



CITY OF CERRITOS

Fall 2026

Community Services Program

Your Cerritos Digital Newsletter

The City of Cerritos is pleased to present information about upcoming Recreation Services activities and special events.

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Browse classes
and register with



Classes and Activities
Preschool

Half Pint’s Night

Join us for an evening of themed activities that may include games, crafts, and stories. Parents are required to sign children in and out of the class.

\$10 Resident/\$15 Non-Resident | One Day

Little Monsters

Fri	10/9	6-7:30PM	3-5 years	Liberty Park	#17238
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Little One’s Hour

Children will enjoy a fun-filled hour of crafts, games and stories at the community centers. Parents are required to sign children in and out of each class meeting.

\$18 Resident/\$27 Non-Resident | 3 Classes

Scarecrows in the Pumpkin Patch

Tue	10/6-10/20	3:30-4:30PM	3-5 years	Liberty Park	#17239
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Little One’s Hour at Cerritos Park East

Children will enjoy a fun-filled hour of crafts, games and stories at the community centers. Parents are required to sign children in and out of each class meeting.

\$18 | 3 Classes

Fall Friends

Tue	9/8-9/22	3:30-4:30PM	3-5 years	Cerritos Park East	#17240
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Parent/Child Create Art with Me

Participants will explore different types of art and make a new masterpiece each week. Each project will encourage participants to use their imagination and creativity. Staff will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$23 5 Classes					
Wed	9/2-9/30	10:15-11:15AM	2-4 years	Cerritos Park East	#17241
Wed	10/7-11/4	10:15-11:15AM	2-4 years	Cerritos Park East	#17242

Parent/Child Groovy Ghoulies

Tiny witches, ghosts, and goblins are invited to come to the Parent/Child Groovy Ghoulies! Children can parade in their boo-tiful costumes (optional) and will enjoy preparing for Halloween with crafts, games, and activities. Staff will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of the class.

\$17 Resident/\$26 Non-Resident One Day					
Sun	10/25	3-5PM	2-4 years	Liberty Park	#17243

Parent/Child Mini Olympics Play Day

Enjoy various games and sports while focusing on good sportsmanship and teamwork! Participants will complete different activities and exercises in an effort to increase their activity level. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of the class.

\$17 One Day					
Sat	9/12	2-4PM	2-4 years	Cerritos Park East	#17246

Parent/Child Story Time Fun

Participants will explore their creativity and use their imaginations. Each week, staff will read a story followed by a craft that relates to the tale. Staff will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$23 Resident/\$35 Non-Resident 5 Classes					
Mon	9/14-10/12	10:15-11:15AM	2-4 years	Heritage Park	#17244
Mon	10/19-11/16	10:15-11:15AM	2-4 years	Heritage Park	#17245

Parent/Child Wiggle and Giggle with Me

This play-based class will get participants wiggling and giggling as they explore various mediums of play. Dancing and movement games will get them wiggling, while singing silly songs and stories will get children giggling. Staff will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$23 Resident/\$35 Non-Resident 5 Classes					
Fri	9/11-10/9	10:15-11:15AM	2-4 years	Heritage Park	#17247
Fri	10/16-11/13	10:15-11:15AM	2-4 years	Heritage Park	#17248



Preschool Play & Practice

Children will sing, play, and learn numbers and letters through age-appropriate activities. Each class is based on a different theme and may include cutting, pasting, and coloring. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$66 Resident/\$99 Non-Resident 4 Classes					
Tue	9/1-9/22	10:15-11AM	2-4 years	Liberty Park	#17249
Tue	10/6-10/27	10:15-11AM	2-4 years	Liberty Park	#17250

Teeny Tumblers

Enjoy quality time together participating in activities that are fun for both parents and little cruisers. Early walkers will build important motor skills, balance and coordination as they explore tunnels, slides and ramps. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$66 Resident/\$99 Non-Resident 4 Classes					
Tue	9/1-9/22	12:10-12:55PM	2-4 years	Liberty Park	#17251
Sat	9/5-9/26	10:30-11:15AM	2-4 years	Liberty Park	#17253
Tue	10/6-10/27	12:10-12:55PM	2-4 years	Liberty Park	#17252
Sat	10/10-10/31	10:30-11:15AM	2-4 years	Liberty Park	#17254

Tumble and Yoga

Tumbling and yoga increases strength, balance, flexibility and coordination while increasing attention span. Children will have fun without realizing how healthy and relaxed they are becoming. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$66 Resident/\$99 Non-Resident 4 Classes					
Tue	9/1-9/22	11:15AM-12PM	2-4 years	Liberty Park	#17255
Tue	10/6-10/27	11:15AM-12PM	2-4 years	Liberty Park	#17256

Cerritos Tot Lots August through May

This is a cooperative preschool program (not child care or day care) for children, 2 years 9 months to 5 years old at Liberty Park and 3 to 5 years old at Heritage Park. Activities will include lessons, songs, plays, crafts, excursions and parties. Parents are required to work one morning per week and attend a monthly evening meeting. Fees include initial registration, quarterly tuition and insurance.

This educational program is conducted September through June, Monday through Friday. There will be no program on ABC Unified School District breaks and holidays. New members may join as openings occur. Priority is given to Cerritos residents. For more information, contact the membership chairperson of the individual Tot Lot.

Heritage Park Tot Lot

10:30AM-1:25PM	Lluvia De la Cerda	(949) 322-5946 hptotlotvp@gmail.com
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Liberty Park Tot Lot

10:15AM-1:15PM	Marijean Isla	(562) 265-8805 libertyparktotlot@gmail.com
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Classes and Activities Youth

Ceramics

Stimulate the imagination by creating fun projects out of clay. Learn fundamental hand-building skills and ceramics terminology. Parents are required to sign children in and out of each class meeting. Please bring a \$15 materials fee to the first class.

\$40 Resident 5 Classes					
Tue	9/8-10/6	5:45-6:45PM	13-Adult	Cerritos Park East	#17257
Thu	9/10-10/8	4:30-5:30PM	6-12 years	Cerritos Park East	#17259
Thu	9/10-10/8	5:45-6:45PM	6-12 years	Cerritos Park East	#17258

Chess Academy

Learn the game of chess in a fun and enriching environment.

Chess boards and pieces will be provided each week for use during each class session. Students will be evaluated and placed into their proper skill group where they will learn the Hanley Chess Academy 8 level curriculum. Learn the basic skills necessary to play a game of chess with knowledge of how all pieces move, capture, check, and checkmate. Participants will also improve their critical thinking skills, concentration, focus, and have a lot of fun in the process. When ready, they can take a test to advance to the next level! Parents are required to sign children in and out of each class meeting. Optional \$28 materials fee.

\$76 Resident/\$114 Non-Resident 4 Classes					
Beginning/Intermediate					
Wed	9/2-9/23	5-6:15PM	6-Adult	Heritage Park	#17260
Wed	9/2-9/23	6:30-7:45PM	6-Adult	Heritage Park	#17261
Wed	10/7-10/28	5-6:15PM	6-Adult	Heritage Park	#17262
Wed	10/7-10/28	6:30-7:45PM	6-Adult	Heritage Park	#17263

Chess Tournament

Make your move! Chess enthusiasts of all levels are welcome to join this one-day tournament. Matches will be played according to your level assigned by the Chess Master. Trophies will be awarded to top finishers. Parents are required to sign participants in and out of the class.

\$25 Resident/\$38 Non-Resident One Day					
Thu	9/17	5-7:30PM	4-18 years	Heritage Park	#17264
Thu	10/15	5-7:30PM	4-18 years	Heritage Park	#17265

Introduction to Typing, Microsoft Word and PowerPoint

Learn proper typing skills and how to use various functions in Microsoft Word for writing reports and turn your projects into awesome slideshow presentations with animations using PowerPoint. Laptops will be provided for hands-on learning. Parents are required to sign children in and out of each class meeting. Please bring a \$10 materials fee to the first class.

\$112 Resident/\$168 Non-Resident 4 Classes					
Thu	9/17-10/8	2:30-3:45PM	6-15 years	Heritage Park	#17267
Thu	10/22-11/12	2:30-3:45PM	6-15 years	Heritage Park	#17268

Mad Science

Join this fun-filled and educational class where new and exciting activities will be conducted each week. Students will become detectives, geologists, and bug scientists. All classes are hands-on, minds-on, and fun. Participants will create and take home projects. Please bring a \$10 materials fee to the first class. Parents are required to sign children in and out of each class meeting.

\$178 Resident 8 Classes					
Tue	9/15-11/3	3:45-4:45PM	5-12 years	Cerritos Park East	#17269



Manners for Young Ladies and Gentlemen

Knowing what to do in social situations can build self-esteem and confidence in everyone. Children will receive a foundation of good manners while learning good communication, positive body language and proper grooming in a relaxed, fun atmosphere. Parents are required to sign children in and out of each class meeting.

\$66 Resident/\$99 Non-Resident 4 Classes					
Sat	9/5-9/26	12:30-1PM	4-12 years	Liberty Park	#17270
Sat	10/10-10/31	12:30-1PM	4-12 years	Liberty Park	#17271

Math Development

Readwrite Educational Solutions, Inc.™ comprehensive, individualized math program evaluates students and pinpoints skill gaps. The primary building blocks of addition, subtraction, multiplication, and division are continually reinforced. Participants will build confidence and a solid foundation of fundamental math knowledge. Parents are required to sign children in and out of each class meeting.

\$85 Resident 6 Classes					
Tue/Thu	9/10-9/29	5:40-6:25PM	7-11 years	Cerritos Park East	#17272
Tue/Thu	10/6-10/22	5:40-6:25PM	7-11 years	Cerritos Park East	#17273
Tue/Thu	11/3-11/19	5:40-6:25PM	7-11 years	Cerritos Park East	#17674

Reading Development

Readwrite Educational Solutions, Inc.™ supplementary reading program is designed to improve vocabulary, comprehension and spelling skills. Periodic testing will be conducted to assess progress and reports will be distributed to parents. Parents are required to sign children in and out of each class meeting.

\$85 Resident 6 Classes					
Tue/Thu	9/10-9/29	4:50-5:35PM	7-11 years	Cerritos Park East	#17274
Tue/Thu	10/6-10/22	4:50-5:35PM	7-11 years	Cerritos Park East	#17275
Tue/Thu	11/3-11/19	4:50-5:35PM	7-11 years	Cerritos Park East	#17673

Sound Start Reading

Readwrite Educational Solutions, Inc.™ beginning reading program can make the difference between a struggling student and a successful one. Specially trained teachers will test, structure, and implement an individualized phonics program. Decoding, spelling, vocabulary, and comprehension are all featured in this fundamental approach to reading. Parents are required to sign children in and out of each class meeting.

\$85 Resident 6 Classes					
Tue/Thu	9/10-9/29	4:00-4:45PM	5-6 years	Cerritos Park East	#17276
Tue/Thu	10/6-10/22	4:00-4:45PM	5-6 years	Cerritos Park East	#17277
Tue/Thu	11/3-11/19	4:00-4:45PM	5-6 years	Cerritos Park East	#17672



Classes and Activities Teens

The Recreation Services Division offers a variety of programs and activities for teens ages 13 to 17. For more information regarding teen programs and activities, please call the Recreation Services Division at [\(562\) 916-1254](tel:5629161254).

Volunteer Opportunities

Be a Recreation Services Volunteer and assist leaders with daily park programs, swim classes, and city-wide special events. All volunteers need to be 13 years of age or older, and each volunteer must have a City of Cerritos Recreation Services Division Volunteer Application/Waiver on file, complete the fingerprinting process, and attend a volunteer orientation workshop prior to being assigned to any program or event. In addition, volunteers are required to attend two enrichment workshops a year to maintain their active status.

The Application/Waiver is available online in the Recreation section of the City’s website at cerritos.gov or at any Cerritos community center. Volunteers under the age of 18 must obtain a signature from their parent or guardian. Fingerprinting is conducted by appointment only on the first Wednesday of every month, except holidays. Orientation dates are listed in the volunteer section.

Pursuant to California state law, a county, city or special district shall not assign a volunteer to perform services, in a position having supervisory or disciplinary authority over a minor, if that person has been convicted of an offense specified in Public Resource Code 5164.

Registered volunteers will receive a letter with their recorded hours on a quarterly basis. The demand for volunteers, assignments, and hours vary from season to season. For more information regarding volunteer opportunities, workshops, orientations, and fingerprinting appointments, please call Heritage Park at [\(562\) 916-8570](tel:5629168570).

Be A Leader

Learn strategies to become an effective leader so that you may be able to take on an active leadership role at your school or in your community. Participants will discuss leadership values and techniques to build confidence and character.

Free One Day					
Sat	10/10	10-11:30AM	13-18 years	Heritage Park	#17699

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Receive email and text notices when the new Community Services Program digital publication is available here online.

Visit the [News Signup page](#) and create an account, then select the “Community Services Program” category.

For more information, visit cerritos.gov/cnewsdigital.



Classes and Activities
Adults

Adult CPR/AED

Learn how to perform adult, single-rescuer CPR and use of AED, How to recognize the signs of a heart attack, and assist choking victims. Participants who successfully complete the course will receive a two-year certificate from the American Red Cross. Parents are required to sign children in and out of the class.

\$26 + Materials Fee | One Day

A \$25 materials fee will be charged at the time of registration.

Wed	9/16	4:30-7:30PM	12-Adult	Cerritos Park East	#17278
Wed	10/21	4:30-7:30PM	12-Adult	Cerritos Park East	#17279

Ceramics

Stimulate the imagination by creating fun projects out of clay. Learn fundamental hand-building skills and ceramics terminology. Parents are required to sign children in and out of each class meeting.

\$40 + Materials Fee | 5 Classes

Please bring a \$15 materials fee to the first class.

Tue	9/8-10/6	5:45-6:45PM	13-Adult	Cerritos Park East	#17257
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Adult & Pediatric First Aid/CPR/AED

Prepare for accidents that may occur at home or around the workplace. Learn methods for basic first aid and performing infant, child, and adult CPR. Participants who successfully complete the course will receive a two-year certificate from the American Red Cross. Parents are required to sign children in and out of the class.

\$32 + Materials Fee | One Day

A \$25 materials fee will be charged at the time of registration.

Sat	11/7	10AM-3:30PM	12-Adult	Cerritos Park East	#17280
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Get Digital Newsletter Email and Text Alerts

Receive email and text notices when the new Community Services Program digital publication is available here online.

Visit the [News Signup page](#) and create an account, then select the “Community Services Program” category.

For more information, visit cerritos.gov/cnewsdigital.



Adaptive Recreation

The Recreation Services Division is pleased to comply with the Americans with Disabilities Act (ADA). Reasonable accommodations will be made in recreation programs and facilities to enable participation by an individual with a disability. Cerritos is committed to providing residents with disabilities the benefit of City programs. Participants must meet eligibility requirements for the program.

For more information and support for accessibility of programs and facilities, call the Recreation Services Division office at [\(562\) 916-1254](tel:5629161254).

Adaptive Recreation Program	Program Schedule
Adaptive Basketball	Jan.-Feb.
Adaptive Dance and Movement	Year-round
Adaptive Fitness Fun	Apr.-May
Adaptive Game Night	Quarterly
Adaptive Golf Clinic	July-Aug.
Adaptive Movie Night	Quarterly
Adaptive Soccer	June-Aug.
Adaptive Sports Medley	Sept.-Nov.
Special Olympics Soccer	Sept.-Nov.
Special Olympics Basketball	Mar.-June
Special Olympics Bowling	June-Aug.

Special Olympics

Special Olympics is an international non-profit organization dedicated to empowering individuals with intellectual disabilities to become physically fit, productive, and respected members of society through sports training and competition. Special Olympics training and competition opportunities exist through the Recreation Services Division on a seasonal basis. Special Olympics basketball, bowling, and soccer training and competitions are offered once per year to individuals who meet the eligibility requirements. For more information, please call the Recreation Services Division at [\(562\) 916-1254](tel:5629161254).

Transportation

The City of Cerritos provides the community with a Dial-A-Ride transit system. Offered to seniors and people with disabilities, the system operates seven days a week throughout the Cerritos area. To use the service, call [\(866\) 402-RIDE](tel:866402RIDE) (7433) between 8 a.m. and 8 p.m., Monday through Friday or from 8 a.m. to 5 p.m. on Saturday and Sunday. Reservations can be made up to 48 hours in advance of required pick-up times.

Register to Help Avoid Program Cancellations

A minimum number of registered participants is required for each class.

Failure to register may result in program cancellations.

Adaptive Dance and Movement

Put on those dancing shoes and come participate in this fun class that will have everyone moving to the music. This class will incorporate physical fitness and fun games while teaching choreographed dance steps. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of each class meeting.

\$12 8 Classes					
Wed	9/16-11/4	6-6:45PM	13-Adult	Cerritos Park East	#17281
Wed	9/16-11/4	7-7:45PM	13-Adult	Cerritos Park East	#17282

Adaptive Dinner and a Movie Night – Zootopia 2

Come spend a Saturday night at Cerritos Park East and enjoy a movie and dinner from a local restaurant. Ice breaker games will be conducted prior to the movie. The program is an excellent opportunity for socialization and fun. The movie is rated PG and is 1 hour and 48 minutes in length. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of the class.

\$10 One Day					
Sat	9/19	5-7PM	16-Adult	Cerritos Park East	#17283

Adaptive Families Halloween Party

Join in this hauntingly fun evening designed especially for Adaptive Recreation participants and their families. Dinner is provided and participants will make creepy crafts, enjoy some spooky snacks and have fun dancing to the ‘Monster Mash’. Don’t forget to wear costumes for the big costume contest! Families are encouraged to attend. Pre-registration is required for participants and each family member attending.

\$10 One Day					
Sat	10/10	6-8:30PM	3-Adult	Cerritos Park East	#17284

Adaptive Game Night

Adaptive Game Night is all about games, games, and more games! Spend an evening with friends playing board games, card games, and other organized games such as scavenger hunts and team builders. A light snack will be provided. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of the class.

Free One Day					
Sat	11/21	5-7PM	16-Adult	Cerritos Park East	#17285



ADAPTIVE RECREATION

Adaptive Sports Medley

This class will provide a great opportunity for physical activity and socialization. Each week participants will learn fundamentals of a new sport in a non-competitive manner such as, but not limited to, lawn bowling, volleyball, tennis, track and field, and softball. The field of play will be modified according to participant’s abilities. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Wear sneakers or athletic shoes. Parents are required to sign participant in and out of each class meeting.

\$26 6 Classes					
Thu	9/10-10/15	6-6:45PM	5-12 years	Cerritos Park East	#17286
Thu	9/10-10/15	7-7:45PM	13-Adult	Cerritos Park East	#17287

Special Olympics Soccer

This program offers instruction and training for competition in Special Olympics Soccer. Participants must meet Special Olympics eligibility requirements. Competitive tournaments take place between the months of August and November. Conducted on a 1:4 ratio. Participants are required to provide a city cleared program aide and Special Olympics cleared volunteer if additional assistance is needed. Parents are required to sign athletes in and out of each class.

Free 9 Classes					
Mon	9/14-11/9	5:45-7PM	8-Adult	Cerritos Park East	#17288

Adult/Youth Dance

Baby Ballet

For little tykes who love to dance, this is a fun introduction to ballet, which includes beginning movements, and arm and foot positions. The class will help develop self-confidence and poise through the art of dance. Parents are required to sign children in and out of each class meeting.

\$55 Resident/\$83 Non-Resident 5 Classes					
Fri	9/25-10/23	4-4:45PM	3-5 years	Liberty Park	#17289

Ballet/Tap Combo at Cerritos Park East

Children will develop self-confidence and poise through the art of dance. Posture, grace, rhythm, basic stretches, and body positions are taught through specially designed exercises. Parents are required to sign children in and out of each class meeting.

\$55 5 Classes					
Mon	9/14-10/12	5-5:45PM	3-5 years	Cerritos Park East	#17290
Mon	9/14-10/12	6-6:45PM	6-8 years	Cerritos Park East	#17291

Ballet/Tap Combo at Liberty Park

Children will develop self-confidence and poise through the art of dance. Posture, grace, rhythm, basic stretches, and body positions are taught through specially designed exercises. Parents are required to sign children in and out of each class meeting.

\$55 Resident/\$83 Non-Resident 5 Classes					
Fri	9/25-10/23	4:55-5:40PM	4-8 years	Liberty Park	#17292
Sat	9/26-10/24	10:15-11AM	3-5 years	Liberty Park	#17293

Ballet Barre

Join this low impact ballet based exercise class. By using the barre you will stretch, strengthen, lengthen, tone, and elongate your muscles. Also increase balance, strength, stamina, posture, endurance, core strength, and muscle tone. Beginners welcome. No dance experience required. Parents are required to sign children in and out of each class meeting.

No class on November 3

\$45 Resident/\$68 Non-Resident 5 Classes					
Thu	9/3-10/1	10:15-11:15AM	8-Adult	Liberty Park	#17295
Thu	10/15-11/12	10:15-11:15AM	8-Adult	Liberty Park	#17297

Hip Hop Dance

Learn the latest dance moves! Moves and music are age appropriate. This fun, high energy class for boys and girls introduces fundamental hip hop and hip hop funk moves. Class promotes coordination, rhythm, creativity, and fun. Parents are required to sign children in and out of each class meeting.

\$65 Resident 5 Classes					
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Session I - Level I

Tue	9/1-9/29	4-4:45PM	3-4 years	Cerritos Park East	#17298
Tue	9/1-9/29	4:55-5:40PM	4-7 years	Cerritos Park East	#17299
Thu	9/3-10/1	4-4:45PM	3-5 years	Cerritos Park East	#17739

Session I - Level II

Tue	9/1-9/29	5:50-6:35PM	7-12 years	Cerritos Park East	#17301
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Session I - Pop Star Hip Hop

Tue	9/1-9/29	6:45-7:30PM	5-9 years	Cerritos Park East	#17300
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Session II - Level I

Tue	10/13-11/10	4-4:45PM	3-4 years	Cerritos Park East	#17302
Tue	10/13-11/10	4:55-5:40PM	4-7 years	Cerritos Park East	#17303
Thu	10/15-11/12	4-4:45PM	3-5 years	Cerritos Park East	#17740

Session II - Level II

Tue	10/13-11/10	5:50-6:35PM	7-12 years	Cerritos Park East	#17305
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Session II - Pop Star Hip Hop

Tue	10/13-11/10	6:45-7:30PM	5-9 years	Cerritos Park East	#17304
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K-Pop Dance

K-Pop is a musical genre class that teaches an easy and fun mix of electronic, hip-hop, and pop dance moves to upbeat K-Pop music. Class improves coordination and rhythm with a focus on performance skills. Athletic attire and sneakers required. Parents are required to sign children in and out of each class meeting.

\$65 Resident 5 Classes					
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Session I - Level I

Thu	9/3-10/1	4:55-5:40PM	5-9 years	Cerritos Park East	#17306
Thu	9/3-10/1	5:50-6:35PM	6-10 years	Cerritos Park East	#17307

Session I - Level II

Thu	9/3-10/1	6:45-7:30PM	7-12 years	Cerritos Park East	#17308
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Session II - Level I

Thu	10/15-11/12	4:55-5:40PM	5-9 years	Cerritos Park East	#17309
Thu	10/15-11/12	5:50-6:35PM	6-10 years	Cerritos Park East	#17310

Session II - Level II

Thu	10/15-11/12	6:45-7:30PM	7-12 years	Cerritos Park East	#17311
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Salsa

In this beginning salsa class, participants will learn the basic figures and footwork to get started on the dance floor. Partner combinations will be covered. No partner is necessary; singles are welcome. Parents are required to sign children in and out of each class meeting.

\$36 resident/\$54 non-resident 5 Classes					
Mon	9/14-10/12	6:45-7:45PM	14-Adult	Liberty Park	#17312
Mon	10/19-11/16	6:45-7:45PM	14-Adult	Liberty Park	#17313

Zumba

Zumba is an aerobic work out that combines different movements and rhythms such as salsa, cumbia, merengue, belly dance, rock and roll, and much more! Zumba is an effective, easy, and fun way to get in shape. Parents are required to sign children in and out of each class meeting.

\$47 Resident/\$67 Non-Resident 5 Classes					
Mon	9/14-10/12	5:30-6:30PM	16-Adult	Liberty Park	#17314
Mon	10/19-11/16	5:30-6:30PM	16-Adult	Liberty Park	#17315

Browse classes and register with

RACER

Powered by CivicRec

Adult/Youth Music

Cerritos College Community Concert Band

The Cerritos College Community Concert Band is dedicated to the performance of popular, family-oriented compositions and is comprised of brass, woodwind and percussion instruments. Emphasis will be placed upon the development of individual musicianship through both large and small group rehearsals. Musical compositions of a wide variety will be studied with an emphasis on medleys, marches, and overtures. Registration will take place through Cerritos College. For further information, please contact Dr. David Betancourt, Director of Bands and Orchestra, at dbetancourt@cerritos.edu.

Fees paid to Cerritos College				
Tue	8/18-12/11	7PM	12-Adult	Cerritos College-PAC 112

Cerritos College Community Jazz Band

The Cerritos College Community Jazz Band is dedicated to the performance of popular, family-oriented jazz compositions and is comprised of brass, woodwind and rhythm instruments. Emphasis will be placed upon the development of individual musicianship through both large and small group rehearsals. Musical compositions of a wide variety will be studied with an emphasis on jazz and latin styles. Registration will take place through Cerritos College. For further information, please contact Dr. David Betancourt, Director of Bands and Orchestra, at dbetancourt@cerritos.edu.

Fees paid to Cerritos College				
Wed	8/19-12/11	7PM	12-Adult	Cerritos College-PAC 112

Cerritos College Community Orchestra

The Cerritos College String Ensemble is dedicated to the performance of popular, family-oriented compositions and is comprised of violin, viola, cello, and string bass. Emphasis will be placed upon the development of individual musicianship through both large and small group rehearsals. Musical compositions of a wide variety will be studied. Registration will take place through Cerritos College. For further information, please contact Dr. David Betancourt, Director of Bands and Orchestra, at dbetancourt@cerritos.edu.

Fees paid to Cerritos College					
Mon	8/17-12/11	6PM	12-Adult	Cerritos College-PAC 112	

Drums for Fun

Learn the basic techniques of drumming from a professional musician. Instruction will include proper grip positions, hand and wrist development, sight reading, hand and foot coordination, rudimentary training, and drum set techniques. Practice pads and sheet music will be provided. Parents are required to sign children in and out of each class meeting. Please bring your own drum sticks to each class meeting or bring \$7 materials fee to purchase drum sticks. Students may purchase take-home pads at an additional fee.

\$98 Resident/\$147 Non-Resident 6 Classes					
Mon	9/14-10/19	4:15-5:15PM	6-Adult	Heritage Park	#17316

Joy of Singing

Students learn the basics of singing, choosing a theme, singing group songs, solos, light dancing, and put on a show at the end of the session for family and friends. Please bring a \$5 music materials fee to the first class. Parents are required to sign children in and out of each class meeting.

\$75 8 Classes					
Mon	9/14-11/2	6:15-7:15PM	7-12 years	Cerritos Park East	#17318

Piano

Learn to play the piano from the very beginning! Students will learn the basics and play new songs each week. Students must have access to a piano or keyboard outside of class to practice lessons. Course instruction will be provided on electronic keyboards and participants may need to share keyboards during class. All students are required to purchase a music book; information will be given at the first class meeting. Parents are required to sign children in and out of each class meeting.

\$100 8 Classes					
Beginning					
Mon	9/14-11/2	5-6PM	7-13 years	Cerritos Park East	#17319



Adult/Youth Sports/Fitness

Cerritos Fitness Centers

- Fitness Centers are located in the Cerritos Olympic Swim & Fitness Center and the Liberty Park Community Center. The Swim & Fitness Center is equipped with locker room facilities.
- Membership is available to Cerritos residents, 16 years and older.
- Individual memberships are \$50 per year.
- Replacement card may be purchased for \$5.
- Fitness Centers include a multi-max station, treadmills, stair climbers, and life cycles.
- Adults working in Cerritos can purchase an annual business membership for \$50, valid only Monday through Friday from 6 AM to 2 PM at the Swim Center location and 10 AM to 5 PM at the Liberty Park location.
- Waiver required.
- Membership cards are valid at both locations and must be presented to enter.

Fitness Center Hours

Swim Center Location

Monday through Friday
6 a.m.-2 p.m./5 p.m.-9 p.m.

Saturday and Sunday
7 a.m.-5 p.m.*

*2 PM beginning August 15

Liberty Park Location

Monday through Friday
10 a.m.-8 p.m.

Saturday/Sunday
10 a.m.-8 p.m.*

*6 PM beginning October 4

For More Information

For more information, please call the Recreation Services Division at [\(562\) 916-1254](tel:5629161254).

Tennis Courts

Courts are available for use at Liberty Park and Cerritos Park East. Tennis courts may be closed without prior notice.

Cerritos Residents

- May use the courts at no charge during regular park operating hours.
- Age 16 years and older may reserve one (1) court up to one (1) week in advance and no less than one (1) hour in advance.
- A 5-minute grace period will be given before the court is released.
- Only one (1) reservation per family account may be held at any given time.
- Must present a valid California Driver’s License or valid California ID with current Cerritos address and must be in the City’s database to check out a court key.
- Reservations will only be taken in person or over the phone by calling Liberty Park at [\(562\) 916-8565](tel:5629168565) or Cerritos Park East at [\(562\) 407-2611](tel:5624072611) during normal operating hours.

Non-residents

- May use the courts for drop-in play Monday through Friday, between 10 a.m. and 3 p.m., for a \$7 hourly fee.
- No reservations allowed.
- Adults working in Cerritos may drop-in to play Monday through Friday only, between 10 a.m. and 3 p.m., at no charge.
- Must present a valid California Driver’s License or California ID and proof of employment in Cerritos.

Sand Volleyball Courts

- Courts are available for use at Liberty Park. The sand volleyball courts may be closed without prior notice.
- Cerritos residents, 16 years and older, may reserve one court up to one (1) week in advance free of charge.
- Non-residents, 16 years and older, may reserve one (1) court up to two (2) days in advance free of charge.
- Reservations will be a maximum of one (1) hour and may be booked on the hour or on the half hour.
- A 5-minute grace period will be given before the court is released.
- Only one (1) reservation per family account may be held at any given time.
- Must present a valid California Driver's License or valid California ID with current Cerritos address and must be in the City's database to access court.
- Reservations will be taken in person or over the phone by calling Liberty Park at **(562) 916-8565** during normal operating hours.

Jazzercise

Blending easy to follow dance steps with fun dance routines, Jazzercise will enhance cardiovascular fitness, balance, posture, strength, and flexibility. Certified professional Jazzercise instructors will cue participants through the moves that incorporate various elements of dance with resistance training, pilates, yoga, kickboxing, and more. The 60-minute workout is effective for every age, skill, and fitness level. Please bring a floor mat and water bottle; hand weights are optional.

Monthly fee allows patrons to attend any of the classes.

*EFT (Electronic Funds Transfer) or Easy Fitness Ticket allows patrons to automatically pay for Jazzercise programs through an electronic funds transfer each month. Patrons must pay a \$30 joining fee.

Monthly Fees \$79 with EFT*

One Time Class \$15

Registration taken at class site by course instructor.

Mon	10:15-11:15AM	Cerritos Park East
Wed	10:15-11:15AM	Cerritos Park East
Sun	10:15-11:15AM	Cerritos Park East

Belly Jamz

Enjoy a low impact, high energy workout that strengthens and stretches your muscles. The class will focus on the abdominal muscle group by increasing the strength of the back, shoulders, and arms. Be prepared to have fun while utilizing moves from the ancient art of Middle Eastern belly dancing! All fitness levels are welcome. Parents are required to sign children in and out of each class meeting.

No class on November 3

\$45 Resident/\$68 Non-Resident | 5 Classes

Tue	9/1-9/29	10:15-11:15AM	8-Adult	Liberty Park	#17294
Fri	9/4-10/2	6-7PM	8-Adult	Liberty Park	#17321
Tue	10/13-11/17	10:15-11:15AM	8-Adult	Liberty Park	#17296
Fri	10/16-11/13	6-7PM	8-Adult	Liberty Park	#17323

Core Yolates

Enjoy this new workout trend that combines two popular methods of exercise - yoga and Pilates. This course will emphasize core stabilization, lengthening, toning, and body sculpting. Yolates also improves core strength, posture and overall body awareness. Please bring a stability ball to class. Parents are required to sign children in and out of each class meeting.

\$60 Resident/\$90 Non-Resident | 5 Classes

Sun	9/6-10/4	10:15-11:40AM	8-Adult	Liberty Park	#17324
Sun	10/18-11/15	10:15-11:40AM	8-Adult	Liberty Park	#17325



Gymnastics: Jammin’ Gymnasts

Discover the inner gymnast inside everyone! Gymnastics also improves coordination and strength development. Girls and boys of all skill levels will safely learn recreation gymnastics techniques such as cartwheels, round-offs, rolls, handstands, and more. Obstacle courses and music will make learning fun while creating confidence and a positive learning environment! Parents are required to sign children in and out of each class meeting. Please bring a \$2 materials fee to the first class.

\$90 5 Classes					
Wed	9/2-9/30	3:20-4:20PM	4-6 years	Cerritos Park East	#17326
Wed	9/2-9/30	4:35-5:35PM	5-10 years	Cerritos Park East	#17327
Wed	10/14-11/11	3:20-4:20PM	4-6 years	Cerritos Park East	#17328
Wed	10/14-11/11	4:35-5:35PM	5-10 years	Cerritos Park East	#17329

Hatha Yoga

Experience the release of tension and stress through a series of postures which develop strength, flexibility, concentration, and balance. Please bring your own yoga mat to each class and wear comfortable clothing.

\$60 5 Classes					
Tue	9/1-9/29	10:15-11:15AM	18-Adult	Cerritos Park East	#17330
Thu	9/3-10/1	10:15-11:15AM	18-Adult	Cerritos Park East	#17331
Tue	10/13-11/10	10:15-11:15AM	18-Adult	Cerritos Park East	#17332
Thu	10/15-11/12	10:15-11:15AM	18-Adult	Cerritos Park East	#17333

Martial Arts

Karate provides an excellent physical and mental workout, increasing coordination and flexibility. The well-rounded curriculum incorporates ground and stand-up self-defense, kata and weaponry. Experience strength and confidence boosting fun classes with something for every member of the family. Parents are required to sign children in and out of each class meeting. Participants arriving more than 10 minutes after the class start time will not be permitted entry.

\$50 Resident/\$75 Non-Resident 5 Classes					
Mon	9/14-10/12	3:30-4:30PM	4-7 years	Liberty Park	#17334
Mon	10/26-11/23	3:30-4:30PM	4-7 years	Liberty Park	#17336
\$100 Resident/\$150 Non-Resident 10 Classes					
Tue/Thu	9/8-10/8	3:30-4:30PM	8-Adult	Liberty Park	#17335
Tue/Thu	10/20-11/19	3:30-4:30PM	8-Adult	Liberty Park	#17337

Pickleball Round-Robin Social

Join the Pickleball Round Robin Social at Liberty Park! All players will participate in three, 30-minute matches against different players in a true round-robin format. No partner is needed. Mixed-doubles play are randomly drawn based on the number of registrants. Intermediate level preferred. Prizes are awarded for first and second place.

\$5 per person One Day					
Thu	9/17	10AM-12PM	18-Adult	Liberty Park	#17338

Pilates at Liberty Park

This Pilates class will combine barre work and cardio to tone and strengthen the entire body. Thera-bands and exercise balls will be provided by the instructor to work on specific muscles and muscle groups to increase strength and agility. This revolutionary toning and conditioning system stretches, strengthens, and realigns overused joints, and muscles. Participants will work at an individualized pace. Parents are required to sign children in and out of each class meeting.

\$60 Resident/\$90 Non-Resident 5 Classes					
Tue	9/1-9/29	6-7PM	8-Adult	Liberty Park	#17339
Thu	9/3-10/1	6-7PM	8-Adult	Liberty Park	#17341
Tue	10/13-11/10	6-7PM	8-Adult	Liberty Park	#17340
Thu	10/15-11/12	6-7PM	8-Adult	Liberty Park	#17342

Stride Cerritos - Fitness Walkers

Join Stride Cerritos and walk to fitness. During each session, walkers will receive instruction on the fundamentals of aerobic development through walking workouts. Cardiovascular improvement, muscle development and decreased body fat will be emphasized. Parents are required to sign children in and out of each class meeting.

Free 16 Classes					
Tue/Thu	9/1-10/22	6:30-7:30PM	16-Adult	Liberty Park	#17343

Yoga For Kids

Yoga is a safe, fun and non-competitive way for children to exercise and develop coordination. Yoga also strengthens the body, builds self-esteem, and increases focus and concentration. Parents are required to sign children in and out of each class meeting.

No class on October 31

\$66 Resident/\$99 Non-Resident 4 Classes					
Sat	9/5-9/26	11:30AM-12:15PM	4-12 years	Liberty Park	#17344
Sat	10/10-10/31	11:30AM-12:15PM	4-12 years	Liberty Park	#17345

Youth Basketball Clinic

Register your aspiring basketball star for this valuable skills clinic. Youngsters will learn and improve fundamental skills such as dribbling, rebounding, and shooting. Teamwork, sportsmanship, and leadership will also be emphasized. Parents are required to sign children in and out of the class.

\$10 Resident/\$15 Non-Resident One Day					
Sat	11/7	10-11:30AM	7-13 years	Heritage Park	#17350

Girls Flag Football Organized Play

Calling all girls interested in learning the exciting game of flag football! Flag football is one of the fastest-growing sports for girls and is now an official high school sport in many areas. There's never been a better time to get involved! This fun, supportive program will introduce participants to the fundamentals of flag football while building confidence, athletic skills, and a love for the game. Each class will focus on essential techniques including passing, catching, route running, defense, teamwork, and game strategy. Join the fun, make new friends, and get game-ready! Parents are required to sign participants in and out at each class meeting.

\$30 Resident / \$45 Non-Resident 6 Classes					
Tue/Thu	9/15-10/1	6-7PM	10-14 years	Cerritos Park East Track Infield	#17722

Youth Flag Football Organized Play

Get ready to learn, play, and have fun during this Flag Football Clinic! Whether new to the sport or looking to improve overall game performance, this clinic provides a positive and supportive environment for players of all skill levels. Recreation staff will teach participants fundamental flag football skills including passing, catching, route running, defensive techniques, and teamwork through fun drills and game-like activities. Parents are required to sign participants in and out at each class meeting.

\$30 Resident / \$45 Non-Resident 6 Classes					
Tue/Thu	10/13-10/29	6-7PM	5-7 years	Cerritos Park East Track Infield	#17723
Tue/Thu	10/13-10/29	7-8PM	8-11 years	Cerritos Park East Track Infield	#17724



Adult/Youth Sports Leagues

Adult Men’s and Coed Slow Pitch Leagues

- \$360 resident/\$395 non-resident
- \$35 new team registration fee

\$60 fine payable after forfeiture

The City of Cerritos, in conjunction with Major League Softball, offers an Adult Slow Pitch League to community and business teams. The registration fee includes eight games plus “all play” playoffs, statistics, game balls, individual awards and first and second place team awards. Officials’ fees of \$30 per team per game must be paid prior to the first pitch of each game. For more information, please visit us online at www.mlsoftball.com.

Men	Sun	Sports Complex / Liberty Park	9/13
Men	Tue	Sports Complex / Liberty Park	9/15
Men	Wed	Sports Complex / Liberty Park	9/16
Men	Thu	Sports Complex / Liberty Park	9/17
Men	Fri	Sports Complex / Liberty Park	9/18
Coed	Sun.	Sports Complex / Liberty Park	9/13
Coed	Wed	Sports Complex / Liberty Park	9/16
Coed	Fri	Sports Complex / Liberty Park	9/18

Registration Information

Registration for the upcoming season will take place on-line through Wednesday, September 2. Please visit mlsoftball.com/programs/registration/1/cerritos to register your team. Priority registration is granted to any team presenting proof that 51% of the members on their roster reside in the City of Cerritos or are employees of a business located in the City of Cerritos. Proof of residency with a valid California identification card is required for Cerritos residents and valid business identification is required for Cerritos businesses.

Sports Officials Needed

Adults and teenagers, 16 years and older, are invited to apply as sports officials. Hourly wages are dependent upon education and experience and range from \$20 to \$30 per game. All officials must be fingerprinted prior to being assigned. For more information, please call the Cerritos Sports Complex at [\(562\) 916-8590](tel:5629168590). Previous officiating experience is desirable.

Pursuant to California state law, a county, city or special district shall not assign a volunteer to perform services, in a position having supervisory or disciplinary authority over a minor, if that person has been convicted of an offense specified in Public Resource Code 5164.

Register to Help Avoid Program Cancellations

A minimum number of registered participants is required for each class.

Failure to register may result in program cancellations.

Adult/Youth Golf

Cerritos Iron-Wood Nine Golf Course

16449 Piuma Avenue | (562) 916-8400 | cerritos.gov/ironwoodnine

The City of Cerritos Iron-Wood Nine Golf Course is a nine-hole, par 29, 1,468-yard, executive golf course. The lighted driving range offers a choice of hitting off mats or grass. Rental clubs and handcarts are available; reservations can be made up to one week in advance. Starting times will begin at 7 AM depending upon course conditions.

Hours of Operation

Effective October 4, 2026

Monday–Friday
6:30 a.m.–7 p.m.

Saturday–Sunday
6:30 a.m.–6 p.m.

Course Hours

Daily
6:30 a.m.–sunset

Range Hours

Monday–Friday
6:30 a.m.–7 p.m.

Thursday
10 a.m.–7 p.m.

Saturday–Sunday
6:30 a.m.–6 p.m.

The last range bucket will be sold 30 minutes prior to closing.

Cerritos residents must present a valid California Driver’s License or a valid California ID with current Cerritos address. Residents that have not secured a new California issued ID with a current Cerritos address must present an ID and provide a utility bill, rent receipt, tax bill, escrow papers, credit card, bank statement, or car registration that is postmarked within the last 60 days.

Golf Course Dress Code

The Cerritos Iron-Wood Nine Golf Course enforces its dress code policy.

Men must wear a presentable shirt with sleeves. Tank tops, sleeveless shirts, swim suits and other dress deemed inappropriate for the course will not be allowed. Women must also wear a presentable shirt. Halter tops, tube tops, swim suits, and other dress deemed inappropriate for the course will not be allowed.

Green Fees

	Cerritos Residents			Non-Residents		
	Adults 18 & older	Juniors 18 & under*	Seniors 60 & older	Adults 18 & older	Juniors 18 & under	Seniors 60 & older
Mon-Fri	\$11	\$7.50	\$8	\$13	\$8.50	\$9
Weekends and Holidays	\$12	\$7.50	N/A	\$15.50	\$8.50	N/A

ID is required for the resident, senior and youth rates.
*Junior rate applies to 18-year-olds still in high school who can show a valid high school ID.

Veteran’s Day Discount

Wednesday, November 11, 2026

Cerritos Iron-Wood Nine Golf Course is proud to offer a 50 percent discount on green fees to United States Military Veterans.

Veterans must present their Department of Defense release from active duty form DD 214 to receive the discount.

Driving Range Fees

Small Bucket Card (50 Balls)	\$7
Large Bucket Card (100 Balls)	\$10.50
Value Card (650 Balls)	\$50

Novice Golfers

New to the game of golf? Having trouble learning the way around the course? The Cerritos Iron-Wood Nine Golf Course staff would be happy to play a few holes of golf with patrons to help in these areas. Please contact the Cerritos Iron-Wood Nine Golf Course at (562) 916-8400 to schedule an appointment based on staff availability. Staff assistance is free; however, regular green fees apply.

Cerritos Junior Golf Academy

The Junior Golf Academy with Cerritos Iron-wood Nine Golf Professional Jason Holmes, is designed for youth golfers of all ability levels. From beginners to advanced golfers, participants will improve their game in a small group setting. Instruction will be conducted on the Course’s driving range, putting greens, and pitching area. Range balls will be provided for each class and loaner clubs are available during class time. Parents are required to sign children in and out of the class meeting.

\$55 Resident/\$83 Non-Resident | 4 Classes

Session I

Sat	9/12-10/3	10-10:45AM	4-6 years	Golf Course	#17353
Sat	9/12-10/3	11-11:45AM	4-6 years	Golf Course	#17354
Mon/Wed	9/21-9/30	5-5:45PM	7-10 years	Golf Course	#17351
Mon/Wed	9/21-9/30	6-6:45PM	11-17 years	Golf Course	#17352

Session II

Mon/Wed	10/7-10/19	5-5:45PM	7-10 years	Golf Course	#17355
Mon/Wed	10/7-10/19	6-6:45PM	11-17 years	Golf Course	#17356
Sat	10/17-11/7	10-10:45AM	4-6 years	Golf Course	#17357
Sat	10/17-11/7	11-11:45AM	4-6 years	Golf Course	#17358

Session III

M/W	10/26-11/4	5-5:45PM	7-10 years	Golf Course	#17359
M/W	10/26-11/4	6-6:45PM	11-17 years	Golf Course	#17360

Session IV

Mon/Wed	11/9-11/18	5-5:45PM	7-10 years	Golf Course	#17361
Mon/Wed	11/9-11/18	6-6:45PM	11-17 years	Golf Course	#17362

Group Golf Lessons

Join Cerritos Iron-Wood Nine Golf Professional Jason Holmes in a relaxed group setting designed for all skill levels, from the novice to the experienced player. For novice players, fundamental skills such as stance, grip and swing will be covered. More experienced players will sharpen their skills and develop game techniques. One small bucket of practice balls will be provided at each lesson. Parents are required to sign children in and out of each class meeting.

\$70 Resident/\$105 Non-Resident | 4 Classes

Session I

Sat	9/12-10/3	8-8:45AM	14-Adult	Golf Course	#17363
Sat	9/12-10/3	9-9:45AM	8-13 years	Golf Course	#17364
Tue	9/22-10/13	5-5:45PM	8-13 years	Golf Course	#17365
Tue	9/22-10/13	6-6:45PM	14-Adult	Golf Course	#17366

Session II

Sat	10/17-11/7	8-8:45AM	14-Adult	Golf Course	#17369
Sat	10/17-11/7	9-9:45AM	8-13 years	Golf Course	#17370
Tue	10/27-11/17	5-5:45PM	8-13 years	Golf Course	#17367
Tue	10/27-11/17	6-6:45PM	14-Adult	Golf Course	#17368



Itsy Bitsy Golf Clinic

This clinic is designed to introduce participants to the game of golf. The program will provide preschool golfers with brief instruction on grip, stance, swing and putting. Complimentary driving range use is also included. Parents are required to sign children in and out of the class.

\$15 Resident/\$23 Non-Resident One Day					
Sat	9/26	4-5PM	4-5 years	Golf Course	#17375

Senior Golf Quarterly Tournament

Seniors, 60 years of age and older, are invited to participate in this fun-filled 9-hole, shotgun start tournament.

\$15 Tournament Fee One Day					
Wed	10/14	8-10AM	60+ years	Golf Course	#17376

Register to Help Avoid Program Cancellations

A minimum number of registered participants is required for each class.

Failure to register may result in program cancellations.

Adult/Youth Aquatics

Cerritos Olympic Swim and Fitness Center

13150 E. 166th Street | (562) 407-2600 | cerritos.gov/swimcenter

The Cerritos Olympic Swim & Fitness Center is located at 13150 E. 166th Street, adjacent to Cerritos Park East. For general information, including hours of operation and admission fees, please call the Swim & Fitness Center at (562) 407-2600. For swim lesson registration, see below.

Swimming lessons for children and adults, recreational swimming and lap swimming sessions are held regularly at the Swim Center. For additional information on classes, see the quarterly Community Services Program or register for classes through the City’s class registration system.

Facility Hours

Monday through Friday
6 a.m.-2 p.m./5 p.m.-9 p.m.

Saturday and Sunday
7 a.m.-5 p.m.*

*2 p.m. beginning August 31

Special Hours

Monday, August 17 to Sunday, August 30
Closed for facility maintenance.

Saturday, October 10 and Sunday, October 11
Closed for CAC Swim Meet.

Wednesday, November 25
Lap Swim 7 a.m.-2 p.m.
Recreational Swim 11 a.m.-2 p.m.

Thursday, November 26
Closed for Thanksgiving Holiday.

Friday, November 27
Lap Swim 7 a.m.-2 p.m.
Recreational Swim 11 a.m.-2 p.m.

Admission Policies

The Swim & Fitness Center is open to Cerritos residents, accompanied guests, and adults working in the City of Cerritos. Each resident may bring up to four (4) guests during recreational swimming only.

Cerritos residents must present a valid California Driver’s License or a valid California ID with current Cerritos address. Residents that have not secured a new California issued ID with a current Cerritos address must present an ID and provide a utility bill, rent receipt, tax bill, escrow papers, credit card, bank statement, or car registration that is postmarked within the last 60 days.

Children under 16 years of age may present a Cerritos resident library card. Parents are responsible for the supervision of children. Adults working in the City of Cerritos must present a valid driver’s license and a business ID. Children who cannot swim and are less than four feet tall must be accompanied in the water by an adult. All residents using tickets for recreational swimming will be required to show acceptable Cerritos identification. Children over 5 years of age are not permitted in the locker room of the opposite sex.

Please Register Carefully

Any person registered in a class above their skill level will be dropped from the class without a refund.

Free Skills Testing

Skills testing is available prior to registration if assistance is needed to determine class level. Participants may come to the Swim & Fitness Center during recreational swim hours for testing.

Recreational Swim

Recreational swimming is open to Cerritos residents and up to four (4) guests.

Recreational Swim Hours

Monday/Wednesday/Friday
7-9 p.m.

Saturday/Sunday
Noon-2 p.m.

Recreational Swim
Fee Information

Cerritos Residents	\$2
Non-Resident Child, ages 17 and under (must be a guest of a Cerritos resident)	\$2.50
Non-Resident Adult, age 18 and older (must be a guest of a Cerritos resident)	\$3.25
Adults who work in Cerritos with business ID	\$2

Adult Lap Swim Hours

A minimum of four (4) lanes will be available for all lap swim sessions. Please refer to the Sports/Fitness section for Fitness Center hours.

Monday–Friday
6 a.m.–2 p.m.

Tuesday/Thursday
7–9 p.m. (Open to Cerritos residents only)

Saturday/Sunday
7 a.m.–noon

Adult Lap Swim
Fee Information

General, ages 18–59	\$3
Seniors, age 60 and older	\$2.50



Ticket Booklets

Ticket Booklets are also available. Limit two books per visit. Ticket booklets are non transferable. Patrons utilizing tickets as payment still need to meet all entrance requirements; patrons using tickets for recreational swimming will be required to show acceptable Cerritos identification.

Age 17 and under	15 tickets	\$20
Adults, ages 18 to 59	20 tickets	\$60
Seniors, age 60 and older	20 tickets	\$50

Fitness Center

The Swim and Fitness Center is equipped with locker room facilities. Membership is available to Cerritos residents, age 16 and older. Individual memberships are \$50 per year. The fitness center includes a multi-max station, treadmills and ellipticals. Adults who work in Cerritos can purchase an annual business membership for \$50, valid only Monday through Friday from 6 a.m. to 2 p.m. at the Swim Center location.

Fitness Center Hours

Monday through Friday
6 a.m.-2 p.m./5 p.m.-9 p.m.

Saturday and Sunday
7 a.m.-2 p.m.

Business members may only use the facility on weekdays, 6 a.m.-2 p.m.

Fitness Center Fee Information

Individual Membership	\$50
Business Memberships (individuals only)	\$50

Mommy/Daddy and Me

This class allows parents to share in the fun of children learning to swim. Children will learn basic safety skills, breath control, floating, kicking and paddling. Up to two adults per child are permitted to participate. Swim diapers are available for purchase at the Swim Center. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday Classes | 10 Classes
\$43 Resident/\$65 Non-Resident for Tuesday/Thursday Classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday Classes and Sunday Classes | 5 Classes

Fall 1

Sat	9/5-10/3	10:30-11AM	Ages 6m-3	Swim Center	#17380
Mon/Wed	9/7-10/7	10:30-11AM	Ages 6m-3	Swim Center	#17377
Mon/Wed	9/7-10/7	6:30-7PM	Ages 6m-3	Swim Center	#17378
Tue/Thu	9/8-10/8	10:30-11AM	Ages 6m-3	Swim Center	#17379

Fall 2

Mon/Wed	10/12-11/11	10:30-11AM	Ages 6m-3	Swim Center	#17491
Mon/Wed	10/12-11/11	6:30-7PM	Ages 6m-3	Swim Center	#17492
Tue/Thu	10/13-11/12	10:30-11AM	Ages 6m-3	Swim Center	#17493
Sat	10/17-11/14	10:30-11AM	Ages 6m-3	Swim Center	#17494



Preschool Puffer Fish

Acquaint your preschool-aged child to the aquatic environment. Beginners will learn breath control, floating and kicking. More advanced students will be presented with the basic elements of front crawl and backstroke. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday Classes | 10 Classes

\$43 Resident/\$65 Non-Resident for Tuesday/Thursday Classes | 10 Classes

\$25 Resident/\$38 Non-Resident for Saturday Classes and Sunday Classes | 5 Classes

Fall 1

Sat	9/5-10/3	9-9:30AM	Ages 3-5	Swim Center	#17408
Sat	9/5-10/3	9:30-10AM	Ages 3-5	Swim Center	#17409
Sat	9/5-10/3	10-10:30AM	Ages 3-5	Swim Center	#17410
Sat	9/5-10/3	10:30-11AM	Ages 3-5	Swim Center	#17411
Sat	9/5-10/3	11-11:30AM	Ages 3-5	Swim Center	#17412
Sat	9/5-10/3	11:30AM-12PM	Ages 3-5	Swim Center	#17413
Mon/Wed	9/7-10/7	10-10:30AM	Ages 3-5	Swim Center	#17382
Mon/Wed	9/7-10/7	11-11:30AM	Ages 3-5	Swim Center	#17383
Mon/Wed	9/7-10/7	11:30AM-12PM	Ages 3-5	Swim Center	#17384
Mon/Wed	9/7-10/7	12-12:30PM	Ages 3-5	Swim Center	#17385
Mon/Wed	9/7-10/7	5-5:30PM	Ages 3-5	Swim Center	#17389
Mon/Wed	9/7-10/7	5:30-6PM	Ages 3-5	Swim Center	#17390
Mon/Wed	9/7-10/7	6-6:30PM	Ages 3-5	Swim Center	#17391
Mon/Wed	9/7-10/7	6:30-7PM	Ages 3-5	Swim Center	#17392
Mon/Wed	9/7-10/7	7-7:30PM	Ages 3-5	Swim Center	#17393
Mon/Wed	9/7-10/7	7:30-8PM	Ages 3-5	Swim Center	#17394

Tue/Thu	9/8-10/8	10-10:30AM	Ages 3-5	Swim Center	#17395
Tue/Thu	9/8-10/8	11-11:30PM	Ages 3-5	Swim Center	#17396
Tue/Thu	9/8-10/8	11:30 AM-12PM	Ages 3-5	Swim Center	#17397
Tue/Thu	9/8-10/8	12-12:30PM	Ages 3-5	Swim Center	#17398
Tue/Thu	9/8-10/8	5-5:30PM	Ages 3-5	Swim Center	#17402
Tue/Thu	9/8-10/8	5:30-6PM	Ages 3-5	Swim Center	#17403
Tue/Thu	9/8-10/8	6-6:30PM	Ages 3-5	Swim Center	#17404
Tue/Thu	9/8-10/8	6:30-7PM	Ages 3-5	Swim Center	#17405
Tue/Thu	9/8-10/8	7-7:30PM	Ages 3-5	Swim Center	#17406
Tue/Thu	9/8-10/8	7:30-8PM	Ages 3-5	Swim Center	#17407

Fall 2

Mon/Wed	10/12-11/11	10-10:30AM	Ages 3-5	Swim Center	#17496
Mon/Wed	10/12-11/11	11-11:30AM	Ages 3-5	Swim Center	#17497
Mon/Wed	10/12-11/11	11:30AM-12PM	Ages 3-5	Swim Center	#17498
Mon/Wed	10/12-11/11	12-12:30PM	Ages 3-5	Swim Center	#17499
Mon/Wed	10/12-11/11	5-5:30PM	Ages 3-5	Swim Center	#17503
Mon/Wed	10/12-11/11	5:30-6PM	Ages 3-5	Swim Center	#17504
Mon/Wed	10/12-11/11	6-6:30PM	Ages 3-5	Swim Center	#17505
Mon/Wed	10/12-11/11	6:30-7PM	Ages 3-5	Swim Center	#17506
Mon/Wed	10/12-11/11	7-7:30PM	Ages 3-5	Swim Center	#17507
Mon/Wed	10/12-11/11	7:30-8PM	Ages 3-5	Swim Center	#17508
Tue/Thu	10/13-11/12	10-10:30AM	Ages 3-5	Swim Center	#17509
Tue/Thu	10/13-11/12	11-11:30AM	Ages 3-5	Swim Center	#17510
Tue/Thu	10/13-11/12	11:30-12PM	Ages 3-5	Swim Center	#17511

Continued on next page

Preschool Puffer Fish (Continued)

Tue/Thu	10/13-11/12	12-12:30PM	Ages 3-5	Swim Center	#17512
Tue/Thu	10/13-11/12	5-5:30PM	Ages 3-5	Swim Center	#17516
Tue/Thu	10/13-11/12	5:30-6PM	Ages 3-5	Swim Center	#17517
Tue/Thu	10/13-11/12	6-6:30PM	Ages 3-5	Swim Center	#17518
Tue/Thu	10/13-11/12	6:30-7PM	Ages 3-5	Swim Center	#17519
Tue/Thu	10/13-11/12	7-7:30PM	Ages 3-5	Swim Center	#17520
Tue/Thu	10/13-11/12	7:30-8PM	Ages 3-5	Swim Center	#17521
Sat	10/17-11/14	9-9:30AM	Ages 3-5	Swim Center	#17522
Sat	10/17-11/14	9:30-10AM	Ages 3-5	Swim Center	#17523
Sat	10/17-11/14	10-10:30AM	Ages 3-5	Swim Center	#17524
Sat	10/17-11/14	10:30-11AM	Ages 3-5	Swim Center	#17525
Sat	10/17-11/14	11-11:30AM	Ages 3-5	Swim Center	#17526
Sat	10/17-11/14	11:30AM-12PM	Ages 3-5	Swim Center	#17527

Browse classes and register with **RACER**
Powered by CivicRec

Starfish/Minnows

Get acquainted with the excitement of the aquatic world. Learn breath control, floating and other elementary skills. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday Classes | 10 Classes
\$43 Resident/\$65 Non-Resident for Tuesday/Thursday Classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday Classes and Sunday Classes | 5 Classes

Fall 1

Sat	9/5-10/3	8-8:45AM	Ages 6-16	Swim Center	#17428
Sat	9/5-10/3	9-9:45AM	Ages 6-16	Swim Center	#17429
Sat	9/5-10/3	11-11:45AM	Ages 6-16	Swim Center	#17431
Mon/Wed	9/7-10/7	5-5:45PM	Ages 6-16	Swim Center	#17420
Mon/Wed	9/7-10/7	6-6:45PM	Ages 6-16	Swim Center	#17421
Mon/Wed	9/7-10/7	7-7:45PM	Ages 6-16	Swim Center	#17422
Tue/Thu	9/8-10/8	5-5:45PM	Ages 6-16	Swim Center	#17424
Tue/Thu	9/8-10/8	6-6:45PM	Ages 6-16	Swim Center	#17425
Tue/Thu	9/8-10/8	8-8:45PM	Ages 6-16	Swim Center	#17427

Fall 2

Mon/Wed	10/12-11/11	5-5:45PM	Ages 6-16	Swim Center	#17534
Mon/Wed	10/12-11/11	6-6:45PM	Ages 6-16	Swim Center	#17535
Mon/Wed	10/12-11/11	7-7:45PM	Ages 6-16	Swim Center	#17536
Tue/Thu	10/13-11/12	5-5:45PM	Ages 6-16	Swim Center	#17538
Tue/Thu	10/13-11/12	6-6:45PM	Ages 6-16	Swim Center	#17539
Tue/Thu	10/13-11/12	8-8:45PM	Ages 6-16	Swim Center	#17541
Sat	10/17-11/14	8-8:45AM	Ages 6-16	Swim Center	#17542
Sat	10/17-11/14	9-9:45AM	Ages 6-16	Swim Center	#17543
Sat	10/17-11/14	11-11:45AM	Ages 6-16	Swim Center	#17545



Flying Fish

Knowing the elementary skills of swimming; develop the front crawl and backstroke techniques. Along with these strokes, learn safety skills, self-rescue and diving. (Skills may take more than one session to complete.) Prerequisite: Minnows-level swimming skills. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday Classes | 10 Classes

\$43 Resident/\$65 Non-Resident for Tuesday/Thursday Classes | 10 Classes

\$25 Resident/\$38 Non-Resident for Saturday Classes and Sunday Classes | 5 Classes

Fall 1

Sat	9/5-10/3	8-8:45AM	Ages 6-16	Swim Center	#17444
Sat	9/5-10/3	9-9:45AM	Ages 6-16	Swim Center	#17445
Sat	9/5-10/3	10-10:45AM	Ages 6-16	Swim Center	#17446
Mon/Wed	9/7-10/7	5-5:45PM	Ages 6-16	Swim Center	#17436
Mon/Wed	9/7-10/7	7-7:45PM	Ages 6-16	Swim Center	#17438
Mon/Wed	9/7-10/7	8-8:45PM	Ages 6-16	Swim Center	#17439
Tue/Thu	9/8-10/8	5-5:45PM	Ages 6-16	Swim Center	#17440
Tue/Thu	9/8-10/8	6-6:45PM	Ages 6-16	Swim Center	#17441
Tue/Thu	9/8-10/8	7-7:45PM	Ages 6-16	Swim Center	#17442
Tue/Thu	9/8-10/8	8-8:45PM	Ages 6-16	Swim Center	#17443

Fall 2

Mon/Wed	10/12-11/11	5-5:45PM	Ages 6-16	Swim Center	#17550
Mon/Wed	10/12-11/11	7-7:45PM	Ages 6-16	Swim Center	#17552
Mon/Wed	10/12-11/11	8-8:45PM	Ages 6-16	Swim Center	#17553
Tue/Thu	10/13-11/12	5-5:45PM	Ages 6-16	Swim Center	#17554
Tue/Thu	10/13-11/12	6-6:45PM	Ages 6-16	Swim Center	#17555
Tue/Thu	10/13-11/12	7-7:45PM	Ages 6-16	Swim Center	#17556
Tue/Thu	10/13-11/12	8-8:45PM	Ages 6-16	Swim Center	#17557
Sat	10/17-11/14	8-8:45AM	Ages 6-16	Swim Center	#17558
Sat	10/17-11/14	9-9:45AM	Ages 6-16	Swim Center	#17559
Sat	10/17-11/14	10-10:45AM	Ages 6-16	Swim Center	#17560

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Barracudas

Improve stamina, coordination, and learn breaststroke and sidestroke kicks and more safety skills. Prerequisite: Flying Fish-level swimming skills. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday Classes | 10 Classes
\$43 Resident/\$65 Non-Resident for Tuesday/Thursday Classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday Classes and Sunday Classes | 5 Classes

Fall 1

Sat	9/5-10/3	8-8:45AM	Ages 6-16	Swim Center	#17460
Sat	9/5-10/3	9-9:45AM	Ages 6-16	Swim Center	#17461
Sat	9/5-10/3	10-10:45AM	Ages 6-16	Swim Center	#17462
Sat	9/5-10/3	11-11:45AM	Ages 6-16	Swim Center	#17463
Mon/Wed	9/7-10/7	5-5:45PM	Ages 6-16	Swim Center	#17452
Mon/Wed	9/7-10/7	6-6:45PM	Ages 6-16	Swim Center	#17453
Mon/Wed	9/7-10/7	8-8:45PM	Ages 6-16	Swim Center	#17455
Tue/Thu	9/8-10/8	5-5:45PM	Ages 6-16	Swim Center	#17456
Tue/Thu	9/8-10/8	6-6:45PM	Ages 6-16	Swim Center	#17457
Tue/Thu	9/8-10/8	7-7:45PM	Ages 6-16	Swim Center	#17458

Fall 2

Mon/Wed	10/12-11/11	5-5:45PM	Ages 6-16	Swim Center	#17566
Mon/Wed	10/12-11/11	6-6:45PM	Ages 6-16	Swim Center	#17567
Mon/Wed	10/12-11/11	8-8:45PM	Ages 6-16	Swim Center	#17569
Tue/Thu	10/13-11/12	5-5:45PM	Ages 6-16	Swim Center	#17570
Tue/Thu	10/13-11/12	6-6:45PM	Ages 6-16	Swim Center	#17571
Tue/Thu	10/13-11/12	7-7:45PM	Ages 6-16	Swim Center	#17572
Sat	10/17-11/14	8-8:45AM	Ages 6-16	Swim Center	#17574
Sat	10/17-11/14	9-9:45AM	Ages 6-16	Swim Center	#17575
Sat	10/17-11/14	10-10:45AM	Ages 6-16	Swim Center	#17576
Sat	10/17-11/14	11-11:45AM	Ages 6-16	Swim Center	#17577

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Dolphins

This class coordinates, refines and polishes skills learned in previous levels. Butterfly is introduced, as are open turns, surface dives and diving. Emphasis is placed on developing efficiency, power and endurance. Prerequisite: Barracuda-level swimming skills. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday Classes | 10 Classes
\$43 Resident/\$65 Non-Resident for Tuesday/Thursday Classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday Classes and Sunday Classes | 5 Classes

Fall 1

Sat	9/5-10/3	8-8:45AM	Ages 6-16	Swim Center	#17470
Sat	9/5-10/3	11-11:45AM	Ages 6-16	Swim Center	#17471
Mon/Wed	9/7-10/7	7-7:45PM	Ages 6-16	Swim Center	#17468
Tue/Thu	9/8-10/8	7-7:45PM	Ages 6-16	Swim Center	#17469

Fall 2

Mon/Wed	10/12-11/11	7-7:45PM	Ages 6-16	Swim Center	#17582
Tue/Thu	10/13-11/12	7-7:45PM	Ages 6-16	Swim Center	#17583
Sat	10/17-11/14	8-8:45AM	Ages 6-16	Swim Center	#17584
Sat	10/17-11/14	11-11:45AM	Ages 6-16	Swim Center	#17585

Sharks

Prepare for a competitive team or just improve swimming skills. Learn flip turns, starts and dives. Refine the competitive strokes learned in previous classes. Prerequisite: Dolphin-level swimming skills. This class may be repeated. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday Classes | 10 Classes
\$43 Resident/\$65 Non-Resident for Tuesday/Thursday Classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday Classes and Sunday Classes | 5 Classes

Fall 1

Sat	9/5-10/3	10-10:45AM	Ages 6-16	Swim Center	#17477
Sat	9/5-10/3	11-11:45AM	Ages 6-16	Swim Center	#17478
Mon/Wed	9/7-10/7	8-8:45PM	Ages 6-16	Swim Center	#17475
Tue/Thu	9/8-10/8	8-8:45PM	Ages 6-16	Swim Center	#17476

Fall 2

Mon/Wed	10/12-11/11	8-8:45PM	Ages 6-16	Swim Center	#17589
Tue/Thu	10/13-11/12	8-8:45PM	Ages 6-16	Swim Center	#17590
Sat	10/17-11/14	10-10:45AM	Ages 6-16	Swim Center	#17591
Sat	10/17-11/14	11-11:45AM	Ages 6-16	Swim Center	#17592



Board Diving

Learn the basics of one and three meter springboard diving. The course will focus on safely teaching the fundamentals of basic board diving. Prerequisite: Standing front dive and Barracuda-level swimming skills. This class may be repeated. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Tuesday/Thursday Classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday Classes | 5 Classes

Fall 1

Sat	9/5-10/3	9-9:45AM	Ages 6-16	Swim Center	#17482
Tue/Thu	9/8-10/8	7-7:45PM	Ages 6-16	Swim Center	#17481

Fall 2

Tue/Thu	10/13-11/12	7-7:45PM	Ages 6-16	Swim Center	#17595
Sat	10/17-11/14	9-9:45AM	Ages 6-16	Swim Center	#17596

Register to Help Avoid Program Cancellations

A minimum number of registered participants is required for each class.

Failure to register may result in program cancellations.

Adult Beginning Swimming

This is a basic swim course for the adult just learning to swim. The course is designed to teach floating and basic stroke techniques, including the front crawl and elementary backstroke. No previous skills required. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday Classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday Classes and Sunday Classes | 5 Classes

Fall 1

Sat	9/5-10/3	8-8:45AM	Ages 16+	Swim Center	#17485
Mon/Wed	9/7-10/7	8-8:45PM	Ages 16+	Swim Center	#17484

Fall 2

Mon/Wed	10/12-11/11	8-8:45PM	Ages 16+	Swim Center	#17598
Sat	10/17-11/14	8-8:45AM	Ages 16+	Swim Center	#17599

Adult Intermediate Swimming

Continue to improve the front crawl and be introduced to the breaststroke and sidestroke. Depending on skill level, treading water, diving and flip turns may be introduced. The majority of class time will be spent in shallow water. Prerequisite: Adult Beginning-level swimming skills. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Tuesday/Thursday Classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday Classes | 5 Classes

Fall 1

Sat	9/5-10/3	9-9:45AM	Ages 16+	Swim Center	#17489
Tue/Thu	9/8-10/8	8-8:45PM	Ages 16+	Swim Center	#17488

Fall 2

Tue/Thu	10/13-11/12	8-8:45PM	Ages 16+	Swim Center	#17602
Sat	10/17-11/14	9-9:45AM	Ages 16+	Swim Center	#17603

Volunteer Opportunities

Looking for work experience or something to add flair to your college or job application? If so, the Recreation Services Division's volunteer program is a great place to start. Opportunities exist for teens and adults to assist the City in a variety of volunteer capacities within the Recreation Services Division.

All volunteers need to be 13 years of age or older, and each volunteer must have a City of Cerritos Recreation Services Division Volunteer Application/Waiver on file, complete the fingerprinting process, and attend a volunteer orientation workshop prior to being assigned to any program or event. In addition, volunteers are required to attend two enrichment workshops a year to maintain their active status.

The Application/Waiver is available online in the Recreation section of the City's website at cerritos.gov or at any Cerritos community center. Volunteers under the age of 18 must obtain a signature from their parent or guardian. Fingerprinting is conducted by appointment only on the first Wednesday of every month, except holidays. Orientation workshops are listed below.

Pursuant to California state law, a county, city or special district shall not assign a volunteer to perform services, in a position having

supervisory or disciplinary authority over a minor, if that person has been convicted of an offense specified in Public Resource Code 5164.

Registered volunteers will receive a letter with their recorded hours on a quarterly basis. The demand for volunteers, assignments, and hours vary from season to season. For more information regarding volunteer opportunities, workshops, orientations, and fingerprinting appointments, please call Heritage Park at [\(562\) 916-8570](tel:5629168570).

Orientation Dates

Wed	8/19	6:30PM	Heritage Park
Wed	9/16	6:30PM	Heritage Park
Wed	10/21	6:30PM	Heritage Park

Recreation Services Volunteer

Volunteers, age 13 years or older, are needed for a variety of youth activities such as Parent/Child programs, Little One's Hour, Half Pint's Night, crafts, and much more. Special events include the Spring Fling and the July 4th Let Freedom Ring Celebration.

Swim Assistant Volunteer

Volunteers will assist swim instructors as well as help with special events at the Cerritos Swim & Fitness Center. Orientation is required. For more information, please call the Cerritos Swim & Fitness Center at [\(562\) 407-2600](tel:5624072600).

Youth Sports Volunteer

The sports section of the Recreation Services Division recruits volunteer coaches on a seasonal basis for its three youth sports leagues. Volunteer coaches must be 18 years and older and are required to undergo a certification process, which includes fingerprinting and mandatory meetings. For more information on becoming a youth sports volunteer, please call the Cerritos Sports Complex at [\(562\) 916-8590](tel:5629168590).



Facility Information

Moon Bounce Use at Cerritos Recreational Facilities

Cerritos residents are permitted to have a moon bounce at their family or neighborhood-related functions at a staffed Cerritos Recreation Facility. Moon bounces are only allowed at the following Cerritos recreational facilities, during normal operating hours: Cerritos Park East, Frontier Park, Heritage Park, Liberty Park, and Westgate Park.

Please be aware of the following policies and procedures:

Advance reservation for a shelter is required. Fees and deposits are required for all shelter reservations. There is a limited number of moon bounce areas designated at each facility. Moon bounce must be powered by a gasoline generator with enough gas to last for the duration of the reservation (maximum of six (6) hours). Moon bounces may not be plugged in to City electrical outlets.

Moon bounce may not exceed 16 ft. x 16 ft. in size. Combos, climbers, slides or water features are prohibited.

The permit holder must be present when the equipment is dropped off and must remain at the facility until the equipment is picked

up by the vendor. All moon bounces must be supervised by an adult at all times.

Choose from one (1) of the vendors who have a current certificate of insurance on file with the City of Cerritos or select an alternate company.

If using an alternate company, an original certificate of insurance is required in the amount of one (1) million dollars, naming the City of Cerritos, its officers, employees, agents and volunteers as additional insured, along with an endorsement. Both documents are due at least ten (10) business days prior to the reservation date.

All moon bounce requests are subject to approval by the Facility Coordinator and Supervisor.

Please visit one of the Cerritos Community Centers – Cerritos Park East, Heritage Park, or Liberty Park – for reservation information and facility availability.

For More Information

Please contact the Recreation Services Division at [\(562\) 916-1254](tel:5629161254).

Fitness Centers

Membership Fee: \$50/year

Liberty Park

[19211 Studebaker Road](#) | [\(562\) 916-8565](tel:5629168565)

Membership to the Liberty Park Fitness Center is available to Cerritos residents, age 16 and older. Individual memberships are \$50 per year. The fitness center includes a multi-max station, treadmills, stair climbers and elliptical machines.

Adults working in Cerritos can purchase an annual business membership for \$50, valid only Monday through Friday from 10 a.m. to 5 p.m.

Membership cards are valid at Liberty Park and the Cerritos Olympic Swim Center Fitness Center.

Hours

Monday–Friday
10 a.m.–8 p.m.

Saturday–Sunday
10 a.m.–6 p.m. (Fall and Winter)
10 a.m.–8 p.m. (Spring and Summer)

Business memberships may only use the facility on weekdays, 10 a.m. to 5 p.m.

Cerritos Olympic Swim and Fitness Center

[13150 E. 166th Street](#) | [\(562\) 407-2600](tel:5624072600)

The Cerritos Olympic Swim and Fitness Center is equipped with locker room facilities. Membership is available to Cerritos residents, age 16 and older. Individual memberships are \$50 per year. The fitness center includes a multi-max station, treadmills and elliptical machines. Adults working in Cerritos can purchase an annual business membership for \$50, valid only Monday through Friday from 6 a.m. to 2 p.m. at the Swim Center location.

Fitness Center Hours

Monday through Friday
6 a.m.-2 p.m./5 p.m.-9 p.m.

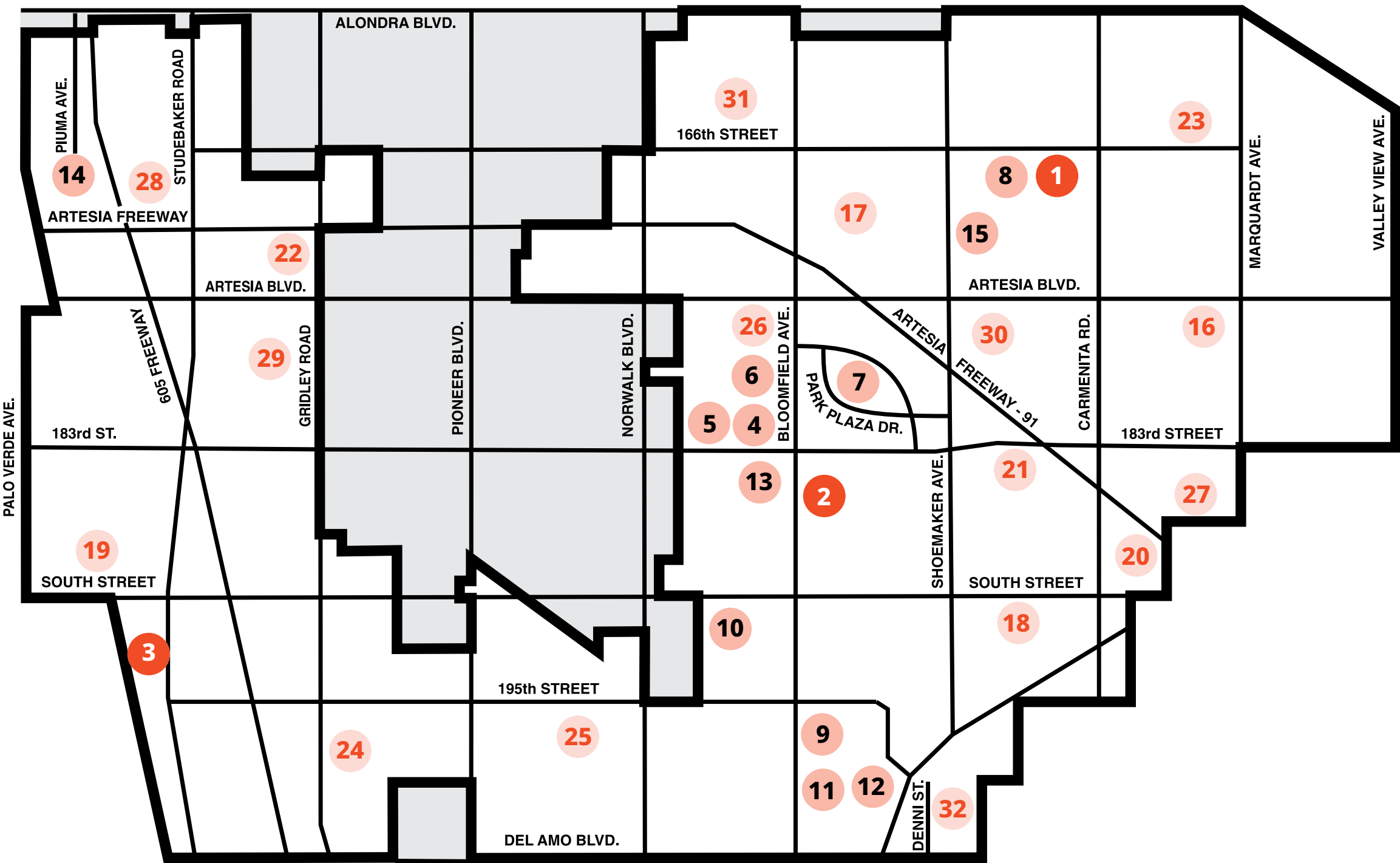
Saturday and Sunday
7 a.m.-2 p.m.

Business members may only use the facility on weekdays, 6 a.m.–2 p.m.

Senior fitness center members may also use their membership to access the Senior Center Fitness Center at the Cerritos Senior Center at Pat Nixon Park.



City Facilities and Hours



Community Centers

Monday-Friday, 10 a.m.-8 p.m.
Saturday/Sunday, 10 a.m.-8 p.m.*
*6 PM beginning October 4

- 1 Cerritos Park East
13234 E. 166th St., (562) 407-2611
- 2 Heritage Park
18600 Bloomfield Ave., (562) 916-8570
- 3 Liberty Park
19211 Studebaker Rd., (562) 916-8565

Special Facilities

- 4 Cerritos City Hall
Bloomfield at 183rd Street, (562) 860-0311
Monday-Friday, 8 a.m.-5 p.m.
- 5 Cerritos Sheriff's Station/
Community Safety Center
18135 Bloomfield Ave., (562) 860-0044
- 6 Cerritos Library
18025 Bloomfield Ave., (562) 916-1350
Monday-Friday, 11 a.m.-7 p.m.
Saturday, 11 a.m.-5 p.m.

- 7 Cerritos Center for the Performing Arts
12700 Center Court Drive, (562) 916-8500
- 8 Cerritos Olympic Swim
and Fitness Center
13150 E. 166th St., (562) 407-2600
Monday-Friday, 6 a.m.-9 p.m.
Saturday/Sunday, 7 a.m.-5 p.m.*
*2 PM beginning August 15
- 9 Don Knabe Community Regional Park
19700 Bloomfield Ave., (562) 924-5144
- 10 Cerritos Senior Center at Pat Nixon Park
12340 South St., (562) 916-8550
- 11 Cerritos Sports Complex
19900 Bloomfield Ave., (562) 916-8590
- 12 Cerritos Skate Park
at the Cerritos Sports Complex
19900 Bloomfield Ave., (562) 916-8590
- 13 Community Gym at Cerritos High School
12500 E. 183rd St., (562) 916-8577
- 14 Cerritos Iron-Wood Nine Golf Course
16449 Piuma Ave., (562) 916-8400
Effective October 4, 2026
Course Hours: Daily, 6:30 a.m.-Sunset
Range Hours: Mon.-Fri., 6:30 a.m.-7 p.m.
Thursday, 10 a.m.-7 p.m.
Saturday and Sunday, 6 a.m.-6 p.m.
The last range bucket will be sold 30 minutes
prior to closing.
- 15 Community Gym at Whitney High School
16800 S. Shoemaker Ave., (562) 407-2635

Neighborhood Parks

- 16 Friendship Park
13650 Acoro St.
- 17 Frontier Park
16910 Maria Ave.
- 18 Sunshine Park
19310 Vickie Ave.
- 19 Westgate Park
18830 San Gabriel Ave.
- 20 Bettencourt Park
13575 E. Andy St.
- 21 Brookhaven Park
13167 Brookhaven Ave.
- 22 Ecology Park
17133 Gridley Rd.
- 23 Joe A. Gonsalves Park
13611 E. 166th St.
- 24 Gridley Park
19734 Gridley Rd.
- 25 Jim Edwards Park
Jacob and Yearling
- 26 Loma Park
17503 Stark St.
- 27 Rainbow Park
18600 S. Linda Cir.
- 28 Reservoir Hill Park
16733 Studebaker Rd.
- 29 Rosewood Park
17715 Eric Ave.
- 30 Saddleback Park
13037 Acoro St.
- 31 Satellite Park
12410 Ash Creek Rd.
- 32 El Rancho Verde Park
7815 Denni St.



Registration

Browse classes and register with


Powered by CivicRec

Online and Walk-In Registration

Visit cerritos.gov/register

Online registration is the recommended method of registering for classes. To check the availability of classes or register for classes, please visit the City’s website at cerritos.gov and look for the online registration link. RACER is best viewed with Google Chrome.

If computers are not accessible for patrons, computers at the Cerritos Library may also be used.

Visa, MasterCard, Discover, and American Express are accepted payment types for online registration.

Walk-in registration will be held at all community centers, Swim & Fitness Center, and Golf Course, beginning at 10 a.m. Registration will continue until classes are full.

For Programs at Cerritos Park East and Liberty Park II

Sat	8/1	10AM	Registration begins
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For Programs at All Other Locations

Sat	8/1	10AM	Resident registration begins
Fri	8/7	10AM	Non-resident registration begins

Online Registration Tips

To check the availability or to register for classes, please visit the Cerritos website at cerritos.gov and look for the **Register for a Class** link. You will not receive confirmation by mail for classes registered online.

Additional Information

Classes will begin the week of **August 31** unless otherwise listed.

Class fees and times are subject to change without notice.

The City of Cerritos receives Measure A funding from the Los Angeles County Regional Park and Open Space District to support park improvement projects. In accordance with the grant program requirements, registration for activities at Cerritos Park East and Liberty Park II is available to both Residents and Non-Residents simultaneously. Additionally, activity fees at these two facilities are the same for all participants, regardless of residency.

Refund Policy

If a class is cancelled by the City, a full refund will be given.

If the request to withdraw from a class is three (3) days or more before the first class meeting, a refund will be granted, minus a \$5 service fee per registrant, per class.

Requests for class withdrawal less than three (3) days prior to the first class meeting will not be granted.

Any person registered in an aquatics class above their skill level will be dropped from the class without a refund.



Community Services Program

Fall 2026

Produced by
Recreation Services Division

**Communications
and Marketing Division**



CITY OF CERRITOS

- Lynda Provide Johnson** Mayor
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Recreation Services Division

18125 Bloomfield Avenue
Cerritos, CA 90703
(562) 916-1254



**CITY OF
CERRITOS**

18125 Bloomfield Avenue
Cerritos, CA 90703
(562) 860-0311 | cerritos.gov

Recreation Services Division Hours (City Hall)

Monday–Friday
8 a.m.–5 p.m.
Saturday and Sunday
Closed