COMMUNITY SERVICES PROGRAM GOING DIGITAL

Moving forward, the Community Services Program will be delivered via email in a digital format and will no longer be printed. Subscribers to Community Services Program emails will continue to receive updates on programs in advance of our August, November, February, and May editions.

To subscribe, visit cerritos.gov and select the "News Signup" section in the upper right-hand corner. You'll first need to enter your login information or create a subscriber account. Once logged in, select "Community Services Program" from the list of subscription topics.

The decision to discontinue print delivery of the Community Services Program was made as part of the Fiscal Year 2025-2026 budget review process. To address budget constraints, the City Council on June 12 approved a recommendation to reduce select City expenses, including to end print delivery of "The Cerritos News," which includes the Community Services Program each quarter.

For questions or assistance, contact the Recreation Services Division at (562) 916-1254.

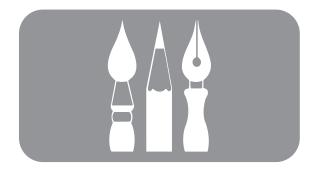
PARKS MAKE LIFE BETTER

In order to register for classes and activities, patrons must be in the City's RACER registration database. See registration instructions on page 12 or visit cerritos.gov/register.

Special Events

September is National Childhood **Obesity Awareness Month**

One in three American children are considered overweight or obese. During the month of September, families across America are helping combat childhood obesity by making healthy choices. You can do your part by encouraging your child to consume fresh fruits and vegetables, eat smaller meal portions and engage in regular physical activity.



Kids Poster Contest

Theme: Bringing Art to Our City

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, water colors 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 Wednesday, October 15.

Winning Posters: Winning posters will be on display on the City's website cerritos.gov starting Monday, November 3 through the month of November.

For more information, please call the Recreation Services Division at (562) 916-1254.

Halloween Festival

Free		One Day
Fri., Oct. 31	5-9 PM	Los Cerritos Center

Come to the Cerritos Halloween Festival. Costume parades, entertainment, and game booths will be available for participants of all ages. Gourmet food trucks will also be on hand to provide an assortment of specialty items for purchase.

Ride Information

A variety of rides will be available.

- Most rides require each participant to be at least 42" in height. Adults may be required to accompany children on some rides.
- All-night wristbands may be purchased for \$10. All participants must have a wristband to ride.
- Wristbands will not be sold after 8:30 PM.
- Only cash will be accepted. Bills over \$20 will not be accepted. For more information, please call the Recreation Services Division at (562) 916-1254.

Preschool Classes and Activities

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 Magical Madness			One Day
15053	Fri., Oct. 10 Liberty Park	6-7:30 PM	3-5 years

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.

FEATURED

\$18 resident/\$27 non-resident		
Acron Explorers		
Tue., Sept. 9-23 Cerritos Park East	3:30-4:30 PM	3-5 years
re Awaits		
Tue., Oct. 7-21 Liberty Park	3:30-4:30 PM	3-5 years
	xplorers Tue., Sept. 9-23 Cerritos Park East re Awaits Tue., Oct. 7-21	xplorers Tue., Sept. 9-23 3:30-4:30 PM Cerritos Park East re Awaits Tue., Oct. 7-21 3:30-4:30 PM

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 resident/\$35 non-resident			5 classes	
15057	15057 Wed., Oct. 15-Nov. 12 10:15-11:15 AM			
	Cerritos Park East			

Parent/Child Groovy Ghoulies

Tiny witches, ghosts, and goblins are invited to come to the Parent/Child Groovy Ghoulies! Children can parade in their bootiful 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
15058	Sat., Oct. 25	3-5 PM	2-4 years
	Liberty Park		

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 resident/\$26 non-resident		One Day	
15059	Sat., Sept. 13	2-4 PM	2-4 years
	Cerritos Park East		

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
15060	Mon., Sept. 8-Oct. 6 Heritage Park	10:15-11:15 AM	2-4 years

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	
15063	Fri., Oct. 17-Nov. 14 Heritage Park	10:15-11:15 AM	2-4 years	

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FEATURED

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
15064	Tue., Sept. 2-23 Liberty Park	10:15-11 AM	2-4 years
15065	Tue., Oct. 7-28 Liberty Park	10:15-11 AM	2-4 years



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	
15066	Tue., Sept. 2-23 Liberty Park	12:10-12:55 PM	2-4 years	
15068	Sat., Sept. 6-27 Liberty Park	10:30-11:15 AM	2-4 years	
15067	Tue., Oct. 7-28 Liberty Park	12:10-12:55 PM	2-4 years	
15069	Sat., Oct. 11-Nov. 1 Liberty Park	10:30-11:15 AM	2-4 years	

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	
15070	Tue., Sept. 2-23 Liberty Park	11:15 AM-noon	2-4 years	
15071	Tue., Oct. 7-28 Liberty Park	11:15 AM-noon	2-4 years	

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 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 Susan Koo

10:30 AM-1:25 PM Email: hptotlotvp@gmail.com

Liberty Park Marijean Isla 10:15 AM-1:15 PM (562) 265-8805

Email: libertyparktotlot@gmail.com

Youth Classes and Activities

Ceramics

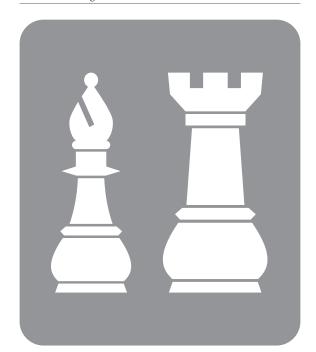
Stimulate the imagination by creating fun projects out of clay. Learn fundamental hand-building skills and ceramics terminology. Parents are required to sign children in and out of each class meeting. Please bring a \$15 materials fee to the first class.

\$40 resident/\$60 non-resident			5 classes
15074	Tue., Sept. 9-Oct. 7	5:45-6:45 PM	13-Adult
	Cerritos Park East		
15075	Thu., Sept. 11-Oct. 9	4:30-5:30 PM	6-12 years
	Cerritos Park East		
15076	Thu., Sept. 11-Oct. 9	5:45-6:45 PM	6-12 years
	Cerritos Park East		

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.

Beginn \$76 res	4 classes		
15077	Wed., Sept. 3-24 Heritage Park	5-6:15 PM	6-Adult
15078	Wed., Sept. 3-24 Heritage Park	6:30-7:45 PM	6-Adult
15079	Wed., Oct. 8-29 Heritage Park	5-6:15 PM	6-Adult
15080	Wed., Oct. 8-29 Heritage Park	6:30-7:45 PM	6-Adult



Chess Tournament

Heritage Park

Make your move! Beginners, who have little to no experience, are invited to enroll in the Capture the King Non-Rated tournament. Players enrolled in the United States Chess Federation (USCF) rated tournament will be grouped according to their rating. Trophies will be awarded to top finishers. Parents are required to sign participants in and out of the class.

\$25 res	sident/\$38 non-re	esident	One Day
Captur	e the King Non-R	Rated Tournament	
15081	Mon., Sept. 8 Heritage Park	5-7:30 PM	4-18 years
15083	Mon., Nov. 3 Heritage Park	5-7:30 PM	4-18 years
USCF R	ated Tournamen	t	
15082	Mon., Sept. 8 Heritage Park	5-7:30 PM	4-18 years
15084	Mon., Nov. 3	5-7:30 PM	4-18 years

Fall Holiday Camp – Harvest Hideaway

Spend the fall school break at Liberty Park and participate in games, seasonal crafts, songs, and skits. Campers must bring a healthy sack lunch every day. A light snack will be provided. Wear sneakers and comfortable clothing. Enrollment is limited. Structured program activities will be conducted from 9 AM to 4 PM. Parents are required to sign children in and out of each class meeting. Waiver required. Camp will end at 4 PM on Wednesday, November 26. NO CLASS NOVEMBER 27.

\$90 resident/\$135 non-resident			4 classes
15085	M/T/W/F, Nov. 24-28 Liberty Park	8:30 AM-5:30 PM	6-12 years

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 resident/\$150 non-resident 6 class			
15086	Thu., Sept. 4-Oct. 9	6-7 PM	8-14 years
	Cerritos Park East		

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		4 classes	
15088	Thu., Sept. 11-Oct. 9 Heritage Park	2:30-3:45 PM	6-15 years
15089	Thu., Oct. 23-Nov. 20 Heritage Park	2:30-3:45 PM	6-15 years

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. https://www.justthinkart.com/kids-art-classes-supply-cerritos/ Parents are required to sign children in and out of each class

\$110 resident/\$165 non-resident			4 classes
15091	Thu., Oct. 16-Nov. 6 Liberty Park	5-6:15 PM	7-13 years



Mad Science

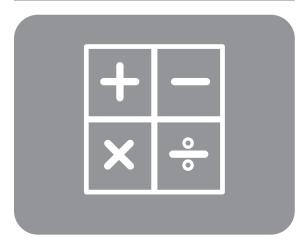
Join this fun-filled and educational class where new and exciting activities will be conducted each week. Students will become detectives, geologists, and bug scientists. All classes are hands-on, minds-on, and fun. Participants will create and take home projects. Please bring a \$10 materials fee to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

\$178 resident/\$267 non-resident			8 classes
15092	Tue., Sept. 9-Oct. 28	3:45-4:45 PM	5-12 years
	Cerritos Park East		

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
15093	Sat., Sept. 6-27 Liberty Park	12:30-1 PM	4-12 years
15094	Sat., Oct. 11-Nov. 1 Liberty Park	12:30-1 PM	4-12 years



Math Development

Readwrite Educational Solutions, Inc.TM 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/\$128 non-resident			6 classes	
15095	T/Th, Sept. 9-25 Cerritos Park East	5:40-6:25 PM	7-11 years	
15096	T/Th, Oct. 7-23 Cerritos Park East	5:40-6:25 PM	7-11 years	



Reading Development

Readwrite Educational Solutions, Inc.TM 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/\$128 non-resident			6 classes	
15098	T/Th, Sept. 9-25 Cerritos Park East	4:50-5:35 PM	7-11 years	
15099	T/Th, Oct. 7-23 Cerritos Park East	4:50-5:35 PM	7-11 years	

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.

Final Print Edition. Scan the QR code or visit cerritos.gov to

sign up for email alerts on the

Community Services Program

and other topics.

\$85 resident/\$128 non-resident			6 classes
15101	T/Th, Sept. 9-25 Cerritos Park East	4-4:45 PM	5-6 years
15102	T/Th, Oct. 7-23 Cerritos Park East	4-4:45 PM	5-6 years

Teen Classes and Activities

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.



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

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. Upon completion of a minimum number of service hours, volunteers will be invited to an annual volunteer recognition. 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.

Teen Workshop: The Fundamentals of **Financial Management**

Fundamentals of financial management for teens revolve around building a good foundation of financial knowledge and developing healthy money habits early on. In this workshop, teens will learn to budget, save and track expenses. Parents are required to sign participants in and out of the class.

Free			One Day
15104	Sat., Oct. 11	10-11:30 AM	13-18 years
	Heritage Park		

Adult Classes and Activities

Adult CPR

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

	resident: \$25 materials fee only non-resident: \$38 plus \$25 materials fee One Day				
15105	Wed., Sept. 17 Cerritos Park East	4:30-7:30 PM	12-Adult		
15106	Wed., Oct. 15 Cerritos Park East	4:30-7:30 PM	12-Adult		

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/\$60 non-resident			5 classes
15074	Tue., Sept. 9-Oct. 7	5:45-6:45 PM	13-Adult
	Cerritos Park East		

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

resident: \$25 materials fee only

non-resident: \$60 plus \$25 materials fee			One Day
15228	Sat., Sept. 20 Cerritos Park East	10 AM-3:30 PM	12-Adult
15107	Sat., Nov. 1 Cerritos Park East	10 AM-3:30 PM	12-Adult

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 more information and support for accessibility of programs and facilities, call the Recreation Services Division office at (562) 916-1254.

(Continued on the next page)

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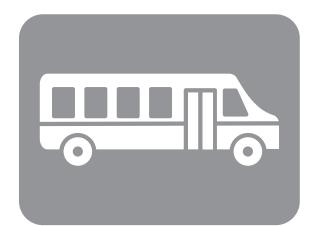
Recreation Programs

- Adaptive Basketball January through February
- Adaptive Dance and Movement Year-round
- Adaptive Fitness Fun April through May
- Adaptive Game Night Quarterly
- Adaptive Golf Clinic July through August
- Adaptive Movie Night Quarterly
- Adaptive Soccer June through August
- Adaptive Sports Medley September through November
- Special Olympics Soccer September through November
- Special Olympics Basketball March through June
- Special Olympics Bowling June through August



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.



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) between 8 AM and 8 PM, Monday through Friday or from 8 AM to 5 PM on Saturday and Sunday. Reservations can be made up to 48 hours in advance of required pick-up times.

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 resident/\$18 non-resident			8 classes	
15108	Wed., Sept. 17-Nov.5 Cerritos Park East	6-6:45 PM	6-12 years	
15109	Wed., Sept. 17-Nov.5 Cerritos Park East	7-7:45 PM	13-Adult	

Adaptive Dinner and a Movie Night – Paddington in Peru

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 46 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 resident/\$15 non-resident			One Day
15110 Sat., Sep	Sat., Sept. 13	5-7 PM	16-Adult
	Cerritos Park East		

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 resident/\$15 non-resident			One Day
15111	Fri., Oct. 10	6-8:30 PM	3-Adult
	Cerritos Park East		

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
15112	Sat., Nov. 22	5-7 PM	16-Adult
	Cerritos Park East		

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 resident/\$39 non-resident			6 classes	
15113	Thu., Sept. 11-Oct. 16 Cerritos Park East	6-6:45 PM	5-12 years	
15114	Thu., Sept. 11-Oct. 16 Cerritos Park East	7-7:45 PM	13-Adult	



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			10 classes
15115	Mon., Sept. 8-Nov. 10	5:45-7 PM	8-Adult
	Cerritos Park East		

Dance, Adult/Youth

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
15116	Fri., Sept. 26-Oct. 24	4-4:45 PM	3-5 years
	Liberty Park		

Ballet/Tap Combo

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		
15120	Mon., Sept. 8-Oct. 6 Cerritos Park East	6-6:45 PM	3-5 years		
15121	Mon., Sept. 8-Oct. 6 Cerritos Park East	7-7:45 PM	6-8 years		
15122	Fri., Sept. 26-Oct. 24 Liberty Park	4:55-5:40 PM	4-7 years		
15123	Sat., Sept. 27-Oct. 25 Liberty Park	10:15-11 AM	3-5 years		

Ballet Barre

FEATURED

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 re	sident/\$68 non-resi	dent	4 classes
15124	Tue., Sept. 9-30 Liberty Park	10:15-11:15 AM	8-Adult
15125	Thu., Sept. 11-Oct. 2 Liberty Park	10:15-11:15 AM	8-Adult
15126	Tue., Oct. 14-Nov. 4 Liberty Park	10:15-11:15 AM	8-Adult
15127	Thu., Oct. 16-Nov. 6 Liberty Park	10:15-11:15 AM	8-Adult

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.

	sident/\$72 non-res	ident	4 classes
Session	11		
15128	Tue., Sept. 2-23	4-4:45 PM	3-5 years
	Cerritos Park East		
15129	Tue., Sept. 2-23	4:55-5:40 PM	5-7 years
	Cerritos Park East		•
Level I	I		
15130	Tue., Sept. 2-23	5:50-6:35 PM	6-12 years
	Cerritos Park East		
\$59 res	sident/\$87 non-res	ident	5 classes
Session	. II		
0000101	1 11		
15131	Tue., Oct. 7-Nov. 4	4-4:45 PM	3-5 years
		4-4:45 PM	3-5 years
	Tue., Oct. 7-Nov. 4	4-4:45 PM 4:55-5:40 PM	3-5 years 5-7 years
15131	Tue., Oct. 7-Nov. 4 Cerritos Park East		•
15131	Tue., Oct. 7-Nov. 4 Cerritos Park East Tue., Oct. 7-Nov. 4 Cerritos Park East		•
15131 15132	Tue., Oct. 7-Nov. 4 Cerritos Park East Tue., Oct. 7-Nov. 4 Cerritos Park East		•
15131 15132 Level I	Tue., Oct. 7-Nov. 4 Cerritos Park East Tue., Oct. 7-Nov. 4 Cerritos Park East	4:55-5:40 PM	5-7 years





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. NO CLASS ON OCTOBER 31.

\$48 resident/\$72 non-resident		4 classes	
Session	n I		
15134	Tue., Sept. 2-23	6:45-7:30 PM	6-10 years
	Cerritos Park East		
15135	Fri., Sept. 5-26	4-4:45 PM	5-10 years
	Cerritos Park East		
15136	Fri., Sept. 5-26	4:55-5:40 PM	8-12 years
	Cerritos Park East		
Level I	I		
15137	Fri., Sept. 5-26	5:50-6:35 PM	13-Adult
	Cerritos Park East		
\$59 res	sident/\$87 non-resi	dent	5 classes
Session			y ciasses
		6:45-7:30 PM	6-10 years
Session	n II		
Session	Tue., Oct. 7-Nov. 4		6-10 years
Session 15138	Tue., Oct. 7-Nov. 4 Cerritos Park East	6:45-7:30 PM	6-10 years
Session 15138	Tue., Oct. 7-Nov. 4 Cerritos Park East Fri., Oct. 10-Nov. 14	6:45-7:30 PM	
Session 15138 15139	Tue., Oct. 7-Nov. 4 Cerritos Park East Fri., Oct. 10-Nov. 14 Cerritos Park East	6:45-7:30 PM 4-4:45 PM	6-10 years 5-10 years
Session 15138 15139	Tue., Oct. 7-Nov. 4 Cerritos Park East Fri., Oct. 10-Nov. 14 Cerritos Park East Fri., Oct. 10-Nov. 14 Cerritos Park East	6:45-7:30 PM 4-4:45 PM	6-10 years 5-10 years
Session 15138 15139 15140	Tue., Oct. 7-Nov. 4 Cerritos Park East Fri., Oct. 10-Nov. 14 Cerritos Park East Fri., Oct. 10-Nov. 14 Cerritos Park East	6:45-7:30 PM 4-4:45 PM	6-10 years 5-10 years

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. NO CLASS ON OCTOBER 31.

\$36 resident/\$54 non-resident		5 classes	
15142	Thu., Sept. 4-Oct. 2 Liberty Park	6:30-7:30 PM	14-Adult
15143	Thu., Oct. 16-Nov. 13 Liberty Park	6:30-7:30 PM	14-Adult

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.

\$39 resident/\$59 non-resident		5 classes		
15144	Mon., Sept. 8-Oct. 6 Liberty Park	5:30-6:30 PM	16-Adult	
15145	Mon., Oct. 20-Nov. 17 Liberty Park	5:30-6:30 PM	16-Adult	

Music, **Adult/Youth**

Cerritos College Community Concert Band

Fees paid to Cerritos College

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.

Concert Band

Tue., Aug. 19-Dec. 19	7-10 PM	14-Adult
Cerritos College		



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sign up for email alerts on the Community Services Program

and other topics.

Cerritos College Community lazz Band

Fees paid to Cerritos College

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.

Jazz Band

Wed., Aug. 20-Dec. 19	7-10 PM	14-Adult
Cerritos College		

Cerritos College Community Orchestra

Fees paid to Cerritos College

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.

Orchestra

Mon., Aug. 18-Dec. 19	7-10 PM	14-Adult
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. Students may purchase take-home pads at an additional fee.

\$98 resident/\$147 non-resident		6 classes		
15146	Tue., Sept. 9-Oct. 14 Heritage Park	3:15-4:15 PM	6-Adult	
15147	Tue., Sept. 9-Oct. 14 Heritage Park	4:30-5:30 PM	6-Adult	

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 resident/\$112 non-resident		8 classes	
15148	Mon., Sept. 8-Oct. 27	6:15-7:15 PM	7-12 years
	Cerritos Park East		

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.

Beginning

\$100 resident/\$150 non-resident		8 classes	
15149	Mon., Sept. 8-Oct. 27	5-6 PM	7-13 years
	Cerritos Park East		

Sports/Fitness, **Adult/Youth**

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

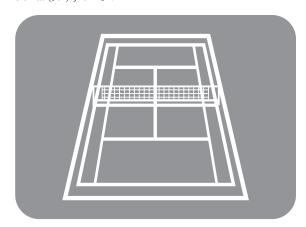
Monday through Friday 6 AM-2 PM / 5-9 PM Saturday/Sunday 7 AM-2 PM

Liberty Park Location

Monday through Friday 10 AM-8 PM Saturday/Sunday 10 AM-8 PM*

*6 PM beginning October 5

For more information, please call the Recreation Services Division at (562) 916-1254.



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
- 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
- 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 or Cerritos Park East at (562) 407-2611 during normal operating hours.

(Continued on the next page)

Tennis Courts (Continued)

Non-residents:

- May use the courts for drop-in play Monday through Friday, between 10 AM and 3 PM, for a \$7 hourly fee.
- No reservations allowed.
- Adults working in Cerritos may drop-in to play Monday through Friday only, between 10 AM and 3 PM, 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.

|azzercise

Monthly Fees \$79 with EFT*
One Time Class \$15

Registration taken at class site by course instructor.

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.

Monday	10:15-11:15 AM	Cerritos Park East
Wednesday	10:15-11:15 AM	Cerritos Park East
Friday	10:15-11:15 AM	Cerritos Park East
Sunday	10:15-11:15 AM	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 OCTOBER 31.

\$45 resident/\$68 non-resident			4 classes	
15150	Wed., Sept. 10-Oct. 1 5:30-6:30 PM Liberty Park	8-Adult		
15152	Fri., Sept. 12-Oct. 3 Liberty Park	6-7 PM	8-Adult	
15151	Wed., Oct. 15-Nov. 5 Liberty Park	5:30-6:30 PM	8-Adult	
15153	Fri., Oct. 17-Nov. 14 Liberty Park	6-7 PM	8-Adult	

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		
15157	Sun., Sept. 7-Oct. 5 Liberty Park	1			
15158	Sun., Oct. 19-Nov. 16 Liberty Park	10:15-11:40 AM	8-Adult		

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.

\$75 res	5 classes			
15160	Wed., Sept. 3-Oct. 1 3:20-4:20 PM Cerritos Park East		4-6 years	
15162	Wed., Sept. 3-Oct. 1 Cerritos Park East	4:35-5:35 PM	5-10 years	
15161	Wed., Oct. 15-Nov. 12 Cerritos Park East	3:20-4:20 PM	4-6 years	
15163	Wed., Oct. 15-Nov. 12 Cerritos Park East	4:35-5:35 PM	5-10 years	

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 resident/\$90 non-resident			5 classes	
15164	Tue., Sept. 2-30 10:15-11:15 AM Cerritos Park East	18-Adult		
15166	Thu., Sept. 4-Oct. 2 Cerritos Park East	10:15-11:15 AM	18-Adult	
15165	Tue., Oct. 14-Nov. 11 Cerritos Park East	10:15-11:15 AM	18-Adult	
15167	Thu., Oct. 16-Nov. 13 Cerritos Park East	10:15-11:15 AM	18-Adult	



Help avoid program cancellations!

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

Failure to register may result in program cancellations.



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	
15168	M/W, Sept. 3-Oct. 6 Liberty Park	3:30-4:30 PM	4-7 years	
15170	T/Th, Sept. 4-Oct. 7 Liberty Park	3:30-4:30 PM	8-Adult	
15169	M/W, Oct. 13-Nov. 12 Liberty Park	3:30-4:30 PM	4-7 years	
15171	T/Th, Oct. 14-Nov. 13 Liberty Park	3:30-4:30 PM	8-Adult	

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
15172	Thu., Sept. 18	10 AM-noon	18-Adult
	Liberty Park		

Pilates

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.

\$50 re	sident/\$75 non-resid	5 classes	
15173	Tue., Sept. 2-30	6-7 PM	8-Adult
	Liberty Park		
15175	Thu., Sept. 4-Oct. 2	6-7 PM	8-Adult
	Cerritos Park East		
15174	Tue., Oct. 14-Nov. 11	6-7 PM	8-Adult
	Liberty Park		
15176	Thu., Oct. 16-Nov. 13	6-7 PM	8-Adult
	Cerritos Park East		

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.

U		0	
Free			15 classes
15177	T/Th, Sept. 4-Oct. 23	6:30-7:30 PM	16-Adult
	Liberty Park		

Sports/Fitness/Sports Leagues/Golf



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
15178	Sat., Sept. 6-27 Liberty Park	4-12 years	
15179	Sat., Oct. 11-Nov. 1 Liberty Park	11:30 AM-12:15 PM	4-12 years



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	
15180	Mon., Sept. 8-Oct. 6 Liberty Park	6:45-7:45 PM	14-Adult	
15182	Wed., Sept. 3-Oct. 1 Liberty Park	6:45-7:45 PM	14-Adult	
15181	Mon., Oct. 20-Nov. 17 Liberty Park	6:45-7:45 PM	14-Adult	
15183	Wed., Oct. 15-Nov. 12 Liberty Park	6:45-7:45 PM	14-Adult	



Youth Basketball Clinic

Register your aspiring basketball star for this valuable skills clinic and benefit from the expertise of local high school coaches. 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
15184	Sat., Nov. 8	10-11:30 AM	7-13 years
	Heritage Park		

Sports Leagues, Adult/Youth

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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. 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.



Adult Men's and Coed

\$360 resident/\$395 non-resident

Slow Pitch Leagues \$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.

LEAGUE	DAY	FIELD STARTIN	NG DATE
Men	Tue.	Sports Complex / Liberty Park	Sept. 16
	Wed.	Sports Complex / Liberty Park	Sept. 17
	Thu.	Sports Complex / Liberty Park	Sept. 18
	Fri.	Sports Complex / Liberty Park	Sept. 19
	Sun.	Sports Complex / Liberty Park	Sept. 14
Coed	Wed.	Sports Complex / Liberty Park	Sept. 17
	Fri.	Sports Complex / Liberty Park	Sept. 19
	Sun.	Sports Complex / Liberty Park	Sept. 14

Registration Information

Registration for the upcoming season will take place on-line through Wednesday, September 3. 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.

For more information and support for accessibility of programs and facilities, please call the Recreation Services Division at (562) 916-1254.

Golf, **Adult/Youth**

Cerritos Iron-Wood Nine Golf Course

(562) 916-8400

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 September 7, 2025

Monday through Friday 6:30 AM-7 PM Saturday/Sunday 6:30 AM-6 PM

Course Hours:

Daily 6:30 AM-Sunset

Range Hours:

Monday through Friday 6:30 AM-7 PM 10 AM-7 PM Thursday Saturday/Sunday 6:30 AM-6 PM

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.



Golf Course Fees

Weekday Green Fees

\$11.00 Cerritos Resident, age 18 and older Non-resident, age 18 and older \$13.00 Cerritos Resident Senior, age 60 and older \$8.00 \$9.00 Non-resident Senior, age 60 and older Cerritos Resident Junior, age 18 and under with a cur-\$7.50 rent high school ID card Non-resident Junior, age 18 and under with a current \$8.50 high school ID card

Weekend/Holiday Green Fees

\$12.00 Cerritos Resident, age 18 and older \$15.50 Non-resident, age 18 and older

\$7.50 Cerritos Resident Junior, age 18 and under with a current high school ID card

\$8.50 Non-resident Junior, age 18 and under with a current high school ID card

(Continued on the next page)

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Golf Course Fees (Continued)

Veteran's Day Discount

Tuesday, November 11, 2025

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

\$7.00 Small Bucket Card (50 balls) \$10.50 Large Bucket Card (100 balls) \$50.00 Value Card (650 balls)

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	n I			
15185	M/W, Sept. 3-15 Golf Course	5-5:45 PM	7-10 years	
15186	M/W, Sept. 3-15 Golf Course	6-6:45 PM	11-17 years	
15187	Sat., Sept. 6-27 Golf Course	10-10:45 AM	4-6 years	
15188	Sat., Sept. 6-27 Golf Course	11-11:45 AM	4-6 years	
Session	n II			
15189	M/W, Sept. 22-Oct. 1 Golf Course	5-5:45 PM	7-10 years	
15190	M/W, Sept. 22-Oct. 1 Golf Course	6-6:45 PM	11-17 years	
15191	Sat., Oct. 11-Nov. 1 Golf Course	10-10:45 AM	4-6 years	
15192	Sat., Oct. 11-Nov. 1 Golf Course	11-11:45 AM	4-6 years	
Session	n III			
15193	M/W, Oct. 8-20 Golf Course	5-5:45 PM	7-10 years	
15194	M/W, Oct. 8-20 Golf Course	6-6:45 PM	11-17 years	
Session	n IV			
15195	M/W, Oct. 27-Nov. 5 Golf Course	5-5:45 PM	7-10 years	
15196	M/W, Oct. 27-Nov. 5 Golf Course	6-6:45 PM	11-17 years	



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	n I		
15197	Sat., Sept. 6-27 Golf Course	8-8:45 AM	14-Adult
15198	Sat., Sept. 6-27 Golf Course	9-9:45 AM	8-13 years
Session	n II		
15199	Sat., Oct. 11-Nov. 1 Golf Course	8-8:45 AM	14-Adult
15200	Sat., Oct. 11-Nov. 1	9-9:45 AM	8-13 years



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
15201	Sat., Sept. 27	4-5 PM	4-5 years
	Golf Course		

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 To	urnament Fee		One Day
15202	Wed., Oct. 15 Golf Course	8-10 AM	60 years and older

Aquatics, Adult/Youth

General Information

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.

Swim Center Hours

Recreational Swim

Monday/Wednesday/Friday 7-9 PM Saturday/Sunday Noon-2 PM

Adult Lap Swim

Monday Friday 6 AM-2 PM
Tuesday/Thursday* 7-9 PM
Saturday/Sunday 7 AM-Noon

*Open to Cerritos Residents only.

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

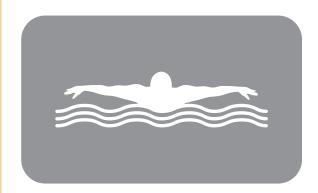
Special Hours

Wednesday, November 26, Lap Swim 7 AM-2 PM, Recreational Swim 11 AM-2 PM

Friday, November 28, Lap Swim 7 AM-2 PM,
Recreational Swim 11 AM-2 PM

The pool will be closed on the following days:

Facility Maintenance, Monday, August 18 to Sunday, August 31 CAC Swim Meet, Saturday, October 11 and Sunday, October 12 Thanksgiving Holiday, Thursday, November 27



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.

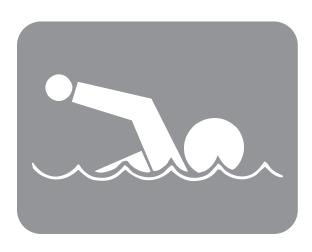
Children under 16 years of age may present a Cerritos resident library card. Parents are responsible for the supervision of children. Adults working in the City of Cerritos must present a valid driver's license and a business ID. Children who cannot swim and are less than four feet tall must be accompanied 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.

REGISTER!

Help avoid program cancellations!

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

Failure to register may result in program cancellations.



Swim Fees

Lap Swim Fees

\$3.00 Adults, age 18 to 59 \$2.50 Seniors, age 60 and older

Recreational Swim Fees

Cerritos Resident \$2.00

\$2.00 Adults who work in Cerritos with business ID

Non resident Child, age 17 and under. \$2.50

Must be a guest of a Cerritos resident (see above)

\$3.25 Non resident Adult, age 18 and older.

Must be a guest of a Cerritos resident (see above)

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, age 18 to 59 20 tickets - \$60 Seniors, age 60 and older 20 tickets - \$50

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.



Mommy/Daddy and Me

6 months-3 years

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.

(Continued on the next column)

For more information and support for accessibility of programs and facilities, please call the Recreation Services Division at (562) 916-1254.

Mommy/Daddy and Me (Continued)

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Fall I	Fall 2		
	Sept. 8-Oct. 8	Oct. 13-Nov. 12		
10:30-11 AM	15230	15339		
6:30-7 PM	15231	15340		
TUESDAY/THURSDAY				

\$43 resident/\$65 non-resident

Fall 2 Fall 1 Sept. 9-Oct. 9 Oct. 14-Nov. 13 10:30-11 AM 15232 15341

SATURDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sept. 6-Oct. 4	Oct. 18-Nov. 15
10:30-11 AM	15233	15456

SUNDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sept. 7-Oct. 5	Oct. 19-Nov. 16
10:30-11 AM	15234	15457



Preschool Pufferfish

3-5 years

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.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Fall 1	Fall 2
	Sept. 8-Oct. 8	Oct. 13-Nov. 12
10-10:30 AM	15235	15343
11-11:30 AM	15236	15344
11:30-Noon	15237	15345
Noon-12:30 PM	15238	15346
12:30-1 PM	15239	15347
1-1:30 PM	15240	15348
1:30-2 PM	15241	15349
5-5:30 PM	15242	15350
5:30-6 PM	15243	15351
6-6:30 PM	15244	15352
6:30-7 PM	15245	15353
7-7:30 PM	15246	15354
7:30-8 PM	15247	15355

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident				
	Fall 1	Fall 2		
	Sept. 9-Oct. 9	Oct. 14-Nov. 13		
10-10:30 AM	15248	15356		
11-11:30 AM	15249	15357		
11:30 AM-Noon	15250	15358		
Noon-12:30 PM	15251	15359		
12:30-1 PM	15252	15360		
1-1:30 PM	15253	15361		
1:30-2 PM	15254	15362		
5-5:30 PM	15255	15363		
5:30-6 PM	15256	15364		
6-6:30 PM	15257	15365		
6:30-7 PM	15258	15366		
7-7:30 PM	15259	15367		
7:30-8 PM	15260	15368		

(Continued on the next column)

Preschool Pufferfish (Continued)

SATURDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sept. 6-Oct. 4	Oct. 18-Nov. 15
9-9:30 AM	15261	15458
9:30-10 AM	15262	15459
10-10:30 AM	15263	15460
10:30-11 AM	15264	15461
11-11:30 AM	15265	15462
11:30 AM-Noon	15266	15463

SUNDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sept. 7-Oct. 5	Oct. 19-Nov. 16
9-9:30 AM	15267	15464
9:30-10 AM	15268	15465
10-10:30 AM	15269	15466
10:30-11 AM	15270	15467
11-11:30 AM	15271	15468
11:30 AM-Noon	15272	15469



Starfish/Minnows

6-16 years

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

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Fall 1	Fall 2
	Sept. 8-Oct. 8	Oct. 13-Nov. 12
5-5:45 PM	15273	15369
6-6:45 PM	15274	15370
7-7:45 PM	15275	15371
8-8:45 PM	15276	15372

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Fall 1	Fall 2
	Sept. 9-Oct. 9	Oct. 14-Nov. 13
5-5:45 PM	15277	15373
6-6:45 PM	15278	15374
7-7:45 PM	15279	15375
8-8:45 PM	15280	15376

SATURDAY

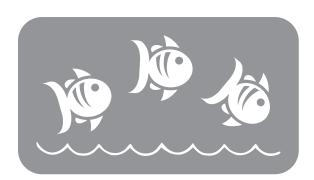
\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sept. 6-Oct. 4	Oct. 18-Nov. 15
8-8:45 AM	15281	15470
9-9:45 AM	15282	15471
10-10:45 AM	15283	15472
11-11:45 AM	15284	15473

SUNDAY

\$25 resident/\$38 non-resident

\$25 resident/\$38 non-resident			
	Fall 1	Fall 2	
	Sept. 7-Oct. 5	Oct. 19-Nov. 16	
8-8:45 AM	15285	15474	
9-9:45 AM	15286	15475	
10-10:45 AM	15287	15476	
11-11:45 AM	15288	15477	



Flying Fish

6-16 years

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

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Fall 1	Fall 2
	Sept. 8-Oct. 8	Oct. 13-Nov. 12
5-5:45 PM	15289	15377
6-6:45 PM	15290	15378
7-7:45 PM	15291	15379
8-8:45 PM	15292	15380

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Fall 1	Fall 2
	Sept. 9-Oct. 9	Oct. 14-Nov. 13
5-5:45 PM	15293	15381
6-6:45 PM	15294	15382
7-7:45 PM	15295	15383
8-8:45 PM	15296	15384

SATURDAY

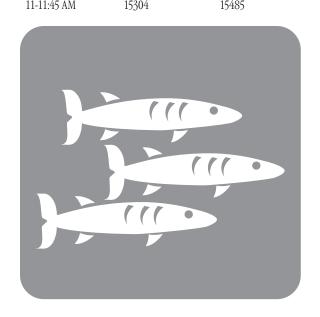
\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sept. 6-Oct. 4	Oct. 18-Nov. 15
8-8:45 AM	15297	15478
9-9:45 AM	15298	15479
10-10:45 AM	15299	15480
11-11·45 AM	15300	15481

SUNDAY

\$25 resident/\$38 non-resident

\$2) I csident \$30 non-resident		
	Fall 1	Fall 2
	Sept. 7-Oct. 5	Oct. 19-Nov. 16
8-8:45 AM	15301	15482
9-9:45 AM	15302	15483
10-10:45 AM	15303	15484
11 11://5 AM	1520/	15/195



Barracudas

6-16 years

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.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

545 resident/505 non-resident			
	Fall 1	Fall 2	
	Sept. 8-Oct. 8	Oct. 13-Nov. 12	
5-5:45 PM	15510	15513	
6-6:45 PM	15305	15385	
7-7:45 PM	15306	15386	
8-8:45 PM	15307	15387	

(Continued on the next column)

Barracudas (Continued)

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	raii i	rall 2
	Sept. 9-Oct. 9	Oct. 14-Nov. 13
5-5:45 PM	15511	15514
6-6:45 PM	15512	15515
7-7:45 PM	15308	15388
8-8:45 PM	15309	15389

SATURDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sept. 6-Oct. 4	Oct. 18-Nov. 15
8-8:45 AM	15310	15490
9-9:45 AM	15311	15491
10-10:45 AM	15312	15492
11-11:45 AM	15313	15493

SUNDAY

\$25 resident/\$38 non-resident

1 2 10		
	Fall 1	Fall 2
	Sept. 7-Oct. 5	Oct. 19-Nov. 16
8-8:45 AM	15314	15494
9-9:45 AM	15315	15495
11-11:45 AM	15316	15496



Dolphins

6-16 years

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.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Fall 1	Fall 2
	Sept. 8-Oct. 8	Oct. 13-Nov. 12
7-7:45 PM	15317	15390

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

7 -0 -00-00-07 09		
	Fall 1	Fall 2
	Sept. 9-Oct. 9	Oct. 14-Nov. 13
7-7:45 PM	15318	15391

SATURDAY

8-8:45 AM

\$25 resident/\$38 non-resident

	Fall 1	Fall 2		
	Sept. 6-Oct. 4	Oct. 18-Nov. 15		
8-8:45 AM	15319	15497		
11-11:45 AM	15320	15498		
SUNDAY \$25 resident/\$38 non-resident				
	Fall 1	Fall 2		

Sept. 7-Oct. 5

15321

Oct. 19-Nov. 16

15499

11-11:45 AM 15322 15500 For more information and

support for accessibility of programs and facilities, please call the Recreation Services Division at (562) 916-1254.



Sharks

6-16 years

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.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Fall 1	Fall 2
	Sept. 8-Oct. 8	Oct. 13-Nov. 12
8-8:45 PM	15323	15392

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

	Fall 1	Fall 2
	Sept. 9-Oct. 9	Oct. 14-Nov. 13
8-8:45 PM	15324	15393

SATURDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sept. 6-Oct. 4	Oct. 18-Nov. 15
10-10:45 AM	15325	15501

SUNDAY

\$25 resident/\$38 non-resident			
	Fall 1	Fall 2	
	Sept. 7-Oct. 5	Oct. 19-Nov. 16	
10-10:45 AM	15326	15503	

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 Barracudalevel swimming skills. This class may be repeated. Parents are required to sign children in and out of each class meeting.

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

SATURDAY		
7-7:45 PM	15203	15206
	Sept. 9-Oct. 9	Oct. 14-Nov. 13
	Fall 1	Fall 2

\$25 resident/\$38 non-resident

\$25 resident/\$36 non-resident			
	Fall 1	Fall 2	
	Sept. 6-Oct. 4	Oct. 18-Nov. 15	
9-9:45 AM	15204	15502	

REGISTER!

Help avoid program cancellations!

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

Failure to register may result in program cancellations.



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Fundamentals of Water Polo

8-I7 years

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.

SUNDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sept. 7-Oct. 5	Oct. 19-Nov. 16
Noon-12:45 PM	15327	15504



Adult Beginning Swimming

16 years and older

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.

MONDAY/WEDNESDAY

\$43 resident/\$65 non-resident

	Fall 1	Fall 2	
	Sept. 8-Oct. 8	Oct. 13-Nov. 12	
8-8:45 PM	15328	15394	

SATURDAY

\$25 resident/\$38 non-resident

r=> 1 001 001 0 0 1 0 1 0 1 0 1 0 1 0 1 0		
	Fall 1	Fall 2
	Sept. 6-Oct. 4	Oct. 18-Nov. 15
9-9:45 AM	15329	15505

SUNDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sept. 7-Oct. 5	Oct. 19-Nov. 16
8-8:45 AM	15330	15506

Adult Intermediate Swimming

16 years and older

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.

TUESDAY/THURSDAY

\$43 resident/\$65 non-resident

φ15 resident φ05 non resident				
	Fall 1	Fall 2		
	Sept. 9-Oct. 9	Oct. 14-Nov. 13		
8-8:45 PM	15331	15395		

(Continued on the next column)

Adult Intermediate Swimming (Continued)

SATURDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sept. 6-Oct. 4	Oct. 18-Nov. 15
8-8:45 AM	15332	15507
ONINGS AND		

SUNDAY

\$25 resident/\$38 non-resident

	Fall 1	Fall 2
	Sept. 7-Oct. 5	Oct. 19-Nov. 16
8-8:45 AM	15333	15508

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. Upon completion of a minimum number of service hours, volunteers will be invited to an annual volunteer recognition. 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.



Orientation Dates

Wednesday, August 20	7 PM	Heritage Park
Wednesday, September 17	7 PM	Heritage Park
Wednesday, October 15	7 PM	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.

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.

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.

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 additional information, please contact the Recreation Services Division at (562) 916-1254.

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Registration Instructions



Powered by CivicRec

RACER, powered by CivicRec, offers many exciting features for patrons to register for classes and activities.

Below are the required steps to register for a RACER account:

- 1. Have an existing e-mail address.
- 2. Visit a City facility and provide a valid photo ID for each adult within your family.
 - To be registered as a Cerritos Resident, proof of residency is required. Please provide one of the following:
 - o A valid California Driver's License or California Identification Card with your current Cerritos address
 - o Government-issued I.D.

AND

- · One of the of the following, which must be postmarked within the last 60 days:
 - Utility bill
 - o Rent receipt
 - Tax bill/Social Security statement Escrow papers
 - Credit card statement

 - Bank statement
 - o Car registration

Note: Both items presented for residency verification must show your name and the same address. We cannot accept a P.O. Box as a mailing

- 3. To register a child under the age of 18, please provide one of the following for age verification
 - Birth certificate (original or copy)

- o Statement from the local registrar or County Recorder listing the date of birth
- o Baptism certificate (duly attested)
- Passport
- Adoption record
- o Hospital or physician's certificate listing the date of birth
- · Affidavit from the parent, guardian or custodian of the minor
- o Current year tax form
- Insurance paperwork
- o School I.D. or school emergency card with birthdate After your account has been created, you will be able to register on-line or in person for classes and activities.

REGISTRATION INSTRUCTIONS

- Read through the brochure for suitable classes. Step 1
- Choose method of Registration: On-line or Walk-In Step 2 NOTE DATES OF REGISTRATION

(Any patron that does not have a RACER account must submit proper paperwork, which includes a birth certificate for all children under 18 years of age.)

Confirmation of registered and waitlisted classes can be Step 3 viewed on-line. If a class is full, you may be placed on the waiting list and no payment will be taken for the registration. Staff will contact you if a space becomes available.

REGISTRATION

Cerritos website: cerritos.gov

Cerritos Resident On-Line and Walk-In

Saturday, August 2 10 AM

Non-Resident On-Line and Walk-In

All Classes

Friday, August 8 **10 AM**

ALONDRA BLVD.

On-line registration is the recommended method of registering for classes. To check the availability of classes or register for classes, please visit the Cerritos website at cerritos gov and look for the on-line 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 on-line registration.

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

ADDITIONAL INFORMATION

- Classes will begin the week of **September 1** unless otherwise listed.
- Class fees and times are subject to change without notice.

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.

RECREATION SERVICES DIVISION

Bloomfield Avenue at 183rd Street Cerritos, California 90703 Monday-Friday, 8 AM - 5 PM (562) 916-1254

City Facilities and Hours

Community Centers

Monday-Friday, 10 AM-8 PM Saturday/Sunday, 10 AM-8 PM* *6 PM beginning October 5

- **Cerritos Park East** 13234 E. 166th St., (562) 407-2611
- Heritage Park 18600 Bloomfield Ave., (562) 916-8570 Play Island: Daily, 10 AM to Dusk Tuesday, 2 PM to Dusk
- **Liberty Park** 19211 Studebaker Rd., (562) 916-8565

Special Facilities

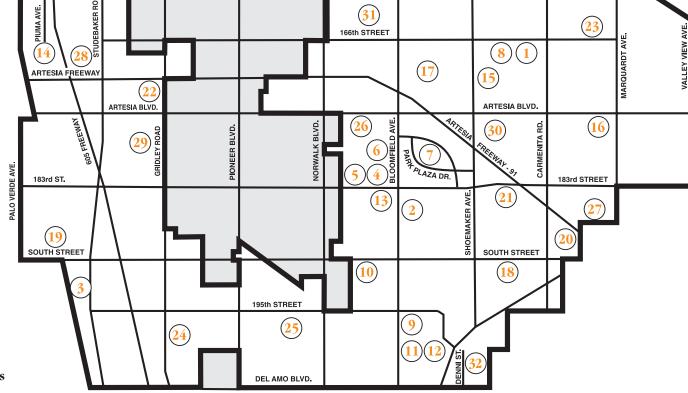
- **Cerritos City Hall/Civic Center** Bloomfield at 183rd Street, (562) 860-0311 Monday-Friday, 8 AM-5 PM
- **Community Safety Center** 18135 Bloomfield Ave., (562) 860-0044

Cerritos Sheriff's Station/

- Cerritos Library/Civic Center 18025 Bloomfield Ave., (562) 916-1350 Monday-Friday, 11 AM-7 PM Saturday/Sunday, 11 AM-5 PM
- **Cerritos Center for the Performing Arts** 12700 Center Court Drive, (562) 916-8500
- **Cerritos Olympic** Swim and Fitness Center 13150 E. 166th St., (562) 407-2600 Monday-Friday, 6 AM-9 PM

Saturday/Sunday, 7 AM-5 PM

- **Don Knabe Community Regional Park** 19700 Bloomfield Ave., (562) 924-5144
- **Cerritos Senior Center** at Pat Nixon Park 12340 South St., (562) 916-8550
- **Cerritos Sports Complex** 19900 Bloomfield Ave., (562) 916-8590
- **Cerritos Skate Park** at the Cerritos Sports Complex 19900 Bloomfield Ave., (562) 916-8590
- Community Gym at **Cerritos High School** 12500 E. 183rd St., (562) 916-8577



Cerritos Iron-Wood Nine Golf Course

16449 Piuma Ave., (562) 916-8400

Hours of Operation:

Effective September 7, 2025 Monday through Friday, 6:30 AM-7 PM Saturday/Sunday, 6:30 AM-6 PM

Course Hours:

Daily, 6:30 AM-Sunset

Range Hours:

Monday through Friday, 6:30 AM-7 PM* Thursday, 10 AM-7 PM* Saturday/Sunday, 6:30 AM-6 PM*

- *The last range bucket will be sold 30 minutes prior to closing.
- Community Gym at Whitney High School

16800 S. Shoemaker Ave., (562) 407-2635

Neighborhood Parks

- (16) Friendship Park 13650 Acoro St.
- Frontier Park 16910 Maria Ave., (562) 407-2648
- **Sunshine Park** 19310 Vickie Ave.
- Westgate Park 18830 San Gabriel, (562) 916-8580
- **Bettencourt Park** 13575 Andy St.
- Brookhaven Park 13167 Brookhaven St.
- **Ecology Park** 17133 Gridley Rd.
- **Gonsalves Park** 13611 E. 166th St.
- **Gridley Park** Gridley and Yearling
- Jim Edwards Park Jacob and Yearling
- Loma Park 17503 Stark St.

- **Rainbow Park** 18600 S. Linda Cir.
- Reservoir Hill Park 16733 Studebaker Rd.
- **Rosewood Park** 17715 Eric Ave.
- Saddleback Park 13037 Acoro St.
- (31) Satellite Park 12410 Ash Creek Road
- El Rancho Verde Park 7815 Denni St.