

ACTIVITY GUIDE • WINTER/SPRING 2025

CONTENTS	2
EVENTS	
Spring Celebration	4
Making Change Contest	5
Special Needs Events	48
CAMP CLAREMONT	6
CLASSES	8
Arts, Crafts, & Photography	9
Dance	12
Fitness	15
Gymnastics	17
Martial Arts	21
Music & Theatre	23
Special Interest	24
Team & Individual Sports	27
SENIOR PROGRAMS	30
YOUTH PROGRAMS	
TAC & YAC	39
ABC's for Me Preschool	42
PARKS AND FACILITIES	
Picnic Area Reservations	43
Claremont Hills Wilderness Park	44
Nature Nook	45
Support CHWP	45
Parks and Trails	46
Claremont Facilities	47

DEPARTMENT CONTACTS

Melissa Vollaro	Recreation and Human Services Director
Eric Ey	Recreation and Human Services Manager
Michelle Castillo	Management Analyst
Patricia Cisneros	Senior Administrative Assistant
Jennifer Helé	Senior Recreation and Human Services Supervisor
Raymond Garcia	Recreation and Human Services Coordinator
Skylar Segura	Senior Recreation and Human Services Supervisor
Brandon Brown	Recreation and Human Services Coordinator
Amber Tudor	Program Coordinator
Chase Berryman	Recreation and Human Services Supervisor
Kelly Love	Recreation and Human Services Coordinator
Joslyn Villegas	Recreation and Human Services Coordinator



Alexander Hughes Community Center

1700 Danbury Rd., Claremont, CA 91711

Monday-Thursday Friday Saturday 9:00 AM-9:00 PM 9:00 AM-6:00 PM 9:00 AM-2:00 PM Closed: 1/15, 2/19

DEPARTMENT CONTACTS

Alexander Hughes Community Center (9	09) 399-5490
Blaisdell Center(9	09) 399-5367
Facility Reservations	09) 399-5490
Picnic Area Reservations(9	09) 399-5490
Senior Program(9	09) 399-5488
TRACKS Activity Center (TAC) (9	09) 399-5378
Youth Activity Center (YAC)(9	109) 399-5360

CITY CONTACTS

Building(909) 399-5470
City Hall(909) 399-5460
City Yard(909) 399-5431
Economic Development(909) 399-5341
Engineering(909) 399-5465
Graffiti Abatement Line(909) 445-7825
Joslyn Senior Center(909) 399-5488
Oak Park Cemetery(909) 399-5487
Personnel(909) 399-5450
Planning(909) 399-5470
Police Dept. (non-emergency) (909) 399-5411

UTILITIES

Golden State Water (Water)	. 1-800-999-4033
So CA Edison (Electric)	. 1-800-655-4555
So CA Gas (Gas Company)	. 1-800-427-2200
Time Warner Cable (Cable TV)	. 1-888-255-5789
Verizon (Phone Services)	. 1-800-483-4000

CLAREMONT UNIFIED SCHOOL DISTRICT

Chaparral Elementary School (909) Claremont Adult School (909) Claremont High School (909) Condit Elementary School (909) Educational & Services (909) El Roble Intermediate School (909) Mountain View Elementary School (909) Oakmont Elementary School (909) San Antonio High School (909) Student Services (909) Sumpar/Daphyry Elementary School (909)	624-6402 624-9053 398-0300 398-0609 398-0343 398-0313 398-0316 398-0609
<u> </u>	398-0609 398-0320 398-0324

TRANSPORTATION SERVICES

Dial-A-Ride Cab	(909) 623-0183
Get About	(909) 596-5964



YEAR IN REVIEW

WE BECAME THE RECREATION AND HUMAN SERVICES DEPARTMENT

to better reflect our program offerings

15,319

HOURS OF SERVICE

were provided by volunteers to the community

19,000

MEALS

served to senior citizens

EXCLUSIVE EVENTSwere hosted for individuals with special needs.

GRANTS WERE AWARDED

to community-based non-profits

15

EVENTS

were allocated to Claremont non-profits at the Padua Hills Theatre 400,000+

VISITORS WERE WELCOMED

to the Claremont Hills Wilderness Park

100+

COMMUNITY VOLUNTEERS

donated their time

950+

CAMPERS

participated in Camp Claremont

1,050

CONTRACT CLASSES

were offered

1,700

1700

VISITORS WERE WELCOMED

across 3 wading pools this summer

12 SPEC WER

SPECIAL EVENTS WERE HOSTED

or the communitu

Alexander Haghes Community Center



For more information visit ClaremontRec.com or email SpecialEvents@claremontca.gov.



The City of Claremont and the Claremont Unified School District present



35th Annual

MAKING CHANGE

CONTEST

Contest Focuses on Human Rights

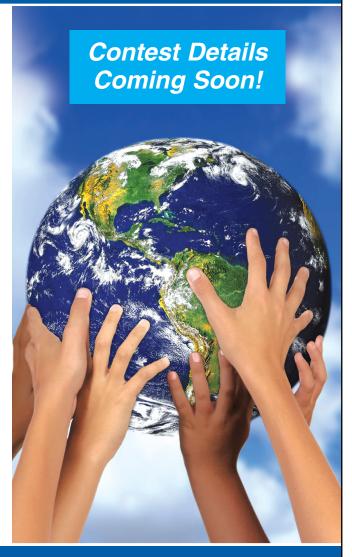
The City of Claremont and the Claremont Unified School District are proud to announce the 35th annual "Making Change" Contest.

This Contest recognizes the champions of human rights and social justice. It also provides an opportunity for students to honor and remember all that these champions have done to transform the world for the better.

Students (K-12) who live in or attend school in Claremont may participate by submitting individual letters, essays, multimedia presentations, or artistic works completed as a group.



2024 Winners in the 7th-8th grade category were from El Roble Intermediate: Madison Jones, Angie Lu, Mia Stuhlman, and Laila Vinas



For more information visit ClaremontRec.com or email SpecialEvents@claremontca.gov.



June 23 -August 1

Monday - Friday 8:00 AM - 1:00 PM

Ages

5-12 years old **Participants**

13-18 years old Volunteers

> Fee \$75/week

Registration/ **Enrollment**

If you choose to enroll online, your \$15 enrollment fee will be waived. Proof of residency or CUSD enrollment is required and may take a few days to approve. You must be pre-approved before registering.

CLICK HERE OR SCAN THIS CODE TO GO **ONLINE AND REGISTER**



Claremont Recreation and Human Services



REGISTRATION BEGINS

ONLINE SUNDAY, **APRIL 13** 8:00 AM

IN-PERSON MONDAY. **APRIL 14** 9:00 AM

SCHOLARSHIPS

Scholarships are available and you must be pre-approved before registering your child for camp. There are no same day approvals. If you are planning on using a scholarship, please begin the process for approval as soon as possible.



CTIVITIES





Join us for fun this summer!

Arts & Crafts • Games • Science Nature • Sports • Assemblies

Week 1

June 23-27: Week 4

Julu 14-18

To Infinity and Beyond

Blast off to Infinity and Beyond, where the wonders of science and space await! This week, campers will embark on an exciting journey through the cosmos, exploring the mysteries of the universe and the science that makes it all possible. With handson experiments and engaging activities, we'll float through space, dodging rogue asteroids, and launch handmade rockets. Camp Claremont is launching in t-minus five.... four... three... two... one! Lift off!

Week 2

June 30-July 4

Medieval Renaissance

Here ye, here ye! This week, we are traveling back in time to the enlightenment of the renaissance. Knights will frolic alongside unicorns and dragons, defending the land of Camp Claremont! We will be capturing the flags of enemy kingdoms, designing our own group's medieval crests, and firing canon dodgeballs across the forest! 4th of July will be closed and the price for the week will be pro-rated.

Week 3

Wildlife Wonders

Welcome to Wildlife Wonders, where adventure awaits! This week, campers will explore the incredible world of animals in a fun and engaging way. Through exciting activities, a hands-on animal assembly, and outdoor exploration, we'll dive into nature's mysteries together. From scavenger hunts to activities, every day will be a new opportunity to learn and discover. Join us as we celebrate the beauty of wildlife and make lasting memories with new friends.

Claremont Heroes

Join us at Camp Claremont this week for an exhilarating celebration of your favorite heroes! We're thrilled to connect with our very own local champions, the Claremont Police Department! They'll be sharing their knowledge about public service and safety, while joining in on the fun with our young heroes. Don't miss out on the delicious Ice Cream Social with City Dignitaries, where treats and smiles abound. It's going to be an unforgettable week filled with inspiration, learning, and sweet moments!

Week 5

July 21-25

Under the Sea

Prepare your scuba gear! Camp is leaving behind the desert sands for the depths of the ocean. This week, we will learn all about what creatures' dwell in the deep blue sea (hopefully we don't run into a kraken!) While we host a water day every week of camp, this week will be especially water-logged. We will search for buried treasure, create collages of shells and sea stones, and most importantly, splash around. Can't wait to sea you there!

July 7-11 Week 6 July 28-August 1

Sportacular Summer

Get set for an epic adventure during Sportacular Summer! Campers will unleash their inner athletes with a thrilling lineup of games, challenges, and team spirit. From classic sports to wild new activities, every day is packed with action and excitement! Join us for high-energy fun, new friendships, and the chance to be a champion on and off the field. Let the games

Please note: Camp will be closed July 4th. • Group ages are calculated off the first day of camp. • Volunteers must go through a selection process and acceptance is not guaranteed. Fees apply. • Registration and weekly fees are not refundable.



3 EASY WAYS TO REGISTER FOR ACTIVITIES

BY DESKTOP COMPUTER

Go to **ClaremontRec.com**

Browse and choose from the available classes.

2 BY SMARTPHONE OR TABLET

Scan the QR codes in this guide by opening the camera app on your phone or tablet and pointing the camera at the code. A banner that reads Open activecommunities.com will appear at the top of your device. Tap it to view the class description.



3 IN PERSON

Alexander Hughes Community Center, 1700 Danbury Rd., Claremont

Hours: Mon-Thu 9:00 AM-9:00 PM

Fri 9:00 AM-6:00 PM • Sat 9:00 AM-2:00 PM

ASSISTANCE

If you need assistance registering for a class, contact the Alexander Hughes Community Center at (909) 399-5490 or email HSCounterStaff@claremontca.gov.

FEE AND REFUND POLICIES: Credit Card Convenience Fee - A convenience fee will be applied to all online or in-person credit/debit card transactions. Camp Claremont Refund & Transfer Policy - All fees, including the registration fee, enrollment fee, and any materials fees are non-refundable, unless the activity is cancelled by the City. Contract Class/Activity Refund & Transfer Policy - Refund and transfer requests must be received at least 72 hours prior to the second class meeting or within 24 hours after the first class, if the class meets more than once per week. • Refund requests for one and two-day workshop activities must be received 72 hours prior to the first meeting. • All refunds requests are subject to review and documentation may be required. • All activity fees cannot be pro-rated for any reason, including absence. • A \$10 handling fee will be charged per class/activity for the processing of refund requests or transfers. • The Recreation and Human Services Department reserves the right to cancel classes if enrollment does not meet the required minimum number of students. If the City cancels a class or activity, the enrollee is entitled to a full refund. • Credit card refunds may take up to 5 days to appear on your account; refunds issued by check will be mailed within 4-6 weeks. If you paid with a check, do not stop payment. Stopping payment will result in a \$20 return check fee.



ARTS, CRAFTS & PHOTOGRAPHY

Young Rembrandts

BASICS OF ELEMENTARY AND CARTOON DRAWING

 Alexander Hughes Community Center 1700 Danbury Rd., Claremont

This class alternates weekly the basics of drawing and our humorous cartoon curriculum. Students will improve drawing skills, understanding of art concepts, vocabulary and create silly characters.

Instructor: Young Rembrandts Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17713	6-12	w	2/5-3/12	5:00 PM-5:55 PM	\$102/\$107
17714	6-12	W	4/9-5/14	5:00 PM-5:55 PM	\$102/\$107



LEGO AMAZING ANIMALS

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Fun exciting activities using LEGO Bricks and model building! From mosaics to sculptures to motorized models, we're always doing activities that help kids learn STEAM (science, technology, engineering, art, math) fundamentals in ways that are fun and engaging. Kids in our programs usually don't realize they're learning something because they're having so much fun doing it!

Notes: \$20 material fee required on first day, given to the instructor

Instructor: Bricks 4 Kidz

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17762	5-11	T	1/7-2/11	4:00 PM-5:00 PM	\$132/\$137

LEGO MINE CRAFT WORKSHOP

1-DAY WORK SHOP

 Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Fun exciting activities using LEGO Bricks and model building! From mosaics to sculptures to motorized models, we're always doing activities that help kids learn STEAM (science, technology, engineering, art, math) fundamentals in ways that are fun and engaging. Kids in our programs usually don't realize they're learning something because they're having so much fun doing it!

Instructor: Bricks 4 Kidz

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17758	5-11	М	2/10	2:00 PM-5:00 PM	\$52/\$57

LEGO INTERGALACTIC QUEST

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Each week we'll learn about a different aspect of STEM, how it relates to space, and what aspects are science fiction versus science fact. Each class is a fun and educational LEGO-building adventure with Bricks 4 Kidz. We use age-appropriate models for different levels of building skill. This hands-on class explores STEAM concepts (Science, Technology, Engineering, Art, and Math) primarily using LEGO Bricks, in which children will develop problem-solving and critical-thinking skills in a fun and engaging way.

Notes: There is a supply fee of \$20

Instructor: Bricks 4 Kidz

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17760	5-11	Т	4/1-4/29	4:00 PM-5:00 PM	\$112/\$117

LEGO SPRING FUN CAMP

Alexander Hughes Community Center 1700 Danbury Rd., Claremont CAMP FOR KIDS

Fun exciting activities using LEGO Bricks and model building! From mosaics to

sculptures to motorized models, we're always doing activities that help kids learn STEAM (science, technology, engineering, art, math) fundamentals in ways that are fun and engaging. Kids in our programs usually don't realize they're learning something because they're having so much fun doing it!

Notes: There is a supply fee of \$20

Instructor: Bricks 4 Kidz

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17761	5-11	M-F	4/7-4/11	9:00 AM-12:00 PM	\$197/\$202

CLAREMONT RECREATION AND HUMAN SERVICES



LEGO AIR, LAND, AND SEA

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Step aboard to build some exciting ways to get from here to there. Take to the sky in our Bricks 4 Kidz helicopter or air show models, race across the beach in an ingenious land sail, and zoom through the water on a jet ski. Kids will learn what makes each machine unique and how it moves; exploring concepts such as buoyancy, propulsion, lift, and g-forces! What other ways will you invent to travel through air, land, and sea? Whether you're a high-speed thrill-seeker or just curious about how things work, this unit offers something for everyone.

Notes: There is a supply fee of \$20

Instructor: Bricks 4 Kidz

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17759	5-11	Т	2/18-3/25	4:00 PM-5:00 PM	\$132/\$137

CERAMICS HAND-BUILDING

Studio Claremont 522 W 1st Claremont CA, 91711

This class serves as an excellent introduction to the wonderful world of ceramics. Students will learn various hand-building techniques such as pinch, coil, slab construction (and so much more), and surface decoration to add a personal touch to each piece. Through guided projects, they will create functional and decorative pieces like bowls, mugs, and sculptures. From figurative sculptures to abstract designs,



students will have the freedom to express their artistic visions.

Instructor: Nicole Jaramillo

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17551	10-15	Th	1/16-2/6	5:30 PM-7:00 PM	\$162/\$167
17552	10-15	Th	2/13-3/6	5:30 PM-7:00 PM	\$162/\$167
17553	10-15	Th	3/13-4/3	5:30 PM-7:00 PM	\$162/\$167

PRODUCT DESIGN & MAKING

Studio Claremont 522 W 1st Claremont CA, 91711

In this product design class, students create artwork for products like stickers, tote bags, keychains, and T-shirts using visual communication. They'll draft logos, experiment with markers or fabric paints, and finalize designs while learning to present ideas and refine their work. The class fosters design thinking and a marketing mindset. Students will hand-paint designs on items like tote bags and canvas shoes, while the instructor digitalizes designs for printables. They'll also make crafts like polymer clay keychains.

Instructor: Nicole Jaramillo

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17548	9-15	Th	1/16-2/6	3:45 PM-5:15 PM	\$162/\$167
17549	9-15	Th	2/13-3/6	3:45 PM-5:15 PM	\$162/\$167
17550	9-15	Th	3/13-4/3	3:45 PM-5:15 PM	\$162/\$167



LITTLE ARTISTS

Studio Claremont 522 W 1st Claremont CA, 91711

Welcome to the enchanting world of art! In our Little Artists class. Children ages 4-6 years old will embark on an exciting journey of self-expression, imagination, and artistic discovery. Through a delightful blend of painting, drawing, ceramics, oil pastels, and crafts, we will ignite their creativity and nurture their artistic abilities. In our carefully designed projects, children will develop their artistic skills and enhance their cognitive abilities, sensory perception, and social interaction. Our nurturing and inclusive environment will ensure that each child feels supported and inspired to explore their unique creativity. Class is drop off only.

No class: 4/22

Instructor: Nicole Jaramillo

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17467	4-6	Т	1/14-2/4	4:00 PM-5:00 PM	\$162/\$167
17468	4-6	Т	2/11-3/4	4:00 PM-5:00 PM	\$162/\$167
17469	4-6	Т	3/11-4/1	4:00 PM-5:00 PM	\$162/\$167
17470	4-6	Т	4/8-5/6	4:00 PM-5:00 PM	\$162/\$167



REALISTIC DRAWING FOR **WEENS & TEENS**

Studio Claremont 522 W 1st Claremont CA, 91711

This realistic drawing and painting class focuses on mixed media techniques including graphite, colored pencil, watercolor, oil pastels, soft pastels, and acrylics. Students will explore creating 3D still life compositions, learning essential techniques such as cross-hatching, shading, blending, and layering. This class is perfect for students who are passionate about realism and eager to enhance their drawing and painting skills. The class will incorporate skills in eye-hand coordination, spatial awareness, perspective, self-expression, and problemsolving throughout each lesson.

Instructor: Nicole Jaramillo

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17471	10-15	w	2/12-3/5	5:15 PM-6:45 PM	\$162/\$167
17472	10-15	W	3/12-4/2	5:15 PM-6:45 PM	\$162/\$167

FABRIC PAINTING

VIRTUAL

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

In this class you will be taught how to paint on fabric material. This class is open to all ages for a family fun activity. First class will be held in-person at the Alexander Hughes Community Center, you will be given a run down of all the details of this class and will be provided the necessary materials by the instructor. No prior experience needed.

Notes: Material fee \$15 due to the instructor on the first day of class

No class: 2/21

Instructor: Pushpa Sahu

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17834	6-20	F	1/10-1/31	4:30 PM-5:30 PM	\$161/\$166
17835	6-20	F	2/7-3/7	4:30 PM-5:30 PM	\$161/\$166
17836	6-20	F	3/14-4/4	4:30 PM-5:30 PM	\$161/\$166

SPRING BREAK WITH TINKERSPACE



Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Engage your creative spark with hands-on projects! Each class offers a unique crafting experience, from building miniature houses to designing magical gardens or creating ting polymer clay worlds inside Altoid tins. The Spring Maker Mania session provides the freedom to work on any project of your choice, with suggested spring crafts available. Whether signing up for one of multiple classes, students will enjoy creativity, problem-solving, and self-expression through fun and imaginative crafting. Cardboard House (4/7/25) explore architecture, interior decorating, and doll-making with cardboard and recycled materials. Altoid Tin World (4/8/25) design a tiny world using polymer clay, felt, and upcycled art materials. Fairy Garden (4/9/25) craft charming accessories for your fairy garden using polymer clay and natural elements. Spring Maker Mania (4/10/25) add to earlier projects or start fresh with plenty of spring craft ideas, plus a spring-themed puzzle room!

Instructor: TinkerSpace Inc.

#	AGES	DAYS	DATES	TIMES	R/NR FEE			
CARDBOARD HOUSE								
17767	7-16	М	4/7	9:30 AM-12:00 PM	\$82/\$87			
ALTOI	TIN WORL	D						
17768	7-16	Т	4/8	9:30 AM-12:00 PM	\$82/\$87			
FAIRY	GARDEN							
17769	7-16	w	4/9	9:30 AM-12:00 PM	\$82/\$87			
SPRING MAKER MANIA								
17770	7-16	Th	4/10	9:30 AM-12:00 PM	\$82/\$87			

DESIGN YOUR OWN TOTE BAG

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Come to this fun class and create a tote bag that reflects you. A 12x15 beige canvas tote bag will be provided. Dazzling accessories, such as trim, paint, fabric, patches, etc. will also be provided. Bring any personal embellishments that you would like to incorporate; this class environment will engage your creative side. The instructor will guide you with clever prompts to bring out the artist in you. At the end of class you will leave with a new personal tote bag, expressing your individuality.

Instructor: Susan Metzger

No class: 1/23, 2/20, 3/20

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17618	Adult	Th	1/16-1/30	6:00 PM-7:30 PM	\$27/\$32
17619	Adult	Th	2/13-2/27	6:00 PM-7:30 PM	\$27/\$32
17620	Adult	Th	3/13-3/27	6:00 PM-7:30 PM	\$27/\$32



DANCE

StormBreakers

BREAKDANCE FOUNDATIONS FOR KIDS

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Get ready for a high-energy, fun, yet challenging class perfect for outgoing kids! Our beginner and intermediate breaking classes focus on building foundational skills in breaking, with plenty of handstands, endurance, and balance work. With HIIT-style exercises incorporated, your child will not only get stronger but improve coordination and focus. These classes are ideal for kids who can follow directions and are ready to commit to learning this dynamic dance form. We recommend this class for ages 8 and up. If your child is under 8, they are required to do an assessment to make sure they're ready for the challenge!

No class: 1/20, 2/17

Instructor: Alberto Yap

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17454	8-18	М	1/6-1/27	4:30 PM-5:30 PM	\$77/\$82
17455	8-18	М	2/3-2/24	4:30 PM-5:30 PM	\$77/\$82
17456	8-18	М	3/3-3/24	4:30 PM-5:30 PM	\$77/\$82

SALSA FOOTWORK FOR ABSOLUTE BEGINNERS

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Start the new year with something new: Salsa Dance! Absolute beginners are encouraged to attend. This class is intended to give you an introduction to the vast world of salsa dance. Students will learn foundational footwork, posture, basic steps as well as combinations that you can use on the dance floor. Partner not needed, though bringing friends and family is encouraged. Let's Salsa!

No class: 2/20

Instructor: Vanessa Hidalgo

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17810	16-Adult	Th	1/9-1/30	6:45 PM-7:45 PM	\$57/\$62
17811	16-Adult	Th	2/6-3/6	6:45 PM-7:45 PM	\$57/\$62
17812	16-Adult	Th	4/10-5/1	6:45 PM-7:45 PM	\$57/\$62

Notes: Virtual

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17822	16-Adult	Th	1/9-1/30	6:45 PM-7:45 PM	\$57/\$62
17823	16-Adult	Th	2/6-3/6	6:45 PM-7:45 PM	\$57/\$62
17824	16-Adult	Th	4/10-5/1	6:45 PM-7:45 PM	\$57/\$62

MEXICAN FOLKLORE DANCE

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Designed to encompass traditional Mexican culture and dance, influenced by local folklore characteristics. Participants will gain knowledge of dance skills and techniques dedicated to present the beautiful cultural heritage of Mexico. There will be a 2-hour class on 1/27.

No class: 1/20

Instructor: Maria Elena Alvarez

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17859	6-18	М	1/6-1/27	5:00 PM-6:00 PM	\$62/\$67
17860	6-18	М	2/3-3/3	5:00 PM-6:00 PM	\$62/\$67
17861	6-18	М	3/10-3/31	5:00 PM-6:00 PM	\$62/\$67
17862	6-18	М	4/7-4/28	5:00 PM-6:00 PM	\$62/\$67

COUNTRY WESTERN LINE DANCING

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Start anytime and learn to dance the easy way!! Steps are broken down and taught at a slow pace. Join us and don't miss out on the fun. The first hour is Beginning, second hour is Intermediate. Step sheets are available. Drop in registration also available at the front counter on class nights.

No class: 1/20 & 2/17

Instructor: Bonnie Reed

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17781	12-Adult	М	1/6-3/10	6:00 PM-8:00 PM	\$92/\$97
17782	12-Adult	М	3/17-4/28	6:00 PM-8:00 PM	\$82/\$87

BEGINNING CHEERLEADING AND POM

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Students will learn all the basics in cheer and dance. Pom dance incorporates elements from various dance styles, including jazz and hip hop. Each quarter will offer an exciting new routine and end with a performance for their loved ones. Comfortable, dance-style clothing and tennis shoes are required for each class.

No class: 4/1

Instructor: Dance With Miss V

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17832	7-12	Т	1/14-3/4	5:00 PM-5:45 PM	\$124/\$129
17833	7-12	Т	3/18-4/29	5:00 PM-5:45 PM	\$110/\$115

BEGINNING HIP HOP

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Join this fun introduction into the Hip Hop style of dance! Learn basic Hip Hop motions and listen to the musicality of each song. Dancers will learn Hip Hop and break-dancing tricks and techniques throughout the session. Confidence in themselves and in their dancing will improve greatly in this class. Each quarter will offer an exciting new routine and end with a performance for their loved ones. Comfortable, dance-style clothing and tennis shoes are required for each class.

No class: 4/1

Instructor: Dance With Miss V

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17830	4-7	Т	1/14-3/4	4:00 PM-4:45 PM	\$124/\$129
17831	4-7	Т	3/18-4/29	4:00 PM-4:45 PM	\$110/\$115

BEGINNING TAP/BALLET

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Suitable for any beginner dancer. Learn the fundamentals of beginning positions, ballet terms, the beginning steps of tap, and patterns. Dancers will work on stretching, balance, rhythmic motion, and so much more! Ballet leotard, skirt/tutu, and ballet slippers are required for each class.

Notes: \$25 Costume fee if dancer participates in recital

No class: 4/1

Instructor: Dance With Miss V

	#	AGES	DAYS	DATES	TIMES	R/NR FEE
	17828	3-6	Т	1/14-3/4	3:00 PM-3:45 PM	\$124/\$129
ľ	17829	3-6	Т	3/18-4/29	3:00 PM-3:45 PM	\$110/\$115

LATIN DANCE BEGINNING/ INTERMEDIATE

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Become competent on the dance floor by learning the basics of these Latin dances: Rumba, Cha Cha, Salsa, and some Tango or Samba. Students with previous experience will learn additional fun steps, as some styling techniques.

Instructor: Diane Carty

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17721	16-Adult	Th	1/9-1/30	8:00 PM-9:00 PM	\$80/\$85
17722	16-Adult	W	3/5-3/26	6:00 PM-7:00 PM	\$80/\$85
17726	16-Adult	Th	4/3-4/24	7:00 PM-8:00 PM	\$80/\$85

BEGINNING BALLROOM

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Ballroom dance like the stars! The beginning class is a great place to start your dance experience and gain the confidence you need to join the fun on the dance floor! The class covers the basics in Foxtrot, Swing, Cha Cha, and Waltz.

Instructor: Diane Carty

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17709	16-Adult	W	1/8-1/29	7:00 PM-8:00 PM	\$80/\$85
17710	16-Adult	W	2/5-2/26	7:00 PM-8:00 PM	\$80/\$85
17711	16-Adult	W	3/5-3/26	7:00 PM-8:00 PM	\$80/\$85
17712	16-Adult	W	4/2-4/23	7:00 PM-8:00 PM	\$80/\$85

INTERMEDIATE BALLROOM

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Take your ballroom dancing to the next level! This class includes more steps each session for dances taught in the beginning class. Additionally, students will learn Latin dancing steps for Rumba, Samba, Tango, or Salsa. Leading and following will be emphasized.

Instructor: Diane Carty

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17715	16-Adult	W	1/8-1/29	8:00 PM-9:00 PM	\$80/\$85
17716	16-Adult	W	2/5-2/26	8:00 PM-9:00 PM	\$80/\$85
17718	16-Adult	W	3/5-3/26	8:00 PM-9:00 PM	\$80/\$85
17719	16-Adult	W	4/2-4/23	8:00 PM-9:00 PM	\$80/\$85

DANCE LIKE STARS AT YOUR SPECIAL EVENT

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Shine like stars at parties, weddings, anniversaries, reunions, etc. This class is for couples celebrating a special event, for members of a wedding party, or anyone desiring a more personal dance experience. Bring your own music to the first class.

Instructor: Diane Carty

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17728	16-Adult	w	1/8-1/29	6:00 PM-7:00 PM	\$80/\$85
17729	16-Adult	Th	2/6-2/27	6:00 PM-7:00 PM	\$80/\$85
17730	16-Adult	Th	3/6-3/27	7:00 PM-8:00 PM	\$80/\$85
17733	16-Adult	W	4/2-4/23	6:00 PM-7:00 PM	\$80/\$85



CLAREMONT RECREATION AND HUMAN SERVICES

BEGINNING TANGO

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Don't stay seated when you hear Tango music! Get up and dance! This class will show you some basic moves and some styling too.

Instructor: Diane Carty

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17708	16-Adult	Th	4/3-4/24	8:00 PM-9:00 PM	\$80/\$85



COAST SWING BEGINNING/INTERMEDIATE

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Burn some calories with this energetic dance and have fun too! Learn basic single and triple rhythms with turns, kicks, and hand changes. Leading and following are emphasized. Timing, changes, and more intricate steps are added for intermediate students.

Instructor: Diane Carty

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17734	16-Adult	Th	1/9-1/30	7:00 PM-8:00 PM	\$80/\$85
17735	16-Adult	W	2/5-2/26	6:00 PM-7:00 PM	\$80/\$85
17736	16-Adult	Th	3/6-3/27	6:00 PM-7:00 PM	\$80/\$85

NIGHTCLUB 2 STEP

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

This is a smooth and easy-flowing romantic dance adapted to today's popular ballads and love songs. It is a slower tempo ballroom dance, completely different than the country two step.

Instructor: Diane Carty

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17707	16-Adult	Th	2/6-2/27	8:00 PM-9:00 PM	\$80/\$85



WALTZ AND FOXTROT

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

This class gives you a good chance to concentrate on two dances that share many of the same steps. Enjoy the fun and elegance of the Waltz and Foxtrot in preparation for your night on the town.

Instructor: Diane Carty

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17703	16-Adult	Th	1/9-1/30	6:00 PM-7:00 PM	\$80/\$85
17704	16-Adult	Th	2/6-2/27	7:00 PM-8:00 PM	\$80/\$85
17705	16-Adult	Th	3/6-3/27	8:00 PM-9:00 PM	\$80/\$85
17706	16-Adult	Th	4/3-4/24	6:00 PM-7:00 PM	\$80/\$85

BELLY DANCE FOR ABSOLUTE BEGINNERS

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Curious about belly dance? This class is for you! Geared for absolute beginners, students will learn about the history of belly dance, foundational postures and footwork, hand positioning, undulations, and shimmies. Classes will begin with a warm-up, as well as drills throughout class, and a short combination applying all that we have learned. Turn that curiosity into reality. Let's shimmy into the new year!

No class: 2/20

Instructor: Vanessa Hidalgo

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17813	16-Adult	Th	1/9-1/30	5:30 PM-6:30 PM	\$57/\$62
17814	16-Adult	Th	2/6-3/6	5:30 PM-6:30 PM	\$57/\$62
17815	16-Adult	Th	4/10-5/1	5:30 PM-6:30 PM	\$57/\$62

Notes: Virtual

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17825	16-Adult	Th	1/9-1/30	5:30 PM-6:30 PM	\$57/\$62
17826	16-Adult	Th	2/6-3/6	5:30 PM-6:30 PM	\$57/\$62
17827	16-Adult	Th	4/10-5/1	5:30 PM-6:30 PM	\$57/\$62



HULA CLASS- MELIA

 Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Hula is the storytelling dance of the Hawaiian Islands. You will learn Hawaiian words, basic hula motions and the dances of Hawai'i.

Instructor: Yvonne Garcia

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17723	3-5	w	1/8-2/26	2:00 PM-2:30 PM	\$79/\$84
17724	3-5	W	3/5-4/30	2:00 PM-2:30 PM	\$79/\$84

HULA CLASSES-LIKO LEHUA

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Hula dancing is the storytelling of the Hawaiian Islands. You will learn Hawaiian words, basic hula motions, and the dances of Hawai'i.

Instructor: Yvonne Garcia

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17725	6-11	w	1/8-2/26	6:00 PM-6:45 PM	\$105/\$110
17727	6-11	W	3/5-4/30	6:00 PM-6:45 PM	\$105/\$110

HULA CLASS- ADULT

 Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Hula is the storytelling dance of the Hawaiian Islands. You will learn Hawaiian words, basic hula motions and dances of Hawai'i.

Instructor: Yvonne Garcia

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17731	12-Adult	w	1/8-2/26	7:00 PM-7:45 PM	\$105/\$110
17732	12-Adult	W	3/5-4/30	7:00 PM-7:45 PM	\$105/\$110

FITNESS

SOUND HEALING

 Alexander Hughes Community Center 1700 Danbury Rd., Claremont

In this class, the instructor will lead participants in sound healing (utilizing 7 chakra-tuned Crystal singing bowls) paired with guided breathwork. Sound healing has been shown to improve well-being, sleep, stress, anxiety, and physical pain. Your instructor, Anamaria De La Cruz is an honors graduate of Yale University. She holds an MA in Music and is a credentialed CA educator with over 20 years of experience in the fields of Education and Music, with experience teaching students of all ages. www.anamariadelacruz.com.

No class: 4/9

Instructor: AnaMaria Del La Cruz

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17622	14-Adult	W	1/8-1/29	11:00 AM-11:45 AM	\$111/\$116
17623	14-Adult	W	2/5-2/26	11:00 AM-11:45 AM	\$111/\$116
17625	14-Adult	W	3/5-3/26	11:00 AM-11:45 AM	\$111/\$116
17627	14-Adult	W	4/2-4/30	11:00 AM-11:45 AM	\$111/\$116

SENIOR CHAIR EXERCISE

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Mild cardio, both standing and sitting, stretching for limberness, weight (or not) for strength and endurance, and balance for fall prevention. People with walkers or in wheel chairs are encouraged to participate. Regular attendance is not required.

No class: 1/20, 2/17

Instructor: Jean S. Aigner

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17452	55-100	M,W,F	1/6-5/5	9:35 AM-10:35 AM	Free

GENTLE YOGA

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

This class is designed for 55 and older adults fit for floor and standing exercises. There is special attention given to balance training, core strengthening, stretching, and relaxation. Gentle Yoga is performed with all fitness levels in mind; however, it can be difficult for people with mobility or physical issues. Attendees will need to provide their own yoga mat.

Instructor: Pamela Hawkes

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17453	55+	F	1/10-5/2	11:00 AM-12:00 PM	FREE

CLAREMONT RECREATION AND HUMAN SERVICES

BONE HEALTH



928 W Foothill Blvd Claremont

This class targets anyone who would like to strengthen their bones through resistance training. Class will emphasize the basic mechanics of strength training and other weight bearing activities to support bone health. This class will be tailored to assist and encourage those with osteoporosis or osteopenia.

No class: 1/22, 2/19, 4/9

Instructor: Stephanie Worthington

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17795	1-99	w	1/8-3/5	3:00 PM-3:30 PM	\$157/\$162
17796	1-99	w	3/12-4/30	3:00 PM-3:30 PM	\$157/\$162



928 W Foothill Blvd Claremont

TRX at Worth FiT Training Studio is suspension training; it uses bodyweight exercises to develop strength, balance, flexibility and core stability.

No class: 1/20, 2/17, 4/7

Instructor: Stephanie Worthington

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17793	17-Adult	М	1/6-3/3	8:15 AM-8:45 AM	\$157/\$162
17794	17-Adult	М	3/10-4/28	8:15 AM-8:45 AM	\$157/\$162

WOMEN AND WEIGHTS

928 West Foothill Blvd. Claremont

Utilizing weights in a guided, structured format will help you shred fat, sculpt muscles, prevent injuries and increase your metabolism and mood.

No class: 1/20, 1/21, 2/17, 2/18, 4/7, 4/8

Instructor: Stephanie Worthington

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17784	17-Adult	М	1/6-3/3	6:00 PM-6:30 PM	\$157/\$162
17786	17-Adult	Т	1/7-3/4	10:30 AM-11:00 AM	\$157/\$162
17788	17-Adult	М	3/10-4/28	6:00 PM-6:30 PM	\$157/\$162
17787	17-Adult	T	3/11-4/29	10:30 AM-11:00 AM	\$157/\$162

Fitness classes can help to develop strength and improve endurance.

LYMPHATIC EXERCISE & MOVEMENT FOR ALL

VIRTUAL



Let's get that lymph moving with gentle lymphatic exercises & movement designed to help promote good health. Classes will encourage proper breathing and are designed for all types.

Instructor: Vanessa Hidalgo

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17819	16-Adult	Т	1/7-1/28	4:00 PM-5:00 PM	\$57/\$62
17820	16-Adult	Т	2/4-3/4	4:00 PM-5:00 PM	\$57/\$62
17821	16-Adult	Т	4/8-4/29	4:00 PM-5:00 PM	\$57/\$62

YOGA & BREATHWORK FOR **BEGINNERS (VIRTUAL)**

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Designed for beginners new to yoga, we will learn the Pawan Muktasan series of warming up the body, followed by simple postures and a breathwork practice promoting relaxation and ease. Each class begins with an opening mantra, as well as closes with the final resting pose designed for deep relaxation. Students are asked to bring a yoga mat and bolster if needed for extra support. Chair available upon request for those who require it.

Instructor: Vanessa Hidalgo

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17816	16-Adult	Т	1/7-1/28	2:45 PM-3:45 PM	\$57/\$62
17817	16-Adult	Т	2/4-3/4	2:45 PM-3:45 PM	\$57/\$62
17818	16-Adult	Т	4/8-4/29	2:45 PM-3:45 PM	\$57/\$62

WOMEN'S KICKBOXING

912 Monte Vista Ave, Upland

This class will offer women a great cardio workout along with reality based self-defense techniques. We will also learn the basic fundamentals of boxing and kickboxing. Our goal is for students to gain strength, speed, and awareness...the correct way! This is a full body workout that is fun and practical! (Classes cannot be made up or combined).

Instructor: Z Ultimate Self Defense Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17771	13-Adult	T,Th	1/7-1/30	7:00 PM-8:00 PM	\$102/\$107
17772	13-Adult	T,Th	2/4-2/27	7:00 PM-8:00 PM	\$102/\$107
17773	13-Adult	T,Th	3/4-3/27	7:00 PM-8:00 PM	\$102/\$107
17774	13-Adult	T,Th	4/3-4/29	7:00 PM-8:00 PM	\$102/\$107

GYMNASTICS



PRESCHOOL GYMNASTICS

916 Monte Vista Ave Upland, CA 91786

This age group will focus on basic motor development type skills as well as basic gymnastics. It will include obstacle courses, balance beam, bars & trampoline. But most of all it is FUN!!!

Instructor: Baldy View Gymnastics Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17630	3-5	М	1/6-2/10	5:45 PM-6:30 PM	\$99/\$104
17633	3-5	Sa	1/11-2/15	11:00 AM-11:45 AM	\$99/\$104
17631	3-5	М	2/24-3/24	5:45 PM-6:30 PM	\$84/\$89
17634	3-5	Sa	3/1-3/29	11:00 AM-11:45 AM	\$84/\$89
17632	3-5	М	4/7-4/28	5:45 PM-6:30 PM	\$70/\$75
17635	3-5	Sa	4/12-5/3	11:00 AM-11:45 AM	\$70/\$75

BEGINNER GYMNASTICS

916 Monte Vista Ave Upland, CA 91786

Classes include flexibility, strength, and basic gymnastics on vault, uneven bars, balance beam, floor exercise, and trampoline. Gymnastics helps build confidence, grace, courage, agility, balance, coordination & strength. But most of all it's FUN!

Instructor: Baldy View Gymnastics Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17636	6-12	М	1/6-2/10	6:30 PM-7:15 PM	\$99/\$104
17639	6-12	М	2/24-3/24	6:30 PM-7:15 PM	\$84/\$89
17642	6-12	М	4/7-4/28	6:30 PM-7:15 PM	\$70/\$75

Register Online at claremontca.gov or in-person. See page 8.

SIDEKICKS (PARENT & ME)



Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Our program is designed to provide a fun and engaging experience for both parents/caregivers and their little ones who are at the beginning walking stage of development. It's an exciting time as your toddler begins to explore their surroundings and gain more independence. Our program aims to support and enhance this crucial phase of their growth while fostering a strong bond between you and your child. The activities provided in the program promote the development of gross and fine motor skills, sensory exploration, cognitive growth, and social interaction. Children will master physical skills such as balancing on beams, swinging on bars, and rolling on mats through the use of various obstacles.

Notes: Parent/Caregiver participation is required for this class.; child must be walking to participate.

No class: 1/20, 2/17

Instructor: Mighty Tykes Gymnastics Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17473	1-2	М	1/6-1/27	9:30 AM-10:15 AM	\$57/\$62
17477	1-2	Т	1/7-1/28	9:30 AM-10:15 AM	\$76/\$81
17481	1-2	Т	1/7-1/28	5:45 PM-6:30 PM	\$76/\$81
17485	1-2	W	1/8-1/29	9:30 AM-10:15 AM	\$76/\$81
17489	1-2	w	1/8-1/29	5:45 PM-6:30 PM	\$76/\$81
17493	1-2	Sa	1/11-1/25	9:30 AM-10:15 AM	\$57/\$62
17497	1-2	Sa	1/11-1/25	10:15 AM-11:00 AM	\$57/\$62
17494	1-2	Sa	2/1-2/22	9:30 AM-10:15 AM	\$76/\$81
17498	1-2	Sa	2/1-2/22	10:15 AM-11:00 AM	\$76/\$81
17474	1-2	М	2/3-2/24	9:30 AM-10:15 AM	\$57/\$62
17478	1-2	Т	2/4-2/25	9:30 AM-10:15 AM	\$76/\$81
17482	1-2	Т	2/4-2/25	5:45 PM-6:30 PM	\$76/\$81
17486	1-2	W	2/5-2/26	9:30 AM-10:15 AM	\$76/\$81
17490	1-2	W	2/5-2/26	5:45 PM-6:30 PM	\$76/\$81
17495	1-2	Sa	3/1-3/29	9:30 AM-10:15 AM	\$95/\$100
17499	1-2	Sa	3/1-3/29	10:15 AM-11:00 AM	\$95/\$100
17475	1-2	М	3/3-3/31	9:30 AM-10:15 AM	\$95/\$100
17479	1-2	Т	3/4-3/25	9:30 AM-10:15 AM	\$76/\$81
17483	1-2	Т	3/4-3/25	5:45 PM-6:30 PM	\$76/\$81
17487	1-2	W	3/5-3/26	9:30 AM-10:15 AM	\$76/\$81
17491	1-2	W	3/5-3/26	5:45 PM-6:30 PM	\$76/\$81
17480	1-2	Т	4/1-4/29	9:30 AM-10:15 AM	\$95/\$100
17484	1-2	Т	4/1-4/29	5:45 PM-6:30 PM	\$95/\$100
17488	1-2	w	4/2-4/30	9:30 AM-10:15 AM	\$95/\$100
17492	1-2	w	4/2-4/30	5:45 PM-6:30 PM	\$95/\$100
17496	1-2	Sa	4/5-5/3	9:30 AM-10:15 AM	\$95/\$100
17500	1-2	Sa	4/5-5/3	10:15 AM-11:00 AM	\$95/\$100
17476	1-2	М	4/7-4/28	9:30 AM-10:15 AM	\$76/\$81



PRESCHOOL GYMNASTICS



Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Our Mighty Tykes Gymnastics program is designed to introduce young children to the exciting world of gymnastics in a safe and supportive environment. Through a combination of fun activities, games, and age-appropriate exercises, we aim to foster physical, cognitive, and social development while promoting confidence in our little gymnasts. Our gymnastics classes are led by a USAG certified coach with over 20 years of experience who specializes in working with young children. The classes are structured to promote strength, motor skill development, coordination, balance, flexibility, and body awareness, all while incorporating playful elements to keep children engaged and excited.

No class: 1/20, 2/17

Instructor: Mighty Tykes Gymnastics Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17663	3-4	М	1/6-1/27	10:30 AM-11:15 AM	\$69/\$74
17667	3-4	М	1/6-1/27	11:15 AM-12:00 PM	\$69/\$74
17671	3-4	Т	1/7-1/28	10:30 AM-11:15 AM	\$92/\$97
17675	3-4	Т	1/7-1/28	12:15 PM-1:00 PM	\$92/\$97
17679	3-4	Т	1/7-1/28	3:45 PM-4:30 PM	\$92/\$97
17683	3-4	w	1/8-1/29	10:30 AM-11:15 AM	\$92/\$97
17687	3-4	w	1/8-1/29	11:15 AM-12:00 PM	\$92/\$97
17691	3-4	w	1/8-1/29	3:45 PM-4:30 PM	\$92/\$97
17695	3-4	Th	1/9-1/30	12:15 PM-1:00 PM	\$92/\$97
17699	3-4	Sa	1/11-1/25	9:30 AM-10:15 AM	\$69/\$74
17700	3-4	Sa	2/1-2/22	9:30 AM-10:15 AM	\$92/\$97
17664	3-4	М	2/3-2/24	10:30 AM-11:15 AM	\$69/\$74
17668	3-4	М	2/3-2/24	11:15 AM-12:00 PM	\$69/\$74
17672	3-4	Т	2/4-2/25	10:30 AM-11:15 AM	\$92/\$97
17676	3-4	Т	2/4-2/25	12:15 PM-1:00 PM	\$92/\$97
17680	3-4	Т	2/4-2/25	3:45 PM-4:30 PM	\$92/\$97
17684	3-4	w	2/5-2/26	10:30 AM-11:15 AM	\$92/\$97
17688	3-4	w	2/5-2/26	11:15 AM-12:00 PM	\$92/\$97
17692	3-4	w	2/5-2/26	3:45 PM-4:30 PM	\$92/\$97
17696	3-4	Th	2/6-2/27	12:15 PM-1:00 PM	\$92/\$97
17701	3-4	Sa	3/1-3/29	9:30 AM-10:15 AM	\$115/\$120
17665	3-4	М	3/3-3/31	10:30 AM-11:15 AM	\$115/\$120
17669	3-4	М	3/3-3/31	11:15 AM-12:00 PM	\$115/\$120
17673	3-4	Т	3/4-3/25	10:30 AM-11:15 AM	\$92/\$97
17677	3-4	Т	3/4-3/25	12:15 PM-1:00 PM	\$92/\$97
17681	3-4	T	3/4-3/25	3:45 PM-4:30 PM	\$92/\$97
17685	3-4	W	3/5-3/26	10:30 AM-11:15 AM	\$92/\$97
17689	3-4	W	3/5-3/26	11:15 AM-12:00 PM	\$92/\$97
17693	3-4	W	3/5-3/26	3:45 PM-4:30 PM	\$92/\$97

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17697	3-4	Th	3/6-3/27	12:15 PM-1:00 PM	\$92/\$97
17674	3-4	Т	4/1-4/29	10:30 AM-11:15 AM	\$115/\$120
17678	3-4	Т	4/1-4/29	12:15 PM-1:00 PM	\$115/\$120
17682	3-4	Т	4/1-4/29	3:45 PM-4:30 PM	\$115/\$120
17686	3-4	w	4/2-4/30	10:30 AM-11:15 AM	\$115/\$120
17690	3-4	w	4/2-4/30	11:15 AM-12:00 PM	\$115/\$120
17694	3-4	w	4/2-4/30	3:45 PM-4:30 PM	\$115/\$120
17698	3-4	Th	4/3-5/1	12:15 PM-1:00 PM	\$115/\$120
17702	3-4	Sa	4/5-5/3	9:30 AM-10:15 AM	\$115/\$120
17666	3-4	М	4/7-4/28	10:30 AM-11:15 AM	\$92/\$97
17670	3-4	М	4/7-4/28	11:15 AM-12:00 PM	\$92/\$97

PRE-K GYMNASTICS



Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Our Mighty Tykes Gymnastics program is designed to introduce young children to the exciting world of gymnastics in a safe and supportive environment. Through a combination of fun activities, games, and age-appropriate exercises, we aim to foster physical, cognitive, and social development while promoting confidence in our little gymnasts. Our gymnastics classes are led by a USAG certified coach with over 20 years of experience who specializes in working with young children. The classes are structured to promote strength, motor skill development, coordination, balance, flexibility, and body awareness, all while incorporating playful elements to keep children engaged and excited.

No class: 1/20, 2/17

Instructor: Mighty Tykes Gymnastics Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17606	4-5	М	1/6-1/27	1:15 PM-2:00 PM	\$69/\$74
17610	4-5	М	1/6-1/27	3:00 PM-3:45 PM	\$69/\$74
17614	4-5	М	1/6-1/27	3:45 PM-4:30 PM	\$69/\$74
17624	4-5	М	1/6-1/27	4:30 PM-5:15 PM	\$69/\$74
17637	4-5	Т	1/7-1/28	11:15 AM-12:00 PM	\$92/\$97
17643	4-5	Т	1/7-1/28	1:15 PM-2:00 PM	\$92/\$97
17647	4-5	Th	1/9-1/30	1:15 PM-2:00 PM	\$92/\$97
17651	4-5	Th	1/9-1/30	3:30 PM-4:15 PM	\$92/\$97
17655	4-5	Sa	1/11-1/25	10:15 AM-11:00 AM	\$69/\$74
17659	4-5	Sa	1/11-1/25	11:15 AM-12:00 PM	\$69/\$74
17656	4-5	Sa	2/1-2/22	10:15 AM-11:00 AM	\$92/\$97
17660	4-5	Sa	2/1-2/22	11:15 AM-12:00 PM	\$92/\$97
17607	4-5	М	2/3-2/24	1:15 PM-2:00 PM	\$69/\$74
17611	4-5	М	2/3-2/24	3:00 PM-3:45 PM	\$69/\$74
17615	4-5	М	2/3-2/24	3:45 PM-4:30 PM	\$69/\$74
17626	4-5	М	2/3-2/24	4:30 PM-5:15 PM	\$69/\$74

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17638	4-5	Т	2/4-2/25	11:15 AM-12:00 PM	\$92/\$97
17644	4-5	Т	2/4-2/25	1:15 PM-2:00 PM	\$92/\$97
17648	4-5	Th	2/6-2/27	1:15 PM-2:00 PM	\$92/\$97
17652	4-5	Th	2/6-2/27	3:30 PM-4:15 PM	\$92/\$97
17644	4-5	Т	2/4-2/25	1:15 PM-2:00 PM	\$92/\$97
17657	4-5	Sa	3/1-3/29	10:15 AM-11:00 AM	\$115/\$120
17661	4-5	Sa	3/1-3/29	11:15 AM-12:00 PM	\$115/\$120
17608	4-5	М	3/3-3/31	1:15 PM-2:00 PM	\$115/\$120
17612	4-5	М	3/3-3/31	3:00 PM-3:45 PM	\$115/\$120
17616	4-5	М	3/3-3/31	3:45 PM-4:30 PM	\$115/\$120
17628	4-5	М	3/3-3/31	4:30 PM-5:15 PM	\$115/\$120
17640	4-5	Т	3/4-3/25	11:15 AM-12:00 PM	\$92/\$97
17645	4-5	Т	3/4-3/25	1:15 PM-2:00 PM	\$92/\$97
17649	4-5	Th	3/6-3/27	1:15 PM-2:00 PM	\$92/\$97
17653	4-5	Th	3/6-3/27	3:30 PM-4:15 PM	\$92/\$97
17641	4-5	Т	4/1-4/29	11:15 AM-12:00 PM	\$115/\$120
17646	4-5	Т	4/1-4/29	1:15 PM-2:00 PM	\$115/\$120
17650	4-5	Th	4/3-5/1	1:15 PM-2:00 PM	\$115/\$120
17654	4-5	Th	4/3-5/1	3:30 PM-4:15 PM	\$115/\$120
17658	4-5	Sa	4/5-5/3	10:15 AM-11:00 AM	\$115/\$120
17662	4-5	Sa	4/5-5/3	11:15 AM-12:00 PM	\$115/\$120
17609	4-5	м	4/7-4/28	1:15 PM-2:00 PM	\$92/\$97
17613	4-5	м	4/7-4/28	3:00 PM-3:45 PM	\$92/\$97
17617	4-5	М	4/7-4/28	3:45 PM-4:30 PM	\$92/\$97
17629	4-5	М	4/7-4/28	4:30 PM-5:15 PM	\$92/\$97



BEGINNING GYMNASTICS



Alexander Hughes Community Center 1700 Danbury Rd., Claremont

ACTIVITY GUIDE

Our Mighty Tykes Gymnastics program is designed to introduce young children to the exciting world of gymnastics in a safe and supportive environment. Through a combination of fun activities, games, and age-appropriate exercises, we aim to foster physical, cognitive, and social development while promoting confidence in our little gymnasts. Our gymnastics classes are led by a USAG certified coach with over 20 years of experience who specializes in working with young children. The classes are structured to promote strength, motor skill development, coordination, balance, flexibility, and body awareness, all while incorporating playful elements to keep children engaged and excited.

Instructor: Mighty Tykes Gymnastics Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17578	6-12	Т	1/7-1/28	3:30 PM-4:30 PM	\$102/\$107
17582	6-12	Т	1/7-1/28	5:30 PM-6:30 PM	\$102/\$107
17586	6-12	w	1/8-1/29	1:30 PM-2:30 PM	\$102/\$107
17590	6-12	w	1/8-1/29	4:30 PM-5:30 PM	\$102/\$107
17594	6-12	Th	1/9-1/30	4:30 PM-5:30 PM	\$102/\$107
17598	6-12	Sa	1/11-1/25	12:45 PM-1:45 PM	\$76.50/\$81.50
17599	6-12	Sa	2/1-2/22	12:45 PM-1:45 PM	\$102/\$107
17579	6-12	Т	2/4-2/25	3:30 PM-4:30 PM	\$102/\$107
17583	6-12	Т	2/4-2/25	5:30 PM-6:30 PM	\$102/\$107
17587	6-12	w	2/5-2/26	1:30 PM-2:30 PM	\$102/\$107
17591	6-12	W	2/5-2/26	4:30 PM-5:30 PM	\$102/\$107
17595	6-12	Th	2/6-2/27	4:30 PM-5:30 PM	\$102/\$107
17600	6-12	Sa	3/1-3/29	12:45 PM-1:45 PM	\$127.50/\$132.50
17580	6-12	Т	3/4-3/25	3:30 PM-4:30 PM	\$102/\$107
17584	6-12	Т	3/4-3/25	5:30 PM-6:30 PM	\$102/\$107
17588	6-12	w	3/5-3/26	1:30 PM-2:30 PM	\$102/\$107
17592	6-12	w	3/5-3/26	4:30 PM-5:30 PM	\$102/\$107
17596	6-12	Th	3/6-3/27	4:30 PM-5:30 PM	\$102/\$107
17581	6-12	Т	4/1-4/29	3:30 PM-4:30 PM	\$127.50/\$132.50
17585	6-12	Т	4/1-4/29	5:30 PM-6:30 PM	\$127.50/\$132.50
17589	6-12	w	4/2-4/30	1:30 PM-2:30 PM	\$127.50/\$132.50
17593	6-12	w	4/2-4/30	4:30 PM-5:30 PM	\$127.50/\$132.50
17597	6-12	Th	4/3-5/1	4:30 PM-5:30 PM	\$127.50/\$132.50
17601	6-12	Sa	4/5-5/3	12:45 PM-1:45 PM	\$127.50/\$132.50

Register Online at claremontca.gov or in-person. See page 8.

CLAREMONT RECREATION AND HUMAN SERVICES



TUMBLING

mighty tykes

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

This class is designed for children who are looking to improve their tumbling skills for gymnastics, dance, or cheer. Students will learn the proper technique needed for safe tumbling. They will also spend time performing drills and progressions to help build tumbling passes based on ability. Handstands, cartwheels, walkovers, aerial round offs, and back handsprings are some of the skills that will be targeted in this class. This class is led by a USAG certified coach with over 20 years of experience, who specializes in working with children of all ages.

Instructor: Mighty Tykes Gymnastics Staff

AGES DAYS **DATES** TIMES R/NR FEE 17523 6-15 1/7-1/28 4:30 PM-5:30 PM \$102/\$107 Т 17528 6-15 Th 1/9-1/30 5:30 PM-6:30 PM \$102/\$107 17535 6-15 Sa 1/11-1/25 11:45 AM-12:45 PM \$76.50/\$81.50 17541 10-17 Sa 1/11-1/25 12:00 PM-1:00 PM \$76.50/\$81.50 2/1-2/22 17537 11:45 AM-12:45 PM \$102/\$107 10-17 2/1-2/22 12:00 PM-1:00 PM \$102/\$107 17542 Sa 6-15 Т 2/4-2/25 4:30 PM-5:30 PM \$102/\$107 17524 2/6-2/27 5:30 PM-6:30 PM \$102/\$107 17529 6-15 Th 17538 6-15 Sa 3/1-3/29 11:45 AM-12:45 PM \$127.50/\$132.50 17543 10-17 3/1-3/29 12:00 PM-1:00 PM \$127.50/\$132.50 Sa \$102/\$107 17525 6-15 т 3/4-3/25 4:30 PM-5:30 PM 3/6-3/27 \$102/\$107 17531 5:30 PM-6:30 PM 17526 6-15 т 4/1-4/29 4:30 PM-5:30 PM \$127.50/\$132.50 6-15 17532 Th 4/3-5/1 5:30 PM-6:30 PM \$127.50/\$132.50 4/5-5/3 \$127.50/\$132.50 17540 6-15 Sa 11:45 AM-12:45 PM 17544 10-17 4/5-5/3 12:00 PM-1:00 PM \$127.50/\$132.50

BOYS TUMBLING

mighty tykes

Alexander Hughes Community Center 1700 Danbury Rd., Claremont



This class is designed for children who are looking to improve their tumbling skills for gymnastics, dance, or cheer. Students will learn the proper technique needed for safe tumbling. They will also spend time performing drills and progressions to help build tumbling passes based on ability. Handstands, cartwheels, walkovers, aerial round offs, and back handsprings are some of the skills that will be targeted in this class. This class is led by a USAG certified coach with over 20 years of experience, who specializes in working with children of all ages.

Instructor: Mighty Tykes Gymnastics Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17518	6-15	Т	1/7-1/28	4:30 PM-5:30 PM	\$102/\$107
17519	6-15	Т	2/4-2/25	4:30 PM-5:30 PM	\$102/\$107
17520	6-15	Т	3/4-3/25	4:30 PM-5:30 PM	\$102/\$107
17521	6-15	Т	4/1-4/29	4:30 PM-5:30 PM	\$127.50/\$132.50

INTERMEDIATE TUMBLING



Alexander Hughes Community Center 1700 Danbury Rd., Claremont

This class is designed for children who are looking to improve their tumbling skills for gymnastics, dance, or cheer. Students will learn the proper technique needed for safe tumbling. They will also spend time performing drills and progressions to help build their tumbling passes. Some skills targeted in this class are back walkovers, running round offs, back handsprings and aerial cartwheels. In the intermediate level, we are adding speed to our tumbling passes and starting to connect our tricks we have learned in Tumbling class. Prerequisite for class: has taken beginning gymnastics for a session with MTG and moved into Intermediate level.

No class: 1/20, 2/17

Instructor: Mighty Tykes Gymnastics Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17507	7-18	М	1/6-1/27	5:30 PM-6:30 PM	\$76.50/\$81.50
17512	7-18	Th	1/9-1/30	5:30 PM-6:30 PM	\$102/\$107
17508	7-18	М	2/3-2/24	5:30 PM-6:30 PM	\$76.50/\$81.50
17513	7-18	Th	2/6-2/27	5:30 PM-6:30 PM	\$102/\$107
17510	7-18	М	3/3-3/31	5:30 PM-6:30 PM	\$127.50/\$132.50
17514	7-18	Th	3/6-3/27	5:30 PM-6:30 PM	\$102/\$107
17515	7-18	Th	4/3-5/1	5:30 PM-6:30 PM	\$127.50/\$132.50
17511	7-18	М	4/7-4/28	5:30 PM-6:30 PM	\$102/\$107

Gymnastics classes promote strength, motor skills development, coordination, balance, flexibility, and body awareness.

ADAPTIVE GYMNASTICS FOR CHILDREN WITH SPECIAL NEEDS

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

This is a specialized program designed to provide basic gymnastics skills and physical activities tailored to individuals with diverse abilities and special needs. The program aims to promote physical fitness, motor skills development, coordination, strength, flexibility, and confidence in a supportive and inclusive environment.*Parent/Caregiver participation may be required depending on the needs of the child. The goal is for the child to eventually participate independently if unable to do so in the beginning.

Notes: Children without disabilities are welcome to join

Instructor: Mighty Tykes Gymnastics Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17602	6-12	Sa	1/11-1/25	11:00 AM-11:45 AM	\$69/\$74
17603	6-12	Sa	2/1-2/22	11:00 AM-11:45 AM	\$92/\$97
17604	6-12	Sa	3/1-3/29	11:00 AM-11:45 AM	\$115/\$120
17605	6-12	Sa	4/5-5/3	11:00 AM-11:45 AM	\$115/\$120

MARTIAL ARTS

KIDS KARATE

Defense Arts Center1842 W. 11th St. Unit D Upland CA, 91786

This class will gently challenge the mind and body and is designed to instill respect and character development through the safe and structured discipline of Traditional Karate. Training will include blocks, strikes, kicks, and forms, with an emphasis on self-defense. The class will be safe, engaging, challenging and fun. Classes are taught by Sensei Ty Aponte 6th Dan. Black Belt Shotokan karate.

No class: 1/20, 2/17

Instructor: Ty Aponte

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17570	7-12	M,W	1/6-1/29	4:30 PM-5:30 PM	\$112/\$117
17571	7-12	M,W	2/3-2/26	4:30 PM-5:30 PM	\$112/\$117
17572	7-12	M,W	3/3-3/31	4:30 PM-5:30 PM	\$112/\$117
17573	7-12	M,W	4/2-4/30	4:30 PM-5:30 PM	\$112/\$117

Register Online at claremontca.gov or in-person. See page 8.

TEEN & ADULT KARATE

9 1842 W 11th St. Unit #D Upland, CA 91786

This class will gently challenge the mind, body, and is designed to instill respect and character development through the safe structured discipline of Traditional Karate. Training will include blocks, strikes, kicks, and forms, with an emphasis on self-defense. The class will be safe, engaging, challenging and fun. Classes are taught by Sensei Ty Aponte 6th Dan. Black Belt Shotokan karate

Instructor: Ty Aponte

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17574	13-Adult	T,Th	1/7-1/30	6:00 PM-7:00 PM	\$112/\$117
17575	13-Adult	T,Th	2/4-2/27	6:00 PM-7:00 PM	\$112/\$117
17576	13-Adult	T,Th	3/4-3/27	6:00 PM-7:00 PM	\$112/\$117
17577	13-Adult	T,Th	4/1-4/29	6:00 PM-7:00 PM	\$112/\$117



AIKIDO

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Aikido is a dynamic, non-competitive Japanese martial art whose guiding principle is Harmony: within oneself, with others, and with nature. Students develop physical techniques, mental focus, interpersonal skills, and a peaceful spirit, while training in a safe and mutually supportive environment. Our dojo welcomes sincere students of any race, gender, sexual orientation, nationality, or ethnic origin.

Instructor: Daniel Tran

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17381	15-Adult	T,Th	1/7-1/30	7:00 PM-9:00 PM	\$75/\$80
17466	15-Adult	T,Th	1/7-5/1	7:00 PM-9:00 PM	\$170/\$175
17382	15-Adult	T,Th	2/4-2/27	7:00 PM-9:00 PM	\$75/\$80
17383	15-Adult	T,Th	3/4-3/27	7:00 PM-9:00 PM	\$75/\$80
17384	15-Adult	T,Th	4/1-5/1	7:00 PM-9:00 PM	\$75/\$80





Jaso Sanchez, Martial Arts Instructor



Jaso Sanchez is a 2nd Degree Brazilian Jiu Jitsu blackbelt under John Ouano, who began his training in July 2006. With years of coaching experience, Jaso founded Claremont Brazilian Jiu Jitsu in May 2015, where he has passionately dedicated himself to coaching not only his three daughters in various sports, but also many other students. Jaso is committed to helping his students grow in all areas of life, focusing on building self-esteem, discipline, and respect.

At Claremont Brazilian Jiu Jitsu, Jaso strives to make highquality training accessible and affordable, while maintaining an environment of intense, focused instruction. Students are empowered to explore various styles of Brazilian Jiu Jitsu, including sport, No-Gi, and self-defense, all within a welcoming, family-friendly atmosphere that encourages learning and personal growth.



Scan to register for Jaso Sanchez's classes **CLAREMONTCA.GOV**

Learn self-defense in our family-friendly atmosphere!

OLYMPIC JUDO

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Judo is a popular Olympic Sport that combines throwing and grappling techniques used in mixed martial arts, which empowers a student to subdue a stronger opponent. It teaches the importance of cooperating with your partners in order to achieve mutual benefits. Judo builds one's self-confidence through class participation and entry into scrimmages.



Notes: A regulation judo gi (uniform) is required to participate in this class which can be purchased form the instructor and cost \$50-\$90

No class: 1/20 & 2/17

Instructor: Gary Goltz

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17412	4-8	M,W, Sa	1/6-5/3	5:15 PM-6:00 PM 9:30 AM-10:15 AM	\$140/\$145
17413	9-13	M,W, Sa	1/6-5/3	6:00 PM-7:00 PM 10:15 AM-11:15 AM	\$190/\$195
17414	14-Adult	M,W, Sa	1/6-5/3	7:00 PM-8:00 PM 11:15 AM-12:15 PM	\$190/\$195

INTRO TO BRAZILIAN JIU JITSU

1420 N Claremont Blvd #200E, Claremont CA

Our school provides a challenging yet safe environment that will allow each student to experience and understand core values of Brazilian Jiu Jitsu including: focus, discipline, persistence, cooperation and respect. We offer Gi and no-gi classes and welcome everuone and anuone who is looking to get in shape, learn self-defense, and improve their overall quality of life.

No class: 1/20, 2/17

Instructor: DBA Jaso Sanchez Claremont Brazilian Jiu Jitsu

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17754	5-13	T-Th	1/7-1/30	5:00 PM-6:00 PM	\$137/\$142
17755	5-13	T-Th	2/4-2/27	5:00 PM-6:00 PM	\$137/\$142
17756	5-13	T-Th	3/4-3/27	5:00 PM-6:00 PM	\$137/\$142
17757	5-13	T-Th	4/1-5/1	5:00 PM-6:00 PM	\$137/\$142
17776	14-Adult	M-Th	1/6-1/30	6:00 PM-7:30 PM	\$142/\$147
17777	14-Adult	M-Th	2/3-2/27	6:00 PM-7:30 PM	\$142/\$147
17778	14-Adult	M-Th	3/3-3/31	6:00 PM-7:30 PM	\$142/\$147
17779	14-Adult	M-Th	4/1-5/1	6:00 PM-7:30 PM	\$142/\$147

MUSIC & THEATRE

INDIVIDUAL MUSIC **LESSONS (HYBRID)**

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

This individual violin, viola and cello course is designed to teach fun music fundamentals, techniques, reading skills, preparation for auditions for youth and community orchestras/ ensembles, as well as performances at Claremont and other locations. Public performances are desirable at the end of every semester.



Instructor: Lubomir Velickovic

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17803	5-45	F	1/10-1/31	5:00 PM-5:30 PM	\$142/\$147
17804	5-45	F	2/7-2/28	5:00 PM-5:30 PM	\$142/\$147
17805	5-45	F	3/7-3/28	5:00 PM-5:30 PM	\$142/\$147
17806	5-45	F	4/4-4/25	5:00 PM-5:30 PM	\$142/\$147

SONGWRITING FOR ALL

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

This class is for songwriters and for those who are interested in songwriting! Together, we will look at creating melodies, writing lyrics, and sharing our music, all while building a local songwriting community. This class will also include elements of music production and song release with current practical information about releasing music in today's music industry. No experience necessary: all materials provided. Students may bring an instrument to class should they choose to, but playing/bringing an instrument is optional. This class is offered both in-person and virtual.

Instructor: AnaMaria Del La Cruz

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17783	16-Adult	F	1/10-1/31	10:00 AM-11:00 AM	\$111/\$116
17791	16-Adult	F	2/7-2/28	10:00 AM-11:00 AM	\$111/\$116
17792	16-Adult	F	3/7-3/28	10:00 AM-11:00 AM	\$111/\$116

Notes: Virtual

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17785	16-Adult	F	1/10-1/31	10:00 AM-11:00 AM	\$111/\$116
17789	16-Adult	F	2/7-2/28	10:00 AM-11:00 AM	\$111/\$116
17790	16-Adult	F	3/7-3/28	10:00 AM-11:00 AM	\$111/\$116



SPECIAL INTEREST

AMERICAN SIGN LANGUAGE

Pitzer College, Avery Hall Room 202

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17458	6-Adult	Sa	1/18-5/3	1:00 PM-2:00 PM	\$302/\$307

CHINESE FOR ADULTS

Pitzer College, Avery Hall Room 204

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17457	Adult	Sa	1/18-5/3	10:00 AM-11:00 AM	\$302/\$307

CHINESE FOR KIDS

Pitzer College, Avery Hall Room 204

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17422	6-12	Sa	1/18-5/3	9:00 AM-10:00 AM	\$302/\$307

FRENCH FOR ADULTS

Pitzer College, Avery Hall Room 204

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE	
17462	Adult	Sa	1/18-5/3	12:00 PM-1:00 PM	\$302/\$307	l

FRENCH FOR KIDS

Pitzer College, Avery Hall Room 204

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17461	6-12	Sa	1/18-5/3	11:00 AM-12:00 PM	\$302/\$307

GERMAN FOR ADULTS

Pitzer College, Avery Hall Room 224

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17464	Adult	Sa	1/18-5/3	10:00 AM-11:00 AM	\$302/\$307

Register Online at claremontca.gov or in-person. See page 8.

GERMAN FOR KIDS

Pitzer College, Avery Hall Room 205

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17465	6-12	Sa	1/18-5/3	1:00 PM-2:00 PM	\$302/\$307

ITALIAN FOR ADULTS

Pitzer College, Avery Hall Room 205

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17460	Adult	Sa	1/18-5/3	12:00 PM-1:00 PM	\$302/\$307

ITALIAN FOR KIDS

Pitzer College, Avery Hall Room 205

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17459	6-12	Sa	1/18-5/3	9:00 AM-10:00 AM	\$302/\$307

Eligible Claremont youth can receive a 50% discount of the activity fee for recreation classes. See page 8.

JAPANESE FOR BEGINNERS

Pitzer College, Avery Hall Room 224

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17463	6-Adult	Sa	1/18-5/3	1:00 PM-2:00 PM	\$302/\$307

SPANISH PARENT AND ME

Pitzer College, Avery Hall Room 201

Our experienced and fluent instructors will use relaxed conversations and fun, engaging activities to help you learn to think and communicate in your new language in a relaxed and enjoyable way.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17415	1.5-3	Sa	1/18-5/3	8:15 AM-9:00 AM	\$302/\$307

SPANISH FOR KIDS

Pitzer College, Avery Hall Room 201

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17416	3-5	Sa	1/18-5/3	9:00 AM-10:00 AM	\$302/\$307
17417	6-9	Sa	1/18-5/3	10:00 AM-11:00 AM	\$302/\$307
17418	10-13	Sa	1/18-5/3	11:00 AM-12:00 AM	\$302/\$307



SPANISH CONVERSATION/ HERITAGE FOR KIDS

Pitzer College, Avery Hall Room 202

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective. This class is perfect for kids who understand Spanish and/or are enrolled in a Dual Language program.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17419	5-12	Sa	1/18-5/3	9:00 AM-10:00 AM	\$302/\$307

SPANISH CONVERSATION FOR ADULTS

Pitzer College, Avery Hall Room 224

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective. This class is perfect for students who want to improve their conversational skills.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17420	Adult	Sa	1/18-5/3	12:00 PM-1:00 PM	\$302/\$307

SPANISH FOR ADULT BEGINNERS

Pitzer College, Avery Hall Room 224

Learn to think and communicate in your new language with our experienced, fluent instructors. They'll use engaging activities and relaxed conversations to make learning fun and effective.

Notes: A \$15 material fee payable to the instructor will be due on the first day of class.

No class: 2/15, 3/29

Instructor: International Language For Children And Adult Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17421	Adult	Sa	1/18-5/3	9:00 AM-10:00 AM	\$302/\$307

MOTORWORKS

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

Unleash your inner engineer on an electrifying journey where innovation comes to life through the magic of circuits, motors, and batteries. In this dynamic workshop, participants will delve into the world of hands-on engineering by wiring circuits to craft creations. Brush bots, direct drive cars, indirect drive cars, and propeller cars help you explore the principles of motion, mechanics, and electricity as you bring about your imaginative designs.

Notes: Materials Fee: \$40

Instructor: TinkerSpace Inc.

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17763	8-14	F	1/10-1/24	4:30 PM-5:30 PM	\$72/\$77

SATURDAY STEAM

Alexander Hughes Community Center 1700 Danbury Rd., Claremont

In this parent-participation class, we guide you through rich activities that nurture your child's inquisitive spirit. Explore the world of process art and early scientific discovery alongside us, as we share proven methods for cultivating creative thinking in your child. Together, we'll empower the next generation of innovators, all while providing you with the knowledge and confidence to support their growth.

Notes: Materials Fee: \$20

Instructor: TinkerSpace Inc.

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17764	3-7	Sa	2/1-2/22	9:30 AM-10:30 AM	\$72/\$77
17765	3-7	Sa	3/1-3/22	9:30 AM-10:30 AM	\$72/\$77
17766	3-7	Sa	4/5-4/26	9:30 AM-10:30 AM	\$72/\$77

DOG OBEDIENCE

Q Lewis Park Basketball Courts

A basic training course teaching you and your dog essential commands needed to make a dog a good companion: heel/walk on a loose leash, sit, down, stay in position, and come when called. Problem-solving will be addressed. Our first meeting will be held at the Lewis Park basketball courts, without dogs.

Instructor: Live Oak Dog Obedience Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17717	13-Adult	Sa	2/1-3/1	9:00 AM-10:00 AM	\$187/\$192
17720	13-Adult	Sa	3/29-4/26	9:00 AM-10:00 AM	\$187/\$192

GRATITUDE AND MOVEMENT

VIRTUAL

Virtual

Begin the new year with gratitude and movement. This class is for all who are interested in beginning a daily gratitude practice. We will incorporate writing in each class, along with light movement, to anchor in the feelings of gratitude. Please bring a notebook, pen, and something comfortable to move in. All abilities welcome. This is an online class meeting via ZOOM.

No class: 2/21/25

Instructor: Vanessa Hidalgo

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17807	16-Adult	F	1/10-2/7	7:30 PM-8:15 PM	\$47/\$52
17808	16-Adult	F	2/7-3/7	7:30 PM-8:15 PM	\$47/\$52
17809	16-Adult	F	4/11-5/2	7:30 PM-8:15 PM	\$47/\$52

TEAM & INDIVIDUAL SPORTS

BIDDY TEE BALL

Memorial Park 840 Indian Hill Blvd.

Here is an opportunity for participants to be introduced to tee ball in a fun, safe environment. Our tee ball curriculum is designed to learn the basics and fundamentals as well as fine tune their motor and socialization skills. Every participant will be given a



class t-shirt. League class goals are to form comradery and develop gameplay in scrimmages and drills. Ages 2-3 years old, parent participation is required.

Notes: Ages 2-3 years old, parent participation is required.

Instructor: Trifytt Sports

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17737	2-3	Sa	1/11-2/8	10:00 AM-10:30 AM	\$163/\$168
17738	2-3	Sa	2/22-3/22	10:00 AM-10:30 AM	\$163/\$168
17739	2-3	Sa	3/29-4/26	10:00 AM-10:30 AM	\$163/\$168
17740	3-5	Sa	1/11-2/8	9:00 AM-9:45 AM	\$163/\$168
17741	3-5	Sa	2/22-3/22	9:00 AM-9:45 AM	\$163/\$168
17742	3-5	Sa	3/29-4/26	9:00 AM-9:45 AM	\$163/\$168
17743	5-7	Sa	1/11-2/8	10:30 AM-11:15 AM	\$163/\$168
17744	5-7	Sa	2/22-3/22	10:30 AM-11:15 AM	\$163/\$168
17745	5-7	Sa	3/29-4/26	10:30 AM-11:15 AM	\$163/\$168



BASKETBALL FUNDAMENTALS

Lewis Park Basketball Courts

Class instructor will emphasize key fundamentals necessary to play the game of basketball. Participants will learn proper footwork, ball-handling, dribbling, passing, catching, shooting, defense, rebounding, fast breaks as well as sportsmanship and enjoyment of the game. Please bring your own basketball, water bottle, wear light attire and basketball shoes.

Instructor: Corey Hartney

#	AGES	DAYS	DATES	TIMES	R/NR FEE				
BEGIN	BEGINNING LEVEL								
17746	5-9	Т	1/7-1/28	4:30 PM-5:30 PM	\$152/\$157				
17747	5-9	Т	2/4-2/25	4:30 PM-5:30 PM	\$152/\$157				
17748	5-9	Т	3/4-3/25	4:30 PM-5:30 PM	\$152/\$157				
17749	5-9	Т	4/1-4/22	4:30 PM-5:30 PM	\$152/\$157				
INTERI	MEDIATE LE	VEL							
17750	10-14	Т	1/7-1/28	3:30 PM-4:30 PM	\$152/\$157				
17751	10-14	Т	2/4-2/25	3:30 PM-4:30 PM	\$152/\$157				
17752	10-14	Т	3/4-3/25	3:30 PM-4:30 PM	\$152/\$157				
17753	10-14	Т	4/1-4/22	3:30 PM-4:30 PM	\$152/\$157				

TINY ACES TENNIS CLASS

Joät Park Tennis Courts

This class is your future tennis star's introduction to the exciting world of tennis, sports, and overall athleticism. This class features fun games that are perfectly designed to advance your child's hand-eye coordination, balance, and love for tennis. Our friendly staff will provide a fun, creative and positive environment for every child involved. For more info and rainy-day makeup policy, go to www.johnnyallentennis. com. or call 1-844-9TENNIS (1-844-983-6647)

Instructor: Johnny Allen Tennis Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17554	3-5	T,Th	1/14-1/30	4:15 PM-5:00 PM	\$101/\$106
17555	3-5	T,Th	2/4-2/20	4:15 PM-5:00 PM	\$101/\$106
17556	3-5	T,Th	2/25-3/13	4:15 PM-5:00 PM	\$101/\$106
17557	3-5	T,Th	3/18-4/3	4:15 PM-5:00 PM	\$101/\$106

CLAREMONT RECREATION AND HUMAN SERVICES



LITTLE ACES TENNIS CLASS

Joāt Park Tennis Courts

We believe learning tennis should be fun and exciting. All classes feature the magic of learning athletic confidence through tennis. All four major strokes will be taught, the forehand, backhand, serve and volley. Students will be given a solid tennis foundation, through tons of innovative and effective drills, and games. Upbeat and fun music will be played during class to create an energetic atmosphere. For more info and rainy-day makeup policy, go to www.johnnyallentennis. com. or call 1-844-9TENNIS (1-844-983-6647).

Instructor: Johnny Allen Tennis Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17558	6-8	T,Th	1/14-1/30	5:00 PM-6:00 PM	\$111/\$116
17559	6-8	T,Th	2/4-2/20	5:00 PM-6:00 PM	\$111/\$116
17560	6-8	T,Th	2/25-3/13	5:00 PM-6:00 PM	\$111/\$116

JUNIOR ACES TENNIS CLASS

Joät Park Tennis Courts

All junior tennis players looking for improvement are welcome to play. All four major strokes will be taught, the forehand, backhand, serve and volley. Players will improve technique, spin, placement, balance, and movement, through specially designed drills and games. We will be focusing on proper technique on all major shots during singles and doubles play, preparing players for high school tennis, tournaments, and an overall higher level of the game. This high-energy class will also have fun and lively music played throughout as an added bonus. For more info and rainy-day makeup policy, go to www. johnnyallentennis.com or call 1-844-9TENNIS (1-844-983-6647).

Instructor: Johnny Allen Tennis Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17561	9-12	T,Th	1/14-1/30	6:00 PM-7:00 PM	\$111/\$116
17562	9-12	T,Th	2/4-2/20	6:00 PM-7:00 PM	\$111/\$116
17563	9-12	T,Th	2/25-3/13	6:00 PM-7:00 PM	\$111/\$116

HIGH SCHOOL ACES TENNIS CLASS

Joät Park Tennis Courts

This class is perfect for players new to the sport, or more experienced players getting ready to compete in tournaments, high school, or league tennis. Players will learn to compete and win through advanced strategy in singles and doubles. This class will build the confidence in each player's tennis game, through match play situations, while engaging in a wide variety of effective games and drills. This class will also have fun and exciting music to create a high-energy experience. For more info and rainy-day makeup policy, go to www. johnnyallentennis.com. Or call 1-844-9TENNIS (1-844-983-6647)

Instructor: Johnny Allen Tennis Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17564	13-17	T,Th	1/14-1/30	7:00 PM-8:00 PM	\$111/\$116
17565	13-17	T,Th	2/4-2/20	7:00 PM-8:00 PM	\$111/\$116
17566	13-17	T,Th	2/25-3/13	7:00 PM-8:00 PM	\$111/\$116



ADULT CARDIO TENNIS CLASS

Joāt Park Tennis Courts

Looking for an upbeat workout? Grab your racket and let's hit the courts! We have tons of fast-paced drills and games, accompanied by high-energy music to keep you moving and grooving. If you are looking to improve your tennis game and stay on your toes, then this program is perfect for you. This class features tennis and a workout, all rolled into one. Specially designed to burn calories, make some friends, and of course, improve your tennis game. For more info and rainy-day makeup policy, go to www.johnnyallentennis.com Or call 1-844-9TENNIS (1-844-983-6647)

Instructor: Johnny Allen Tennis Staff

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17567	18+	T,Th	1/14-1/30	8:00 PM-9:00 PM	\$111/\$116
17568	18+	T,Th	2/4-2/20	8:00 PM-9:00 PM	\$111/\$116
17569	18+	T,Th	2/25-3/13	8:00 PM-9:00 PM	\$111/\$116



YOUTH EVOLUTION BABY KICKERS

Memorial Park 840 Indian Hill Blvd.

Introduce your child to the best sport on the planet. With your participation and encouragement, the baby kicker will learn the fundamental steps necessary to understand the sport of soccer. Instructor guidance and movement skills are developed using engaging games and activities with appropriately sized soccer goals, providing an unforgettable experience like no other.

No class: 2/17, 4/7

Instructor: Youth Evolution Soccer

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17797	2-3.5	М	1/27-3/3	5:20 PM-5:50 PM	\$111/\$116
17798	2-3.5	М	3/24-4/28	6:00 PM-6:30 PM	\$111/\$116

YOUTH EVOLUTION SOCCER LEVEL 1

Memorial Park 840 Indian Hill Blvd.

Learn fundamental movement skills and build overall motor skills. This course is designed for children to learn the fundamentals of Soccer. The program focuses on technique using activities that subsequently help build on each other, helping the children to gradually increase their ability to learn basic soccer skills by also helping to establish a fun, nurturing atmosphere for the children.

No class: 2/17, 4/7

Instructor: Youth Evolution Soccer

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17799	3.5-5	М	1/27-3/3	4:40 PM-5:15 PM	\$111/\$116
17800	3.5-5	М	3/24-4/28	5:20 PM-5:55 PM	\$111/\$116

YOUTH EVOLUTION SOCCER LEVEL 2

Memorial Park 840 Indian Hill Blvd.

This course will focus on dribbling, passing, shot technique and teamwork. Children will be introduced to fitness and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Following our motto, Play, Learn, and Grow, children will now be introduced to a variety of techniques that will improve their overall motor skills to play the sport of soccer.

No class: 2/17, 4/7

Instructor: Youth Evolution Soccer

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17801	5-7	М	1/27-3/3	3:10 PM-3:55 PM	\$111/\$116
17802	5-7	М	3/24-4/28	3:45 PM-4:30 PM	\$111/\$116

YOUTH EVOLUTION SOCCER LEVEL 3

Memorial Park 840 Indian Hill Blvd.

The level 3 course is aimed to improve large motor skills, spatial awareness, and teamwork. The instructor will focus on fitness, agility, drills, become a bit more advanced and teach children how to perform under pressure. Drills are focused on more complex activities that include fast breaks and multiple defensive structures. Your child will now learn explosive plays, improve their footwork, and develop their range and accuracy of shooting.

No class: 2/17, 4/7

Instructor: Youth Evolution Soccer

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17837	8-11	М	1/27-3/3	3:55 PM-4:40 PM	\$111/\$116
17838	8-11	М	3/24-4/28	4:30 PM-5:15 PM	\$111/\$116







SENIOR PROGRAMS

Claremont adults 55+, visit your community gathering places to socialize, stay active, and connect with others.

Winter/Spring session begins on January 6

JOSLYN CENTER

660 N. Mountain Ave.

Phone: (909) 399-5488

Email: joslyncenter@claremontca.gov **Hours:** Mon-Fri • 9:00 AM-5:00 PM Closed: January 1, January 20, February 17



Scan to visit us online CLAREMONTREC.COM

BLAISDELL COMMUNITY CENTER

440 S. College Ave.

Phone: (909) 399-5367

Email: joslyncenter@claremontca.gov **Hours:** Mon-Fri • 10:00 AM-2:00 PM Closed: January 1, January 20, February 17

ELDERLY NUTRITION PROGRAM

The Recreation and Human Services Department's nutrition program offers more than a nutritious meal five days a week. Dining at either the Joslyn Center or Blaisdell Community Center will give participants the opportunity to experience excellent customer service from staff and volunteers, create community among other participants, and stay up to date on all of the other activities available with the Claremont Senior Program. Call or visit either of our senior facilities today to learn more about our nutrition program!



EXERCISE PROGRAMS

Have fun and get fit with these ongoing exercise classes built to accommodate your busy schedule. Classes are for ages 55+.

SOCIAL GROUPS

Attend these groups or gatherings to challenge your mind, meet new people, and have fun! Activities are for ages 55+, and are FREE unless noted otherwise.

*Drop-in activity

	-		
ACTIVE ADULT CHAIR EXERCISE Mon, Wed, Fri 9:35 AM-10:35 AM Hughes Community Center	ARTHRITIS EXERCISE Tue 1/7-4/29 10:30 AM-11:30 AM Joslyn Center		
BEGINNER'S TAP DANCE Fri 1/10-5/2 12:30 PM-1:30 PM Joslyn Center	SENIOR BICYCLE GROUP Ongoing Contact the Joslyn Center for more details		
GENTLE YOGA Mon 1/6 – 4/28 10:30 AM-11:30 AM Joslyn Center	PÉTANQUE Sun Ongoing 3:00 PM – 5:00 PM Ages 18+, Larkin Park		
WALKING GROUP VILLAGE AREA* Tue Ongoing 8:00 AM-9:00 AM Shelton Park	WALKING GROUP THOMPSON CREEK* Thu Ongoing 8:00 AM-9:00 AM Indian Hill Trail Head		
QI GONG Tue Ongoing 10:00 AM-11:00 AM Larkin Park			

ART GROUP	DUPLICATE
Fri	BRIDGE
9:00 AM-12:00 PM	Thu (Except 3rd Thu)
Joslyn Center	12:30 PM-4:30 PM
	Joslyn Center
KNITTING WITH	JOURNALING
CARE	NATURE
Tue	1st, 3rd & 5th
2:00 PM-3:30 PM	10:00 AM-11:30 AM
Joslyn Center	Starts 2/4
	Joslyn Center
MAH JONGG	MOVIE MATINEE*
Mon	2nd Fri
9:00 AM-12:00 PM	12:30 PM-2:30 PM
Joslyn Center	Joslyn Center
Fri	4th Fri
1:30 PM-5:00 PM	12:30 PM-2:00 PM
Joslyn Center	Blaisdell Center
Josigii Ceriter	Diaisueli Ceritei
COMPUTER	PUZZLE
CLUB*	EXCHANGE*
Fri	1st Thu
1:00 PM-4:30 PM	10:00 AM-12:00 PM
Joslyn Center	Joslyn Center
Jacks and District	
_	dell offer a variety
of activities	for ages 55+



WINTER/SPRING HIGHLIGHTS

SENIOR SCAM STOPPER

Be on the lookout for additional information regarding the annual Senior Scam Stopper Breakfast. The Claremont Senior Program is actively working to schedule this informational resource.

SOUND HEALING

♀ Joslyn Center, 660 N. Mountain Ave.

In this class, the instructor will lead participants in sound healing (utilizing 7 chakra-tuned crystal singing bowls) paired with guided breathwork. Sound healing has been shown to improve well-being, sleep, stress, anxiety, and physical pain. Your instructor, Anamaria De La Cruz, is an honors graduate of Yale University. She holds an MA in Music and is a credentialed CA educator with over 20 years of experience in the fields of Education



and Music, with experience teaching students of all ages.

Instructor: AnaMaria De La Cruz

#	AGES	DAYS	DATES	TIMES	R/NR FEE
17854	55+	Tu	1/7-1/28	9:30 AM - 10:15 AM	\$111/\$116
17855	55+	Tu	2/4-2/25	9:30 AM - 10:15 AM	\$111/\$116
17856	55+	Tu	3/4-3/25	9:30 AM - 10:15 AM	\$111/\$116
17857	55+	Tu	4/1-4/22	9:30 AM - 10:15 AM	\$111/\$116

PAINT MIXER

♀ Joslyn Center, 660 N. Mountain Ave.

Celebrate Spring with us for an evening of painting and light refreshments at the Joslyn Center. Participants are provided with art materials and step-by-step guidance to create a Spring-themed painting. Pre-registration is required. The \$12 fee is non-refundable.

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	Th	3/13/25	5:00 PM-7:00 PM	\$12

Claremont Senior Program is a great place to gather, socialize, and stay active.

THERAPEUTIC COMMUNITY GARDEN VISIT

2008 N Garey Ave, Pomona 91767

Visit the recently reopened Therapeutic Community Garden. A Tri-City Representative will guide you on a garden tour with a focus on mindful practices to use in the natural space. A similar activity will also be led in the shade. Transportation services will be booked to bring participants to the garden from the Joslyn Center. Pre-registration is required.

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	Th	1/30	10:00 AM-1:00 PM	FREE



GET ACTIVE

SENIOR BICYCLE GROUP

Location unspecified

For more information regarding the Claremont Senior Bicycle Group and ride meets, please contact the Joslyn Center. Waiver required.

BEGINNER'S TAP DANCE

♀ Joslyn Center, 660 N. Mountain Ave.

This is a tap exercise class for the brain to body connection. You will learn choreography dances and have plenty of fun. All levels of tap experience are welcome. Instructor: Joanne Dinsmore.

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	F	1/10-5/2	12:30 PM-1:30 PM	Free



LINE DANCE

♀ Joslyn Center, 660 N. Mountain Ave.

This class is designed for continuing line dance class students that have taken line dance but preferred a slower pace than the intermediate line dance class. All lessons will be either beginner or improver level. Knowledge of basic line dance steps will be required. Participants are asked to wear comfortable, closed-toe shoes. Pre-registration is required. Location: Joslyn Center. Instructor: Selina Chi.

	AGES	DAYS	DATES	TIMES	R/NR FEE
ĺ	55+	w	1/8-2/26	10:30 AM-11:30 AM	\$57/\$62
Ì	55+	W	3/5-4/30	10:30 AM-11:30 AM	\$57/\$62

INTERMEDIATE LINE DANCE

♀ Joslyn Center, 660 N. Mountain Ave.

Stay happy and healthy through dance! Learn official international line dances, and have fun improving your coordination, posture, motor memory, and dance skills in this class. Most of all, enjoy dancing with others! Participants are asked to wear comfortable, closed-toe shoes. Good balance, ability to execute fast steps, and strong line dance experience is required for this class. Pre-registration is required. Location: Joslyn Center. Instructor: Selina Chi.

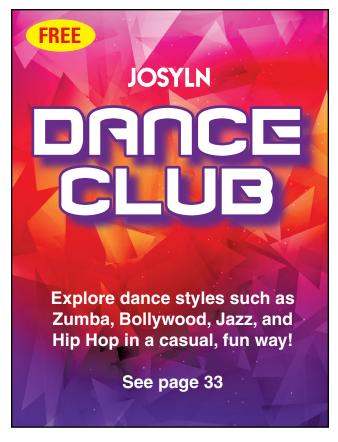
AGES	DAYS	DATES	TIMES	R/NR FEE
55+	w	1/8-2/26	9:15 AM-10:30 AM	\$57/\$62
55+	w	3/5-4/30	9:15 AM-10:30 AM	\$57/\$62

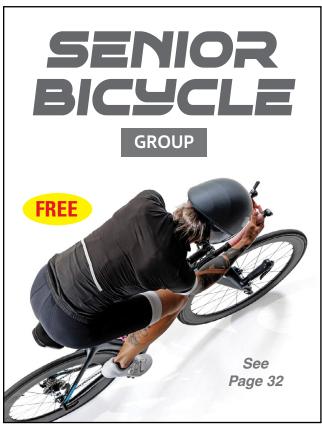
JOSLYN DANCE CLUB

♀ Joslyn Center, 660 N. Mountain Ave.

In this biweekly club, explore dance styles such as Zumba, Bollywood, Jazz, and Hip Hop in a casual, fun way. Join this class to de-stress, enjoy movement, and find joy in expression. This class will also include dance circles and playlists that are inspired by the participants themselves for maximum fun! Instructors are Claremont College students with backgrounds in various dance styles. Participants are asked to wear comfortable, closed-toe shoes. Pre-registration is required, and ongoing sign-ups are welcome!

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	2nd & 4th F	1/31-4/25	3:30 PM-4:30 PM	FREE









THE CLICKS

E-Newsletter

Your source for Claremont Senior Program news, activities, and events!



Stay Connected!

The Clicks e-newsletter provides monthly updates on activities, programs, and events offered by the Claremont Senior Program and the City of Claremont.

Get emails sent directly to your inbox every month. For more information on subscribing, visit the Senior Programs page at ClaremontRec.com or use a smartphone or tablet to scan this code:

SCAN THIS CODE TO GO ONLINE AND SUBSCRIBE



GET WALKING

Shelton Park(Tuesdays)/ Thompson Creek Trail (Thursdays)

On Tuesdays, this walking group meets at Shelton Park on the corner of Bonita and Harvard Avenue for a walk in the Village and Colleges. On Thursdays, the group meets at the Indian Hill Trailhead parking lot located at 2471 Indian Hill Blvd. for a walk along the Thompson Creek Trail. Please arrive 15 minutes early to sign-in. Participants must sign an annual waiver. Waivers are available in-person at the Joslyn Center (660 N. Mountain Ave).

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	Tu, Th	1/7-5/1	8:00 AM-9:00 AM	FREE

SOCIAL GROUPS

CREATIVITY CLUB

Students from Claremont High School are excited to lead weekly arts and crafts projects, such as quick-dry clay, string art, and crafts using natural elements. This class is designed to connect two different generations through the power of creativity. Pre-registration is required.

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	w	1/8-4/23	4:00 PM-5:00 PM	FREE

CHESS FOR FUN!

♀ Joslyn Center, 660 N. Mountain Ave.

Chess for Fun! is a chess group that meets Mondays from 9:00 a.m. - 12:00 p.m. at the Joslyn Center. Whether you have many years of experience or are just learning how to play, come connect with others over the game of chess.

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	М	1/6-4/28	9:00 AM-12:00 PM	Free



PINOCHLE

Joslyn Center, 660 N. Mountain Ave.

Come play Pinochle! Pinochle is a card game for two or more players using a 48-card deck consisting of two of each card from nine to ace. The object is to score points for various combinations and to win tricks. This activity meets Tuesdays at the Joslyn Center. This is free, drop-in play with peers.

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	Tu	1/7-4/29	12:30 PM-3:30 PM	FREE

ART WORKSHOPS

♀ Joslyn Center, 660 N. Mountain Ave.

Both experienced and first-time artists are invited to participate in these one-day workshops, where different art techniques and mediums are explored each session. This series is provided by Tierra del Sol Foundation, an organization that provides people with disabilities pathways



to employment, education, and the arts. Follow The Clicks newsletter or call the Joslyn Center to learn of each month's workshop topics, which range from collage to watercolor, from Monet to Picasso. Participants are provided with art materials, a demonstration by experienced arts educators, and step by step guidance throughout the process.

Notes: Pre-registration is required. A \$10 materials fee (cash or check) is due to the instructor at the time of the workshop.

Instructor: Tierra del Sol Foundation

AGES	DAYS	DATES	TIMES	R/NR FEE
WORKSHO	P1			
55+	Wed	1/8	12:30 PM-2:30 PM	\$10
WORKSHO	P 2			
55+	Wed	1/22	12:30 PM-2:30 PM	\$10
WORKSHO	P3			
55+	Wed	2/12	12:30 PM-2:30 PM	\$10
WORKSHO	P 4			
55+	Wed	2/26	12:30 PM-2:30 PM	\$10
WORKSHO	P 5			
55+	Wed	3/12	12:30 PM-2:30 PM	\$10
WORKSHO	P 6			
55+	Wed	3/26	12:30 PM-2:30 PM	\$10
WORKSHO	P 7			
55+	Wed	4/9	12:30 PM-2:30 PM	\$10
WORKSHO	P 8			
55+	Wed	4/23	12:30 PM-2:30 PM	\$10

JOSLYN JAMMERS

ACTIVITY GUIDE

Joslyn Center, 660 N. Mountain Ave.

Come make music with the Joslyn Jammers! This weekly congregate music class is facilitated by local musician and guitar instructor David Hostetler. Bring your guitar, ukulele, tambourine, drum, rattles, or any instrument you like; even your voice will do! Beginners and seasoned musicians alike are welcome to this FREE class.

Notes: Pre-registration is required.

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	Thu	1/9-5/1	10:00 AM-12:00 PM	FREE

SHAKESPEARE SPEAKERS

Joslyn Center, 660 N. Mountain Ave.

The Shakespeare Speakers program will meet on the 2nd Monday of the month at 2:00 p.m. at the Joslyn Center. Those interested in hearing about the world of William Shakespeare are invited to attend. This activity follows a long tradition of introducing a fascinating array of speakers: actors, directors, scholars, teachers, and theater crew members who provide insights on a variety of topics related to the world and works of William Shakespeare, as well as Shakespeare's influence in and around the theater.

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	2nd Mon	1/13-4/14	2:00 PM-4:00 PM	FREE

CONTINUED LEARNING

CLAREMONT SENIOR COMPUTER CLUB

♀ Joslyn Center, 660 N. Mountain Ave.

Get the most out of your computer and the software that goes with it. Location: Joslyn Center Annex.

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	F	1/10-5/2	1:00 PM-4:30 PM	FREE

MAC USERS GROUP

Joslyn Center, 660 N. Mountain Ave.

This self-help group for people using Apple products (Macintosh's, smartwatches, iPhone, etc.) Bring your tech problems to the meeting and the activity leader will provide assistance. Topics include apps, hardware, and troubleshooting. This is a free drop-in activity.

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	2nd Mon	1/13-4/14	1:00 PM-3:00 PM	FREE

EXAMPLE 2 CLAREMONT RECREATION AND HUMAN SERVICES

WRITER'S GROUP

♀ Joslyn Center, 660 N. Mountain Ave.

The Claremont Writing Group (CWG) wants you! It invites writers of all genres and experience to provide positive, supportive, and productive feedback on your fiction, nonfiction, or poetry. The group focuses feedback on elements such as organization, plot, setting, character development, point of view, and overall effectiveness. Due to the participatory nature of the groups' work, membership is limited to twelve writers at any one time. This means that there usually is a waiting list. New members will be welcomed in the order in which they were added to the waitlist. If you are interested in joining the waitlist, visit the Joslyn Center to sign up in-person.

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	w	1/8-4/30	9:00 AM-12:00 PM	FREE

WAR & EXISTENTIALISM BOOK CLUB

♀ Joslyn Center, 660 N. Mountain Ave.

From the early 1900's to post-WWII, from Voltaire to Joyce, this book club will explore existentialism, absurdism, war, the role of literature, and beautiful prose, among many other topics. This club will meet on the first Friday of each month to discuss the reading selection. The Claremont Gerontology Association, a group of dedicated volunteers from the Claremont Colleges, is excited to read good books and have great discussions with you!

AGES	DAYS	DATES	TIMES	R/NR FEE
55+	1st Fri	2/7-5/2	10:30 AM-11:30 AM	FREE

READING ABOUT MONEY

♀ Joslyn Center, 660 N. Mountain Ave.

Each month, participants read and discuss articles on specific finance topics, such as: investing in retirement, finding a fiduciary, important estate documents, online payment methods such as Zelle, evaluating a retirement community, and more! This group does not include speakers or professionals and is intended for the interested layperson.



AGES	DAYS	DATES	TIMES	R/NR FEE
55+	1st Th	2/6-5/1	1:30 PM-3:00 PM	FREE

Claremont Senior Program is a great place to gather, socialize, and stay active.

TECH LITERACY WORKSHOP

Introducing a communication themed workshop, where presentations will cover how to use social apps to connect with friends and family. Social apps discussed will include Facebook, WhatsApp, Messages, FaceTime, Zoom, and more. Presentations will also focus on scam awareness and prevention. Following presentations, instructors will remain for a workshop period, where attendees can ask specific questions or request assistance individually. Stay tuned for the Tech Literacy Workshops lineup and dates, coming soon

TRANSPORTATION

AARP SMART DRIVER

Alexander Hughes Community Center, 1700 Danbury Rd.

This classroom-based defensive driving course is designed for persons 50 and older who are seeking to sharpen their driving skills and who have previously completed the full two-day course. By taking this course, individuals, will learn the current rules of the road, defensive driving techniques, and how to operate a vehicle more safely in today's environment. After five hours of instruction, a DMV certificate will be issued entitling participants to a discount on their automobile insurance.

Notes: *A materials fee of \$25 (or \$20 for AARP members) in cash or check is due to the instructor on the first day of class.

Pre-registration is required.

Instructor: Teresa Delgado

AGES	DAYS	DATES	TIMES	R/NR FEE
ONE-DAY RENEWAL				
50+	Tu	3/18	9:30 AM-2:30 PM	\$20 or \$25*
TWO-DAY SMART DRIVER				
50+	M, Tu	1/13 & 1/14	9:30 AM-1:30 PM	\$20 or \$25*
50+	M, Tu	4/21 & 4/22	9:30 AM-1:30 PM	\$20 or \$25*

DIAL-A-RIDE

A shared-ride cab service for seniors is available 24 hours a day within Claremont. To register for Claremont Dial-A-Ride call (909) 596-7664 or to schedule a ride call (909) 623-0183.



GET ABOUT

Door-to-door transportation for seniors and disabled persons within the cities of Claremont, La Verne, Pomona, and San Dimas. To register for Get About call (909) 596-7664, or to schedule a ride, call (909) 596-5964.

SUPPORT SERVICES

SUPPORT GROUPS

Everyone needs a little support from time to time. If you, a family member, or someone you know needs a helping hand, please call the Senior Program. Support groups include:

Joslyn Center, 660 N. Mountain Ave.

AGES	DAYS	DATES	TIMES	R/NR FEE	
BEREAVEMENT SUPPORT GROUP (EUCALYPTUS)*					
18+	Th	Ongoing	3:15 PM-4:45 PM	FREE	
OVEREATERS ANONYMOUS					
18+	Tu	1/7-4/29	11:00 AM-12:15 PM	FREE	
18+	Fri	1/10-5/2	12:00 PM-1:00 PM	FREE	

*The Bereavement Support Group hosted by VNAcare meets at Joslyn Center each Thursday. Experienced and trained facilitators lead this free group to offer support, education, and a chance to connect with others who have lost a loved one. The Bereavement Support Group exists to provide hope and comfort in the grief journey through the experience of a supportive community that gives space and time to process feelings of loss to bring healing.

Alexander Hughes Community Center, 1700 Danbury Rd.

AGES	DAYS	DATES	TIMES	R/NR FEE	
PARKINSON'S EXPLORERS GROUP					
18+ 2nd Sat		1/11-4/12	10:00 AM-12:00 PM	FREE	
SURVIVORS OF SUICIDE LOSS					
18+	2nd & 4th Mon	1/13-4/28	6:00 PM-7:00 PM	FREE	

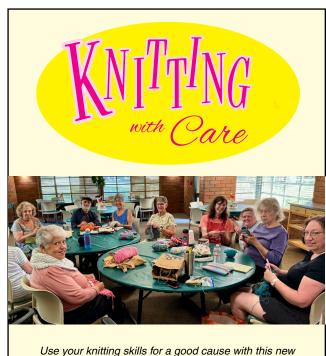
RESOURCE & REFERRAL SERVICES

A trained Resource Specialist from AgingNext is available to provide resource and referral services to Claremont seniors and their families. The Resource Specialist can assist with issues that include financial, medical, housing, mental health, legal dispute, and abuse. Ongoing case management is available for qualified individuals. Call the Joslyn Center to get connected.

AGINGNEXT

A regional non-profit organization that offers the following services: AgingNext Village, Care Partners, Memory Care Center, Resource Specialists, Ride and Go, and Volunteers. AgingNext is dedicated to helping seniors live well, and age well, at home. For more information, go to agingnext.org or call (909) 621-9900.





group, which will meet each week to work on knitting or

crocheting projects that will benefit local nonprofits.

EXAMPLE 2 CLAREMONT RECREATION AND HUMAN SERVICES



AARP FOUNDATION TAX AIDE

Trained volunteers from AARP Foundation Tax Aide will be available to provide free assistance to taxpayers with low to moderate income. Services are offered by appointment at the Joslyn Center on Thursdays, from February through mid-April. Appointments will be available on AARP's Tax Aide website in January. Contact Joslyn Center staff for more information or assistance with making an appointment.



VOLUNTEER OPPORTUNITIES

Give back to the community you love! The Claremont Senior Program is seeking volunteers ages 18+ to assist with a wide range of activities, services, and programs offered at Joslyn Center and elsewhere in the City. For information on how to apply, go to ClaremontRec.com or visit the Joslyn Center.

Claremont Senior Program is a great place to gather, socialize, and stay active.

JOIN OUR P.A.L. PROGRAM

Need to hear a friendly voice? Want more human connection? The friendly volunteers of the Phone Assurance Line (PAL) Program can help! For more information, call the Joslyn Center at 909-399-5448.

FOOD RESOURCE SERVICES

ELDERLY NUTRITION PROGRAM

Join us for lunch! Lunch is available for adults age 60+ Monday through Friday on a first-come, first-served basis at two congregate dining sites: the Joslyn Center, where lunch is served promptly at 11:30 AM, and the Blaisdell Community Center, where lunch is served promptly at noon. For more information, please contact the Joslyn Center at (909) 399-5488.

INLAND VALLEY HOPE PARTNERS

♀ Joslyn Center Annex , 650 N. Mountain Ave.

For information call (909) 622-3806.

AGES	DAYS	DATES	TIMES	R/NR FEE
18+	Tue	Ongoing	9:00 AM-4:00 PM	FREE

LA COUNTY REGIONAL FOOD BANK

Q Joslyn Center, 660 N. Mountain Ave.

For information call (323) 234-3030.

AGES	DAYS	DATES	TIMES	R/NR FEE
60+	2nd Thu	Ongoing	1:00 PM-2:30 PM	FREE

CLAREMONT MEALS ON WHEELS

For information call (909) 621-4018.

TRI-CITY MENTAL HEALTH

Community Navigator Program consists of highly trained individuals who specialize in linkage and referral to local resources. Please call (888) 436-3246.

AGES	DAYS	DATES	TIMES	R/NR FEE
18+	Mon-Fri	Ongoing	Appt	FREE



YOUTH PROGRAMS

Free after school programs for Claremont youth in grades 7-8 (TAC) and 9-12 (YAC). Online pre-registration required before attending.

Free After School Program for Claremont Youth Grades 7-8

TRACKS ACTIVITY CENTER

665 N. Mountain Ave. located on the El Roble Middle School campus

Information Line: (909) 399-5378 **TAC Parent/Student Phone:** (909) 399-5373

FREE Drop-in Program: Mon Tue Thu Fri • 2:10-5 PM, Wed • 1:10-5 PM

(Hours may vary for special events and minimum days)

Snack Bar Hours: Mon-Fri · Open until 4:30 PM

Closed: January 1-13, January 20, February 10, February 17,

April 7-11, May 26, June 12



REGISTER HERE for TAC ClaremontRec.com

Free After School Program for Claremont Youth Grades 9-12

YOUTH ACTIVITY CENTER

1717 N. Indian Hill Blvd. located adjacent to Claremont High School

Information Line: (909) 399-5360 **FREE Drop-in Program:** Mon-Fri ⋅ 1-5 PM

(Hours may vary for special events and minimum days)

Snack Bar Hours: Mon-Fri • Open until 4:30 PM

Closed: January 1-13, January 20, February 10, February 17,

April 7-11, May 26, June 12



REGISTER HERE for YAC ClaremontRec.com

CLAREMONT RECREATION AND HUMAN SERVICES

















● Photobooth at the YAC. ● Back to School Bash Band. ● Teen Green in the Village ● TAC Activity Room. ● College Writing Workshop with Pitzer Students. ● Back to School Bash Jumper. ● Teen Techies Workshop at the YAC. ● TAC Volunteers.

ACTIVITY GUIDE

Winter/Spring 2025

WINTER/SPRING HIGHLIGHTS

WELLNESS WEEK

♀ Youth Activity Center, 1717 N. Indian Hill Blvd.

During the week following finals, from January 27 to 31, the YAC will host a series of events at Claremont High School designed to help students unwind and relieve test stress. Activities will include meditation workshops, therapy animals, and various creative outlets available throughout the week.

FAFSA

♀ Youth Activity Center, 1717 N. Indian Hill Blvd.

This winter, during Wellness Week from January 27 to 31, the YAC will host a FAFSA Workshop presented by Robin Thompson for high school students and their parents. This workshop will provide an overview of the FAFSA process and guide participants through filing for financial assistance for incoming college students.

RESUME WRITING WORKSHOP

♀ Youth Activity Center, 1717 N. Indian Hill Blvd.

The YAC will host a Resume Writing Workshop on Wednesday, March 12, 3:45p.m.-4:45p.m., to assist students during their job application process. We will have a special guest, Community Services Director Jeremy Swan, present essential information on how to build your resume for the future job you want!

HAPPINESS SPRINKLING

The TAC and YAC will be hosting our annual Happiness Sprinkling after school to help spread positivity throughout our community on Friday, March 21. Participants will hold signs sharing positive messages to those in the surrounding area, to help spread good vibes and cheer.

IETC TEEN SUMMER BASH

Stay tuned for more information on the annual Teen Summer Bash! If you have any questions, don't hesitate to contact the TAC and YAC staff.

CALIFORNIA PARENT & YOUTH HELPLINE

Additionally, we have the California Parent & Youth Helpline for emotional support in any language, which is available Monday through Sunday 8am to 8pm by calling or texting 1-855-427-2736 or live chatting at caparentyouthhelpline.org.

PARENTS ANONYMOUS

Parents Anonymous will be hosting monthly workshops within the TAC and YAC every month. Parents Anonymous is a counseling program that helps participants learn positive mental health tools to navigate through a variety of topics. You can also seek counseling with your parents as well. Parents Anonymous® provides free Evidence-Based Parents Anonymous® Groups for Parents, Children & Youth or anyone in a parenting role that would like to address any parenting, personal, mental health, or substance use concern or issue. Weekly Online Parents Anonymous® Support Groups are two-hours long and conducted in either English or Spanish.

PARENTS ANONYMOUS LIFE SKILLS WORKSHOP

Q TRACKS Activity Center, 665 N. Mountain Ave.

Join us every Tuesday from 3:00 p.m. to 4:00 p.m. at the TAC for the Parents Anonymous Life Skills Workshop. This ongoing workshop provides students with tools to manage stress, build resilience, and develop essential life skills in a supportive environment. Don't miss this opportunity to grow and thrive!

GRADES	DAYS	DATES	TIMES	R/NR FEE
7-8	Every Tue	12/10-2/25	3:00-4:00 PM	FREE

MONTHLY EVENTS

GRADES	DAYS	DATES	TIMES	R/NR FEE			
TRI CITY WORKSHOPS							
7-8	2nd Mon	Monthly	3:00-4:00 PM	FREE			
9-12	1st Tue	Monthly	3:45-4:45 PM	FREE			
TEEN GREEN	TEEN GREEN						
7-12	2nd Wed	Ongoing	3:00 PM	FREE			
TEEN COMMI	TEEN COMMITTEE MEETING - YAC						
7-12	3rd Wed	Ongoing	3:45 PM	FREE			
TEEN TECHIE	TEEN TECHIES						
9-12	4th Thu	Ongoing	3:45-5:00 PM	FREE			
MONTHLY DINNERS							
7-12	4th Fri	Ongoing	3:30-5:00 PM	FREE			

FIELD TRIPS

GRADES	DAYS	DATES	TIMES	R/NR FEE			
CLAREMONT LOOP HIKE							
7-12	Thu	TBD	3:30-6:00 PM	FREE			
ELF MUSEUM	ELF MUSEUM FIELD TRIP						
7-12	TBD	TBD	3:30-5:00 PM	FREE			
CALIFORNIA	CALIFORNIA SCIENCE CENTER						
7-12	Sat	TBD	9:00 AM-5:00 PM	FREE			
LACMA	LACMA						
7-12	Sat	TBD	9:00 AM-5:00 PM	FREE			
SKY ZONE TRAMPOLINE PARK							
7-12	Thu	TBD	3:30-6:00 PM	FREE			





License #198015976 • NAEYC Accredited

ABC's For Me Preschool

4 Tiny Tots Program



For ages 2-5. Both of our programs encourage your child to learn and engage developmental skills while having fun.



HERITAGE AFTER SCHOOL PROGRAM

After School - 6:00 pm. For kids in Transitional Kindergarten or kindergarten, through the 6th grade. Pick-ups from nearby schools, homework help, tutoring, and children will learn a new language and culture.



LINGO STARS DUAL-LANGUAGE IMMERSION

Our dual-language immersion program will emphasize teaching a second language to preschool-aged children, while still enhancing their first native language by combining both spoken languages in the classroom.

1700 Danbury Rd., Claremont, CA 91711 • (909) 971-3238 • abcformepreschool.com





Claremont Adult School

Claremont Adult School (CAS) is dedicated to delivering a high-quality and effective adult education program for adults within the community of Claremont and its surrounding cities. We offer a variety of programs and we provide educational services to around 645 adults annually.

The vast majority of classes at CAS are completely free and are open to anyone over the age of 18. You do not have to live in Claremont to attend our school. Our free classes include various levels of English as a Second Language (ESL), Citizenship Preparation courses, a HiSET Exam Preparation course, and a High School Diploma course.

Alongside our free classes, we have two fee-based Career Technical Education (CTE) programs which are Pharmacy Technician and Certified Nursing Assistant (CNA). Although these classes do charge a fee our staff will help you find possible fee reductions to make the course more affordable.

Finally, CAS has two community-based classes which include Ceramics and Stained Glass. These classes do require a small fee before joining. These classes are held at various CUSD locations.



Scan to visit us online **CUSD.CLAREMONT.EDU**

PICNIC AREA RESERVATIONS

Reservable picnic areas are available in these Claremont parks.



840 N. Indian Hill Blvd.Park Picnic Area #1 (Max. capacity 130)
Park Picnic Area #2 (Max. capacity 49)



440 S. College Ave.Park Picnic Area #1 (Max. capacity 49)
Park Picnic Area #2 (Max. capacity 49)



Indian Hill Blvd. & Scripps Dr.
Park Picnic Area #1 (Max. capacity 149)
Park Picnic Area #2 (Max. capacity 49)



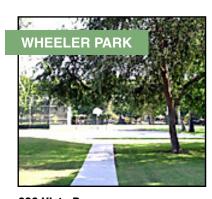
400 Block of Claremont Blvd.Park Picnic Area #1 (Max. capacity 49)



1800 Woodbend Dr.Park Picnic Area #1 (Max. capacity 49)



881 Syracuse Dr.Park Picnic Area #1 (Max. capacity 49)



626 Vista Dr.Park Picnic Area #1 (Max. capacity 49)



Reservations can be made online at **www.claremontca.gov** or in-person at the Alexander Hughes Community Center no later than 7 days prior to your requested use. Information: (909) 399-5490 • recreation@claremontca.gov





Park Hours

6:30 AM - 5:00 PM January 6:30 AM - 5:30 PM **February** 6:30 AM - 6:30 PM March 6:00 AM - 7:30 PM April May 5:30 AM - 8:00 PM 5:30 AM - 8:30 PM June July 5:30 AM - 8:30 PM August 6:00 AM - 8:00 PM 6:30 AM - 7:00 PM September 6:30 AM - 6:00 PM October 6:00 AM - 5:00 PM November 6:30 AM - 5:00 PM December

N. Mills Ave. & Mt. Baldy Rd. Claremont, CA 91711

Resident Permits

Parking Permits

Residents of Claremont receive 6-hours of free parking by scanning your drivers license (must have your Claremont address registered with the DMV) and inputting your license plate number! It's that simple! Your license plate number will populate in our database to show that you are eligible to park. REMIND-ER: Residents may ONLY park in the South TCT Parking Lot.

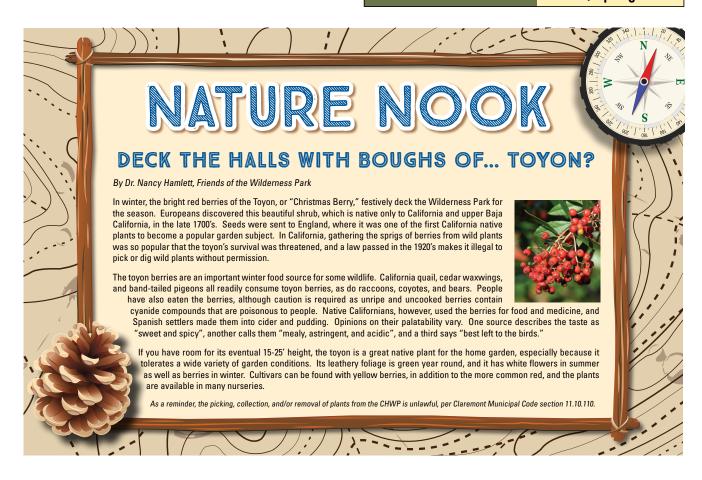
Annual Permits

Annual permits can be purchased online using the QR code: (insert QR Code here). It's as easy as creating a profile and paying for your permit! The permitting system is based off your license plate number and will remain in the system until your permit expires or you choose to renew your annual permit. Permits will be valid for 365 days from your date of purchase!

To obtain a permit, please visit www.claremontca.gov/CHWP.

Hourly Use Permits

Hourly parking passes may be purchased from our kiosks at the North and South Parking Lots or by scanning the QR code located near/ on the parking permit meters. Ensure you have your license plate number handy because that is how we track parking permits. Simply input your license plate number, pay, and go! No more running back to your vehicle to put your permit on your dashboard! Our database lets us know if you have paid or not.

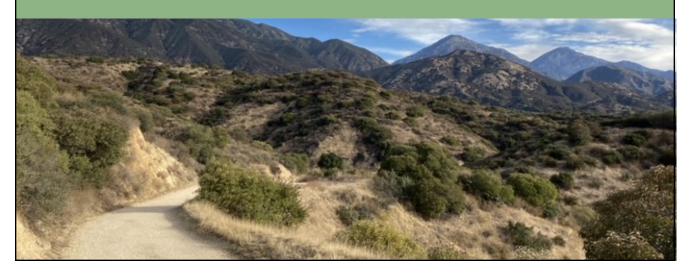




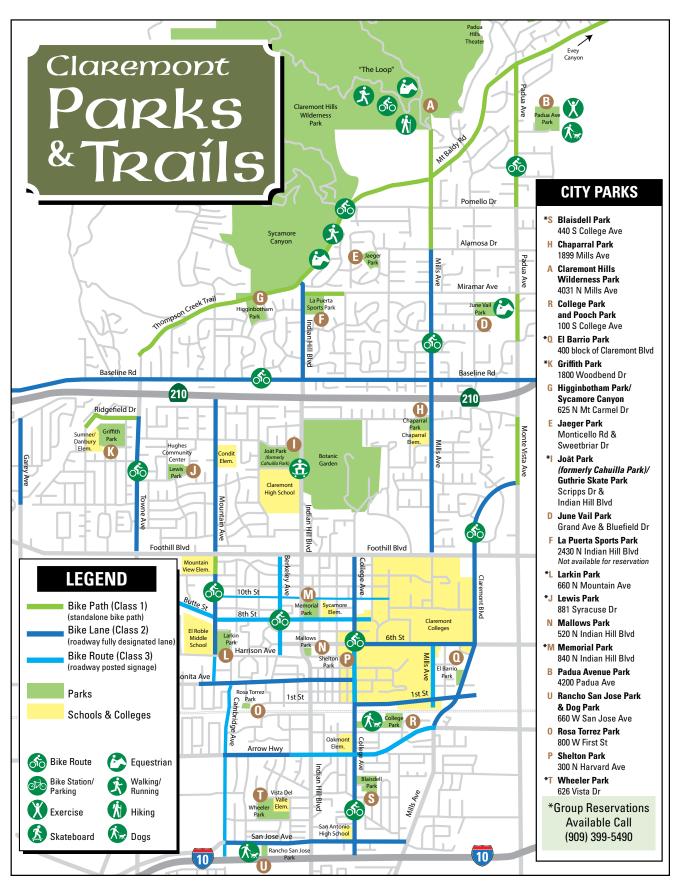


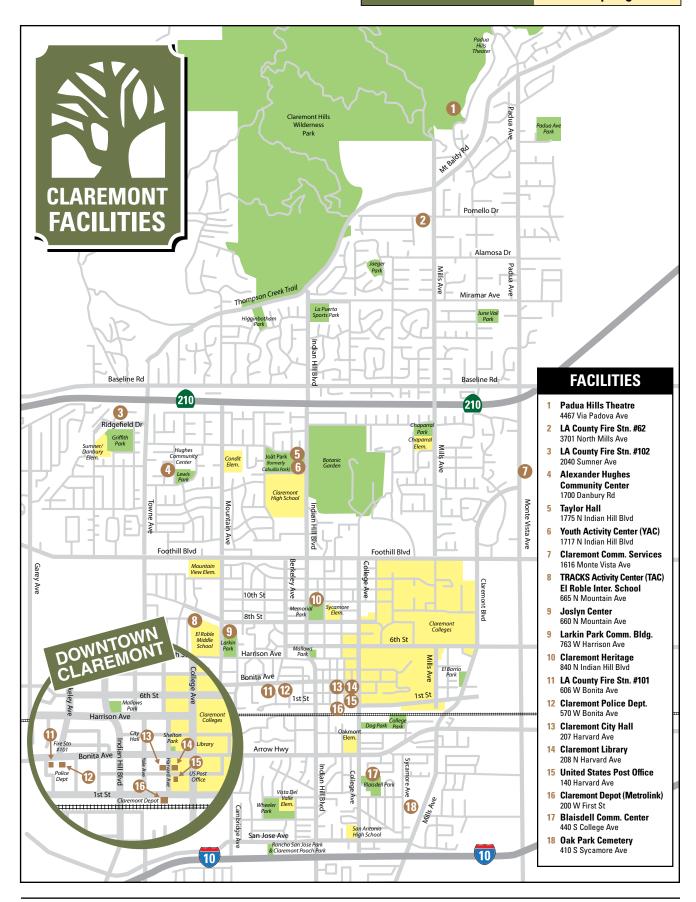
Donate Online

Donations go to directly fund improvements such as trail restoration, benches, and more!









CLAREMONT RECREATION AND HUMAN SERVICES

City of Claremont 1700 Danbury Road Claremont, CA 91711

POSTAL PATRON Claremont, CA 91711

PRSRT STD **U.S. POSTAGE PAID CLAREMONT, CA PERMIT NO. 535**



Save the Dates!

St. Patrick's Day Dance

for those with special needs

Friday, March 7, 2025 6:00-9:00 PM

Youth Activities Center, 1717 N. Indian Hill Blvd.



SCAN FOR INFORMATION OR REGISTRATION



City of Claremont

Special Needs & Resources Working Group Meetings

Special needs families and community partners are invited to join us for our monthly meeting, where we discuss and plan upcoming programs and events for our special needs community.



Upcoming Meetings

Meetings are held at the Alexander Hughes Community Center on the fourth Wednesday of every month at 4:00 PM.

Wednesday, January 22, 2025 Wednesday, February 26, 2025 Wednesday, March 26, 2025 Wednesday, April 23, 2025

For more information, please contact:

Management Analyst Michelle Castillo mcastillo@claremontca.gov • (909) 399-5356



Inclusive Egg Hunt

for those with special needs

Saturday, April 19, 2025 9:00 AM SHARP

Memorial Park, 840 N. Indian Hill Blvd.

Preregistration Not Required

Special Needs Resource Fair & Talent Showcase

for those with special needs

Saturday, May 3, 2025 10:00 AM-1:00 PM

Taylor Hall



SCAN FOR MORE INFORMATION AND VENDOR AND DONATION APPLICATION