:** Tuesday, March 16<sup>th</sup>, 2010

## Parent & Me Shake Your Sillies

**ONGOING MONTHLY REGISTRATIONS**

**\$30/Month**

This class is intended to help young children learn the basics in a fun and creative way. Children will learn numbers, colors, shapes, and letter recognition. In order to do so, fun techniques such as singing, dancing, playing games and musical instruments will be used to help enhance the educational learning development process. Classes require parent participation so they can help guide their child through the activities. Classes are instructed by Mrs. Rhonda Olvera and her staff.

Shake Your Sillies	1 – 4 Years Old	Mondays	6:00 – 6:45 PM	JCMSC
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## Piano Classes

**ONGOING MONTHLY REGISTRATION**

**\$30/Month**

This new and fun class offers children and adults the opportunity to develop their musical skills. Students will be introduced to music through sound, touch, and sight, learning how to play the piano through notes, song, rhythms, and musical terminology. Keyboards are provided. Classes will be instructed by Mrs. Rhonda Olvera and her staff.



Piano 1	4 – 6 Years Old	Wednesdays	5:15 – 6:00 PM	JCMC
Piano 2	7 – Adult	Wednesdays	6:00 – 6:45 PM	JCMC

# Polynesian Karate

**ONGOING MONTHLY REGISTRATION**  
**\$40/Month**

Teaching the Polynesian Karate, Limalama, Mr. Ramirez instructs children and adults. The students earn their belt levels from **White Belt** to **Black Belt**. Children also learn how to compete in local and traveling karate tournaments. This is an excellent class for physical and mental conditioning. A uniform is required and may be purchased from the instructor.

**\*Refunds will ONLY be given during the 1<sup>st</sup> week of class!**

Pkar 1	5 - 15 Yrs. Old	Mon., Wed., Fri	6:00 - 7:30 PM	JCMSC
Pkar 2	5 - 15 Yrs. Old	Tues., Thurs., Fri.	6:00 - 7:30 PM	JCMSC
Pkar 3	16 - Adult	Tues., Thurs., Fri.	7:30 - 9:00 PM	JCMSC



# Princess Ballet

**ONGOING MONTHLY REGISTRATION**  
**\$30/Month**

Every little girl dreams of being a princess for a day. This fun class helps young children out their dreams. Children have a chance to dress up as a princess and learn fun dance moves. Students will dance with ribbons and magical wands to their favorite princess music. An evening of enchantment will be instructed by Mrs. Rhonda Olvera and her staff.



**Princess Ballet    2 Years Old & Up    Mondays    5:30 – 6:00 PM    JCMSC**

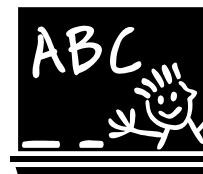
# Taekwondo

**ONGOING MONTHLY REGISTRATIONS**  
**\$50/Month**

If you are looking for inner peace and tranquility, this new physical class is for you. The translation “tae” is to jump or kick; and “kwon” is to punch or strike. Taekwondo develops balance, strength, speed, and self confidence. This class offers both physical and mental challenges that help strengthen and discipline the lives of the youth and adults. Classes will be instructed by Thomas Giaffogione who has a 2<sup>nd</sup> Dan Black Certification with the world Taekwondo Federation.

**Taekwondo 1    Beginning    Monday - Thursday    5:00 – 6:00 PM    MVP**

# Tiny Tots Program



**WINTER SESSION:** January 4<sup>th</sup>, 2010 – February 25<sup>th</sup>, 2010 **DARK:** 1/18/2010 & 2/15/2010

**SPRING SESSION:** March 8<sup>th</sup>, 2010 – May 6<sup>th</sup>, 2010 **DARK:** April 5<sup>th</sup> – April 8<sup>th</sup>, 2010

**SPRING/SUMMER SESSION:** May 17<sup>th</sup>, 2010 – July 1<sup>st</sup>, 2010

**\$65/8 Weeks**

Tiny Tots is a recreation, pre-kindergarten program for **children ages 3 to 5 years old**. Tots will have a chance to learn colors, numbers, games, crafts, singing and group activities. This is a great time for “little ones” to learn to socialize and to share with others in a group situation before they enter kindergarten. Tots must be toilet trained. Class meets 2 days a week, 2 ½ hours a day; Monday & Wednesday or Tuesday & Thursday. The fee of \$65 pays for one 8-week session. Parents do have classroom responsibilities. Be sure to note the eligibility dates listed; all Tots must be at least 3 years old by the first week of class and proof of age (copy of birth certificate) is required at registration

<b>Tiny Tots 1</b>	<b>Ms. Susana</b>	<b>Mondays &amp; Wednesdays</b>	<b>8:30 - 11:00 AM</b>	<b>LP</b>
<b>Tiny Tots 2</b>	<b>Ms. Susana</b>	<b>Tuesdays &amp; Thursdays</b>	<b>8:30 - 11:00 AM</b>	<b>LP</b>

**Registration Method:** All interested parents are required to use the mail-in procedure. Please see the dates listed below. All new participants are required to mail-in a photocopy of their child's proof of birth date.

**DO NOT SEND ORIGINAL DOCUMENTS**

**WINTER REGISTRATION BEGINS:** Monday, December 21<sup>st</sup>, 2009 for continuing students

Monday, December 28<sup>th</sup>, 2009 for new students

**SPRING REGISTRATION BEGINS:** Monday, February 22<sup>nd</sup>, 2010 for continuing students

Monday, March 1<sup>st</sup>, 2009 for new students

**SPRING/SUMMER REGISTRATION BEGINS:** Monday, May 3<sup>rd</sup>, 2010 for continuing students

Monday, May 10<sup>th</sup>, 2010 for new students

# Tumbling

**WINTER SESSION:** January 6<sup>th</sup>, 2010 – February 24<sup>th</sup>, 2010

**SPRING SESSION:** March 3<sup>rd</sup>, 2010 – April 28<sup>th</sup>, 2010 **DARK:** Wednesday, April 7<sup>th</sup>, 2010

**SPRING/SUMMER SESSION:** May 5<sup>th</sup>, 2010 – June 23<sup>rd</sup>, 2010

**\$40/8 weeks**

This specialized total body high energy tumbling class will follow the United States Gymnastics Federation beginning to advanced level floor exercises as well as simultaneously incorporate each of the five components of physical fitness. These components include cardiovascular strength, endurance, muscular strength, endurance, flexibility and adipose tissue (body fat). Students will learn the importance of perseverance, determination, motivation, and dedication in a fun environment.

Class instruction will be taught by Felicia Perez who has over 14 years experience in teaching dance, gymnastics, and tumbling. She was the director of a successful gymnastics team and has worked with top coaches, trainers, and skill evaluators from UCLA and USA Gymnastics. Felicia has her Master of Science Degree in Physical Education, has a Teaching Credential, a National Safety Certification from USA Gymnastics, Universal Dance Association Certificate, is an Instructor for the American Red Cross and is a Certified Fitness Specialist Master Instructor.

Due to the vigorous nature of the class students may be asked to have a pre-participation medical evaluation.

<b>4 – Adult</b>	<b>Mondays &amp; Wednesday</b>	<b>5:00 - 5:45 PM</b>	<b>Aquatic Center Multipurpose Room B</b>	<b>\$40/8 weeks</b>
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**WINTER REGISTRATION BEGINS:** Wednesday, December 23<sup>rd</sup>, 2010

**SPRING REGISTRATION BEGINS:** Wednesday, February 17<sup>th</sup>, 2010

**SPRING/SUMMER REGISTRATION BEGINS:** Wednesday, April 21<sup>st</sup>, 2010

