

Zumbatomic® LIL' Starz

Ages 4 - 7

Zumbatomic® is a fun and healthy program for children using the ZUMBA® fitness concept. A different look at fitness fun and games are the main focus, while keeping kids active and energized. No class 11/24. Instructor: Maria Chapman

Activity Fee: \$22/month

Location: Town Hall Recreation Center

Date:	Day:	Time:
Sept 1 - 29	Tu or Th	4:30 - 5:10 pm
Oct 4 - 27	Tu or Th	4:30 - 5:10 pm
Nov 1 - 29	Tu or Th	4:30 - 5:10 pm
Dec 1 - 22	Tu or Th	4:30 - 5:10 pm

Zumbatomic® BIG Starz

Ages 8 - 12

Zumbatomic® is a fun and healthy program for children using the ZUMBA® fitness concept. A different look at fitness fun and games are the main focus, while keeping kids active and energized. Instructor: Maria Chapman

Activity Fee: \$22/month

Location: Town Hall Recreation Center

Date:	Day:	Time:
Sept 7 - 28	Wed	5 - 5:50 pm
Oct 5 - 26	Wed	5 - 5:50 pm
Nov 2 - 30	Wed	5 - 5:50 pm
Dec 7 - 21	Wed	5 - 5:50 pm

Youth Tumbling

Ages 5 - 15

Learn jumps, rolls, cartwheels, walkovers and hand springs. Classes also cover stretching and conditioning exercises. Advancement is at the discretion of the coach. Form-fitting clothing is required. Instructor: Lonnie Richling

Activity Fee: \$37 (Level 1) \$9.50 (Level 2)

Location: James Woody Community Center Mini-Gym

Date:	Day:	Time:
Sept 6 - 27	Tu	4 - 4:50 pm (Level 1) 5 - 5:20 pm (Level 2)
Oct 4 - 25	Tu	4 - 4:50 pm (Level 1) 5 - 5:20 pm (Level 2)
Nov 1 - 22	Tu	4 - 4:50 pm (Level 1) 5 - 5:20 pm (Level 2)
Dec 6 - 20	Tu	4 - 4:50 pm (Level 1) 5 - 5:20 pm (Level 2)

Beginning Gymnastics

Ages 7 - 12

This class is a recreational program designed to introduce boys and girls to the sport of gymnastics. Register in advance at Town Hall. A \$35 annual registration fee is due on the first day of class. This fee is for insurance and general maintenance costs. Registration fee is paid directly to 360 Gymnastics.

Activity Fee: \$40/month

Location: 360 Freestyle Gymnastics Academy
22355 Powhattan Rd, C-1, Apple Valley

Date:	Day:	Time:
Sept 2 - 30	Fri	4 - 5 pm
Oct 7 - 28	Fri	4 - 5 pm
Nov 4 - 18	Fri	4 - 5 pm
Dec 2 - 23	Fri	4 - 5 pm

Teen Zone

Ages 13 - 16

Do you have a desire to help your community? Then come volunteer with the Recreation Department. You can earn school credit and gain valuable job experience while having fun helping with sports programs and special events. You can also attend educational workshops throughout the year and earn quarterly awards. Teen Zone meets once a month at the Town Hall Recreation Center. If you are interested in getting involved, you may pick up an application at the Recreation counter at Town Hall.

For more information contact Alicia Dannelley at (760) 240-7000, ext. 7891.



Pom Pom

Ages 4 1/2 - 13

Join in with the Shining Stars and possibly march in the Disneyland Main Street Parade. Marching and dance routines will be taught. Tennis shoes and comfortable clothing are required. Pom poms can be purchased from the instructor for \$22. Instructor: Shari Taylor

Activity Fee: \$30/month \$23 (Nov)

Location: James Woody Community Center Auditorium

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Sept 1 - 22	Th	6:45 - 7:30 pm
Oct 6 - 27	Th	6:45 - 7:30 pm
Nov 3 - 17	Th	6:45 - 7:30 pm
Dec 1 - 22	Th	6:45 - 7:30 pm



Little Gypsy Dance

Ages 11 - 15

Learn the origin of music and dance from around the world. This exciting cultural/ethnic dance class will promote self-esteem, graceful moves and fun fitness for young girls. Instructor: Diane Ona

Activity Fee: \$32/month \$24.50 (Nov)

Location: James Woody Community Center Arts & Craft Room

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Sept 1 - 22	Th	3 - 4 pm
Oct 6 - 27	Th	3 - 4 pm
Nov 3 - 17	Th	3 - 4 pm
Dec 1 - 22	Th	3 - 4 pm

Baton Twirling

Ages 4 1/2 - 13

This class will focus on body coordination and self-discipline. Our goal is to enter competitions, march in local parades and in the Disneyland Christmas Parade in December. Tennis shoes and comfortable clothing are required. Batons are available from the instructor for \$25 (new) or \$10 (used). Instructor: Shari Taylor

Activity Fee: \$30/month \$23 (Nov)

Location: James Woody Community Center Auditorium

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Sept 1 - 22	Th	6 - 6:45 pm
Oct 6 - 27	Th	6 - 6:45 pm
Nov 3 - 17	Th	6 - 6:45 pm
Dec 1 - 22	Th	6 - 6:45 pm

Ballet

Ages 6 - 12

Ballet is a poised style of dance that uses every muscle in the body. It focuses on pointe work and flowing movements. Students will learn the basics of ballet which include grace, flexibility and posture. Appropriate ballet attire and shoes are required, but are not included in the class fee. Instructor: Lonnie Richling

Activity Fee: \$37/4 weeks \$28.25 (Dec)

Location: James Woody Community Center Arts & Crafts Room

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Sept 6 - 27	Tu	6 - 6:50 pm
Oct 4 - 25	Tu	6 - 6:50 pm
Nov 1 - 22	Tu	6 - 6:50 pm
Dec 6 - 20	Tu	6 - 6:50 pm

Hip Hop

Ages 6 - 18

Hip Hop is an energetic and creative form of dance that is sure to get you moving! Learn the fundamentals of a variety of Hip Hop movements. Bring your water bottle! Knee pads are required. Instructor: Chad Rodgers

4 - 5 pm (Beg) 5 - 6 pm (Adv)

Activity Fee: \$32/month

Location: James Woody Community Center Arts & Crafts Room

<i>Date:</i>	<i>Day:</i>	<i>Time:</i>
Sept 2 - 30	Fri	See above
Oct 7 - 28	Fri	See above
Nov 4 - 18	Fri	See above
Dec 2 - 23	Fri	See above

Driver's Education

Ages 14 - 18

Driver's Education is a California-required course that must be taken to receive a driver's license. DMV-accepted completion certificates are issued upon successful completion of the course. Class does not include behind-the-wheel training.

Internet Course

Within 48 hours of registration, the student will have an account created and receive a welcome e-mail and access to the course online.

Activity Fee: \$77

Home Study Course

The home study course includes a full color textbook and five educational videos. Materials will be shipped within 5 days of registration. Students have 30 days to complete the course.

Activity Fee: \$92



Junior Golf

Ages 5 - 17

Golf lessons just for the kids! Students will learn basic rules and etiquette of golf as well the fundamentals of putting, chipping and the full swing. Dress code for class is a collared shirt-no jeans. Fee includes use of golf clubs and balls. Register at Town Hall.

Activity Fee: \$47/month \$35.75 (Dec)

Location: Apple Valley Country Club

Date:	Day:	Time:	
Sept 3 - 24	Sat	9 - 9:45 am	(5 - 9 years)
		10 - 10:45 am	(10 - 17 years)
Oct 1 - 22	Sat	9 - 9:45 am	(5 - 9 years)
		10 - 10:45 am	(10 - 17 years)
Oct 29 - Nov 19	Sat	12 - 12:45 pm	(5 - 9 years)
		1 - 1:45 pm	(10 - 17 years)
Dec 3 - 17	Sat	12 - 12:45 pm	(5 - 9 years)
		1 - 1:45 pm	(10 - 17 years)

Algebra Workshop

Grades 7 - 12

Struggling with Algebra? This workshop is for those who need a little extra help with Algebraic expressions. Content is based on California education standards and is designed for grades 7-12. Instructor is an Arizona State University graduate and is great with all types of learners. Instructor aides will also be available for additional one-on-one help. Students are welcome to bring in homework too. Bring \$5 to the last class for pizza. Instructor: Mauricio Ariza

Activity Fee: \$76

Location: Town Hall Development Services Building
Conference Room 1

Date:	Day:	Time:
Aug 22, 24, 29, 31	Mon/Wed	3:30 - 6 pm
Sept 19, 21, 26, 28	Mon/Wed	3:30 - 6 pm

Teen Art Workshop

Ages 13 - 17

Get in touch with your artistic side! This 2-day workshop will be offered during the AVUSD fall break and covers the fundamentals of drawing and painting. All supplies are included. Contact Alicia Dannelley at (760) 524-7139 for more information.

Activity Fee: \$44

Location: Town Hall Recreation Center

Date:	Day:	Time:
Oct 13 & 14	Th/Fri	1 - 4 pm

Youth Tennis Lessons

Ages 6 - 17

Kids of all skill levels will learn and improve on the basic skills of tennis. Bring a tennis racquet and a can of balls. Register at Town Hall. Instructor: Bill Mocharnuk

Activity Fee: \$27/4 weeks

Location: Apple Valley Country Club

Date:	Day:	Time:
Sept 3 - 24	Sat	8:30 - 9:15 am (Beg)
		9:15 - 10 am (Int/Adv)
Oct 1 - 22	Sat	8:30 - 9:15 am (Beg)
		9:15 - 10 am (Int/Adv)
Nov 5 - 19	Sat	8:30 - 9:15 am (Beg)
		9:15 - 10 am (Int/Adv)
Dec 3 - 17	Sat	8:30 - 9:15 am (Beg)
		9:15 - 10 am (Int/Adv)

3-Diamond Skate Park

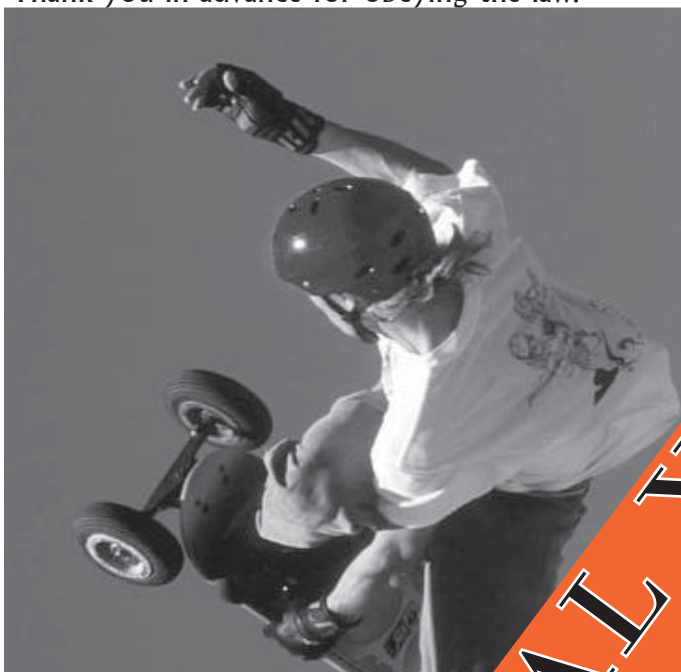
Located at the James Woody Community Center

Open 9 am - dusk

Skateboard and BMX aficionados will now be able to enjoy the 3 Diamond Skate Park. The park has been renovated and expanded to accommodate both skateboard and BMX bike use.

The recently renovated park now has a distinct plaza style with stairs, ledges, a huge quarter pipe and more. BMX bikes, skateboards, roller skates and in-line skates are allowed.

All park users please be aware that the Town of Apple Valley has adopted Town Ordinance 11.68.060, the requirement for wearing a helmet, elbow and knee pads at all times while in the skate park. The rules are enforceable and citable. Thank you in advance for obeying the law.



AV PAL Youth Center



Ages 7 - 17

Programs are offered at the Apple Valley Youth Center or at the Boxing Center

Youth Center is open Monday - Friday

The Apple Valley Police Activities League (PAL) provides after school mentoring programs and athletic and life skills to our children at little or no cost. The Youth Center offers programs such as boxing and is a place where Apple Valley youth can play pool, ping pong, use the computer and the internet in a monitored environment, or simply hang out with their peers.

For more details, call (760) 961-0754 or visit our website at www.avpal.org

Locations: Youth Center: James Woody Community Center
Ward Room

Boxing Center: 22390 Eyota Road

This program is conducted by the Apple Valley PAL and is not sponsored by the Town of Apple Valley Park and Recreation Department