

OUTLOOK

NEWSLETTER & ACTIVITY GUIDE

DECEMBER | 2018

lancaster  ca

*The Perfect
Place to Chill*



SEASON SNAPSHOT

DECEMBER



A MAGICAL BLVD CHRISTMAS

Saturday, December 8 | 5-9 p.m.
The BLVD | Free

ARTIST JJ L'HEUREAUX FACES FROM THE SOUTHERN OCEAN EXHIBIT

December 8-February 9
MOAH:CEDAR Galleries | Free

TREE LIGHTING & BIKE GIVEAWAY

Tuesday, December 11
City Hall | Free

BREAKFAST WITH SANTA

Saturday, December 15
8, 9, 10 & 11 a.m. Seatings
Sgt. Steve Owen Memorial Park
Adults: \$8 | Children \$5

SUNDAY NIGHT SINGERS

Saturday, December 15 | 2 p.m.
MOAH | Free

CEDAR MOVIE NIGHT - POLAR EXPRESS

Saturday, December 15 | 6 p.m.
Cedar Center for the Arts | Free

YOUNG ARTIST WORKSHOP

Thursday, December 20 | 3-7 p.m.
MOAH | Free

WINTER DAY CAMP

Winter Break Camp for ages 6-12
Sgt. Steve Owen Memorial Park
See page 23

JANUARY

CEDAR MOVIE NIGHT - HAPPY FEET

Saturday, January 12 | 6 p.m.
Cedar Center for the Arts | Free

MLK DAY OF SERVICE

Saturday, January 19
See page 25

YOUNG ARTIST WORKSHOP

Thursday, January 17 | 3-7 p.m.
MOAH | Free

PEACE ON EARTH

EXHIBITION OPENS
Saturday, January 26 | 4 p.m.
MOAH | Free



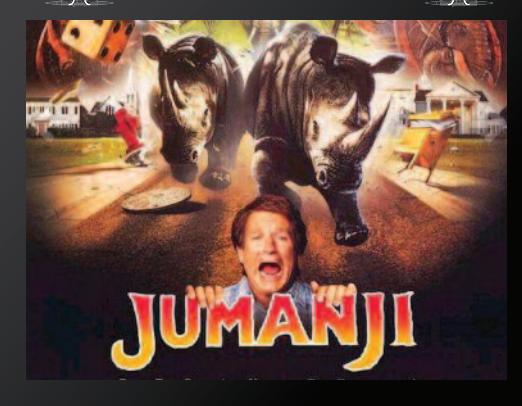
FEBRUARY

CEDAR MOVIE NIGHT - JUMANJI

Saturday, February 9 | 6 p.m.
Cedar Center for the Arts | Free

YOUNG ARTIST WORKSHOP

Thursday, February 21 | 3-7 p.m.
MOAH | Free



ARTIST LEONARD GRECO

FAIRYLAND EXHIBIT
February 23-March 31
MOAH:CEDAR Galleries | Free

City Officials

Lancaster City Council

R. Rex Parris, *Mayor*
Marvin E. Crist, *Vice Mayor*
Raj Malhi, *Council Member*
Ken Mann, *Council Member*
Angela E. Underwood-Jacobs, *Council Member*

Darrell Dorris, *Deputy Mayor*
Cassandra Harvey, *Deputy Mayor*
Liza Kosky Rodriguez, *Deputy Mayor*
Kit Yee Szeto, *Deputy Mayor*

Join the Conversations

Meetings listed below are held in the Council Chambers at City Hall, 44933 Fern Avenue, and viewable with agendas at cityflancasterca.org/publicmeetings.

Lancaster City Council

2nd & 4th Tuesday of the month at 5 p.m. In April, only the second meeting of the month will take place. In August, November, and December, only the first meeting of these months will take place.

Lancaster Architectural and Design Commission

1st Thursday of the month at 5 p.m.

Lancaster Criminal Justice Commission

2nd Wednesday of the month at 10 a.m.

Lancaster Healthy Community Commission

1st Tuesday of the month at 5 p.m.

Lancaster Homeless Impact Commission

3rd Thursday of the month at 10 a.m.

Lancaster Planning Commission

3rd Monday of the month at 5 p.m. Agenda review is held on the Monday preceding each month's meeting at 4:30 p.m. in the Council Chambers at City Hall.

Engage with Us

cityflancasterca.org/LancasterEngage

Participate in community surveys.

Report civic problems.

Sign up for emergency notifications (Nixle).

Download Inform Lancaster app.

Contact City Hall at 661-723-6000 Monday - Thursday from 8 a.m. - 6 p.m., Friday 8 a.m. - 5 p.m.

TDD users may call the California TDD Relay Service at 1-800-735-2922.

Hotline Information

Abandoned shopping cart retrieval	888-992-4778
City special event hotline	661-723-5900
Graffiti hotline	661-723-5985
Crime Stoppers	800-222-TIPS (8477)

OUTLOOK

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ON THE COVER

Cover photo by Josh Kline

Lancaster is the perfect place to chill, offering countless opportunities to gather with your favorite people and make the most of this holiday season. Check out pages 16 & 17 for great ways to spend your time locally, with loved ones of any age... or just solo.

Editor-in-Chief: Nicole Allen

Contributing Editors: Rebecca Dykstra and Alyssa Armstrong

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OUTLOOK is published quarterly by the Lancaster Community Services Foundation.

This newsletter is mailed to households and businesses in the City as a public service.

Incorporated in November 1977, Lancaster is a Charter City within Los Angeles County.

The City of Lancaster is an equal opportunity employer.

SMART CITY Advancements Help You Get Connected and Stay Connected

The winter season is a time when many people strive to connect with family and friends. These months symbolize the significance of coming together to share experiences, sentiments and time among those we care about most and want to include in our lives. Our community is an extension of our lives and how we engage and interact with one another. Forward-thinking cities recognize the importance of using advanced technology to enhance this connectivity, ensuring citizens **get connected** and **stay connected**, not only with each other, but with those who provide the ongoing services that keep the community operating and progressing as well. Such cities are referred to as **“Smart” cities**.



The City of Lancaster has incorporated a number of projects and initiatives toward becoming a Smart City, and continues to implement efficiencies that advance accessibility, engagement, infrastructure, safety, and sustainability. All of these efforts and the resulting benefits are intertwined and integral pieces which shape the big picture of our future as a thriving community. As much as these projects are interconnected, so are the people who live, work, and visit here.

In keeping with the seasonal focus of getting and staying connected, we are excited to highlight The BLVD Wi-Fi and Inform Lancaster. These two Smart City implementations are all about community connectivity.



THE BLVD WI-FI

Free Wi-Fi is available on The BLVD, between 10th Street West and the Museum of Art & History, from 9 a.m. to 9 p.m. daily. This provides the perfect opportunity to share what is happening in the downtown cultural district with family and friends, near and far. Whether you are frequenting The BLVD Market, shopping, dining, viewing an exhibit, taking in a show, or enjoying one of Lancaster's amazing events; your experience can become viral and engage as many people as you would like. There is no limit for Wi-Fi use during access times. Simply select **“The BLVD Wi-Fi”** SSID on your portable device, accept the terms and conditions for appropriate use, and get connected.



INFORM LANCASTER

Once you get connected via “The BLVD Wi-Fi” or any other service you have access to, be sure to search for “City of Lancaster” in your Android or Apple app store to download the **Inform Lancaster** mobile app. This free app is for all ages and provides endless opportunities for you to connect with what is going on in your City. The user-friendly main menu provides easy access to categories of information. Under **Connect**, you can visit Lancaster Engage, view public meetings, or sign up for Nixle or eNews. **Places** provides a list of all City parks, facilities, bike trails and more, and includes addresses, contact numbers, maps, and directions.

LTB is where you go to view the City's television programming, and even share a segment if you are inspired. To learn more about Lancaster City officials and commissions, or to reach out to City staff, visit **City Hall**. If something has gone awry, select **Report an Issue** to notify Code Enforcement, Maintenance, or Parks, Recreation & Arts of the problem you have noted. Of course, there is also a **BLVD** option, which fills you in regarding all of the attractions and businesses located on The BLVD. You can also access information about the downtown cultural districts, The BLVD Board of Directors, and The BLVD social media and website.

The City of Lancaster wants you to **get connected** and **stay connected**, with one another... and with us. Together, we can advance more effectively and further improve the quality of life for everyone in our community, today and for generations to come.



What is a SMART CITY?

The City of Lancaster, along with other forward-thinking cities around the globe, is using advanced technology data and predictive intelligence to improve operations.



CHANGING SEASONS

Whether your favorite sport is baseball, basketball, or football, I think we can all agree that the last game of the season brings mixed emotions. You mentally replay the season's best plays and your team's triumphs—yet it is a bittersweet time because, even with the next season to look forward to, it signals the close of a unique season that will never be repeated again.

Similarly, we all experience various seasons of life... and I am looking forward to a new season in mine. After nearly 24 years with the City of Lancaster, I will officially retire from the City this month.

I would like to thank the entire Lancaster community, from our Mayor and Council, to fellow staff members, stakeholders, and residents, for the opportunity to serve as your City Manager for the past 11 years. As I look back on this season of life, which I consider to be the highlight of my professional career, I have been very blessed. There is an overwhelming sense of achievement and satisfaction in the many successes we have accomplished together over the last decade. We have positioned Lancaster as the Alternative Energy Capital of the World; transformed our downtown into the award-winning BLVD District; and guided our City through the Great Recession, coming out on the other side with renewed vigor and vision. Although this is my last season with the City of Lancaster team, I am confident that these all-star team players are headed for great successes.

That being said, it is not the duty of City leadership and staff alone to elevate the City—it is the responsibility of the entire community. We can view our City as a trust, into which we all strategically and faithfully invest. We are collectively building a legacy to pass on to future generations of residents, leaving our City better than we found it.



City Manager Mark V. Bozigian

Thus, I have a question to pose to each of you: what are you doing to enrich our community? Are you investing into the lives of children by coaching Little League, serving at a church or nonprofit, or contributing to local causes? Perhaps you are devoting your free time to City beautification projects, working with the County to address social needs, or volunteering your experience and insight as a board member. I encourage you to think about how you can step up to the plate, bring your talents and experience to the table, engage with the City and the community around you, and take an active role in working together to enhance Lancaster.

I also intend to remain an active member of my community. I was born and raised in the Antelope Valley, and my wife and I plan to remain here in our hometown. Come baseball season, you will likely find me at The Hangar (or enjoying a Giants game). The next season is practically around the corner...



City Makes Strides Toward COMBATTING HOMELESSNESS

Lancaster Community Homelessness Plan
Sets the Stage for Action, Partnership,
Funding Opportunities, and Solutions

The holiday season marks a time of reflection and gratefulness, as well as a time of mindfulness of those less fortunate. As such, the City of Lancaster is proud to announce the passage of its Lancaster Community Homelessness Plan.

While the City has developed its own unique plan to address homelessness, the continuation and growth of the City-County partnership is paramount in bringing everyone together and moving in an aligned, effective way to address homelessness as a whole. The City anticipates there will be trial and error when implementing some actions, but also notes the risk of not trying is too great.

As part of the plan development process, the City established seven distinct goals in the Lancaster Community Homelessness Plan in order to abate homelessness. These goals include: **Prevention, Housing, Engagement, Public Safety, Data-Driven Responsiveness, Community Vitality, and Regional Collaboration.**

Residents are encouraged to review the Lancaster Community Homelessness Plan, which acts as a multi-year road map to guide the City and focus efforts accordingly—some of which are already underway. The plan represents a balanced approach and response to the entire Lancaster community, with an overarching vision to improve the quality of life for all—housed and unhoused. Both educational and informative, the plan provides important localized goals and strategies to combat homelessness in our community.

To read the City of Lancaster's Community Homelessness Plan; find information regarding the next Homeless Impact Commission meeting; and learn how you can help those experiencing homelessness, visit cityoflancasterca.org/LancasterEngage/Homelessness.



THE PLAN IN ACTION

-  City submits Lancaster Community Homelessness Plan to Los Angeles County Board of Supervisors
-  City Council approves plan
-  Lancaster pursues funds made available by Measure H, with goal of obtaining an allocation to implement goals and strategies
-  City engages with the community



Engage with us at cityoflancasterca.org/LancasterEngage

SHOP LANCASTER

this Holiday Season

Did you know that each dollar spent at independent businesses returns three times more money to the local economy than one spent at a chain retailer? This data, shared by American Independent Business Alliance, is a good reminder of why it's so important to shop local this holiday season.

Lancaster offers plenty of local businesses where you can find the perfect gift for everyone on your list. Here are a few ideas to help you get a jump start.



FOR THE PERSON WHO HAS EVERYTHING

There's a treasure trove of antique shops in Lancaster which offer all sorts of eclectic and one-of-a-kind finds. If you're in the market for a truly unique gift—like a vintage jewelry piece or home décor with flair—here are a few places that will not disappoint:

Antiques at the Barn
6851 W. Avenue I

Antiques On The Boulevard
764 W. Lancaster Boulevard, Suite C

Mercantile Antiques
44920 Valley Central Way, #105
(Lancaster Marketplace)

Nantiquez Vintage Flair
664 W. Lancaster Boulevard

On the Boulevard Antiques and Collectibles
646 W. Lancaster Boulevard, #101



FOR THE FOODIE

Give your foodie the gift of local flavor with gift cards to top-notch, locally-owned eateries.

Antelope Valley Buffalo Company
42041 20th Street West

Barone's Pizza
1229 W. Avenue I

Desert Deli
311 E. Avenue K-8, #125

El Toreo
830 W. Avenue L, #139
4061 W. Avenue L

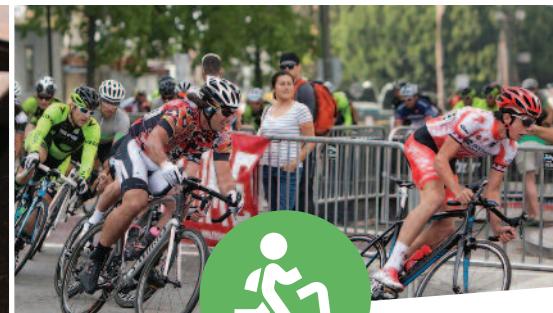
Gino's Italian Restaurant
44960 Valley Central Way
44343 Challenger Way

Pho Stop
2062 W. Avenue J

Pour d'Vino
741 W. Lancaster Boulevard

Red Salmon
2010 W. Avenue J-8, #113

The Lemon Leaf Café
653 W. Lancaster Boulevard



FOR THE FITNESS JUNKIE

If you're shopping for an athlete, fitness fanatic, or sports enthusiast, these shops and studios will have just what you need to get them hyped up for the new year:

All Things Engravable
44242 10th Street West

AV Sports and Graphics
42402 10th Street West, Suite A

ATA Martial Arts
1825 W. Avenue J, #107

Block Bikes
604 W. Avenue L

Human Element Studio
530 W. Milling Street

In Perfect Balance Pilates Studio
532 W. Milling Street

P.K. Dancewear
641 W. Lancaster Boulevard, #101

Santos Boxing USA
211 E. Avenue K-6, Unit A

TOYOTA OF LANCASTER:

Region's Top Growing Toyota Dealership for 2018

“

We are so pleased with our first year in Lancaster. We are proud to be a partner in a community that has supported us the way the Antelope Valley has.

Geoff Yeager, Co-owner, Toyota of Lancaster



Toyota of Lancaster was just named the #1 Toyota dealership in the Los Angeles region for growth in 2018.

The recognition is based on Toyota's sales data, which showed that the dealership led the Los Angeles (LA) region in year-over-year growth with more than 100 percent increases in both new and used vehicle sales. In fact, while the overall LA market was down, Toyota of Lancaster's August 2018 sales were more than double those of the previous year.

“We are so pleased with our first year in Lancaster,” said Geoff Yeager, who co-owns the dealership with partners Steve Cornelius and Mark Feldman. “We are proud to be a partner in a community that has supported us the way the Antelope Valley has.”

In September 2017, the three formed a partnership to purchase the dealership, which was formerly known as Sierra Toyota. Yeager, a Lancaster resident, serves as General Manager.

The dealership's future is bright, with impending plans for expansion. Toyota of Lancaster recently purchased an eight-acre parcel from the City's former Redevelopment Agency. Located on the northeast corner of Avenue K-8 and 15th Street West, just across the freeway from the existing dealership, the property is designed to accommodate additional vehicle inventory. It will eventually be developed to enable Toyota of Lancaster to further expand its offerings.

“We couldn't be prouder of the work Toyota of Lancaster has done since locating here,” said Economic Development Manager Chenin Dow. “Not only have they doubled sales; they have proven themselves an integral community partner, regularly giving back to the community through sponsorships and charitable organizations. Now, they are working to expand the vehicle selection they offer to the community. All of this translates to more tax dollars to the City, which in turn means infrastructure and services for our residents. If you're going to shop for a Toyota, shop Toyota of Lancaster.”

For more information about Toyota of Lancaster, visit toyotaoflancasterav.com or call 855-956-1294.



OUR GIFT TO YOU: The Holiday Moratorium

While road work takes a holiday, storm preparation and illegal dumping abatement continue

Keeping roadways free of construction during the holiday season helps ensure residents and visitors alike are able to support local businesses. Thus, the City of Lancaster has instituted a moratorium which restricts work in the public right-of-way from November 15, 2018 to January 2, 2019. During this time, road work conducted on primary and secondary streets, that is expected to last more than one day, will be prohibited. For more information, visit ABetterRoadAhead.com/holidaymoratorium.

In addition, the City's Public Works Division is hard at work preparing for the winter storm season. Since the Antelope Valley region is prone to flash flooding, the City focuses on keeping its many roadways safe, while reducing flood risks. Storm patrol, sanding, and plow routes have been updated, with sanders and plows ready to be utilized in the event of inclement weather. Drainage areas and basins are diligently cleared of debris and vegetation, as well.

Residents are encouraged to prepare by utilizing sand bags. Free sand is available in the parking lot of the



City's Maintenance Yard (615 West Avenue H). For more information, visit cityoflancasterca.org/sandbags-sand.

As we all work to tidy up and decorate our homes for the holidays, let's not forget about keeping our community beautiful. The City encourages residents to utilize its 24-Hour Recycling Center, located at the City's Maintenance Yard. For a full list of items accepted by the center, visit cityoflancasterca.org/recycling.

The City of Lancaster wishes both residents and visitors a joyous, beautiful, and stress-free holiday season.





The BLVD: **EAT, DRINK, & BE MERRY!**

This season is all about enjoying good times and, of course, great food. The BLVD is brimming with restaurants where you can do both throughout the holidays—and well into the New Year.

With such an eclectic mix, even the most discerning foodie is sure to be delighted. Whether you want to gather the whole family or plan something more intimate, you'll find it here.

Come **eat, drink, & be merry** on The BLVD.

theblvdlancaster.com

Follow us on

California
Cultural
Districts
The BLVD
Cultural District





Making Spirits **BRIGHT**

A MAGICAL BLVD CHRISTMAS

Saturday, December 8

5 to 9 p.m.

The BLVD | Free Admission



This season, A Magical BLVD Christmas offers attendees all they need to make merry and get into the holiday spirit.

It truly is the most wonderful time of the year, as The BLVD transforms into a winter wonderland brimming with ice sculptures, carolers, and all sorts of festive fun. The celebration begins with the community tree-lighting, after which event goers are invited to stroll through the Christkindlmarkt, where they will find handmade toys, crafts, and seasonal treats.

Santa Claus will open the doors of his magical workshop for children to create one of a kind holiday crafts, and of course, make last minute gift requests.

A Christmas train, along with three stages featuring storytellers, dancers, and other live entertainment, will keep spirits bright throughout the evening.

Make this holiday season one to remember, on The BLVD.



BREAKFAST WITH SANTA

Saturday, December 15

Seating Times: 8, 9, 10, & 11 a.m.

Adults \$8 | Children \$5

Sgt. Steve Owen Memorial Park
Stanley Kleiner Activity Center

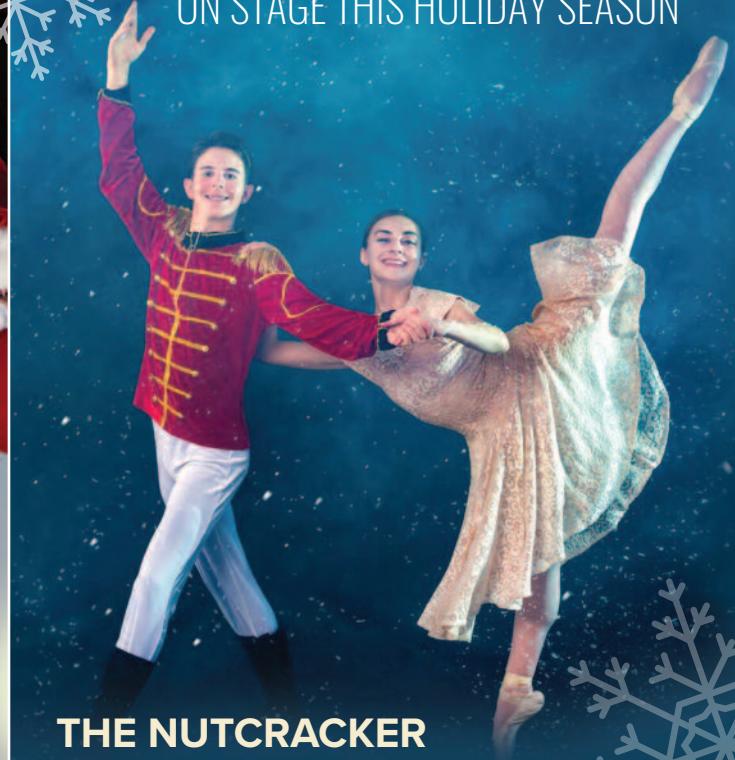
Mr. and Mrs. Claus cordially invite all good boys and girls—and their parents—to join them for their annual pancake feast. Be sure to bring along a camera to capture memories of little ones crafting one-of-a-kind holiday gifts and meeting Saint Nicholas himself.

Tickets are available at City Hall, but always sell out quickly. Call 661-723-6077 for more information.



IPAC

ON STAGE THIS HOLIDAY SEASON



THE NUTCRACKER

December 8 | 2 & 7 p.m.

December 9 | 2 p.m.

Adults \$30 | Children \$15

In its 20th anniversary season, The Antelope Valley Ballet presents Tchaikovsky's classic musical masterpiece—which takes you on magical adventures with Clara and the Nutcracker Prince.



LeAnn Rimes: YOU AND ME AND CHRISTMAS

December 16 | 7 p.m.

Adults \$59-\$179

LeAnn Rimes has been topping charts for decades, and during this special concert she will perform joy-filled holiday classics, soulful favorites, and some of her greatest hits.



Santa isn't the only one coming to town

Luckily, we've got plenty of nice digs—even for those relatives on your naughty list.

When you book a room at one of our hotels, you'll be giving your holiday guests the gift of true hospitality.

Make your reservations by visiting
destinationlancasterca.org/hotels





PURCHASE TICKETS AT
LPAC.ORG

SUPER DIAMOND: THE NEIL DIAMOND TRIBUTE - FEBRUARY 2 | 8 PM



DISNEY
FROZEN SING-A-LONG
FEBRUARY 16 | 5 PM



THE CLAIRVOYANTS - FEBRUARY 23 | 8 PM

750 WEST LANCASTER BLVD | 661.723.5950

STAY CONNECTED!



PEACE ON EARTH

January 26 - April 21, 2019



MOAH MUSEUM
OF ART &
HISTORY

CATHERINE COAN
CHIE HITOTSUYAMA
CLAYTON CAMPBELL
CYNTHIA MINET
DAVID ADEY
DEEDEE CHERIEL
DEVON THOR

EMILY MADDIGAN
JAMES GRIFFITH
JANE FISHER
KIM KIMBRO
LAURIE HASSOLD
LAURIE SUMIYE
LEONARD GRECO

LIZ MAGGRATH
LORI MICHELON
LORI POND
LUKE MATJAS
MARGO RAY
NANCY EVANS
SAMUELLE RICHARDSON

SCOTT YOELL
SIMONE GAD
STEPHEN O'DONNELL
TAMI BAHAT
ZACHARY MENDOZA

Lancastermoah.org | (661) 723 - 6250 | 665 W. Lancaster BLVD, Lancaster, CA 93534



@LANCASTERMOAH



@MOAHLANCASTER

Applications Available
January 7, 2019

Deadline
March 29, 2019

LPACF.ORG

LPAC Foundation
LANCASTER PERFORMING ARTS CENTER



THE LANCASTER PERFORMING ARTS CENTER FOUNDATION

\$5,000 PERFORMING ARTS Scholarship

ATTENTION HIGH SCHOOL SENIORS!

Whether you dream of a career in the spotlight or behind the scenes, the LPAC Foundation wants to help you pursue your performing arts degree.

44933 Fern Avenue • Lancaster, CA 93534 • 661.723.6096 • info@lpacf.org



Annual Mother's Day Tea

Fashion Show & Exhibition Preview

Saturday, May 11, 2019

11:30 AM - 2 PM

\$45 per person

Includes Lunch, Tea, Champagne, Fashion Show and Private Preview of the Exhibition *Woven Stories*.

Tickets Available at lmpaf.org

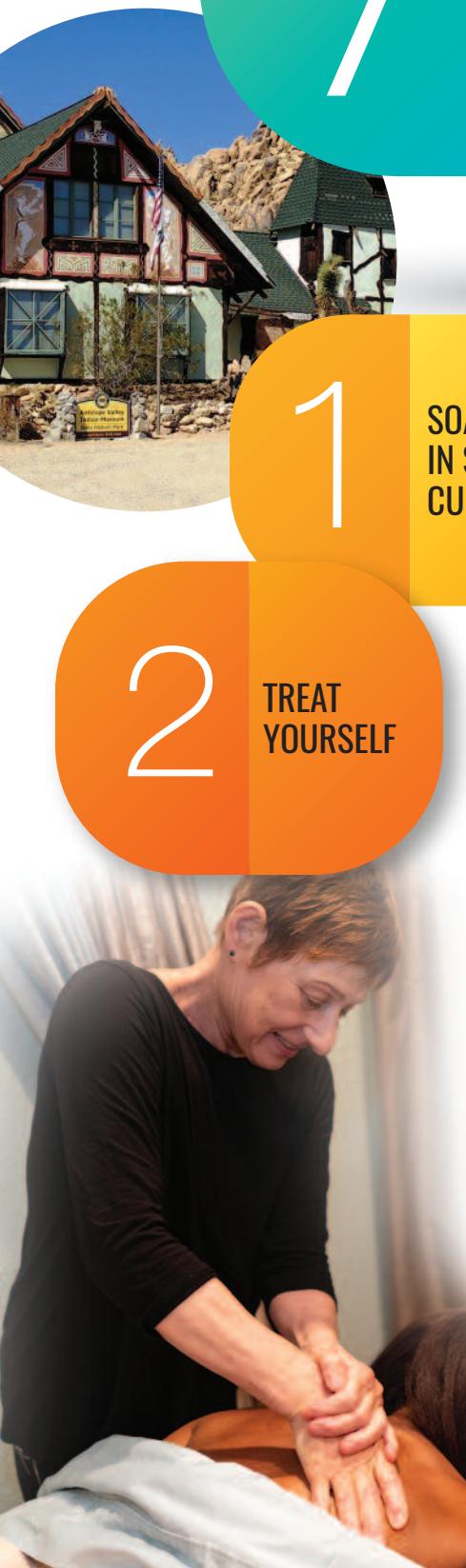
MOAH
LANCASTER
MUSEUM &
PUBLIC ART
FOUNDATION

665 W. Lancaster BLVD, Lancaster, CA 93534
Lancastermoah.org | (661) 723 - 6250



7 WAYS TO BEAT THE WINTER BLUES IN LANCASTER

DESTINATION  LANCASTER CA
destinationlancasterca.org



1

SOAK IN SOME CULTURE

2

TREAT YOURSELF

A recent study by the Norwegian University of Science and Technology found that engaging in cultural activities improves emotional health. So, go enjoy the arts at the Lancaster Museum of Art and History (MOAH), MOAH:CEDAR, and the Antelope Valley Art Gallery—or take a step back in time at the Antelope Valley Indian Museum or the Antelope Valley Rural Museum.

A little bit of pampering can do a lot to lift the spirits—especially if you are carrying around any holiday stress. In Lancaster, there are no shortage of boutique spas ready to help restore that rosy feeling.

Antelope Springs Day Spa
 1672 W. Avenue J | antelopesprings.net

Bella West Spa & Salon
 560 W. Milling Street | bellawest.com

Face and Body Place
 44832 Date Avenue | avfaceandbody.com

Monticello Salon & Spa
 1825 W. Avenue J, Suite 119 | monticellosalon.com

Panache Salon
 747 W. Lancaster Boulevard | panachelancaster.com

Antelope Valley College Art Gallery
 3041 W. Avenue K | avc.edu/artgallery

Antelope Valley Indian Museum
 15701 E. Avenue M | avim.parks.ca.gov

Antelope Valley Rural Museum
 2551 W. Avenue H
facebook.com/AVRuralMuseum

MOAH:CEDAR
 44857 Cedar Avenue
lancastermoah.org/moah-cedar

Lancaster Museum of Art & History (MOAH)
 665 W. Lancaster Boulevard
lancastermoah.org

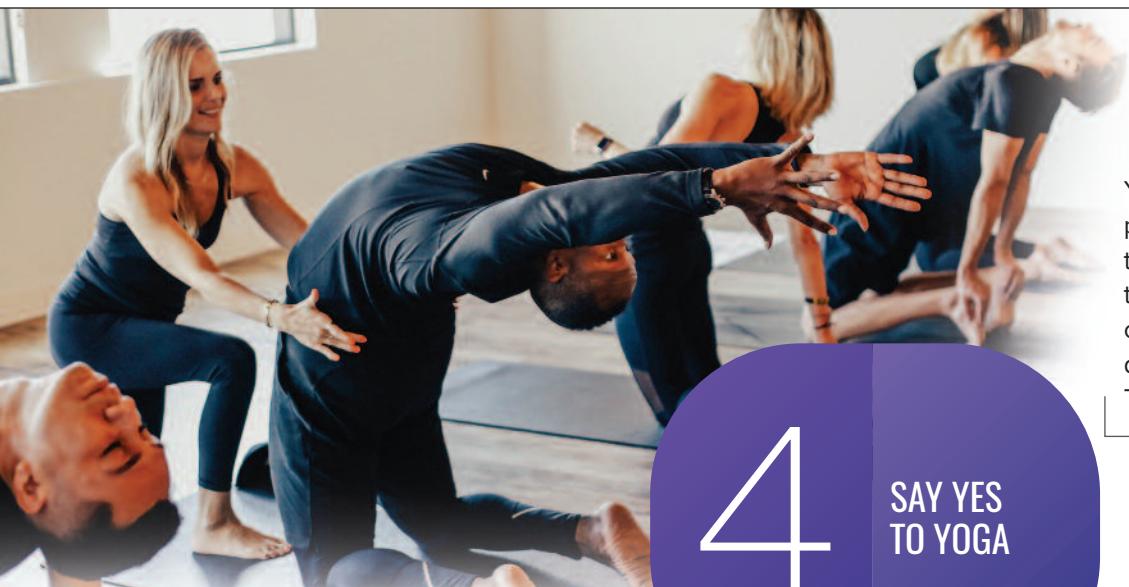
3

PUT A SONG IN YOUR HEART

It's hard not to feel warm and fuzzy when you hear holiday music—especially if it's live. The Lancaster Performing Arts Center and the Antelope Valley College Performing Arts Theatre are both offering seasonal favorites that are sure to put you in a holly-jolly mood.

Antelope Valley College Performing Arts Theatre
 3041 W. Avenue K | tickets.avc.edu

Lancaster Performing Arts Center
 750 W. Lancaster Boulevard | lpac.org



4

SAY YES
TO YOGA

Yoga has been boosting people's physical and mental health for thousands of years. If you are ready to try this ancient pick-me-up, you can take part in regular classes at Human Element Studio or The Yoga Roots.

Human Element Studio
530 W. Milling Street
studiohumanelement.com

The Yoga Roots
843 W. Lancaster Boulevard, Suite 201
theyogaroots.com

5

WISH ON
A STAR

Stargazing in the desert is a surefire way to bring about some peace and tranquility. You can really see the night sky dazzle out at Prime Desert Woodland Preserve or Saddleback Butte State Park. Don't forget your binoculars.

Prime Desert Woodland Preserve
43201 35th Street West
bit.ly/woodlandpreserve
See scheduled Moon Walks on page 19

Saddleback Butte State Park
17071 E. Avenue K
parks.ca.gov

6

LEND A
HELPING
HAND

Helping others can often lift your own spirits. In fact, studies have shown that volunteering benefits mental health. In Lancaster, you can help rescued animals at Paw Parent Animal Sanctuary, aid those struggling with poverty at Grace Resource Center, or participate in Lancaster's Annual MLK Day of Service.

Grace Resource Center
45134 Sierra Highway | graceresources.org

Lancaster MLK Day of Service
Opportunities citywide | cityoflancasterca.org/mlkday

Paw Parent Animal Sanctuary
pawparent.org

Barrett Cellars
114 W. Newgrove Street | barrettcellars.com
Art & Sip paint nights are offered regularly

D's Ceramics
2330 Mall Loop Road, Suite 5-121 | dsceramics.com

Young Artist Workshops @ MOAH
665 W. Lancaster Boulevard | lancastermoah.org



7

PAINT THE
TOWN RED

If you are feeling blue, flexing your artistic muscle may be just what the doctor ordered.

The National Center for Creative Aging (NCCA) found that artists tend to suffer less feelings of loneliness than the general population. In Lancaster there are several places you can drop-in for a fun art class to get your creative juices flowing.

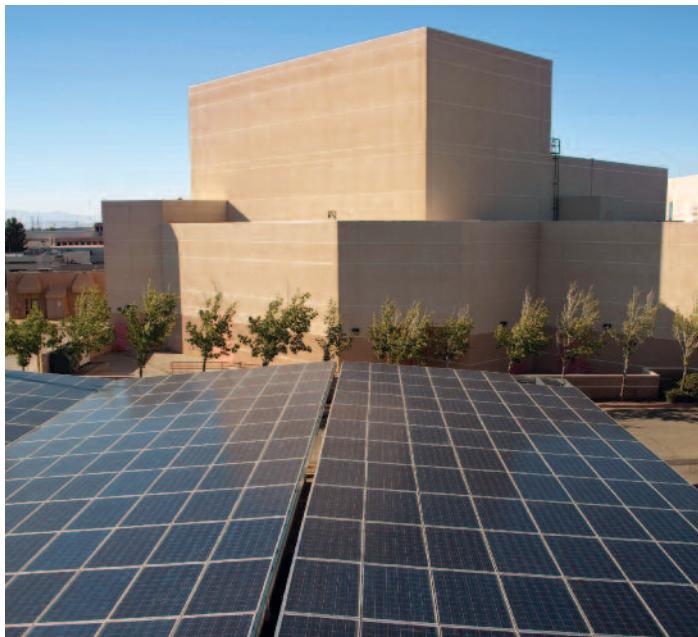
Lancaster Choice Energy: EmPOWERing Community with Sponsorships & Programs

The City of Lancaster is proud to deliver clean energy to residents and businesses through its power program, Lancaster Choice Energy (LCE). And now, the innovative program is benefitting the community in new ways.

LCE is working to enrich the local quality of life through several sponsorships and programs.

"We believe it is vital to invest in the community we serve," said Kathy Wells, LCE Energy Projects Coordinator. "We are committed to making Lancaster a leader in sustainable living, which goes hand in hand with a vibrant, engaged community. By empowering Lancaster to be the best City it can be, our community is poised to become a regional—even national—leader in modern sustainability."

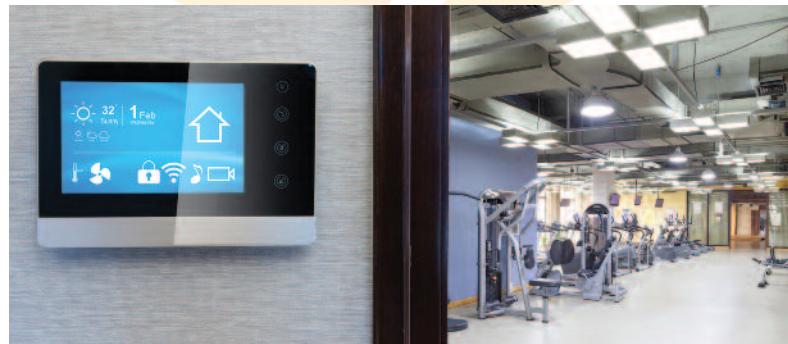
LCE's community sponsorships include: the Lancaster JetHawks' 2018 baseball season; the Lancaster Performing Arts Center's 2018-2019 season; the Museum of Art and History's fall celebration of the recent POW! WOW! art and music festival; the YMCA's 10th Annual Turkey Trot race; and the City's special events.



“

We believe that by empowering Lancaster to be the best it can be, our community will be poised to be a regional—even national—leader in modern sustainability.

Kathy Wells, LCE Energy Projects Coordinator



LCE is also empowering small businesses to run more efficiently. The new Small Commercial Direct Install program provides free and low-cost upgrades to curb energy use—such as changing lighting from fluorescent to LED and installing high-tech thermostats. The program includes an energy audit, as well, to show business owners where they can be saving money.

Improvements like these may be an afterthought for small business owners who are focused on day-to-day operations, but such changes are highly recommended and available to them. In fact, qualified small businesses will start getting upgrades this January 2019, and the goal is to serve 750 businesses over the next three years.

The business program comes on the heels of LCE's Energy Advisor program, a free service that helps residents save money by improving energy efficiency in their homes.

"The bottom line is we want to have a positive impact here in Lancaster, however we can," Wells said. "We encourage the community to contact us and learn how we may be able to assist through one of our sponsorships or programs."

For more information regarding LCE programs, visit LancasterChoiceEnergy.com or call 661-723-6123.



PRIME DESERT WOODLAND PRESERVE

43201 35th Street West | Lancaster (Avenue K-8 at 35th Street West)

MOON WALKS | Saturdays | \$2 donation welcome, ages 3 and under free
 December 1, 5:30 p.m. | January 12, 6 p.m.
 February 23, 6:30 p.m. | March 23, 7:30 p.m.

Jeremy Amaran, Director of Palmdale School District's SAGE Planetarium, will take you on a one-mile guided tour of the Preserve to discuss the night sky. Weather permitting, AV Astronomy Club will offer a closer look through their telescopes.

BIRD WALK | February 2, 9 a.m. | March 2, 9 a.m. | Free

Park Rangers and members from the Audubon Society will lead an educational bird watching walk, beginning in the Interpretive Center with a vast description of birds native to the Antelope Valley and their habits, and then continuing on to the trails of the Preserve. Bring binoculars.

PLANETS | February 2, 6 p.m. | \$3, ages 3 and under free

Learn about the different planets of our solar system, as Astronomist Stephanie Stawinski illustrates through pictures and diagrams how each planet is unique. Includes hands-on activities.

FREE GUIDED TOUR | February 23, Noon | Free

Park Rangers provide personal tours of the Prime Desert Woodland Preserve's beautiful trail system. Se habla Español.

DINOSAUR PRESENTATION | March 16, 1 p.m. | \$3, ages 3 and under free

Dinosaur expert Richard Wade offers an interactive demonstration on the "Last Days of the Dinosaurs," including a full-scale model of a T-Rex skull!

SPECIAL NEEDS COMMUNITY DAY

March 23, 8 a.m. | Free

Join the Park Rangers, in partnership with AV Seed and Grow/AV Cultivar y Crecer and Quality Behavior Solutions, as they provide free walking tours and early access to the Interpretive Center. Information booths will be set up in the Pavilion to provide families with information regarding Early Intervention, IEPs, ABA therapy, and community resources. Se habla Español.

RANGER OUTREACH PROGRAM | August-May (school calendar)

Park Rangers visit local schools and share facts on local wildlife and plant life. Students can see and touch deer antlers; turtle shells; rabbit, snake and coyote skins; and more. Age-appropriate programs are available for grades K-12. For more information, call 661-723-6257.



Come visit the 123-acre Preserve, featuring nearly three miles of trails.

Hours: 6 a.m. to sunset

The Interpretive Center is open Saturday, Sunday, and Wednesday from 10 a.m. to 4 p.m. For group tours, call the Preserve Ranger at 661-723-6230. Fees to attend presentations will be collected at the door of the Interpretive Center on the day of each presentation. All presentations and walks last approximately one hour. Presentations are free for children three years and under. Meet at the Interpretive Center at posted times for all group walks.

Parking and attendance are limited for events held in the Interpretive Center. No reservations are required.



The Elyze Clifford Interpretive Center, located at Prime Desert Woodland Preserve, features a new permanent exhibition, designed by the Lancaster Museum of Art and History.

STAY SAFE While Shopping



Captain Todd Weber

A MESSAGE FROM LANCASTER SHERIFF'S STATION CAPTAIN TODD WEBER

For most of us, the holiday season is a time of celebrating and gathering with family. For thieves, it is a time of opportunity! Thieves love busy shopping center parking lots where they can break into cars to steal gifts, cell phones, and electronics. Some thieves prefer burglarizing homes. They spend their time walking through neighborhoods, looking for houses that appear to be unoccupied by the homeowners.

The following tips will help increase your safety, preparedness and awareness during the holiday season.



AT THE SHOPPING CENTER

- Shop during the day. If you must shop at night, do not go alone.
- Avoid wearing expensive jewelry.
- Do not carry a purse or wallet. Take a security travel pouch instead.
- Always carry your driver's license or identification along with necessary cash, checks, and/or a credit card you expect to use.
- Avoid carrying large amounts of cash.
- Keep cash in your front pocket.
- Notify the credit card company as soon as possible if your credit card is missing. Don't assume you misplaced it and will find it later.
- Keep a record of all of your credit card numbers in a safe place at home.
- Avoid overloading yourself with packages. It is important to have clear visibility and freedom of motion if you are approached.



AT HOME

- Don't place discarded boxes from large electronics or toys on the curb for garbage collection. This puts a bullseye on your house for burglars; if they know your house contains a new expensive item, they may try to steal it. Instead, cut down the boxes and place them in a bag or trash can.
- Ensure your blinds/curtains remain closed while you are away. Otherwise, valuables such as laptops, televisions, and game consoles may be seen through windows, making your home a prime target.
- Do not leave packages on your doorstep. If you are expecting a package to be delivered while you are away from home, ask a neighbor to retrieve the item for you.



SOCIAL MEDIA

- Avoid posting vacation details on social media. Broadcasting your vacation to your social media followers can be fun; however, it also leaves your home extremely vulnerable to burglars. If the wrong person finds out your house has been vacated for the holidays, you may very well come home to a cleaned-out residence.



To all City of Lancaster residents, we hope you follow these safety tips and wish you a wonderful, safe, and merry holiday season!



November - March
For more information, visit
cityoflancasterca.org/blvdmarket



SPECIAL THANKS

Together we provide support to families in the Antelope Valley struggling with the effects of childhood illness and contribute to pediatric hospitals and charities that make a difference in our community.



...TO OUR 2018 CORPORATE SPONSORS:

RE/MAX ALL-PRO



Premier Dental Care

Megan Bohannan, REALTOR | REALTOR Shauby
Fabian Terracciano, REALTOR | Team Zotti, REALTORS
Jonathan Galier, REALTOR | Donnie Slocum, REALTOR
Charla Gonzales, REALTOR | California Compaction, Corp.

The City of Lancaster appreciates the generous underwriting of programs and services by our City Partners, including RE/MAX All-Pro. Please extend your thanks and patronage to all our City Partners.



Leading the Way with Zero Emission Technology

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avta.com



*The world's first
60 foot battery-electric articulated
bus went into transit service in September of 2017, and was
built locally by BYD Coach & Bus in the City of Lancaster, California.*

Leading the way...

The City of Lancaster appreciates the generous underwriting of programs and services by our City Partners, including AVTA. Please extend your thanks and patronage to all our City Partners.

Parks, Recreation AND Arts ACTIVITY GUIDE

DECEMBER 2018

lancaster 

WINTER DAY CAMP ‘CAMP. CHILL

DECEMBER 17 - 21 & JANUARY 1 - 4

AGES 6 - 12

SGT. STEVE OWEN MEMORIAL PARK

Stanley Kleiner Activity Center

Weekly camp program includes a fun adventure, jumpers, games, sports, and themed crafts.

EXCURSIONS: Week One – Disney on Ice
Week Two – Scooter’s Jungle

Day Camp Fee: Week One (December 17-21): \$171 | Week Two (January 1-4): \$137

Core Camp Hours: 9 a.m. - 4 p.m., Mon. - Fri.

Participants may enjoy extended commuter hours of 7 a.m. - 6 p.m. at no additional cost. In addition, extended holiday shopping hours until 8 p.m. are offered during Week One (December 17-21) at no additional charge.

Registration Policy: A \$50 non-refundable deposit per week is required when enrolling. The remaining balance is due two weeks before the start of each camp week. Bring a current photo of your child. Cash, check, and credit cards are accepted.

For more information or to register, call 661-723-6077 or visit City Hall, 44933 Fern Avenue.



Providing Total Solar Solutions



International Brotherhood of Electrical Workers Local 11 & National Electrical Contractors Association, Los Angeles

Solar Technologies

- Utility Scale
- Rooftop
- Covered Parking
- Storage
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- Peak Shaving
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High Performance Buildings

IBEW/NECA Services

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- Design & Engineering
- Assist in Permitting Process
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- Financing
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- Nationwide Network of
Highest Quality Contractors &
Electricians

Careers

- Veterans to Work
- Local Hire
- Privately Funded
Apprenticeship Training
- Long Term Careers -
Not Temporary Jobs
- Insurance & Benefits

David Gomez
Business Development
IBEW/NECA/LMCC
M. (626) 945-7950
Gomez@la-ibew-neca.com

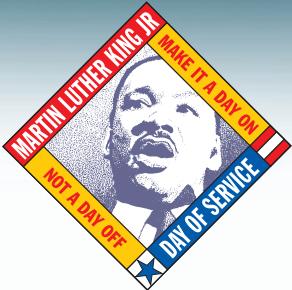
Joe Sullivan
Director of Energy Solutions
IBEW/NECA/LMCC
M. (626) 755 9892
Sullivan@la-ibew-neca.com

Totalenergysolution.org

*The City of Lancaster appreciates the generous underwriting of programs and services by our City Partners, including IBEW/NECA.
Please extend your thanks and patronage to all our City Partners.*

66
LIFE'S MOST PERSISTENT QUESTION IS

WHAT ARE YOU DOING FOR OTHERS?



Do your part by participating in the City of Lancaster's MLK Day of Service

Saturday, January 19, 2019

For information on local community projects,
email mlkday@cityoflancasterca.org
or call 661-723-6081.

#MLKDAY



Parks, Recreation AND Arts ACTIVITY GUIDE

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Kid's Chess Club, Storytime Adventures

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Eastside and Webber Pools

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Registration Details

- **ONLINE REGISTRATION** requires debit or credit card. Residents are those persons living inside the City limits of Lancaster. All others pay a non-resident (NR) fee. **Example:** \$40 (\$46 NR).
- **REFUND REQUESTS** must be made at least 48 (business) hours prior to the first program meeting. A \$3 per enrollment handling fee will be applied to all refunds. Sorry, no refunds given after program has started. Please allow three weeks for processing refund. Due to enrollment factors and other conditions beyond the control of staff, schedules are subject to change, cancellation, and rescheduling.
- **REGISTRATION** constitutes consent to the use of any photographs taken to be used for City marketing purposes.
- **FOR MORE INFORMATION**, call 661-723-6077 or visit cityoflancasterca.org/register.

New class offering

Bilingual instructor

Instructor

FREE No fee

Healthy, active lifestyles

ENROLL ANYTIME!



HIGH SCHOOL AT YOUR PACE

Set Your Own Schedule

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For Students Ages 14-24

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100% FREE!

(877) 360-LEARN
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**We admit students of any race,
color, and national or ethnic origin.**

The City of Lancaster appreciates the generous underwriting of programs and services by our City Partners, including Learn4Life Concept Charter Schools. Please extend your thanks and patronage to all our City Partners.



City of Lancaster Parks & Facilities

American Heroes Park

701 West Kettering Street • 661-723-6077
Community Building, 642 West Jackman Street

Cedar Center for the Arts

44851 Cedar Avenue • 661-723-6077

Deputy Pierre W. Bain Park/Eastside Pool

45045 5th Street East • 661-723-6077 / 661-723-6255

El Dorado Park

44501 5th Street East • 661-723-6077

Forrest E. Hull, M.D. Park

2850 West Avenue L-12 • 661-723-6077

James C. Gilley Lancaster National Soccer Center

43000 30th Street East • 661-723-6077

Jane Reynolds Park/Webber Pool

716 Oldfield Street • 661-723-6077 / 661-723-6288

Lancaster Museum of Art and History (MOAH)

665 West Lancaster Boulevard • 661-723-6250

Lancaster Performing Arts Center

750 West Lancaster Boulevard • 661-723-5950

Mariposa Park

45755 Fig Avenue • 661-723-6077

Prime Desert Woodland Preserve/ Elyze Clifford Interpretive Center

43201 35th Street West • 661-723-6230

Rawley Duntley Park

3334 West Avenue K • 661-723-6077

Sgt. Steve Owen Memorial Park Tennis Center/Big 8 Softball Complex

43063 10th Street West • 661-723-6077

Skytower Park

43434 Vineyard Drive • 661-723-6077

Tierra Bonita Park

44910 27th Street East • 661-723-6077

Western Hotel Museum

557 West Lancaster Boulevard • 661-723-6250

Whit Carter Park

45635 Sierra Highway • 661-723-6077



PRESCHOOL

Registration for El Dorado and Jane Reynolds Park preschool programs can now be completed online at cityoflancasterca.org/register. A recent (within the last month) photo of your child, as well as emergency contact information is required. No class Jan. 21 or Feb. 18.

El Dorado Preschool | City Staff

Parents are required to pack a nutritious snack for their child every day and volunteer three times during the course.
El Dorado Park, Preschool Building.

Wee Folks

(3 yrs.) A positive first-school experience for young children, Wee Folks encourages social development through group activities and play. Class activities include crafts, stories, outdoor activities, and snack. Potty-trained child must have turned 3 by Sep. 1, 2018. \$180 (\$187 NR).

T/TH Jan. 8-Mar. 14 9-11:30 a.m.

Preschool

(4 yrs.) A Kindergarten preparation class where young students enhance their social skills through play, art, stories, songs, games, and outside play activities. Students are encouraged to develop their independence, improve their self-help and sharing skills, and learn to follow directions. Potty-trained child must have turned 4 by Sep. 1, 2018. \$270 (\$277 NR).

M/W/F Jan. 7-Mar. 15 9-11:30 a.m.

Jane Reynolds Preschool | Lynnette Bass

Parents are required to pack a nutritious snack for their child every day and volunteer three times during the course. Materials fee: \$10 per session, due to the instructor on the first day of class. Jane Reynolds Park, Room 2.

Play Brigade

(3 yrs.) An introductory-level preschool class where children can be themselves and have fun learning. Key school-readiness skills, such as following directions and showing respect to others, as well as fine motor skills, will be developed. Potty-trained child must have turned 3 by Sep. 1, 2018. \$180 (\$187 NR).

T/TH Jan. 8-Mar. 14 9-11:30 a.m.

Preschool

(4 yrs.) Through purposefully designed educational environments and enrichment activities, preschoolers have joyful, appropriate, and meaningful learning experiences that lead to success in school and in life. Potty-trained child must have turned 4 by Sep. 1, 2018. \$285 (\$292 NR).

M/W/F Jan. 7-Mar. 15 9 a.m.-Noon

YOUTH ENRICHMENT

After-School Enrichment Centers

Structured and safe after-school programs for K-6 are offered at Nancy Cory, Sundown, Valley View, and West Wind schools, M-F until 6 p.m. Staff is fingerprinted and CPR/First Aid certified. \$130 per month. Priority registration for all participants ends on the 15th of the month prior to the upcoming month. **New student enrollments are now via online registration!**

Chess | Daa Anne Mahowald

Kids' Chess Club

(Grades K-8) Each week, students will experience hands-on group chess activities that advance their understanding and appreciation for the game. Prior knowledge of chess is not necessary. Chess sets and boards will be supplied for class time. Parents are welcome to observe or volunteer. \$63 (\$70 NR). AV Chess, 3710 Neola Way.

Fri. Jan. 11-Mar. 15 4-5:30 p.m.

Parent & Tot Chess Time

(3-6 yrs.) Through rhymes, song, mini-games, and lots of lively fun, the instructor will introduce a different chess piece and mini-game for immediate hands-on play. No prior knowledge of chess is needed by tots or their guardian. \$43 (\$50 NR). AV Chess, 3710 Neola Way. No class Feb. 17.

Sun. Jan. 27-Mar. 10 2-2:45 p.m.



Lego Robotics | Innovation Education

(7-13 yrs.) Students will design, modify, and program robots that avoid obstacles, pick up objects, and more! \$80 (\$87 NR). Quartz Hill Elementary Cafeteria, 41820 50th Street West.

Tue. Jan. 8-29 5-6 p.m.
Tue. Feb. 5-26 5-6 p.m.
Tue. Mar. 5-26 5-6 p.m.

Mommy/Daddy & Me | Lynnette Bass

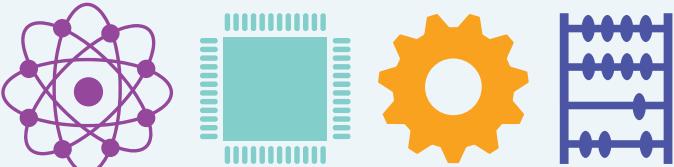
(9 mos.-3 yrs.) Optimize your baby's development with this highly interactive experience, emphasizing mindful parenting and attachment theory with a relational approach.

\$90 (\$97 NR). Materials fee: \$8. Jane Reynolds Park, Room 2.

T/TH

Jan. 8-Mar. 14

Noon-1:30 p.m.



STEM for Kids | Tammie Sisson

(Kindergarten-6th Grade) During each class, students will complete projects that encourage building skills, play, and learn about science in a fun, creative way. Students will be taught to follow the scientific method. \$40 (\$47 NR). Materials fee: \$12. Cedar Center for the Arts, Classroom 204. No class Feb. 18.

Mon.	Weather	Jan. 7-28	4:30-6 p.m.
Mon.	Animals	Feb. 4-25	4:30-6 p.m.
Mon.	Ocean	Mar. 4-25	4:30-6 p.m.

Storytime Adventures | Tracy Stickler

(3-5 yrs.) This class revolves around different themed stories. Each week includes music, movement, and multi-sensory learning activities that will enhance cognitive, language, physical, creative, and social-emotional development. \$80 (\$87 NR). Materials fee: \$8. El Dorado Park, Preschool Building. No class Mar. 9.

Sat. Jan. 5-Mar. 30 11 a.m.-12:15 p.m.

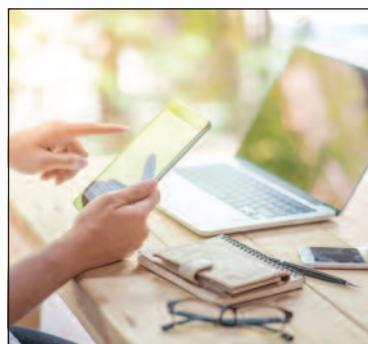
Youth Self-Defense & Safety Awareness

Young Champions

(4-18 yrs.) Safety awareness and self-defense are combined in a fun, structured environment. Students, placed according to age and ability, will learn and practice skills to advance in rank and earn belts. \$88 (\$94 NR). **Registration with the City of Lancaster is required.** Materials fee: \$8. Cedar Center for the Arts, Memorial Hall.

Session: Fridays, Jan. 25-Mar. 29.

New students (4-9 yrs)	4:30-5:10 p.m.
New students (10 yrs.+) and Yellow belt	5:15-5:55 p.m.
Orange belt and above	6-6:40 p.m.



NEW! Online Enrollment System

Signing up for classes is now much easier. Select and register for classes right from your laptop, tablet, or phone.

ARTS EDUCATION

Animation | Orlando Baeza

(10 yrs.-Adult) Learn the art of animation from one of the leading artists for the award-winning series *Bob's Burgers!* Instructor provides tablets for students to utilize in class. Full course descriptions are available online. \$90 (\$97 NR). Materials fee: \$40. *Sibling and multi-class discounts available.* Cedar Center for the Arts, Memorial Hall.

Saturdays: Jan. 5-Feb. 9

Storyboarding Basics	Noon-12:45 p.m.
Animation Basics	1:15-1:45 p.m.
Character Design Basics	2:25-2:45 p.m.
Comic Basics	3:35-3:45 p.m.

Art Gym | AV Animation

(10 yrs.-Adult) This class is designed to give students a chance to practice the skills they are learning in their Saturday class. Students can only register for this class if they are registered in at least one Saturday Animation class. Class dates will be determined by instructor and student availability.

Jan. 7-Feb. 7

Five 3-hour sessions: \$35 (\$42 NR)



Camera Clarity | Phillip Kocurek

(16 yrs.-Adult) Your digital single lens reflex camera (DSLR) is a versatile instrument. Get out of auto mode and discover its potential. Learn how to get creative control over your camera and your photography. Bring your digital or film DSLR camera, notepad, and pen to class. \$75 (\$82 NR). Sgt. Steve Owen Memorial Park, Stanley Kleiner Activity Center: Game Room.

Wed. Jan. 9-Feb. 6 6-7:30 p.m.

Camera Clarity II | Phillip Kocurek

(16 yrs.) **Requirement:** Student must have previously taken Camera Clarity I. Take your basic knowledge of photography fundamentals to the next level. Bring your digital or film DSLR camera, notepad, and pen to class. \$75 (\$82 NR). Sgt. Steve Owen Memorial Park, Stanley Kleiner Activity Center: Game Room.

Tue. Jan. 8-Feb. 5 6-7:30 p.m.



D's Ceramics | Steven Mosley

Materials fee: \$25. D's Ceramics: Lancaster Marketplace, 2330 Mall Loop Drive, Unit 5-121.

Children's Art Program - CAP

(6-12 yrs.) Students experience hands-on work with clay, paints, and glazes, while learning a variety of ceramic art styles, including potter's wheel, sculpting, and ceramic art. **Adult supervision required.** \$50 (\$57 NR).

Sat. Feb. 2-Mar. 23 1-2:30 p.m.

Potter's Wheel

(13 yrs.-Adult) Learn throwing, wedging, centering, and creating basic forms—such as bowls, jars, and vases—on the potter's wheel. **Participants 13-17 yrs. must have adult supervision.** \$65 (\$72 NR).

Sat. Feb. 2-Mar. 23 3-4:30 p.m.

Kids' Masterworks | ArtAround Studio

(6*-14 yrs.) Each month, an art movement/period is introduced to the class. Students may create a master copy and eventually paint their own interpretation of the art type. Young artists will experience a wide array of mediums. \$35 (\$42 NR). Materials fee: \$25. MOAH, Classroom. *Parental help is recommended.

Tue.	Art of Fantasy Creatures	Jan. 8-29	4:30-6 p.m.
Tue.	Art of Book Illustration	Feb. 5-26	4:30-6 p.m.
Tue.	Art of the Zoo	Mar. 5-26	4:30-6 p.m.



New! Beginning Sculpture | ArtAround Studio

(6-14 yrs.) Want to play with clay? Students will be introduced to hand building techniques (pinch method, coil method, etc.) as they sculpt animal figures. The class may include a tour of MOAH's "Peace of Earth" exhibit about animals. Student art may also be exhibited in a gallery. A different sculpture will be created each month. \$35 (\$42 NR). Materials fee: \$25. MOAH, Classroom.

Wed.	Jan. 9-30	4:30-6 p.m.
Wed.	Feb. 6-27	4:30-6 p.m.
Wed.	Mar. 6-27	4:30-6 p.m.

**HEALTH & FITNESS****Barre | Indra Turner**

(21 yrs.+) Barre is a low-impact, ballet-inspired workout that effortlessly fuses ballet, aerobics, and yoga. Barre sculpts, defines, and transforms the entire physique while simultaneously increasing flexibility, decreasing body fat, and slimming the body's overall shape. All levels welcome. Bring a yoga mat, water, and grip socks (if needed). No shoes required. \$48 (\$55 NR). Human Element Studio, 530 West Milling Street.

Thu.	Jan. 10-31	6-7 p.m.
Thu.	Feb. 7-28	6-7 p.m.
Thu.	Mar. 7-28	6-7 p.m.

Boxing | Roman Santos, Santos Boxing USA

(4 yrs.-Adult) Discipline, self-control, and self-defense are taught through the art of boxing. Build confidence by using boxing training techniques. Bring hand wraps and gloves, or purchase them from the instructor. \$110 (\$117 NR). Santos Boxing USA, 211 East Avenue K-6, Unit A.

4-12 yrs.	M/TH	Jan. 3-Mar. 28	4-5 p.m.
13 yrs.-Adult	M/TH	Jan. 3-Mar. 28	6-7 p.m.

**Chair Yoga | Suzann Abell**

(Adult) Improve your strength, flexibility, and mobility through standing or seated yoga poses specifically designed for people who find it difficult to participate in mat yoga or who work in an office environment and need to stretch out and relax. Wear loose-fitting clothing. Chairs are provided to keep everyone safe and supported. Small roll-up blanket and/or yoga strap is optional. \$60 (\$67 NR). Sgt. Steve Owen Memorial Park, Stanley Kleiner Activity Center: Game Room.

Sat.	Jan. 5-Feb. 9	11:30 a.m.-12:30 p.m.
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**FitWomen | Indra Turner**

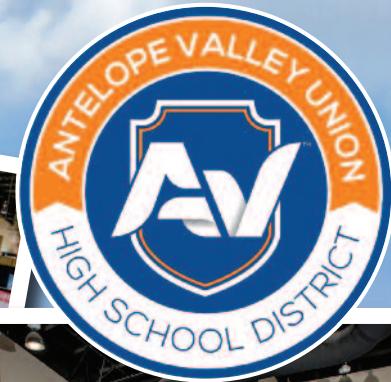
(21 yrs.+) With elements of cardio and strength training, FitWomen builds a woman's all-around body fitness to help her meet the demands of daily life. Participants must be able to sit on the floor and get up without assistance. Bring a yoga mat and water. \$48 (\$55 NR). Human Element Studio, 530 West Milling Street.

Mon.	Jan. 7-28	6-7 p.m.
Mon.	Feb. 4-25	6-7 p.m.
Mon.	Mar. 4-25	6-7 p.m.
Wed.	Jan. 9-30	6-7 p.m.
Wed.	Feb. 6-27	6-7 p.m.
Wed.	Mar. 6-27	6-7 p.m.



COOL HAPPENINGS

at the AV Fair & Event Center



15th Annual Bridal Show February 24

Noon - 5 p.m.

Caterers, photographers, florists, wedding planners, and more are present at this premier one-day event. There will be giveaways, raffles, special activities, and a fashion show.

31st Annual Home Show

March 22 - 24

Fri. | Noon - 4 p.m.

Sat. & Sun. | 9 a.m. - 4 p.m.

Get inspired to finish all of those DIY home projects. Visit vendors specializing in home decor, landscape design, water conservation, remodeling, and energy-saving ideas.

4.0 Student Recognition Celebration

April 16

Time to be announced.

Dedicated students of the AV Union High School District receive awards and accolades for their superior academic achievements.

AV FAIR & EVENT CENTER

2551 W. Avenue H | Lancaster | avfair.com

The City of Lancaster appreciates the generous underwriting of programs and services by our City Partners, including the AV Fair & Event Center. Please extend your thanks and patronage to all our City Partners.



FREE Senior/Adult Exercise Classes

(Adult) Non-strenuous exercises improve flexibility and circulation. Classes sponsored by High Desert Medical Group. No pre-registration required. Come and participate at your convenience and enjoyment. Bring a large towel/mat to class. Sgt. Steve Owen Memorial Park, Stanley Kleiner Activity Center. **Monday-Thursday, 9-10 a.m. every week.** No class Jan. 1 and 21, Feb. 18.



Tai Chi for Energy | **Suzann Abell**

(Adult) This new revitalizing program is comprised of two different Tai Chi styles. Chen style is vigorous and complex, combining fast and slow movements with powerful spiral force. Sun style incorporates unique Qigong (life energy) movements with agile stepping. Exercises emphasize the importance of adding mind intent and breathing techniques to physical movements that create a state of relaxation, calm, and energy. Wear loose-fitting clothing and lightweight tennis shoes; no opened-toe sandals. \$60 (\$67 NR). Jane Reynolds Park, Activity Center.

Sat. Jan. 5-Feb. 9 10-11 a.m.

Taekwondo | **William Robinson**

(4 yrs.-Adult) This martial arts program is designed to build confidence, perseverance, discipline, focus, and integrity using martial arts techniques and self-defense training. \$99 (\$110 NR). Materials fee: \$20. ATA Martial Arts, 1825 West Avenue J, Suite 107.

4-6 yrs.	M/W	Jan. 9-Mar. 27	3:45-4:15 p.m.
7-12 yrs.	M/W	Jan. 9-Mar. 27	4:45-5:30 p.m.
13 yrs.+	M/W	Jan. 9-Mar. 27	6:15-7:15 p.m.



LANGUAGE

Hebrew for Beginners | **Shoshana Katz-Arush**

(15 yrs.-Adult) Learn to speak, read, and write Hebrew with a professional Israeli teacher. Also enjoy learning the nuances of modern Hebrew, as well as Israeli conversational skills and culture. These courses are intended to be taken consecutively, but students are encouraged to join at any time. \$75 (\$82 NR), \$56 (\$63 NR).* Materials fee: \$5. Sgt. Steve Owen Memorial Park, Stanley Kleiner Activity Center: Game Room.

Tue.	Jan. 15-29*	6:30-7:30 p.m.
Tue.	Feb. 5-26	6:30-7:30 p.m.
Tue.	Mar. 5-26	6:30-7:30 p.m.

French for Beginners | **Lenardo Dedman**

(12 yrs.-Adult) Students will learn how to speak, read, and write French from a professional teacher. \$120 (\$127 NR). Cedar Center for the Arts, Classroom 204.

T/TH	Jan. 8-31	4-5:15 p.m.
T/TH	Feb. 5-28	4-5:15 p.m.
T/TH	Mar. 5-28	4-5:15 p.m.



Italian | **Innovation Education**

(13 yrs.-Adult) Learn the basics of conversational Italian. Students will enjoy instruction from a native-speaking and professionally trained interpreter and translator. \$80 (\$87 NR). Innovation Education, 42202 50th Street West, Suite D.

Beginners

Tue.	Jan. 8-29	5:30-6:30 p.m.
Tue.	Feb. 5-26	5:30-6:30 p.m.
Tue.	Mar. 5-26	5:30-6:30 p.m.

Travelers

Thu.	Jan. 10-31	6:30-7:30 p.m.
Thu.	Feb. 7-28	6:30-7:30 p.m.
Thu.	Mar. 7-28	6:30-7:30 p.m.

Spanish | **Lenardo Dedman**

(10 yrs.-Adult) Students will learn how to speak, read, and write Spanish from a professional teacher. Bring notebook and pen. \$120 (\$127 NR). Cedar Center for the Arts, Classroom 204. No class Jan. 21 and Feb. 18.

M/W/F	Jan. 4-30	5-5:45 p.m.
M/W/F	Feb. 4-Mar. 1	5-5:45 p.m.
M/W/F	Mar. 4-29	5-5:45 p.m.



With Gratitude...

**Thank
you
for allowing
us to serve
you!**



High Desert Medical Group Heritage Health Care

43839 N. 15th St. W., Lancaster, CA • 661-945-5984
38209 47th St. E., Suite C, Palmdale, CA • 661-951-3100
hdmg.net

*The City of Lancaster appreciates the generous underwriting of programs and services by our
City Partners, including High Desert Medical Group. Please extend your thanks and patronage to all our City Partners.*



PERFORMING ARTS

Ballet & Tap

International Dance Fitness Academy

(3-7 yrs.) Your child will develop self-confidence and fine motor skills, while enhancing their imagination by learning simple and fun routines. Bring leotard, pink ballet shoes, black tap shoes, and pink tights. \$90 (\$97 NR). American Heroes Park, Community Building. No class Jan. 21 and Feb. 18.

3-4 yrs.	Mon.	Jan. 14-Mar. 18	4:30-5:30 p.m.
5-7 yrs.	Wed.	Jan. 16-Mar. 20	4:30-5:30 p.m.



Ballet Folklórico | Cristina Martinez

(6 yrs.-Adult) Learn the beautiful traditional folk dances of Mexico. This course will be taught family-style, for all ages and skill levels. \$85 (\$92 NR). *Discounts available for two or more registering at once.* Materials fee: the instructor will help students select the proper footwear and costuming as needed (\$50-\$100 for footwear). American Heroes Park, Community Building.

6-11 yrs.	Wed.	Jan. 9-Mar. 27	6-6:45 p.m.
12 yrs.+	Wed.	Jan. 9-Mar. 27	7-8 p.m.

Ballet/Lyrical | Andrea Williams

(8-12 yrs.) Classical and contemporary ballet techniques and choreography will be taught. \$40 (\$46 NR). American Heroes Park, Community Building. No class Jan. 21 and Feb. 18.

Tue.	Jan. 8-Mar. 12	6:30-7:30 p.m.
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Guitar for Adults | Vic Grady

(Adult) Learn the most popular instrument of all time! No experience necessary. This beginner class covers basic chords and principles of rhythm that will get you on your way to playing your favorite songs. Bring a guitar; workbook and stand provided. \$80 (\$87 NR). Materials fee: \$10. TAPP's Music: 44950 Valley Central Way, Unit 102.

Wed.	Jan. 9-30	11:30 a.m.-12:30 p.m.
Wed.	Feb. 6-27	11:30 a.m.-12:30 p.m.
Wed.	Mar. 6-27	11:30 a.m.-12:30 p.m.



Intro to Guitar | Mel Booker

(9 yrs.-Adult) This beginner class is geared towards an introduction to basic chords and strumming guitar techniques. No musical experience required. Students need to bring a guitar. \$100 (\$107 NR). Materials fee: \$3. Cedar Center for the Arts, Classroom 205.

Sat.	Jan. 5-Feb. 9	10-11 a.m.
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Hip-Hop

International Dance Fitness Academy

(5-16 yrs.) Learn the latest hip-hop dance moves and improve coordination while having fun! Wear loose clothing and tennis shoes. \$90 (\$97 NR). American Heroes Park, Community Building.

5-8 yrs.

Tue.	Jan. 15-Mar. 19	4:30-5:30 p.m.
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9-16 yrs.

Thu.	Jan. 17-Mar. 21	4:30-5:30 p.m.
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**NEVER SURE
WHAT ERA OF MUSIC
YOU'LL END UP IN NEXT**

The City of Lancaster appreciates the generous underwriting of programs and services by our City Partners, including Adelman Broadcasting. Please extend your thanks and patronage to all our City Partners.



Instrumental Music | Lenardo Dedman

(7 yrs.-Adult) Students will have the choice of learning either saxophone, flute, clarinet, or the recorder. They will learn melodies and how to read notes. Student must provide own instrument. \$80 (\$87 NR). Cedar Center for the Arts, Classroom 204.

T/TH	Jan. 8-31	5:30-6:15 p.m.
T/TH	Feb. 5-28	5:30-6:15 p.m.
T/TH	Mar. 5-28	5:30-6:15 p.m.

Kinder Keyboard | Cynthia Chambers

(5-10 yrs.) Students will learn to sight-read music using the Solfège (do-re-mi) method, as well as play and sing popular songs on keyboards. Must bring battery-operated keyboard to class. \$70 (\$77 NR). Cedar Center for the Arts, Classroom 205.

Mon.	Jan. 7-Mar. 11	4:30-5:15 p.m.
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Private Dance Lessons

International Dance Fitness Academy

(All Ages) Choose from more than 20 dance styles. Each lesson set is based on your individual purpose and goals. The instructor will adjust the teaching style to your ability, personality, and expectations. This approach ensures the most thorough and rapid learning process, while maximizing fun, ease, and comfort. Choreography included, if requested. Materials fee may be applicable. Schedule and location will be based on your availability.

5 lessons	\$400 (\$427 NR)
10 lessons	\$600 (\$627 NR)

Salsa Dance

International Dance Fitness Academy

(13 yrs.-Adult) Whether just beginning or seeking to advance your skills, unleash your rhythmic soul onto the dance floor with the stirring sounds of salsa music, also known as Latin jazz. \$60 (\$67 NR). Call 661-723-6077 for the couples discount. American Heroes Park, Community Building.

Beginners | 7:30-8:30 p.m.

Intermediate | 8:30-9:30 p.m.

Thu.	Jan. 10-31
Thu.	Feb. 7-28
Thu.	Mar. 7-28

Ukulele | Cynthia Chambers

(8-10 yrs.) Learn to play the ukulele and sing popular songs while learning to read music. Must bring own ukulele and Alfred's Basic Ukulele Methods 1 book. \$70 (\$77 NR). Materials fee: \$11. Cedar Center for the Arts, Classroom 205.

Mon.	Jan. 7-Mar. 11	5:30-6:15 p.m.
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YOU DON'T HAVE TO LEAVE

ANTELOPE VALLEY TO GET

INNOVATIVE CANCER CARE



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Maria C.B. de Leon, M.D. • Hans Schoellhammer, M.D. • City of Hope is a pioneer in innovative cancer treatment and compassionate care. Our world-class cancer expertise is available right here in Antelope Valley, where we treat many types of cancers, including lung, urologic and breast. We offer a full range of services such as medical and surgical oncology, infusion therapy and chemotherapy. Plus, our patients benefit from our ongoing clinical trials and research. We also accept a wide variety of insurance plans. To make an appointment or find out more, visit CityofHope.org/AntelopeValley

ANTELOPE VALLEY • 877-828-3627 • 44151 15TH ST. WEST, LANCASTER



The City of Lancaster appreciates the generous underwriting of programs and services by our City Partners, including City of Hope Antelope Valley. Please extend your thanks and patronage to all our City Partners.

SPECIAL INTEREST

The Art of the Makeover | Baeza

(21 yrs.+) New year, new you! The expert stylist will help walk you through five easy steps to change your look based on your individual purpose and goals. The stylist will take your personality and expectations into account when addressing the changes to your look. The makeover includes hair, makeup, and one full outfit for you to add to your wardrobe! Session date and location will be determined by instructor and student availability. \$99 (\$106 NR). **Orientation:** Wed., Jan. 9, 12-2 p.m.



Introduction to Sewing | Barbara Silvestre

(12 yrs.-Adult) Learn how to operate a sewing machine and perform basic sewing methods for fashion and home décor purposes. Students will complete a project by the end of class. \$55 (\$62 NR). If you borrow a sewing machine in class, materials fee: \$20. All students must provide their own scissors and thread. Cedar Center for the Arts, Memorial Hall.

Tue.	Jan. 8-Feb. 12	6-8 p.m.
Tue.	Feb. 19-Mar. 26	6-8 p.m.

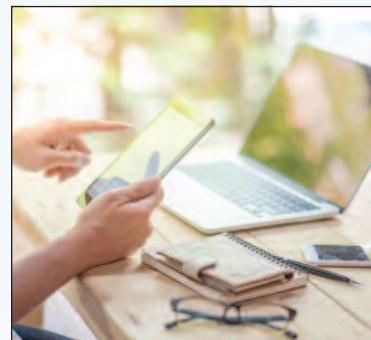


Livestock Symposium

Antelope Valley 4-H

(5 yrs.-Adult) A day of education on small and large animals, rabbits, poultry, sheep, goats, pigs, dogs, horses, and more! \$12 (\$14 NR). AV Fair and Event Center, 2551 West Avenue H.

Sat. Jan. 26 8:30 a.m.-12:30 p.m.



NEW! Online Enrollment System

Signing up for classes is now much easier. Select and register for classes right from your laptop, tablet, or phone.



*Event
Venues*

Looking for an affordable, versatile and beautiful place for your event? Our facilities are perfect for weddings, baby showers, birthdays, family celebrations, meetings and more!

The City of Lancaster offers you a variety of facilities available for rent that can accommodate everyone's budget.

For more information and pricing, visit cityoflancasterca.org/facilityrentals.

SPORTS

Obtain registration materials online at cityoflancasterca.org/register. Register early, space is limited.

ADULT SPORTS

Basketball | Registration open through December 14

League play begins in mid-January. Games played at local schools Mon.-Thu. nights. Registration limited to 24 teams. \$475/team.

Pickleball | ➤ Dana Young

(Adult-Senior, Teen players accepted with participating parent/guardian). Sgt. Steve Owen Memorial Park, Pickleball Courts.

Pickleball Class

The first 15 minutes of class will include an introduction and instruction on how to play Pickleball. Following that will be 45 minutes of drilling with Pickleball strategies and tips, followed by four hours of open play. Instructor will provide nets. \$7 (\$9 NR). Materials fee: \$10.

Sat. Jan. 5-Mar. 30 8 a.m.-1 p.m.

Open Play

Instructor will provide nets. Students must bring their own paddle and balls. \$5 (\$7 NR).

Mon. Jan. 7-Mar. 25 5-7:30 p.m.
Tue. Jan. 8-Mar. 26 5-7:30 p.m.

Softball | Registration: January 7-March 1

League play begins in March. Schedule consists of 10 league games and one classification game. Games are played Sun.-Fri., you determine the day. **Now offering three NEW leagues: One-Up Homerun, One Pitch, and Wood Bat.** \$430 per team.

Sun.-Fri. Men's Slow Pitch
Sun.-Fri. Coed Slow Pitch
Sun.-Fri. Coed Hardball
Sun.-Fri. Women's Slow Pitch
Mon. Women's Fast Pitch

Softball Tournament Contact Information
661-723-6077 | big8.org



Table Tennis | ➤ Jack Miller

(8 yrs.-Adult) Learn standardized table tennis techniques and game strategies. Tournament held last day of class. Must bring own table tennis racquet. \$45. Receive 10% off when you register for more than one course at a time. **Drop-in rates available!** Sgt. Steve Owen Memorial Park, Stanley Kleiner Activity Center. No class Jan. 21 and Feb. 18.

Mondays: January 7-March 25

Senior (55 yrs.+) 10:30 a.m.-12:30 p.m.
Youth (9-17 yrs.) 3:30-5 p.m.
Adult (18 yrs.+) 5-6:30 p.m.
League Play (9 yrs.+) 6:30-9 p.m.



YOUTH SPORTS

Basketball

(10-13 yrs.) Coed, girls, and boys divisions play eight games on Saturdays. Coached by volunteers, the games are played at local high schools, with practices held during the week. \$62 (\$68 NR).

Ages 10-13 yrs.

Registration open through December 21

League play begins in January 2019.

Boys Div. A	12-13 yrs.
Boys Div. B	10-11 yrs.
Girls Div. A	12-13 yrs.
Girls Div. B	10-11 yrs.

LANCASTER BATTING RANGE

**10
BATTING
CAGES!**

Baseball
1 Very Fast Pitch
2 Fast Pitch
1 Medium Pitch
2 Slow Pitch

Softball
1 Fast Pitch
1 Medium Pitch
2 Slow Pitch

43415 Owen Park Way
661-723-5993
Weekdays, 3 to 8 p.m.
Weekends, 10 a.m. to 8 p.m.



TENNIS

Sgt. Steve Owen Memorial Park, 43063 10th Street West

Private Lessons (Four-lesson package)

One-on-one lessons arranged with tennis pro after registration.

Four 1-hour lessons \$142 (\$152 NR)

Four 1/2-hour lessons \$100 (\$107 NR)

Ladies Doubles Challenge Ladder

► Leonard Johnson

(18 yrs.+) This competitive mixed doubles class will pair teams based on a "ladder" established during the first class. There will be one optional cardio drills introduction based on number of teams at first class. Doubles team is two ladies. Team will play at least one pro-set at first meeting.

Court 2. \$45 (\$50 NR)/doubles team, \$25 (\$30 NR)/singles team. Materials fee: \$5 per player.

Thu.	Jan. 3-Feb. 7	5-6:30 p.m.
Tue.	Jan. 8-Feb. 12	11:30 a.m.-1 p.m.
Thu.	Feb. 14-Mar. 21	5-6:30 p.m.
Tue.	Feb. 19-Mar. 26	11:30 a.m.-1 p.m.



Excel Tennis

(5 yrs.-Adult) Excel Tennis offers USPTA professional coaching for all ages in a unique, structured, and affordable tennis program. Classes use a progressive rating system, year-round competitive ladder play, and quarterly flex tournaments for all students. Tennis racket required. \$30 (\$35 NR).

El Dorado Park

► Brandon Diaz, Lead Instructor

5-8 yrs.

Mon.	Jan. 7-28	9-10 a.m.
Mon.	Feb. 4-25	9-10 a.m.
Mon.	Mar. 4-25	9-10 a.m.

9-12 yrs.

Sat.	Jan. 5-12	10-11 a.m.
Sat.	Feb. 2-23	10-11 a.m.
Sat.	Mar. 2-23	10-11 a.m.

13-17 yrs.

Wed.	Jan. 2-23	9-10 a.m.
Wed.	Feb. 6-27	9-10 a.m.
Wed.	Mar. 6-27	9-10 a.m.

18 yrs.+

Sat.	Jan. 5-26	10-11 a.m.
Sat.	Feb. 2-23	10-11 a.m.
Sat.	Mar. 2-23	10-11 a.m.



Jane Reynolds Park

► Brandon Diaz, Lead Instructor

5-8 yrs.

Sat.	Jan. 5-26	10-11 a.m.
Sat.	Feb. 2-23	10-11 a.m.
Sat.	Mar. 2-23	10-11 a.m.

9-12 yrs.

Thu.	Jan. 3-24	5-6 p.m.
Thu.	Feb. 7-28	5-6 p.m.
Thu.	Mar. 7-28	5-6 p.m.

13-17 yrs.

Thu.	Jan. 3-24	6-7 p.m.
Thu.	Feb. 7-28	6-7 p.m.
Thu.	Mar. 7-28	6-7 p.m.

18 yrs.+

Tue.	Jan. 8-29	6-7 p.m.
Tue.	Feb. 5-26	6-7 p.m.
Tue.	Mar. 5-26	6-7 p.m.

Sgt. Steve Owen Memorial Park

► Brandon Diaz, Lead Instructor

5-8 yrs.

Sat.	Jan. 5-26	11 am.-Noon
Sat.	Feb. 2-23	11 am.-Noon
Sat.	Mar. 2-23	11 am.-Noon

9-12 yrs.

Fri.	Jan. 4-25	5-6 p.m.
Fri.	Feb. 1-22	5-6 p.m.
Fri.	Mar. 1-22	5-6 p.m.

13-17 yrs.

Fri.	Jan. 4-25	6-7 p.m.
Fri.	Feb. 1-22	6-7 p.m.
Fri.	Mar. 1-22	6-7 p.m.

18 yrs.+

Wed.	Jan. 2-23	6-7 p.m.
Wed.	Feb. 6-27	6-7 p.m.
Wed.	Mar. 6-27	6-7 p.m.

► Linda Ruiz

\$75 (\$82 NR). Materials fee: \$5. No class Jan. 21 and Feb. 18.

Beginners (7-17 yrs.)

M/W	Jan. 2-30	5-6 p.m.
M/W	Feb. 4-27	5-6 p.m.
M/W	Mar. 4-27	5-6 p.m.

Advanced (7-17 yrs.)

M/W	Jan. 2-30	6-7 p.m.
M/W	Feb. 4-27	6-7 p.m.
M/W	Mar. 4-27	6-7 p.m.

Court Maintenance

- Courts closed while cleaned.

FREE Public Play - Lit from dusk to 10 p.m., courts are open to the public seven days a week; except during tournaments, City lessons, and court rentals. Availability is first come, first served. Use time is limited to one hour, when players are waiting for an open court.

FREE YOUR RECYCLABLES.

No plastic bags. Put items directly into your recycling container.



**RECYCLE OFTEN.
RECYCLE RIGHT.**

For more information, visit
RecycleOftenRecycleRight.com

Commercial Recycling & Organics Recycling Assistance

Does your business have recyclables or food waste?
Does your multifamily complex generate recyclables or green waste?

If you answered "Yes," Waste Management can help you set up
or enhance your recycling programs at no additional cost.

For more information or to schedule a site visit, contact
Commercial Recycling Manager Ashley Cortes at 661-223-3408.

For more information, visit
home.wm.com/Lancaster
business.wm.com/Lancaster



The City of Lancaster appreciates the generous underwriting of programs and services by our City Partners,
including Waste Management. Please extend your thanks and patronage to all our City Partners.

AQUATICS

To Register:

1. Read descriptions.
2. Determine which class you would like to take.
3. Select the session that is convenient (see page 44).
4. Check the table to see if your class is offered during selected session.

Eastside Pool | 661-723-6255 (Open year round)

Deputy Pierre W. Bain Park, 45045 5th Street East

Eastside Pool can be rented for birthdays, parties, and special events. For rental or aquatic program information, call 661-723-6255.

Webber Pool | 661-723-6288

(Open July 4-Labor Day)

Jane Reynolds Park, 716 Oldfield Street



PUBLIC SWIM TIMES

Children less than 4 ft. tall and 7 yrs. old must be accompanied in the water by an adult (one-on-one). Flotation devices are not allowed. Lap swim is open to ages 17 and older. Lap swimmers must circle swim whenever there are more than two swimmers per lane.

Eastside Pool:

Early Bird Lap*	Mon.-Thu.	5:45-7 a.m.
Senior & Therapy	Mon.-Fri.	10-11:30 a.m.
Noon Lap*	Mon.-Sat.	11:45 a.m.-1 p.m.
Evening Lap*	Wed.	8:30-9:30 p.m.

* Lap swim is open to recognized swim team participants and individuals ages 17 and older.

Closures: Dec. 24-25 and Dec. 31-Jan.1 (holidays); Jan. 2-12 (for upgrades and repairs) and Jan. 18 (holiday); Mar. 30 (Dan Tran Memorial Swimming Invitational)

PUBLIC SWIM FEES

Infant (3 yrs. and under)	Free
Child (4-12 yrs.)	\$1
Teen (13-16 yrs.)	\$1.25
Adult (17 yrs.+)	\$1.75
Senior (55 yrs.+)	\$1

30 Punch Swim Pass:

Child	\$21
Teen	\$26
Adult	\$38
Senior	\$21



CLASS INFORMATION

All classes: 8 lessons, 30-minutes long; except Level 6, Aquacise, and Hydrofit, which are 45 minutes.

Parent/Tot

(6 mos.-3 yrs.) Parents teach their children to feel more relaxed and comfortable in the water.

Preschool

(3-5 yrs.) Children learn to feel comfortable in water, as well as how to control breathing, flutter kick, front float, and back float. This is not a learn-to-swim class.

Preschool 2

(3-5 yrs.) **Prerequisite:** Three sessions of Preschool swim class. Preschoolers advance to prone kick glide and underwater movement, as well as combination arm and kick movements.

Preschool 3

(3-5 yrs.) **Prerequisite:** Three sessions of Preschool 2 swim class. Preschoolers advance to side breathing, as well as enhance combined arm and kick movements.

Level 1: Introduction to Water Skills

(6-14 yrs.) Helps students feel comfortable in water. Learn to enter and exit water safely; submerge mouth, nose, and eyes; exhale underwater through mouth and nose; open eyes underwater; pick up submerged object; as well as float on front and back.

Level 2: Fundamental Aquatic Skills

(6-14 yrs.) Teaches fundamental skills and enhances Level 1 skills. Learn to enter water by stepping or jumping from side; exit water safely using ladder or side; submerge entire head; perform front and back glide; roll over from front to back, back to front; swim on side; swim on front and back; and tread water.

Level 3: Stroke Development

(6-14 yrs.) Builds on skills in Level 2 through additional guided practice. Learn to jump into deep water from side; dive from kneeling or standing position; submerge and retrieve an object; bob with head fully submerged; use rotary breathing in horizontal position; perform Check-Call-Care in an emergency; and change from horizontal to vertical position on front and back. Additional skills taught include front and back glide, survival float, front and back crawl, butterfly kick and body motion, HELP and Huddle position, as well as reaching assist.

Level 4: Stroke Improvement

(6-14 yrs.) Develops confidence in skills learned and improves Level 3 skills. Learn to shallow dive and dive from stride position; swim underwater; feet-first surface dive; tread water using sculling arm motions and kick; swim on side; and perform open turns on front and back using any stroke. Additional skills taught include front and back crawl, breaststroke, butterfly, and elementary backstroke.

Level 5: Stroke Refinement

(6-14 yrs.) Provides further coordination and refinement of Level 4 strokes, in addition to teaching survival swimming. Learn to tread water with two different kicks; perform rescue breathing; standing dive; shallow dive; glide two body lengths; and begin any front stroke.

Level 6: Swimming & Skill Proficiency

(6-14 yrs.) Refines the student's strokes to improve swimming ease, efficiency, power, and smoothness over greater distances. Class is designed with "menu" options that focus on preparing students to participate in more advanced courses.



Adult Swim Lessons

(15 yrs.+) Everyone can learn to swim. All skills taught.

Aquacise: Aerobic Water Exercise

(15 yrs.+) Water exercise class utilizing a variety of movements to help firm up arms and legs, as well as increase circulatory endurance.

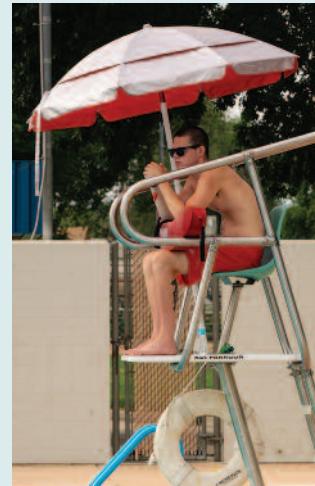
Hydrofit: Muscle Toning & Fitness

(15 yrs.+) Water exercise class utilizing belts, ankle cuffs, and Styrofoam barbells for an invigorating work out.

LIFEGUARD TRAINING CLASS

(15 yrs.+) Enrollees must be able to:

1. Swim 500 yards nonstop with rhythmic breathing, utilizing front crawl or breaststroke.
2. Tread water for two minutes, using legs only, with hands in armpits.
3. Within one minute and 40 seconds: swim 20 yards without goggles, with face in or out of water; surface dive face first or feet first into deep water to retrieve 10 lb. brick; return to surface; and swim 20 yards on back, returning to the starting point with both hands holding the brick. During return, face must remain at or near the surface. Candidates are not permitted to swim the distance underwater. Candidates must exit the pool without the use of steps or ladders.



Candidates must bring their own CPR mask.

Call 661-723-6255 for additional information.

\$122 (\$132 NR) - includes \$39 Red Cross Certification Fee.

Mar. 18-22 (Spring Break)

Private Swim Lessons

Private swim lessons for all ages. \$150 (\$176 NR) for eight 1/2-hour lessons. Lesson times to be arranged upon registration.

Water Safety Instructor Class

(17 yrs.+) Upon successful completion, students are certified as Red Cross swim lesson instructors. Must provide own Red Cross manuals. Current certificate in Lifeguard Training desirable. Required Red Cross FIT course included. Approximately 40 hours of training. Students must attend all classes - no exceptions. Call the pool at 661-723-6255 for additional information. \$122 (\$132 NR) - includes \$39 Red Cross Certification Fee.

Oasis Aquatics Swim Team

(5-18 yrs.) Oasis Aquatics is a USA Swimming-affiliated year-round competitive swim team, offering competitive training and swim meets. For more information, call 818-231-2171, visit oasisaquaticsAV.org, or email OasisAquaticsAVteam@gmail.com.

Oasis Masters Swim Program

(18+ yrs.) Conditioning, swim skills, instruction, competitive events, and ocean swimming. Call Tom Otto for fees and information at 661-946-7537.

A.V. Special Olympics

(8+ yrs.) Swimming opportunities are provided for individuals with intellectual disabilities. Call Laura Mayo at 661-253-2121 for more information.

AQUATICS CLASS SCHEDULE

All classes held at Eastside Pool.

Session 0: Feb. 2 - Mar. 23

Saturday (1x/week for 8 weeks) \$39 (\$46 NR)

CLASS LEVEL	9 a.m.	9:40 a.m.	10:20 a.m.
Parent/Tot		●	
Preschool	●	●	
Preschool 2	●		
Level 1	●		
Level 2	●		
Level 3		●	
Level 4			●
Level 5			●
Level 6			●
Adult		●	
Aquacise			●

Session 7: Jan. 22 - Feb. 14

Tuesday/Thursday (2x/week for 4 weeks) \$39 (\$46 NR)

CLASS LEVEL	7 p.m.	7:40 p.m.	8:20 p.m.	8:25 p.m.
Parent/Tot	●			
Preschool	●			
Preschool 2		●		
Preschool 3	●			
Level 1	●			
Level 2	●			
Level 3		●		
Level 4			●	
Level 5			●	
Level 6			●	
Adult		●		
Aquacise		●		
Hydrofit				●



Session 8: Feb. 19 - Mar. 14

Tuesday/Thursday (2x/week for 4 weeks) \$39 (\$46 NR)

CLASS LEVEL	7 p.m.	7:40 p.m.	8:20 p.m.	8:25 p.m.
Parent/Tot	●			
Preschool	●			
Preschool 2			●	
Preschool 3	●			
Level 1	●			
Level 2	●			
Level 3			●	
Level 4				●
Level 5				●
Level 6				●
Adult			●	
Aquacise			●	
Hydrofit				●

Session 9: Mar. 19 - Apr. 11

Tuesday/Thursday (2x/week for 4 weeks) \$39 (\$46 NR)

CLASS LEVEL	7 p.m.	7:40 p.m.	8:20 p.m.	8:25 p.m.
Parent/Tot	●			
Preschool	●			
Preschool 2			●	
Preschool 3	●			
Level 1	●			
Level 2	●			
Level 3			●	
Level 4				●
Level 5				●
Level 6				●
Adult			●	
Aquacise			●	
Hydrofit				●



Good things come in pairs



Some duos can't be beat. We at Toyota of Lancaster are proud to be partnered with the City of Lancaster community and the thousands of Antelope Valley residents who have become our customers. As you ring in the holidays, we thank you for your continued support and wish you an abundant and cherished season among family and friends.

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