Summer Fun Recreation Program

Long Beach City College
Your #1 Community College Choice

Call us Direct: (562)938-4248
Welcome to the summer of 2007

This is our 37th summer and we are looking forward to making this your child’s best summer ever. We offer the best of summer fun together with physical fitness and sports specific training. **We are bringing back golf!** We do lose the use of our large gym this summer due to reconstruction and modernization so we will lose pee wee basketball and volleyball will have to be offered as an outdoor grass unit with Fridays in the gym.

**No Classes on July 4**

**Dog Day**

**EVERY WEDNESDAY**

your camper can buy a hot dog, soda and a bag of chips at noon

**JOINUS!**
Mail in Registration
Starts Now

Swimming Pre-Session: June 11 – June 22
(3:00 – 3:50 Swimming Lessons & Diving Class,
4–4:50 Swimming lessons)

Session 1: June 25 – July 6
Session 2: July 9 – July 20
Session 3: July 23 – August 3

Walk in Registration

June 1, 1 – 5PM
June 4 – 8, 9am – Noon, 1 – 5PM
June 11 – 15, 9am – Noon, 1 – 5PM
June 18–22, 9am–Noon, 1–5PM

No Walk in Registration prior to dates listed above

Location
Long Beach City College
Liberal Arts Campus
Main Gym, R116
4901 E. Carson St. Long Beach, CA 90808

Continuous registration once camps are under way

1. Parents must accompany children under 12 years of age to walk-in registration.
2. Registration is required for all instructional classes.
No confirmation will be sent – unless we are unable to fulfill your request.

For additional information please call the Recreation Office at LBCC (562) 938-4248. (Answering machine – your phone calls will be promptly returned.)

Call us Direct: (562)938-4248
Fee Structure
Children (under 18)

Sports Instruction
Sessions 1, 2, & 3 (two weeks)
Tennis $40 9 – 10 Lessons (45 min. each)
Golf $35 9 – 10 Lessons (45 min. each)

Swimming & Diving Instruction $60
9—10 Lessons (50 min. each)

Sports Camps
Pee Wee camps $55
Volleyball, Tee Ball, and Soccer
10 hours (5 days, 2 hours/day)
All other camps (unless otherwise noted) $70
15 hours (5 days, 3 hours/day)

Recreational swimming (1—2:30)Daily Children $1.00
6:30—8 PM Fridays Adults $1.50

Program fees are non-refundable (given as program credit)

Make checks payable to:
Long Beach City College

Note: camp dates and times are subject to change without notice.

Club Player Soccer Camp payable to:
LBCC Women’s Soccer

Viking Swim Team payable to:
Viking Aquatics

We still offer our package deals for our students and parents. If you sign up for these package deals you receive 10% off the regular price.
The Valhalla package: any three Viking sports camps – regular price $210 ($70 each camp). Discount price - $189. Pee Wee camps – regular price $165 ($55 each camp. Discount price - $149*.
The Viking package: includes tennis class, swim class, and golf class. The cost of these classes is $135. The discount price is $121.50*.
*Price based on single child (not to be used for 3 different children).
Sports Instruction

Tennis* (sessions 1, 2, & 3)

Beginner (ages 8 – 17) (Max 16) ..........9 – 9:45 am
For the students just starting out or with limited tennis experience. Students who had the beginner class last year but have not played much since then should probably repeat. These classes are geared more toward the 8 to 12 year olds, although the older students are welcome.

Pee Wee (ages 5 – 8) (Max 8 – 10) ..........9 – 9:45 am
The Pee Wees get a fun introduction to tennis using motor skills development activities along with simple stroke practice.

Beginner (ages 8 – 17) .........................10 – 10:45 am
Intermediate/Advanced (ages 8 – 17) ..........11 – 11:45 am
The intermediate players should be able to sustain a short rally, but the strokes may need refinement. These students should have some experience serving and keeping score.

Advanced This class is geared toward the more experienced students who are able to hit with some consistency and are ready to play matches. These students should be able to sustain a rally and have a fairly good level of control over most of their tennis shots. This class may consist of high school varsity or junior varsity players or students who are demonstrating the potential to reach that level (younger players may be enrolled with proven ability).

*Participants are required to provide three new top-quality balls (not to be returned) for tennis. Tennis balls must be in an unopened can.

Golf (sessions 1, 2, & 3)

Beginners Ages 8 & up .................1 – 1:45 pm
Intermediate Ages 8 & up .............2—2:45 pm
We have not been able to offer this sport for a while. Clubs and balls are supplied. Beginning classes will teach swing basics along with chipping and putting. Intermediate classes will work on the basics and more advanced techniques. Older beginners are generally able to keep up with intermediate level players.
Parent and Child Aquatics (6 mos. to 5 years old)

Level 1 (No pre-requisite other than 5 years old & up.)

Level 2 Enter unassisted; move 5 yards; bob 5 times to chin level and safely exit the water; float on front with support for 3 seconds; roll to back (with assistance); float on back with support for 3 seconds.

Levels 3 Push off and swim using a combination of arm and leg action for 15 feet on front and back.

Level 4 Swim 15 yards freestyle with face in water and rhythmic breathing Pattern; swim 15 yards backstroke; swim 15 feet butterfly; maintain position by treading or floating for 30 sec.

Level 5 (Swim 25 yards: freestyle, backstroke; swim 15 yards elementary backstroke, breaststroke, butterfly.)

Level 6 (Swim 50 yards: freestyle, backstroke, elementary backstroke, breaststroke; swim 25 yards butterfly; tread water for 2 min; perform a shallow dive into deep water.)

Fitness Swimming
Diving (level 4 & up)

Adult Learn to Swim (18 years & up.) (No pre-requisite)

Early ed classes 9 – 10 Lessons (30 min. each, 5 students)
Levels 1, 2, 3 9 – 10 Lessons (50 min. each, 5 – 10 students)
Levels 4, 5, 6 & diving 9 – 10 Lessons (50 min. each, 10 – 12)
SUMMER FUN RECREATION PROGRAM
Registration Form
THIS FORM MAY BE PHOTOCOPIED FOR ADDITIONAL CHILDREN AND / OR CLASSES

Child’s Name ___________________________________________  Age _____________

<table>
<thead>
<tr>
<th>CLASS</th>
<th>SESSION</th>
<th>TIME</th>
<th>FEE</th>
<th>TOTAL</th>
</tr>
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<tbody>
<tr>
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Payment:
Check: Make checks payable to Long Beach City College or otherwise noted
Credit Card: Complete ALL credit card information including expiration date and authorization signature.
◊ VISA ◊ Master Card
Card No. ____________-__________-__________-__________  Expiration Date: __/___
   month  year
Cardholder’s Name: _____________________________  Cardholder’s Signature: _____________________________
   (print as it appears on card)

CREDIT CARD AUTHORIZATION
I authorize LBCC to charge my credit card account for the exact amount of all required fees associated with this registration request.
SUMMER FUN RECREATION PROGRAM

Assumption of Risk for Participation in Voluntary Activity

Participan:

First name       Last name      Age

School Attending in the Fall:

Description of Activity: Summer Fun Recreation Program

I understand that this activity is voluntary and I grant permission for my child to participate in the Summer Fun Recreation Program. I further understand that this activity could cause serious illness and/or injury, and I assume all risks for any such illness and/or injury. I am aware that no District coverage for medical treatment or liability is provided in connection with this activity.

I understand that pursuant to the California Code of Regulations, Subchapter 5, Section 55450, by participating in this activity I am deemed by law to have waived all claims against the Long Beach Community College District, the Summer Fun Recreation Program its instructors and assistants, or the State of California for injury, accident, illness or death occurring during or by reason of the activity. The undersigned hereby voluntarily releases, discharges, waives and relinquishes any and all actions of causes of action for personal injury, bodily injury, property damage or wrongful death occurring to him/herself arising in any way whatsoever as a result of engaging in said activity or any activities incidental thereto wherever or however the same may occur and for whatever period said activities may continue. The undersigned does for him/herself, his/her heirs, executors, administrators and assigns hereby release, waive discharge and relinquish any action or causes of action, aforesaid, which may hereafter arise for him/herself and for his/her estate, and agrees that under no circumstances will he/she or his/her heirs, executors, administrators and assigns prosecute, present any claim for personal injury, bodily injury, property damage or wrongful death against the District or any of its officers, agents, servants, or employees for any of said causes of action, whether the same shall arise by the negligence of any of said persons, otherwise.

My child has no known medical condition(s), which may pose a risk to the health and safety of others or him/herself by participating in the activity(ies). I agree to advise the Summer Fun Recreation Program in writing of any medical, physical or health condition which may be affected or in any way jeopardized by participating in this specific activity.

Known allergies (foods, medicines, etc.):

Medical Problems:

In the event of illness or injury, I do hereby consent to whatever x-ray examination, anesthetic, medical, surgical or dental diagnosis or treatment and hospital care considered necessary in the best judgment of the attending physician, surgeon, or dentist and performed under the supervision of a member of the medical staff of the hospital or facility furnishing medical or dental services.

In the event of an accident or illness please notify:

Additional Person who may be contacted in case of emergency    Phone

The undersigned hereby acknowledges that he/she knowingly and voluntarily assumes all risk of bodily injury, as stated, and expressly acknowledges their intention, by executing this instrument, to exempt and relieve the District, its officers, agents, and employees, the Summer Fun Recreation Program its instructors and assistants, from any liability for personal injury, bodily injury, property damage or wrongful death that may arise out of or in any way be connected with the above-described activity. I have read the foregoing and have voluntarily signed this agreement. I am aware of the potential risks involved in this activity and I am fully aware of the legal consequences of signing this instrument. I further acknowledge that the District does not provide liability insurance or medical coverage for participants in this activity.

Print Parent or Guardian Name      Signature Parent or Guardian (required)

Mailing Address         City    State   Zip Code

Day Phone     Cell Phone     Date
## Sports Camps

<table>
<thead>
<tr>
<th>Camp</th>
<th>Instructor</th>
<th>Fee</th>
<th>Ages</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Casey Crook – LBCC</td>
<td>$70</td>
<td>8 &amp; up (boys &amp; girls)</td>
<td>June 25—29</td>
<td>9 am—noon</td>
</tr>
<tr>
<td>Boy's Basketball</td>
<td>Gary Anderson/LBCC Staff</td>
<td>$55</td>
<td>8 &amp; up</td>
<td>July 2—6</td>
<td>8—10 am</td>
</tr>
<tr>
<td>Girl's Basketball</td>
<td>Trimeka Jackson/LBCC Staff</td>
<td>$55</td>
<td>8 &amp; up</td>
<td>June 25—29</td>
<td>8—noon</td>
</tr>
<tr>
<td>Soccer</td>
<td>Alex Camargo/LBCC Staff</td>
<td>$70</td>
<td>7 &amp; up</td>
<td>July 16—20</td>
<td>9—noon</td>
</tr>
<tr>
<td>Pee Wee Soccer</td>
<td>Alex Camargo/LBCC Staff</td>
<td>$55</td>
<td>4—7</td>
<td>July 30—Aug3</td>
<td>9—11 am</td>
</tr>
<tr>
<td>Girl's Softball</td>
<td>Walt Webber/LBCC Staff</td>
<td>$70</td>
<td>8 &amp; up</td>
<td>July 9—13</td>
<td>8:30 am—11:30 am</td>
</tr>
<tr>
<td>Pee Wee Tee Ball</td>
<td>Walt Webber/LBCC Staff</td>
<td>$55</td>
<td>4—7 (boys &amp; girls)</td>
<td>July 16—20</td>
<td>9—11 am</td>
</tr>
<tr>
<td>Boy's Flag Football</td>
<td>Walt Webber/LBCC Staff</td>
<td>$70</td>
<td>7 &amp; up</td>
<td>July 23—27</td>
<td>8:30 am—11:30 am</td>
</tr>
<tr>
<td>Co-Ed Volleyball</td>
<td>Suzie Whitmer/LBCC Staff</td>
<td>$70</td>
<td>10 &amp; up</td>
<td>July 30—Aug3</td>
<td>1—4 pm</td>
</tr>
<tr>
<td>Girl's Volleyball</td>
<td>Suzie Whitmer/LBCC Staff</td>
<td>$70</td>
<td>10 &amp; up</td>
<td>July 23—27</td>
<td>1—4 pm</td>
</tr>
<tr>
<td>Pee Wee Volleyball</td>
<td>Suzie Whitmer/LBCC Staff</td>
<td>$55</td>
<td>6—10</td>
<td>July 9—13</td>
<td>8—10 am</td>
</tr>
<tr>
<td>Cheerleading</td>
<td>LBCC Cheerleaders</td>
<td>$55</td>
<td>5 &amp; up</td>
<td>July 16—20</td>
<td>9—11 am</td>
</tr>
</tbody>
</table>

All campers receive a camp T-shirt. All sports camps work on basic skills and drills. These are not advanced camps unless otherwise noted.

Week 1 (June 25—29)  Baseball  Girl's Basketball  
Week 2 (July 2—6)  Boy's Basketball  
Week 3 (July 9—13)  Pee Wee Volleyball  Girl's Softball  
Week 4 (July 16—20)  Cheerleading  Soccer  Pee Wee Tee Ball  
Week 5 (July 23—27)  Flag Football  Girl's Volleyball  
Week 6 (July 30—Aug 3)  Pee Wee Soccer  Co-Ed Volleyball
Shaded areas (in red or black) denote classes are offered at that time.
GUARD START PROGRAM

We are starting a new Red Cross Program called Guard Start. The requirements for participants are ages 11—15 (with proof of passing level 6 and/or ability to swim 8 laps without stopping).

**Time:** 12—2 PM Mon—Fri for 6 weeks
Cost $150 (includes material and books)

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Viking Swim Team

Seven week program run by Chris Oeding and staff (Chris is the former Captain of US Olympic Water Polo Team and current head coach of LBCC men’s and women’s swimming and water polo teams). Program starts June 18 – Aug 3. This is a great way for the swimmer who needs more than what we offer in our classes to continue. Cost: Full program – 7 weeks $195 (includes swim suit, t-shirt, swim cap, and competition). Week to week - $30 per week (includes t-shirt). Time: 5 – 6 PM
Make checks payable to: Viking Aquatics

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Club Players
Soccer Camp

with
Alex Camargo
and staff

This one-week camp offers a more challenging curriculum to intermediate and advanced players with at least (1) year experience in AYSO

TO BE ANNOUNCED

Cost $70
Make checks payable to: LBCC Women’s Soccer Team

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For Parking Permits please pick up your permits in the summer recreation office. These permits will be good in non-staff spots in parking lots J, P, and Vets Stadium

Call us Direct: (562)938-4248

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