



CITY OF CERRITOS



Spring 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.

To print this newsletter, download the PDF first (icon located on lower right side below the newsletter) and select printing options from your browser.

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Browse classes
and register with



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Special Events

Water Lantern Festival

The City of Cerritos invites the community to celebrate the Water Lantern Festival, a beautiful evening of light, culture, and togetherness. Complimentary lantern kits will be available while supplies last, and participants are welcome to bring their own lanterns from home to decorate. During the event, guests will release their lanterns onto the water, creating a stunning illuminated display. Enjoy cultural performances and a selection of gourmet food trucks with food for sale throughout the festivities. Please bring chairs and blankets for comfortable seating.

Free One Day			
Tue	3/3	5:30–8PM	Heritage Park

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.



Cerritos Resident Talent Showcase

Celebrating the City's 70th Anniversary

Start the music! Light the lights! The stage awaits prospective Cerritos resident performers to participate in the annual citywide Talent Showcase Celebrating the City's 70th Anniversary. Performances may include: dancing, singing, musical instrument performances and variety (i.e., juggling, magic, dramatic reading performance or singing and dancing combination) for performers ages 4 to adult. No stand up comedy, please.

- The number of acts will be limited.
- Qualifying acts must be able to record their performances on Tuesday, March 24 or Wednesday, March 25 by appointment only.
- Group performances are allowed and may have a maximum of six members; fifty percent or more of each group must be Cerritos residents.

- Acts are limited to four (4) minutes maximum.
- All recorded accompaniment music must be in mp3 format.
- Qualifying acts will be notified by e-mail.
- Participation certificates will be distributed.

Complete and submit the digital entry form on the City's website at cerritos.gov beginning Friday, February 13 through Monday, March 2.

The Talent Showcase will be cablecast on Cerritos TV3 on

Fri	4/24	7PM
Sat	4/25	7PM
Sun	4/26	7PM

For More Information

Please call Cerritos Park East at [\(562\) 407-2611](tel:5624072611).

Spring Fling & Fireworks Spectacular

Celebrating the City's 70th Anniversary

In honor of its 70th anniversary, the City of Cerritos will host a one-day festival featuring entertainment and food trucks, and conclude with a fireworks show at 8:30 PM. The celebration will begin at 4 PM with a dance recital featuring the City's youth dance classes. Local talent and professional acts will also be showcased on the main stage throughout the evening. Gourmet food trucks will be on hand to provide an assortment of specialty menu items for purchase. There is no admittance fee to the event. For more information, please call the Recreation Services Division at [\(562\) 916-1254](tel:5629161254).

Free One Day			
Sat	4/25	4-8:30PM	Cerritos Sports Complex

Arbor Week Poster Contest

Theme: Trees For Every Season

Cerritos residents, ages 5 to 14, and students currently attending schools in the ABC Unified School District, Valley Christian Schools or Bellflower Unified School District, are invited to submit one poster, no larger than 11" x 17" using any drawing/painting materials (pencils, chalks, pastels, crayons, watercolors or acrylics) to depict the theme.

Directions: Please do not mat, mount or frame your poster; City staff will mount all posters for display purposes. Please make sure your name, age, address and phone number are on the back of the poster or use the official entry form when possible.

Deadline: Entries must be delivered to the Recreation Services Division at Cerritos City Hall no later than 5 PM on Friday, April 3.

Winning Posters: Winning posters will be displayed on the City's website cerritos.gov from Monday, April 27 through Monday, May 25.

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



Jigsaw Puzzle Contest

How fast can you and five of your friends complete a 1,000-piece mystery puzzle? Join the fun at this event designed to promote teamwork. All teams and participants must register by 5 PM, Wednesday, April 8. Participation will be limited to the first six teams to register. Only Cerritos resident must register for the contest.

\$30 per resident team One Day					
Sun	4/19	10AM-4PM	Ages 15+	Liberty Park	#15994

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 One Day					
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Busy Bees

Fri	5/1	6-7:30PM	Ages 3-5	Cerritos Park East	#15995
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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					
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Shamrock Safari

Tue	3/3-3/17	3:30-4:30PM	Ages 3-5	Cerritos Park East	#15996
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Little One’s Hour at Liberty Park

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					
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Sunshine in Spring Time

Tue	4/7-4/21	3:30-4:30PM	Ages 3-5	Liberty Park	#15997
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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	2/18-3/18	10:15-11:15AM	Ages 2-4	Cerritos Park East	#15998
Wed	4/15-5/13	10:15-11:15AM	Ages 2-4	Cerritos Park East	#15999

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	2/23-3/23	10:15-11:15AM	Ages 2-4	Heritage Park	#16309
Mon	4/13-5/11	10:15-11:15AM	Ages 2-4	Heritage Park	#16310

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	2/27-3/27	10:15-11:15AM	Ages 2-4	Heritage Park	#16311
Fri	4/17-5/15	10:15-11:15AM	Ages 2-4	Heritage Park	#16312

Parent/Child Springtime Eggs & Aprons

Kids will decorate their own springtime apron and make various springtime crafts. Decorate plastic eggs to hide special treasures or to display at home. Instructors 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.

\$17 Resident/\$26 Non-Resident One Day					
Sun	3/29	2:30-4:30PM	Ages 2-4	Liberty Park	#16000

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					
No class on April 7					
Tue	2/17-3/10	10:15-11AM	Ages 2-4	Liberty Park	#16001
Tue	3/24-4/21	10:15-11AM	Ages 2-4	Liberty Park	#16002



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

No class on April 7 and 11

Tue	2/17-3/10	12:10-12:55PM	Ages 2-4	Liberty Park	#16003
Sat	2/21-3/14	10:30-11:15AM	Ages 2-4	Liberty Park	#16004
Tue	3/24-4/21	12:10-12:55PM	Ages 2-4	Liberty Park	#16005
Sat	3/28-4/25	10:30-11:15AM	Ages 2-4	Liberty Park	#16006

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

No class on April 7

Tue	2/17-3/10	11:15AM-12PM	Ages 2-4	Liberty Park	#16007
Tue	3/24-4/21	11:15AM-12PM	Ages 2-4	Liberty Park	#16008

Cerritos Tot Lots September through June

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 2 years 6 months 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

Mon-Thu	Sept-June	10:30AM-1:25PM	Sharon Yu	(562) 583-8116 hptotlotvp@gmail.com
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Liberty Park Tot Lot

Mon-Fri	Sept-June	10:15AM-1:15PM	Marijean Isla	(562) 265-8805 libertyparktotlot@gmail.com
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For more information, visit cerritos.gov/cnewsdigital.



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.

\$40 + Materials Fee | 5 Classes

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

Tue	2/17-3/17	5:45-6:45PM	Ages 13+	Cerritos Park East	#16012
Thu	2/19-3/19	4:30-5:30PM	Ages 6-12	Cerritos Park East	#16014
Thu	2/19-3/19	5:45-6:45PM	Ages 6-12	Cerritos Park East	#16015

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.

\$76 Resident/\$114 Non-Resident | 4 Classes

Beginning/Intermediate

Wed	2/18-3/11	5-6:15PM	Ages 6+	Heritage Park	#16016
Wed	2/18-3/11	6:30-7:45PM	Ages 6+	Heritage Park	#16018
Wed	4/15-5/6	5-6:15PM	Ages 6+	Heritage Park	#16017
Wed	4/15-5/6	6:30-7:45PM	Ages 6+	Heritage Park	#16019

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	3/19	5-7:30PM	Ages 4-18	Heritage Park	#16020
Thu	4/16	5-7:30PM	Ages 4-18	Heritage Park	#16021

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.

\$140 Resident/\$210 Non-Resident | 5 Classes

Please bring a \$10 materials fee to the first class.

Thu	3/5-4/2	6-7PM	Ages 6-15	Heritage Park	#16022
Thu	4/16-5/14	6-7PM	Ages 6-15	Heritage Park	#16023

Introduction to Theatre

In this introduction to theatre course, students will demonstrate understanding that theatre is the art of telling stories through acting and how observing the world around you is a first step to becoming a great actor. Participants will learn to work together, build trust, and involve each member in group activities, working as an ensemble to develop confidence for the stage. Parents are required to sign children in and out of each class meeting.

\$100 | 5 Classes

Beginning

Thu	2/19-3/19	6-7PM	Ages 8-14	Cerritos Park East	#16024
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Just Think Art

Immerse into the world of drawing, sketching, and painting where young artists can explore a world of creativity! Through exciting projects and guided instruction, participants will discover the magic of different techniques and mediums while exploring various subjects. This class is the perfect opportunity for children to unleash their imagination and develop their creative skills in a supportive and inclusive environment. Join us for a journey of artistic discovery and endless possibilities!

Students must provide their own supplies and bring on the first day of class. Please bring Watercolor Paints (Recommended Brand Prang 16 Watercolors Pan Set), Water Soluble Pastels (Recommended Brand Mungyo Water Soluble Oil Pastel Set of 24), Paint Brushes at least three different sized round brushes: a large (size 10 or 12), medium (size 6 or 7), and small (size 1 or 2), Painting Surface: Mixed Media Paper - size 9x12, 120 lb. or more (Recommended Brand Canson Graduate), A Sketchbook, Plastic Paint Palette (Preferably a watercolor palette with lid), Water Cup, Paper Towel or Rag/Cloth, Pencil, Eraser, Ruler, 2 Sharpies (1 Fine Point, 1 Ultra Fine Point). Additionally, you may visit the [instructor's website](#), which contains the full list of supplies.

Parents are required to sign children in and out of each class meeting.

\$120 | 4 Classes

Thu	2/19-3/12	5-6:15PM	Ages 7-13	Cerritos Park East	#16025
Thu	4/16-5/7	5-6:15PM	Ages 7-13	Cerritos Park East	#16026

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 | 5 Classes

Tue	3/3-3/31	3:45-4:45PM	Ages 5-12	Cerritos Park East	#16027
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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

No class on April 11

Sat	2/21-3/14	12:30-1PM	Ages 4-12	Liberty Park	#16028
Sat	3/28-4/25	12:30-1PM	Ages 4-12	Liberty Park	#16029

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 | 6 Classes

Tue/Thu	2/24-3/12	5:40-6:25PM	Ages 7-11	Cerritos Park East	#16337
Tue/Thu	4/14-4/30	5:40-6:25PM	Ages 7-11	Cerritos Park East	#16338



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 6 Classes					
Tue/Thu	2/24-3/12	4:50-5:35PM	Ages 7-11	Cerritos Park East	#16339
Tue/Thu	4/14-4/30	4:50-5:35PM	Ages 7-11	Cerritos Park East	#16340

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 6 Classes					
Tue/Thu	2/24-3/12	4-4:45PM	Ages 5-6	Cerritos Park East	#16341
Tue/Thu	4/14-4/30	4-4:45PM	Ages 5-6	Cerritos Park East	#16342

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.

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).

Teen Workshop: Employment Workshop – Applications and Interviews

Looking for that perfect job and do not know where to start? Sign up and receive helpful information and assistance on filling out applications, maintaining work and volunteer history, and what to expect in an interview. Mock interviews and proper interview attire will also be covered. After this workshop, participants will be ready to search and find that perfect job.

Free One Day					
Sat	3/7	10-11:30AM	Ages 13-18	Heritage Park	#16313

Get Digital Newsletter Email and Text Alerts

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For more information, visit cerritos.gov/cnewsdigital.

Classes and Activities Adults

Adult CPR

Learn how to perform adult, single-rescuer CPR, 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					
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A \$25 materials fee will be charged at the time of registration.

Wed	4/15	4:30-7:30PM	Ages 12+	Cerritos Park East	#16031
Wed	5/13	4:30-7:30PM	Ages 12+	Cerritos Park East	#16032

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

Tue	2/17-3/17	5:45-6:45PM	Ages 13+	Cerritos Park East	#16012
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Community CPR and First Aid Basics

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

Sat	3/21	10AM-3:30PM	Ages 12+	Cerritos Park East	#16033
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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 that 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 and soccer training and competition is 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 \(7433\)](tel:8664027433) 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.

Special Olympics Basketball

This program offers instruction and training for competition in Special Olympics Basketball. Participants must meet Special Olympics eligibility requirements. Competitive tournaments take place between the months of February and June. 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 14 Classes				
Fri	3/6-6/5	6:45-8PM	Ages 8+	#16332

Due to facility availability, the location of each class is listed below.

Date	Location
3/6	Community Gym at Cerritos HS
3/13	Community Gym at Cerritos HS
3/20	Cerritos Park East
3/27	Community Gym at Cerritos HS
4/3	Community Gym at Cerritos HS
4/10	Community Gym at Cerritos HS
4/17	Cerritos Park East
4/24	Community Gym at Cerritos HS
5/1	Community Gym at Cerritos HS
5/8	Cerritos Park East
5/15	Cerritos Park East
5/22	Community Gym at Cerritos HS
5/29	Community Gym at Cerritos HS
6/5	Community Gym at Cerritos HS

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	3/4-4/22	6-6:45PM	Ages 13+	Cerritos Park East	#16330
Wed	3/4-4/22	7-7:45PM	Ages 13+	Cerritos Park East	#16331

Adaptive Dinner and a Movie Night — “Superman”

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-13 and is 2 hours and 9 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	3/7	5-7:30PM	Ages 16+	Cerritos Park East	#16333



Adaptive Fitness Fun

Learn about fitness in a fun environment! This class will emphasize physical activity and socialization among participants. Students will participate in a variety of workouts and exercises throughout the course. Workouts will be modified according to participant’s abilities. Wear sneakers or athletic shoes. 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.

\$26 6 classes					
Thu	4/23-5/28	6-6:45PM	Ages 6-12	Cerritos Park East	#16334
Thu	4/23-5/28	7-7:45PM	Ages 13+	Cerritos Park East	#16335

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	4/4	5-7PM	Ages 16+	Cerritos Park East	#16336

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.

A spring dance recital will be conducted on Saturday, April 25 at 4 PM on an outdoor stage as part of the Community Spring Fling at the Cerritos Sports Complex. Participation is optional. Costumes for the recital will cost an additional \$35 to \$45. PARENT OR GUARDIAN MUST BE PRESENT AT THE FIRST CLASS MEETING TO RECEIVE RECITAL AND COSTUME INFORMATION.

\$77 Resident/\$116 Non-Resident 6 Classes					
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No class on April 3

Fri	3/13-4/24	4-4:45PM	Ages 3-5	Liberty Park	#16034
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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.

\$45 Resident/\$68 Non-Resident 5 Classes					
Tue	2/24-3/24	10:15-11:15AM	Ages 8+	Liberty Park	#16035
Tue	4/14-5/12	10:15-11:15AM	Ages 8+	Liberty Park	#16036
Thu	4/16-5/14	10:15-11:15AM	Ages 8+	Liberty Park	#16038

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.

A spring dance recital will be conducted on Saturday, April 25 at 4 PM on an outdoor stage as part of the Community Spring Fling at the Cerritos Sports Complex. Participation is optional. Costumes for the recital will cost an additional \$35 to \$45. PARENT OR GUARDIAN MUST BE PRESENT AT THE FIRST CLASS MEETING TO RECEIVE RECITAL AND COSTUME INFORMATION.

\$77 | 6 Classes

No class on April 6.

Mon	3/9-4/20	5-5:45PM	Ages 3-5	Cerritos Park East	#16039
Mon	3/9-4/20	6-6:45PM	Ages 6-8	Cerritos Park East	#16040

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.

A spring dance recital will be conducted on Saturday, April 25 at 4 PM on an outdoor stage as part of the Community Spring Fling at the Cerritos Sports Complex. Participation is optional. Costumes for the recital will cost an additional \$35 to \$45. PARENT OR GUARDIAN MUST BE PRESENT AT THE FIRST CLASS MEETING TO RECEIVE RECITAL AND COSTUME INFORMATION.

\$77 Resident/\$116 Non-Resident | 6 Classes

No class on April 3 and 4

Fri	3/13-4/24	4:55-5:40PM	Ages 4-7	Liberty Park	#16041
Sat	3/14-4/25	10:15-11AM	Ages 3-5	Liberty Park	#16042

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. LEVEL II: For returning Hip Hop dancers with SoCa Arts. Parents are required to sign children in and out of each class meeting.

A spring dance recital will be conducted on Saturday, April 25 at 4 PM on an outdoor stage as part of the Community Spring Fling at the Cerritos Sports Complex. Participation is optional. Costumes for the recital will cost an additional \$35 to \$45. PARENT OR GUARDIAN MUST BE PRESENT AT THE FIRST CLASS MEETING TO RECEIVE RECITAL AND COSTUME INFORMATION.

\$77 | 6 Classes

No class on April 7

Tue	3/10-4/21	4-4:45PM	Ages 3-4	Cerritos Park East	#16406
Tue	3/10-4/21	4:55-5:40PM	Ages 5-7	Cerritos Park East	#16407
Tue	3/10-4/21	5:50-6:35PM	Ages 7-12	Cerritos Park East	#16408

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. LEVEL II: For returning K-Pop dancers with SoCa Arts. Parents are required to sign children in and out of each class meeting.

A spring dance recital will be conducted on Saturday, April 25 at 4 PM on an outdoor stage as part of the Community Spring Fling at the Cerritos Sports Complex. Participation is optional. Costumes for the recital will cost an additional \$35 to \$45. PARENT OR GUARDIAN MUST BE PRESENT AT THE FIRST CLASS MEETING TO RECEIVE RECITAL AND COSTUME INFORMATION.

\$77 | 6 Classes

No class on April 7 and 10

Tue	3/10-4/21	6:45-7:30PM	Ages 6-10	Cerritos Park East	#16409
Fri	3/13-4/24	4-4:45PM	Ages 6-10	Cerritos Park East	#16410
Fri	3/13-4/24	4:55-5:40PM	Ages 7-12	Cerritos Park East	#16411
Fri	3/13-4/24	5:50-6:35PM	Ages 13+	Cerritos Park East	#16412



K-Pop Dance (Continued)

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					
Thu	3/5-4/2	6:30-7:30PM	Ages 14+	Liberty Park	#16043

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 6 Classes					
Mon	2/23-3/30	5:30-6:30PM	Ages 16+	Liberty Park	#16044
Mon	4/13-5/18	5:30-6:30PM	Ages 16+	Liberty Park	#16045

Browse classes and register with

RACER

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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 David Betancourt, Director of Bands and Orchestra, at dbetancourt@cerritos.edu.

Fees paid to Cerritos College				
Tue	1/13-5/22	7-10PM	Ages 12+	Cerritos College

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 David Betancourt, Director of Bands and Orchestra, at dbetancourt@cerritos.edu.

Fees paid to Cerritos College				
Wed	1/14-5/6	7-10PM	Ages 12+	Cerritos College

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 David Betancourt, Director of Bands and Orchestra, at dbetancourt@cerritos.edu.

Fees paid to Cerritos College					
Orchestra					
Mon	1/12-5/15	6-9PM	Ages 12+	Cerritos College	

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.

\$98 Resident/\$147 Non-Resident 6 Classes					
Tue	2/24-3/31	4-5PM	Ages 6+	Heritage Park	#16046
Tue	4/14-5/19	4-5PM	Ages 6+	Heritage Park	#16047

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.

No class on April 6

\$75 8 classes					
Mon	2/23-4/20	6:15-7:15PM	Ages 7-12	Cerritos Park East	#16048

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.

No class on April 6

\$100 8 classes					
Beginning					
Mon	2/23-4/20	5-6PM	Ages 7-13	Cerritos Park East	#16049



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 a.m. to 2 p.m. at the Swim Center location and 10 a.m. to 5 p.m. 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.
5-9 p.m.

Saturday and Sunday

7 a.m.-2 p.m.

Liberty Park Location

Monday through Friday

10 a.m.-8 p.m.

Saturday and Sunday

10 a.m.-6 p.m.*
**8 p.m. beginning April 5*

For More Information

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](tel:5629168565) 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
Fri	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.

\$45 Resident/\$68 Non-resident 5 Classes					
Wed	2/25-3/25	5:30-6:30PM	Ages 8+	Liberty Park	#16050
Fri	2/27-3/27	6-7PM	Ages 8+	Liberty Park	#16052
Wed	4/15-5/13	5:30-6:30PM	Ages 8+	Liberty Park	#16051
Fri	4/17-5/15	6-7PM	Ages 8+	Liberty Park	#16053

Co-Ed Youth Basketball Organized Play

Learn the basic fundamentals of basketball such as shooting, ball handling and passing while acquiring new skills through various drills and contests. The Intermediate class will build upon the basic fundamentals and challenge the skills of each participant with advanced instruction. Parents are required to sign children in and out of each class meeting.

\$20 Resident/\$30 Non-Resident | 4 classes

Beginning

Sat	5/2-5/23	9-9:45AM	Ages 5-7	Community Gym at Whitney HS	#16322
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Beginning

Sat	5/2-5/23	10-11AM	Ages 8-11	Community Gym at Whitney HS	#16323
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Intermediate

Sat	5/2-5/23	12:30-1:30PM	Ages 10-13	Community Gym at Whitney HS	#16324
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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, resistance band and weights to class. Parents are required to sign children in and out of each class meeting.

\$60 Resident/\$90 Non-Resident 5 Classes					
Sun	2/22-3/22	10:15-11:40AM	Ages 8+	Liberty Park	#16054
Sun	4/12-5/10	10:15-11:40AM	Ages 8+	Liberty Park	#16055

Girls Youth Basketball Organized Play

Learn the basic skills of basketball such as shooting, ball handling, and passing, while increasing physical conditioning and strength. Register and learn new skills through drills, contests, and 3-on-3 and 5-on-5 play. Parents are required to sign children in and out of each class meeting.

\$20 Resident/\$30 Non-Resident 4 Classes					
Sat	5/2-5/23	11:15AM-12:15PM	Ages 8-12	Community Gym at Whitney HS	#16325

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.

\$90 6 Classes					
Please bring a \$2 materials fee to the first class.					
Wed	2/18-3/25	3:20-4:20PM	Ages 4-6	Cerritos Park East	#16056
Wed	2/18-3/25	4:35-5:35PM	Ages 5-10	Cerritos Park East	#16058
Wed	4/15-5/20	3:20-4:20PM	Ages 4-6	Cerritos Park East	#16057
Wed	4/15-5/20	4:35-5:35PM	Ages 5-10	Cerritos Park East	#16059

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	2/17-3/17	10:15-11:15AM	Ages 18+	Cerritos Park East	#16060
Thu	2/19-3/19	10:15-11:15AM	Ages 18+	Cerritos Park East	#16062
Tue	4/14-5/12	10:15-11:15AM	Ages 18+	Cerritos Park East	#16061
Thu	4/16-5/14	10:15-11:15AM	Ages 18+	Cerritos Park East	#16063

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.

\$94 Resident/\$141 Non-Resident 10 Classes					
No class on March 5					
M/W	2/23-3/25	3:30-4:30PM	Ages 4-7	Liberty Park	#16064
T/TH	2/24-3/31	3:30-4:30PM	Ages 8+	Liberty Park	#16066
M/W	4/13-5/13	3:30-4:30PM	Ages 4-7	Liberty Park	#16065
T/TH	4/14-5/14	3:30-4:30PM	Ages 8+	Liberty Park	#16067



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 One Day					
Thu	3/19	10AM-12PM	Ages 18+	Liberty Park	#16068

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 6 Classes					
Tue	2/17-3/24	6-7PM	Ages 8+	Liberty Park	#16069
Tue	4/14-5/19	6-7PM	Ages 8+	Liberty Park	#16070

Pilates at Cerritos Park East

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 6 Classes					
Thu	2/19-3/26	6-7PM	Ages 8+	Cerritos Park East	#16071
Thu	4/16-5/21	6-7PM	Ages 8+	Cerritos Park East	#16072

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 14 classes					
T/Th	4/14-5/28	6:30-7:30PM	Ages 16+	Liberty Park	#16326

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.

\$66 Resident/\$99 Non-Resident 4 Classes					
No class April 11					
Sat	2/21-3/14	11:30AM-12:15PM	Ages 4-12	Liberty Park	#16073
Sat	3/28-4/25	11:30AM-12:15PM	Ages 4-12	Liberty Park	#16074

Browse classes and register with

RACER

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Yoga For Relaxation

Enjoy an introductory course in conditioned relaxation based on the ancient art of hatha yoga as it is taught in India. This course consists of stretching, breathing, and relaxation exercises, which relieve mental tension, emotional stress, and physical strain. Exercise mats will be provided. Parents are required to sign children in and out of each class meeting.

\$60 Resident/\$90 Non-Resident 5 Classes					
Mon	2/23-3/23	6:45-7:45PM	Ages 14+	Liberty Park	#16075
Wed	2/25-3/25	6:45-7:45PM	Ages 14+	Liberty Park	#16076
Mon	4/13-5/11	6:45-7:45PM	Ages 14+	Liberty Park	#16077
Wed	4/15-5/13	6:45-7:45PM	Ages 14+	Liberty Park	#16078

Youth Soccer Clinic

Boys and girls are encouraged to register and learn new skills from a local coaching staff. In addition to soccer-specific training, participants will learn the value of teamwork, communication, and leadership, on and off the field. Parents are required to sign children in and out of the class.

\$10 Resident/\$15 Non-Resident One Day					
Sat	3/21	9-10:30AM	Ages 5-12	Sports Complex	#16328

Youth Soccer Organized Play Class

Soccer is the worlds most popular sport. Register to learn new skills or refine old ones. Participants will learn ball control, shooting and passing through drills and competition. Parents are required to sign children in and out of each class meeting.

\$45 Resident/\$68 Non-Resident 6 classes					
M/W	4/13-4/29	6:30-7:30PM	Ages 8-12	Sports Complex	#16329

Adult/Youth Sports Leagues

Adult Men’s and Coed Slow Pitch Leagues

\$360 Resident/\$395 Non-Resident
\$35 new team one-time 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, statistics, game balls, newsletters, team and individual awards and league leader awards. Officials’ fees of \$30 per team per game must be paid prior to the first pitch of each game. For more information, please call Major League Softball at [\(714\) 289-1983](tel:7142891983).

Men	Tue	Sports Complex / Liberty Park	2/3
Men	Wed	Sports Complex / Liberty Park	2/4
Men	Thu	Sports Complex / Liberty Park	2/5
Men	Fri	Sports Complex / Liberty Park	2/6
Men	Sun	Sports Complex / Liberty Park	2/1
Coed	Wed	Sports Complex / Liberty Park	2/4
Coed	Fri	Sports Complex / Liberty Park	2/6
Coed	Sun	Sports Complex / Liberty Park	2/1

Continued on next page

Slow Pitch Leagues (Continued)

Registration Information

Registration for the upcoming season will take place online through Tuesday, January 20. Please visit mlsoftball.com 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.

Striders Track and Field Team

Join the Striders Youth Track and Field team and have the opportunity to participate in local track meets. Team members will attend up to two track meets and will be allowed to select their events. Registration includes coaching, workouts, a jersey and meet entry fees. For more information, please call the Sports Complex at [\(562\) 916-8590](tel:5629168590).

\$25 Resident/\$38 Non-Resident 14 classes					
T/Th	4/14-5/28	5-6PM	Ages 7-15	Liberty Park	#16327

Adult/Youth Golf

Cerritos Iron-Wood Nine Golf Course

[16449 Piuma Avenue](#) | [\(562\) 916-8400](tel:5629168400) | 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 depend upon course conditions.

Hours of Operation

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.

**Beginning April 5, the course and range will open at 6 a.m. The last range bucket will be sold 30 minutes prior to closing. The range will close at 8 p.m.*

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.

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](tel:5629168400) 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

No class on April 11

Session I

Sat	2/21-3/14	10-10:45AM	Ages 4-6	Golf Course	#16079
Sat	2/21-3/14	11-11:45AM	Ages 4-6	Golf Course	#16080
Mon/Wed	2/23-3/4	5-5:45PM	Ages 7-10	Golf Course	#16081
Mon/Wed	2/23-3/4	6-6:45PM	Ages 11-17	Golf Course	#16082

Session II

Mon/Wed	3/16-3/25	5-5:45PM	Ages 7-10	Golf Course	#16083
Mon/Wed	3/16-3/25	6-6:45PM	Ages 11-17	Golf Course	#16084
Sat	3/28-4/25	10-10:45AM	Ages 4-6	Golf Course	#16085
Sat	3/28-4/25	11-11:45AM	Ages 4-6	Golf Course	#16086

Session III

Mon/Wed	4/13-4/22	5-5:45PM	Ages 7-10	Golf Course	#16087
Mon/Wed	4/13-4/22	6-6:45PM	Ages 11-17	Golf Course	#16088

Session IV

Mon/Wed	5/4-5/13	5-5:45PM	Ages 7-10	Golf Course	#16446
Mon/Wed	5/4-5/13	6-6:45PM	Ages 11-17	Golf Course	#16447

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

No class on April 11

Session I

Sat	2/21-3/14	8-8:45AM	Ages 14+	Golf Course	#16089
Sat	2/21-3/14	9-9:45AM	Ages 8-13	Golf Course	#16090
Tue/Thu	2/24-3/5	6-6:45PM	Ages 8-13	Golf Course	#16401
Tue/Thu	2/24-3/5	7-7:45PM	Ages 14+	Golf Course	#16402

Session II

Tue/Thu	3/17-3/26	6-6:45PM	Ages 8-13	Golf Course	#16403
Tue/Thu	3/17-3/26	7-7:45PM	Ages 14+	Golf Course	#16404
Sat	3/28-4/25	8-8:45AM	Ages 14+	Golf Course	#16091
Sat	3/28-4/25	9-9:45AM	Ages 8-13	Golf Course	#16092

Session III

Tue/Thu	4/14-4/23	6-6:45PM	Ages 8-13	Golf Course	#16448
Tue/Thu	4/14-4/23	7-7:45PM	Ages 14+	Golf Course	#16449

Session IV

Tue/Thu	5/5-5/14	6-6:45PM	Ages 8-13	Golf Course	#16450
Tue/Thu	5/5-5/14	7-7:45PM	Ages 14+	Golf Course	#16451

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	3/7	4-5PM	Ages 4-5	Golf Course	#16093
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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 | One Day

Wed	4/15	8-10AM	Ages 60+	Golf Course	#16094
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Spring Break Youth Golf Clinic

This clinic is designed to introduce the beginning junior to the game of golf. Staff will provide basic instruction including swing, putting skills and golf etiquette. Games and skill contests will be conducted to keep the clinic fun, and participants will get actual experience on the driving range and practice putting greens. Parents are required to sign children in and out of each class meeting. Participants are encouraged to register for the Spring Break Youth Golf Tournament on Friday, April 10.

\$22 Resident/\$33 Non-Resident | 4 classes

Mon-Thu	4/6-4/9	10AM-12PM	Ages 7-14	Golf Course	#16095
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Spring Break Youth Golf Tournament

Enjoy this fun, golf tournament for the novice junior golfer. This non-competitive event will offer participants the opportunity to play in a supervised golf tournament with others their age. Fee includes green fees and refreshments. Parents are required to sign children in and out of the class.

\$17 Resident/\$29 Non-Resident | One Day

Fri	4/10	10AM-12PM	Ages 7-14	Golf Course	#16096
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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.

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 included in the February, May, August and November issues of “The Cerritos News” or register for classes through the City’s class registration system.

Facility Hours

Monday–Friday

6 a.m.–2 p.m.
5–9 p.m.

Saturday–Sunday

7 a.m.–2 p.m.

The pool will have modified hours on the following days:

Monday, April 6 through Friday, April 10, Recreational Swimming, 11 a.m.-2 p.m.

Monday, May 25, Recreational Swimming from 11 a.m.-9 p.m. and Lap Swimming from 7 a.m.-2 p.m.

Due to facility maintenance,
Spring 1 lessons have been cancelled.



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 and 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 accompanied by 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.

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 books are non-transferable. Patrons utilizing tickets as payments still need to meet all entrance requirements. Patrons using tickets for recreation swimming will be required to show acceptable Cerritos identification. Purchase limit of two (2) ticket books per visit.

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–Friday
6 a.m.–2 p.m.
5–9 p.m.

Saturday–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

Spring 2

Sat	4/11-5/9	10:30-11AM	Ages 6m-3	Swim Center	#16203
Sun	4/12-5/10	12-12:30PM	Ages 6m-3	Swim Center	#16204
Mon/Wed	4/13-5/13	10:30-11AM	Ages 6m-3	Swim Center	#16200
Mon/Wed	4/13-5/13	6:30-7PM	Ages 6m-3	Swim Center	#16201
Tue/Thu	4/14-5/14	10:30-11AM	Ages 6m-3	Swim Center	#16202

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.

Preschool Puffer Fish

Acquaint preschool-aged children 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

Spring 2

Mon/Wed	4/13-5/13	10-10:30AM	Ages 3-5	Swim Center	#16205
Mon/Wed	4/13-5/13	1-1:30PM	Ages 3-5	Swim Center	#16206
Mon/Wed	4/13-5/13	1:30-2PM	Ages 3-5	Swim Center	#16207
Mon/Wed	4/13-5/13	5-5:30PM	Ages 3-5	Swim Center	#16208
Mon/Wed	4/13-5/13	5:30-6PM	Ages 3-5	Swim Center	#16209
Mon/Wed	4/13-5/13	6-6:30PM	Ages 3-5	Swim Center	#16210
Mon/Wed	4/13-5/13	6:30-7PM	Ages 3-5	Swim Center	#16211
Sat	4/11-5/9	9-9:30AM	Ages 3-5	Swim Center	#16223
Sat	4/11-5/9	9:30-10AM	Ages 3-5	Swim Center	#16224
Sat	4/11-5/9	10-10:30AM	Ages 3-5	Swim Center	#16225
Sat	4/11-5/9	10:30-11AM	Ages 3-5	Swim Center	#16226
Sat	4/11-5/9	11-11:30AM	Ages 3-5	Swim Center	#16227
Sat	4/11-5/9	11:30AM-12PM	Ages 3-5	Swim Center	#16228
Sun	4/12-5/10	9-9:30AM	Ages 3-5	Swim Center	#16229
Sun	4/12-5/10	9:30-10AM	Ages 3-5	Swim Center	#16230
Sun	4/12-5/10	10-10:30AM	Ages 3-5	Swim Center	#16231
Sun	4/12-5/10	10:30-11AM	Ages 3-5	Swim Center	#16232
Sun	4/12-5/10	11-11:30AM	Ages 3-5	Swim Center	#16233

Preschool Puffer Fish (Continued)

Sun	4/12-5/10	11:30AM-12PM	Ages 3-5	Swim Center	#16234
Mon/Wed	4/13-5/13	7-7:30PM	Ages 3-5	Swim Center	#16212
Mon/Wed	4/13-5/13	7:30-8PM	Ages 3-5	Swim Center	#16213
Tue/Thu	4/14-5/14	10-10:30AM	Ages 3-5	Swim Center	#16214
Tue/Thu	4/14-5/14	1-1:30PM	Ages 3-5	Swim Center	#16215
Tue/Thu	4/14-5/14	1:30-2PM	Ages 3-5	Swim Center	#16216
Tue/Thu	4/14-5/14	5-5:30PM	Ages 3-5	Swim Center	#16217
Tue/Thu	4/14-5/14	5:30-6PM	Ages 3-5	Swim Center	#16218
Tue/Thu	4/14-5/14	6-6:30PM	Ages 3-5	Swim Center	#16219
Tue/Thu	4/14-5/14	6:30-7PM	Ages 3-5	Swim Center	#16220
Tue/Thu	4/14-5/14	7-7:30PM	Ages 3-5	Swim Center	#16221
Tue/Thu	4/14-5/14	7:30-8PM	Ages 3-5	Swim Center	#16222

Browse classes and register with


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Continued on next page



Starfish/Minnows

Get acquainted with the excitement of the aquatic world. Children will 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

Spring 2

Sat	4/11-5/9	8-8:45AM	Ages 6-16	Swim Center	#16243
Sat	4/11-5/9	9-9:45AM	Ages 6-16	Swim Center	#16244
Sat	4/11-5/9	10-10:45AM	Ages 6-16	Swim Center	#16245
Sat	4/11-5/9	11-11:45AM	Ages 6-16	Swim Center	#16246
Sun	4/12-5/10	8-8:45AM	Ages 6-16	Swim Center	#16247
Sun	4/12-5/10	9-9:45AM	Ages 6-16	Swim Center	#16248
Sun	4/12-5/10	10-10:45AM	Ages 6-16	Swim Center	#16249
Sun	4/12-5/10	11-11:45AM	Ages 6-16	Swim Center	#16250
Mon/Wed	4/13-5/13	5-5:45PM	Ages 6-16	Swim Center	#16235
Mon/Wed	4/13-5/13	6-6:45PM	Ages 6-16	Swim Center	#16236
Mon/Wed	4/13-5/13	7-7:45PM	Ages 6-16	Swim Center	#16237
Mon/Wed	4/13-5/13	8-8:45PM	Ages 6-16	Swim Center	#16238
Tue/Thu	4/14-5/14	5-5:45PM	Ages 6-16	Swim Center	#16239
Tue/Thu	4/14-5/14	6-6:45PM	Ages 6-16	Swim Center	#16240
Tue/Thu	4/14-5/14	7-7:45PM	Ages 6-16	Swim Center	#16241
Tue/Thu	4/14-5/14	8-8:45PM	Ages 6-16	Swim Center	#16242

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. 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

Spring 2

Sat	4/11-5/9	8-8:45AM	Ages 6-16	Swim Center	#16259
Sat	4/11-5/9	9-9:45AM	Ages 6-16	Swim Center	#16260
Sat	4/11-5/9	10-10:45AM	Ages 6-16	Swim Center	#16261
Sat	4/11-5/9	11-11:45AM	Ages 6-16	Swim Center	#16262
Sun	4/12-5/10	8-8:45AM	Ages 6-16	Swim Center	#16263
Sun	4/12-5/10	9-9:45AM	Ages 6-16	Swim Center	#16264
Sun	4/12-5/10	10-10:45AM	Ages 6-16	Swim Center	#16265
Sun	4/12-5/10	11-11:45AM	Ages 6-16	Swim Center	#16266
Sun	4/12-5/10	12-12:45PM	Ages 6-16	Swim Center	#16267
Mon/Wed	4/13-5/13	5-5:45PM	Ages 6-16	Swim Center	#16251
Mon/Wed	4/13-5/13	6-6:45PM	Ages 6-16	Swim Center	#16252
Mon/Wed	4/13-5/13	7-7:45PM	Ages 6-16	Swim Center	#16253
Mon/Wed	4/13-5/13	8-8:45PM	Ages 6-16	Swim Center	#12654
Tue/Thu	4/14-5/14	5-5:45PM	Ages 6-16	Swim Center	#16255
Tue/Thu	4/14-5/14	6-6:45PM	Ages 6-16	Swim Center	#16256
Tue/Thu	4/14-5/14	7-7:45PM	Ages 6-16	Swim Center	#16257
Tue/Thu	4/14-5/14	8-8:45PM	Ages 6-16	Swim Center	#16258



Barracudas

Now it is time to improve your stamina and coordination! Come 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

Spring 2

Sat	4/11-5/9	8-8:45AM	Ages 6-16	Swim Center	#16276
Sat	4/11-5/9	9-9:45AM	Ages 6-16	Swim Center	#16277
Sat	4/11-5/9	10-10:45AM	Ages 6-16	Swim Center	#16278
Sat	4/11-5/9	11-11:45AM	Ages 6-16	Swim Center	#16279
Sun	4/12-5/10	8-8:45AM	Ages 6-16	Swim Center	#16280
Sun	4/12-5/10	9-9:45AM	Ages 6-16	Swim Center	#16281
Sun	4/12-5/10	10-10:45AM	Ages 6-16	Swim Center	#16282
Sun	4/12-5/10	11-11:45AM	Ages 6-16	Swim Center	#16283
Sun	4/12-5/10	12-12:45PM	Ages 6-16	Swim Center	#16421
Mon/Wed	4/13-5/13	5-5:45PM	Ages 6-16	Swim Center	#16268
Mon/Wed	4/13-5/13	6-6:45PM	Ages 6-16	Swim Center	#16269
Mon/Wed	4/13-5/13	7-7:45PM	Ages 6-16	Swim Center	#16270
Mon/Wed	4/13-5/13	8-8:45PM	Ages 6-16	Swim Center	#16271
Tue/Thu	4/14-5/14	5-5:45PM	Ages 6-16	Swim Center	#16272
Tue/Thu	4/14-5/14	6-6:45PM	Ages 6-16	Swim Center	#16273
Tue/Thu	4/14-5/14	7-7:45PM	Ages 6-16	Swim Center	#16274
Tue/Thu	4/14-5/14	8-8:45PM	Ages 6-16	Swim Center	#16275

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

Spring 2

Sat	4/11-5/9	8-8:45AM	Ages 6-16	Swim Center	#16286
Sat	4/11-5/9	9-9:45AM	Ages 6-16	Swim Center	#16422
Sat	4/11-5/9	10-10:45AM	Ages 6-16	Swim Center	#16423
Sat	4/11-5/9	11-11:45AM	Ages 6-16	Swim Center	#16287
Sun	4/12-5/10	8-8:45AM	Ages 6-16	Swim Center	#16288
Sun	4/12-5/10	9-9:45AM	Ages 6-16	Swim Center	#16429
Sun	4/12-5/10	10-10:45AM	Ages 6-16	Swim Center	#16430
Sun	4/12-5/10	11-11:45AM	Ages 6-16	Swim Center	#16289
Sun	4/12-5/10	12PM-12:45PM	Ages 6-16	Swim Center	#16431
Mon/Wed	4/13-5/13	7-7:45PM	Ages 6-16	Swim Center	#16284
Tue/Thu	4/14-5/14	7-7:45PM	Ages 6-16	Swim Center	#16285



Sharks

Prepare yourself for a competitive team or just improve your swimming skills. You will learn flip turns, starts and dives. You will also 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

Spring 2

Sat	4/11-5/9	8-8:45AM	Ages 6-16	Swim Center	#16437
Sat	4/11-5/9	10-10:45AM	Ages 6-16	Swim Center	#16292
Sat	4/11-5/9	11-11:45AM	Ages 6-16	Swim Center	#16438
Sun	4/12-5/10	8-8:45AM	Ages 6-16	Swim Center	#16434
Sun	4/12-5/10	9-9:45AM	Ages 6-16	Swim Center	#16435
Sun	4/12-5/10	10-10:45AM	Ages 6-16	Swim Center	#16293
Sun	4/12-5/10	11-11:45AM	Ages 6-16	Swim Center	#16436
Sun	4/12-5/10	12-12:45PM	Ages 6-16	Swim Center	#16294
Mon/Wed	4/13-5/13	8-8:45PM	Ages 6-16	Swim Center	#16290
Tue/Thu	4/14-5/14	8-8:45PM	Ages 6-16	Swim Center	#16291

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

Spring 2

Sat	4/11-5/9	9-9:45AM	Ages 6-16	Swim Center	#16296
Tue/Thu	4/14-5/14	7-7:45PM	Ages 6-16	Swim Center	#16295

Fundamentals of Water Polo

This course will cover the basic skills and strategies of the game. Learn game rules, ball control, passing, shooting and basic play. Prerequisite: Barracuda-level swimming skills. Parents are required to sign children in and out of each class meeting.

\$25 Resident/\$38 Non-Resident | 5 Classes

Spring 2

Sun	4/12-5/10	12-12:45PM	Ages 8-17	Swim Center	#16297
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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

Spring 2

Sat	4/11-5/9	8-8:45AM	Ages 16+	Swim Center	#16443
Sat	4/11-5/9	9-9:45AM	Ages 16+	Swim Center	#16299
Sun	4/12-5/10	8-8:45AM	Ages 16+	Swim Center	#16300
Mon/Wed	4/13-5/13	8-8:45PM	Ages 16+	Swim Center	#16298

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

Spring 2

Sat	4/11-5/9	8-8:45AM	Ages 16+	Swim Center	#16302
Sun	4/12-5/10	8-8:45AM	Ages 16+	Swim Center	#16445
Tue/Thu	4/14-5/14	8-8:45PM	Ages 16+	Swim Center	#16301

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.

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 2/18	7PM	Heritage Park
Wed 3/18	7PM	Heritage Park
Wed 4/15	7PM	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 Halloween Festival, Christmas Tree Lighting, Summer Entertainment Showcase, and the July 4th Let Freedom Ring Celebration.

Facility Information

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).

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

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)
*8 p.m. Beginning April 5

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

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.

Hours

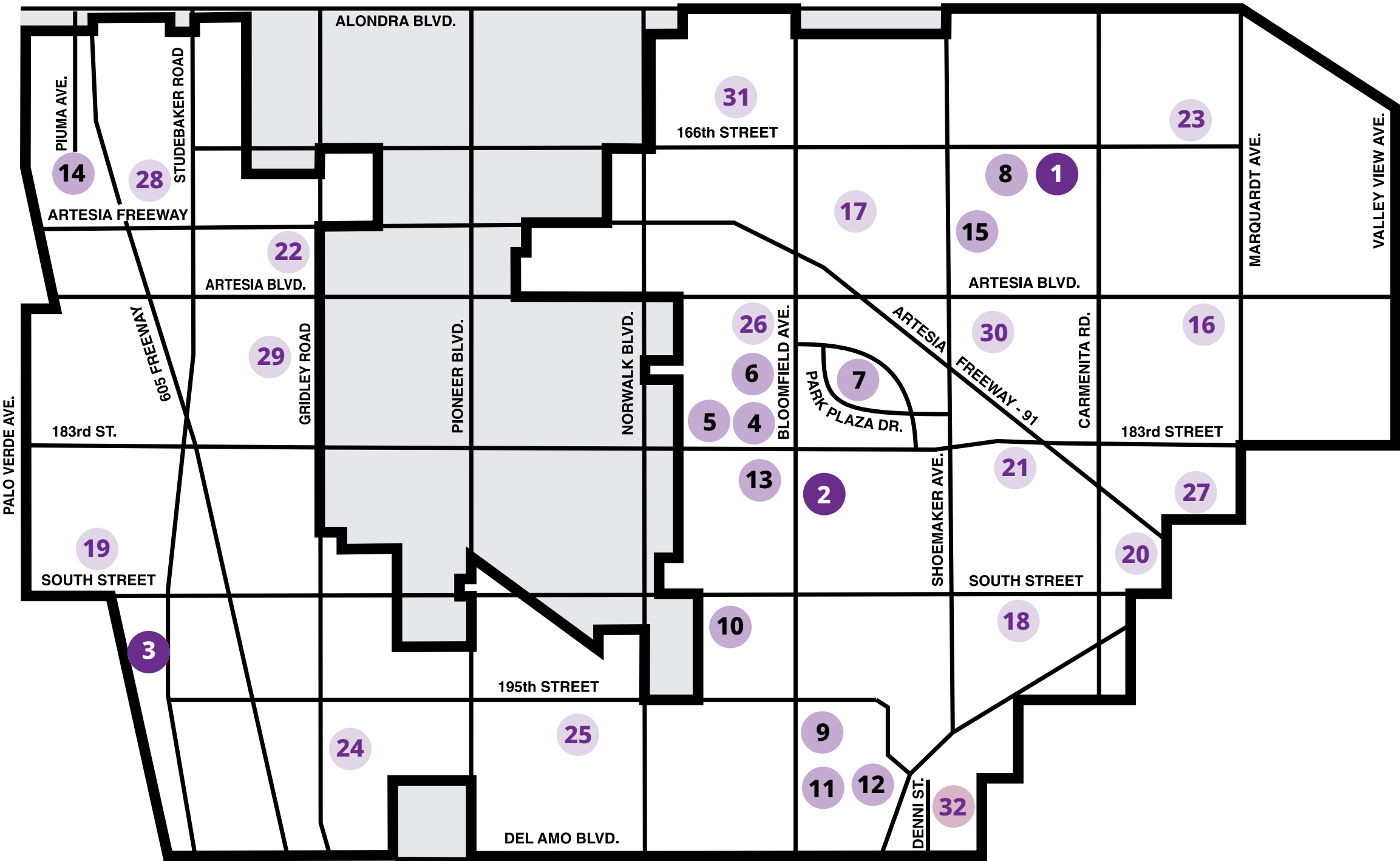
Monday-Friday
6 a.m.-2 p.m. and 5-9 p.m.

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

Business memberships 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.-6 p.m.*
*8 p.m. Beginning April 5
- 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](tel:5629168500)

8 Cerritos Olympic Swim and Fitness Center
13150 E. 166th St., [\(562\) 407-2600](tel:5624072600)
Monday-Friday, 6 a.m.-2 p.m., 5-9 p.m.
Saturday/Sunday, 7 a.m.-2 p.m.

9 Don Knabe Community Regional Park
19700 Bloomfield Ave., [\(562\) 924-5144](tel:5629245144)

10 Cerritos Senior Center at Pat Nixon Park
112340 South St., [\(562\) 916-8550](tel:5629168550)

11 Cerritos Sports Complex
19900 Bloomfield Ave., [\(562\) 916-8590](tel:5629168590)

12 Cerritos Skate Park at the Cerritos Sports Complex
19900 Bloomfield Ave., [\(562\) 916-8590](tel:5629168590)

13 Community Gym at Cerritos High School
12500 E. 183rd St., [\(562\) 916-8577](tel:5629168577)

14 Cerritos Iron-Wood Nine Golf Course
16449 Piuma Ave., [\(562\) 916-8400](tel:5629168400)
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, 6:30 a.m.-6 p.m.

**Beginning April 5, the course and range will open at 6 a.m. The last range bucket will be sold 30 minutes prior to closing. The range will close at 8 p.m.*

15 Community Gym at Whitney High School
16800 S. Shoemaker Ave., [\(562\) 407-2635](tel:5624072635)

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 **RACER**
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	2/7	10AM	Registration begins
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For Programs at All Other Locations

Sat	2/7	10AM	Resident registration begins
Fri	2/13	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 **February 17** 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 Spring 2026

Produced by
Recreation Services Division

Communications
and Marketing Division



CITY OF CERRITOS

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Recreation Services Division

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CITY OF
CERRITOS

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Cerritos, CA 90703
[\(562\) 860-0311](tel:(562)860-0311) | cerritos.gov

Recreation Services Division Hours (City Hall)

Monday–Friday
8 a.m.–5 p.m.

Saturday and Sunday
Closed