



City of El Monte  
Community Services Department  
Community & Senior Services Division



**SUMMER/FALL 2009  
CONTRACT CLASSES**  
Program Waiver, Emergency Information and Photo Release

# Summer/Fall 2009 Recreation Contract Classes (626) 580-2210

PARTICIPANT NAME (Print): \_\_\_\_\_

I hereby give permission for the above named person to participate in the Community Services Department's \_\_\_\_\_ Contract Class. I hereby waive, release, and discharge any and all claims of rights to \_\_\_\_\_ (name of class) claims for damages for death, personal injury, permanent disability, or property damage which I may have, or accrues to me, as a result of said student's participation in the \_\_\_\_\_ Contract Class. (name of class)

I further understand that serious accidents occasionally occur during said activities, and that participants in such activities occasionally sustain mortal or serious personal injuries, and/or property damages, as a consequence thereof. Knowing the risks of said activity, nevertheless, on my own behalf of that of the minor named above, I hereby agree to assume those risks and release and hold harmless to the fullest extent of the law all of the persons and entities mentioned above who, through negligence or carelessness, might otherwise be liable to me, or my heirs or assigns for damages. It is further understood and agreed that this waiver, release and assumption of risk is binding to my heirs and assigns.

I further understand that I will be financially responsible for any medical assistance provided for my child or for myself in case of an emergency, as the City of El Monte does not provide medical insurance or coverage. I understand that the student named above may be photographed or videotaped during the course of the program, and I give my permission for his/her images or name to be used, without compensation, for the purpose of program promotion. In the event of sudden illness, accident, or injury which may occur while engaged in the above mentioned activity, in which a parent or guardian cannot be contacted, I hereby give my consent pursuant to California Civil Code #25.8 for emergency treatment as shall be necessary under the circumstances by any physician licensed under the laws of the State of California.

Date Signed \_\_\_\_\_ Student's Signature/or Parent/ Guardian\* (1) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Name/Relationship

Cell Phone: \_\_\_\_\_

**REGISTRATION WORKSHEET**

Please PRINT all information completely.

Make checks payable to: **CITY OF EL MONTE**

**Refunds: During the first two weeks(2) of classes only** and that they may take up to, 2 to 4 weeks to process. Refunds must be requested **IN WRITING, by 5:00 PM on that Thursday.**

Mail COMPLETE form and liability waiver to:  
**El Monte Community Services Department  
c/o SUMMER/FALL 2009 RECREATION CLASSES  
3120 N. TYLER AVENUE  
EL MONTE, CA 91731**

Student's First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Age \_\_\_\_\_

Parent/Guardian First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Birth date of Students under age 18

Phone Number

Address \_\_\_\_\_ Street Name \_\_\_\_\_ Unit # \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Name of Class \_\_\_\_\_ Meeting Day \_\_\_\_\_ Starting Time \_\_\_\_\_

Beginning Date \_\_\_\_\_ Name of Instructor \_\_\_\_\_ Site \_\_\_\_\_

Fee Paid By: Check # \_\_\_\_\_ Amount: \_\_\_\_\_

**\*Must be signed by a parent/guardian if the student is under the age of 18.**

**\*Refunds for Polynesian Karate will be the Thursday of the 1<sup>st</sup> week of class by 5:00 PM.**

**REGISTRATION:** We are automated and accept **MAIL-IN registrations ONLY**. Please print and fill-in your information completely, using the mail-in form in this section. Feel free to duplicate the form, as needed. Then mail your personal check(s) for the correct payment amount to the department address, Attn: "Class Name". **DO NOT MAIL CASH!** Make checks payable to "City of El Monte". Enclose a separate check for each class and each person... in the event that your choices are closed, we can register you for the classes that are open and return your other payment. Please make sure all your information is complete and that you have enclosed your payment and mail it to: **El Monte Community Services Department, "Contract Classes" 3120 N. Tyler Avenue, El Monte, CA 91731. Class Registration MUST be mailed two weeks prior to the class starting date.**

**REFUND POLICY:** Please note that all refunds must be requested during the **first two weeks of classes only and whether or not your child participates in the class, unless otherwise indicated** and that refunds may take up to 2 to 4 weeks to process. Refunds must be requested **IN WRITING**. Requests can be mailed in, or brought to the office with your printed first and last name, signature, and date. The final deadline is always the Thursday of the 2<sup>nd</sup> week of that class by 5:00 PM, except for Polynesian Karate. Cancellations for Polynesian Karate will be the Thursday of the 1<sup>st</sup> week of class by 5:00 PM.

**ADDITIONAL INFORMATION:** If you would like additional information, please stop by the **Community & Senior Services Division, located at the Jack Crippen Multi-Purpose Senior Center at 3120 N. Tyler Avenue in El Monte or call (626) 580-2210.** Office hours are Monday through Thursday, 7:00 AM – 5:30 PM.

**CLASS LOCATION CODES:**

- CC – Community Center – 3130 Tyler Avenue
- LP – Lambert Park – 11431 McGirk Avenue
- MVP – Mt. View Park – 12127 Elliott Avenue
- JCMSC – Jack Crippen Multi-Purpose Senior Center – 3120 Tyler Avenue
- AC – Aquatic Center – 11001 Mildred Street

All classes and schedules are subject to change.

**WE LOOK FORWARD TO ENJOYING OUR EXCITING  
SUMMER/FALL SESSION WITH YOU!**

# Aerobic-Dynamic Tumbling

**SUMMER/FALL SESSION:** August 26<sup>th</sup> – October 14<sup>th</sup>, 2009

**FALL SESSION:** October 28<sup>th</sup> – December 16<sup>th</sup>, 2009

**\$40/8 weeks**

This specialized total body high energy tumbling class will follow the United States Gymnastics Federation beginning to advanced level floor exercises as well as simultaneously incorporate each of the five components of physical fitness. These components include cardiovascular strength, endurance, muscular strength, endurance, flexibility and adipose tissue (body fat). Students will learn the importance of perseverance, determination, motivation, and dedication in a fun environment.

Class instruction will be taught by Felicia Perez who has over 13 years experience in teaching dance, gymnastics, and tumbling. She was the director of a successful gymnastics team and has worked with top coaches, trainers, and skill evaluators from UCLA and USA Gymnastics. Felicia has her Master of Science Degree in Physical Education, has a Teaching Credential, a National Safety Certification from USA Gymnastics, Universal Dance Association Certificate, is an Instructor for the American Red Cross and is a Certified Fitness Specialist Master Instructor.

Due to the vigorous nature of the class students may be asked to have a pre-participation medical evaluation.

## General Rules and Policies

For safety purposes we are asking parents to escort your child into the gym prior to and after the conclusion of classes. Parents are encouraged to stay and observe the class. Siblings not enrolled in the class are not allowed on mats or around tumbling areas for safety reasons.

Dress Code requires leotards (without tights) or form fitting fitness attire that will not interfere while tumbling. Males may wear shorts and a form fitting t-shirt.

4 – Adult    Mondays & Wednesday    5:00 - 5:45 PM    Aquatic Center    \$40/8 weeks  
 Multipurpose Room B

**SUMMER/FALL REGISTRATION BEGINS:** Wednesday, August 12<sup>th</sup>, 2009

**FALL REGISTRATION BEGINS:** Wednesday, October 14<sup>th</sup>, 2009

# Ballet, Tap & Jazz

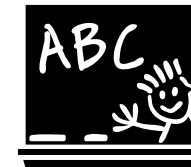
**ONGOING MONTHLY REGISTRATION**  
**\$30/Month**

These three dance favorites will be combined into one class that children are sure to enjoy. Your future star will gain flexibility, coordination, self-esteem and learn the basic fundamentals of dance. Props will be used to make this experience enjoyable for even the youngest dancers. All classes instructed by Mary Enriquez and staff.

Dance 1	3 – 4 Years Old	Mondays	4:00 – 4:40 PM	JCMSC
Dance 2	5 – 9 Years Old	Mondays	4:40 – 5:30 PM	JCMSC



# Tiny Tots Program



**FALL SESSION:** September 21<sup>st</sup> – November 12<sup>th</sup>, 2009

**DARK:** Wednesday, November 11<sup>th</sup>, 2009

**\$65/8 Weeks**

Tiny Tots is a recreation, pre-kindergarten program for **children ages 3 to 5 years old**. Tots will have a chance to learn colors, numbers, games, crafts, singing and group activities. This is a great time for “little ones” to learn to socialize and to share with others in a group situation before they enter kindergarten. Tots must be toilet trained. Class meets 2 days a week, 2 ½ hours a day; Monday & Wednesday or Tuesday & Thursday. The fee of \$65 pays for one 8-week session. Parents do have classroom responsibilities. Be sure to note the eligibility dates listed; all Tots must be at least 3 years old by the first week of class and proof of age is required at registration (a copy of birth certificate).

<b>Tiny Tots 1</b>	<b>Ms. Susana</b>	<b>Mondays &amp; Wednesdays</b>	<b>8:30 - 11:00 AM</b>	<b>LP</b>
<b>Tiny Tots 2</b>	<b>Ms. Susana</b>	<b>Tuesdays &amp; Thursdays</b>	<b>8:30 - 11:00 AM</b>	<b>LP</b>

**Registration Method:** All interested parents are required to use the mail-in procedure. Please see the dates listed below. All new participants are required to mail-in a photocopy of their child’s proof of birth date. **DO NOT SEND ORIGINAL DOCUMENTS**

**Please Note:** Program does not meet between the Thanksgiving and New Year’s Holiday Season.

**FALL REGISTRATION BEGINS:** Monday, September 7<sup>th</sup>, 2009 for continuing students  
 Monday, September 14<sup>th</sup>, 2009 for new students

# Line Dancing

**FALL SESSION:** September 15<sup>th</sup> – November 4<sup>th</sup>, 2009

**WINTER SESSION:** November 17<sup>th</sup> – January 6<sup>th</sup>, 2009

**\$40/8 Weeks**

Come and join in on this fantastic class. You will learn the basics of Line Dancing. You will be dancing to Swing, Waltz, Tango, and Night Club music. Sue S. Dong, with over 20 years of Line Dancing experience, will be instructing classes. You must be at least 18 years of age and older. Some dance experience is required. This is a high-beginner class!



<b>LD 1</b>	<b>18 Years of Age</b>	<b>Tuesdays</b>	<b>7:00 – 8:30 PM</b>	<b>JCMSC</b>
<b>LD 2</b>	<b>18 Years of Age</b>	<b>Wednesday</b>	<b>7:30 – 9:00 PM</b>	<b>JCMSC</b>

**FALL REGISTRATION BEGINS:** Tuesday, September 1<sup>st</sup>, 2009

**WINTER REGISTRATION BEGINS:** Tuesday, November 3<sup>rd</sup>, 2009

# Parent & Me Shake Your Sillies

**ONGOING MONTHLY REGISTRATIONS**  
\$30/Month

This class is intended to help young children learn the basics in a fun and creative way. Children will learn numbers, colors, shapes, and letter recognition. In order to do so, fun techniques such as singing, dancing, playing games and musical instruments will be used to help enhance the educational learning development process. Classes require parent participation so they can help guide their child through the activities. Classes are instructed by Mary Enriquez and staff.

Shake Your Sillies      1 – 4 Years Old      Mondays      6:00 – 6:45 PM      JCMSC

# Piano Classes

**ONGOING MONTHLY REGISTRATION**  
\$30/Month

This new and fun class offers children and adults the opportunity to develop their musical skills. Students will be introduced to music through sound, touch, and sight, learning how to play the piano through notes, song, rhythms, and musical terminology. Keyboards are provided. Classes will be instructed by Mrs. Mary Enriquez and her staff.



Piano 1	4 – 6 Years Old	Wednesdays	5:15 – 6:00 PM	JCMC
Piano 2	7 – Adult	Wednesdays	6:00 – 6:45 PM	JCMC

# Polynesian Karate

**ONGOING MONTHLY REGISTRATION**  
\$40/Month

Teaching the Polynesian Karate, Limalama, Mr. Ramirez instructs children and adults. The students earn their belt levels from **White Belt** to **Black Belt**. Children also learn how to compete in local and traveling karate tournaments. This is an excellent class for physical and mental conditioning. A uniform is required and may be purchased from the instructor.

**\*Refunds will ONLY be given during the 1<sup>st</sup> week of class!**

Pkar 1	5 - 15 Yrs. Old	Mon., Wed., Fri	6:00 - 7:30 PM	JCMSC
Pkar 2	5 - 15 Yrs. Old	Tues., Thurs., Fri.	6:00 - 7:30 PM	JCMSC
Pkar 3	16 - Adult	Tues., Thurs., Fri.	7:30 - 9:00 PM	JCMSC

# Princess Ballet

**ONGOING MONTHLY REGISTRATION**  
\$30/Month

Every little girl dreams of being a Princess for a day. This fun class helps young children live out their dreams. Children have a chance to dress up as a princess and learn fun dance moves. Students will dance with ribbons and magical wands to their favorite princess music. An evening of enchantment will be instructed by Mrs. Mary Enriquez and staff.



Princess Ballet      2 Years Old & Up      Mondays      5:30 – 6:00 PM      JCMSC

# Taekwondo

**ONGOING MONTHLY REGISTRATIONS**  
\$50/Month

If you are looking for inner peace and tranquility, this new physical class is for you. The translation “tae” is to jump or kick; and “kwon” is to punch or strike. Taekwondo develops balance, strength, speed, and self confidence. This class offers both physical and mental challenges that help strengthen and discipline the lives of the youth and adults. Classes will be instructed by Thomas Giaffoglione who has a 2<sup>nd</sup> Dan Black Certification with the world Taekwondo Federation.

Taekwondo 1      Beginning      Mon, Tues, & Th      5:00 – 6:00 PM      MVP

# Gymnastics

**FALL SESSION:** October 14<sup>th</sup>, 2009 – January 20<sup>th</sup>, 2010  
**DARK:** November 11<sup>th</sup> & 25<sup>th</sup>, 2009 & December 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>, 2009  
\$48/10 Weeks

The El Monte Gymnastics program's philosophy is to develop a child's self-esteem by providing successful experiences in a non-competitive environment. El Monte Gymnastics' unique teaching philosophy is different from that of most team focused programs because it allows every child to feel like a winner.

Beginning level classes are designed to give students a solid basis of gymnastics. Classes include cartwheels, handstands and bridge kick-overs. Also included are basic uneven bar and balance beam skills, as well as social development.

Intermediate level classes offer a slightly more advanced level of skills, which includes round-offs, and back walkovers on the floor, as well as handstands and cartwheels on the balance beam. Additionally, instruction is given on more advanced uneven bar skills and front flips on the springboard.

Any level higher than beginning has no age requirement, but requires the instructor's approval. All gymnasts are evaluated to assure placement in the appropriate class with other students of the same skill level. Classes are taught by Brenda Witt and her gymnastics staff.

Gym 1	Beg. Gym.	4-6 Years Old	Wednesdays	4:15 - 5:00 PM	LP
Gym 2	Beg. Gym.	7 & Up	Wednesdays	5:00 - 5:45 PM	LP
Gym 3	Interm. Gym.	Tchr's OK	Wednesdays	5:45 - 6:30 PM	LP

The 5:45 PM class is open only to advanced students who have the instructor's written approval.  
**FALL REGISTRATION BEGINS: Wednesday, September 30<sup>th</sup>, 2009**