

EARLY CHILDHOOD



HOLIDAYS WITH MUSIC TOGETHER

Register at svmusictogether.net

Age 0 - 4

This class follows the same format as a regular Music Together class but features holiday songs and music.

Mon / Dec 2 and 9 / 10:30 - 11:15 a.m. / \$45 / Flintridge
 Mon / Dec 2 and 9 / 4:30 - 5:15 p.m. / \$45 / Flintridge



MUSIC TOGETHER

Register at svmusictogether.net

Age 0 - 4

Music Together is the gold standard in early childhood music and movement. Families participate in songs, rhythmic activities, movement, and instrumental jam sessions. We create a fun, informal, musically rich social setting that supports the different learning styles of children and adults.

Mon / Jan 6 / 10:30 - 11:15 a.m. / \$20 Demo Class / Flintridge
 Mon / Jan 6 / 4:30 - 5:15 p.m. / \$20 Demo Class / Flintridge
 Mon / Jan 13 - Mar 17 / 9:30 - 10:15 a.m. / \$235 / Flintridge
 Mon / Jan 13 - Mar 17 / 10:30 - 11:15 a.m. / \$235 / Flintridge
 Mon / Jan 13 - Mar 17 / 4:30 - 5:15 p.m. / \$235 / Flintridge



MAGIC STEPS MUSIC

Register at magicstepsmusic.com

Age 0 - 5

Magic Steps Music is a hip-shaking, head-bopping interactive music class for infants, preschoolers, and toddlers! The program is designed to be fun, teach your child basic music skills, and help with early childhood development.

Tue / Jan 14 - Mar 18 / 9:00 - 9:45 a.m. / \$325; \$200 Siblings / Oak Knoll
 Tue / Jan 14 - Mar 18 / 10:00 - 10:45 a.m. / \$325; \$200 Siblings / Oak Knoll
 Wed / Jan 15 - Mar 19 / 4:00 - 4:45 p.m. / \$325; \$200 Siblings / Chaparral Park

MAGIC STEPS MUSIC HOLIDAY MUSIC CLASSES

Register at magicstepsmusic.com

Age 0 - 5

Our 3-week holiday session will surely get you and your family in the holiday spirit! Join us as we celebrate the season with traditional winter, Christmas, and Hanukkah songs!

Tue / Dec 3 - 17 / 9:00 - 9:45 a.m. / \$95; \$65 siblings / Oak Knoll
 Tue / Dec 3 - 17 / 10:00 - 10:45 a.m. / \$95; \$65 siblings / Oak Knoll
 Wed / Dec 4 - 18 / 4:00 - 4:45 p.m. / \$95; \$65 siblings / Chaparral Park

ENRICHMENT



DINING ETIQUETTE FOR THE HOLIDAYS

Register at theetiquettefactory.com/msjenn

Age 5 - 10

In this exciting class, your child will learn all about the American dining style in fun and interactive ways. Through discussions, role play, and fun competitions, your child will learn lessons that include place setting, use of table linens, as well as role-playing a complete formal dining experience!

Tue / Dec 10 / 4:00 - 6:00 p.m. / \$35 / Avendale



MANNERS, CHARACTER, AND SOCIAL SKILLS

Register at theetiquettefactory.com/msjenn

Age 5 - 10

This unique learning experience helps children understand why integrity, respect, empathy, and charity help our lives personally and professionally. Over 50 different etiquette skills are taught using games, role play, and activities—a one-time supply fee of \$20. No class 3/12.

Wed / Feb 19 - Apr 2 / 4:30 - 6:30 p.m. / \$145 / Avendale

PLAYTIME IN SPANISH

Register at aprilsonnenberg.com/classes/ladera-ranch

Age 4 - 9

This Spanish immersion course is designed for children in early elementary school. Students will learn by listening to literature, playing games, and interacting through music, rhymes, and fingerplays. Depending on the level, beginning readers and writing will be incorporated. Each class will focus on a different theme, such as food, nature, animals, family, and more. All levels are welcome. Research shows learning two or more languages benefits cognitive development and new learning in general. \$10 supply fee, no class December 23 and 30.

Mon / Dec 2 - Jan 20 / 9:30 - 10:30 a.m. / \$180 / Avendale

SPORTS AND FITNESS



SKYHAWKS SOCCERTOTS

Register at skyhawks.com

Age 2 - 5

This soccer-themed motor skill class is very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus and introduce an element of light competition. The instructor-to-student ratio is kept small to maximize individual development; above all else, we promote fun! Parent participation is required for ages 2-3.5 years.

Wed / Jan 15 - Feb 19 / 3:30 - 4:10 p.m. / \$109 / Oak Knoll / Age 2 - 3.5
 Wed / Jan 15 - Feb 19 / 4:20 - 5:00 p.m. / \$89 / Oak Knoll / Age 3.5 - 5

SKYHAWKS MULTI-SPORTSTOTS

Register at skyhawks.com

Age 2 - 5

Introduce your little superstar to sports in our most popular program! This soccer and baseball class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sports skills, and child development. Parent participation is required for ages 2 to 3.5 years.

Fri / Jan 17 - Feb 21 / 3:30 - 4:10 p.m. / \$109 / Oak Knoll / Age 2 - 3.5
 Fri / Jan 17 - Feb 21 / 4:20 - 5:00 p.m. / \$109 / Oak Knoll / Age 3.5 - 5



LADERA RANCH TENNIS - JUNIORS PROGRAM

Register at laderaranchtennis.com

Age 10 - 16

Ladera Ranch offers a top-quality tennis program that has trained students in firm foundations and excellent technique, instilling the skills to break into competitive tennis. There is an unwavering commitment to helping students reach their highest tennis potential and have fun. Beginner, adult, and live ball clinics are available weekly.

Red/Orange Ball / M - Th / 3:00 - 4:00 p.m. / Covenant Hills / Age 5-10
 Green/Yellow Ball / M - Th / 4:00 - 5:30 p.m. / Covenant Hills / 11-15
 Yellow Ball+ / M - Th / 5:30 - 7:00 p.m. / Covenant Hills / Coach Approved

Program Pricing Red/Orange
 1 Day per week \$240
 2 days per week \$420
 3 days per week \$540
 4 days per week \$720
 Drop-in: \$45 per class

STROLLER STRIDES

Register at laderaranch.fit4mom.com

Age 18+

FIT4MOM is the nation's leading prenatal and postnatal fitness program, providing fitness classes and a network of moms to support every stage of motherhood. From pregnancy through postpartum and beyond, our fitness and wellness programs help make moms strong in body, mind, and spirit—unlimited monthly classes.

Mon - Fri / Ongoing / 9:00 - 10:00 a.m. / \$75 month / Cox Sports Park

BODY BOOST

Register at laderaranch.fit4mom.com

Age 18+

This 8-week, moms-only transformational program is designed to challenge and empower you as you work alongside a dedicated coach to achieve your personal goals. Gain the extra motivation you need from a supportive, small-group environment, all while connecting with the FIT4MOM motherhood sisterhood for added encouragement and community.

Mon & Wed / Oct 28 - Dec 18 / 6:30 - 7:30 p.m. / \$299; \$149 with Stroller Strides / Oak Knoll

AQUATICS



YEAR-ROUND COMPETITIVE SWIM TEAM

Register at evolutionracingclub.com

This program is designed for swimmers looking for consistent, long-term training and competition.

Seasonal Competitive Swim Program

We offer seasonal swim programs, which include an 8-week Spring and Summer Swim Team, and a 12-week Fall Swim Team. These programs are ideal for swimmers seeking a shorter commitment while still participating in competitive swimming.

Evolution Recreational Swim Team

This recreational program provides a fun, low-stakes environment for swimmers who want to stay fit and improve their skills without the pressure of competition.

DANCING

LINE DANCING WITH LAUREN

Register at LineDancingWithLauren.com

Age 16+

Line dancing is an excellent exercise for your brain and body, and it's so much fun! We dance to pop, rock, R&B, country, and more. Beginners learn basic steps and popular dances. Intermediate students learn more complex steps and more challenging dances.

Beginners

Sun / Dec 29 - Feb 2 / 6:30 - 7:25 p.m. / \$93 / \$20 drop-in / Oak Knoll
 Sun / Feb 9 - Mar 16 / 6:30 - 7:25 p.m. / \$93 / \$20 drop-in / Oak Knoll

Intermediate

Sun / Dec 29 - Feb 2 / 7:35 - 8:30 p.m. / \$93 / \$20 drop-in / Oak Knoll
 Sun / Feb 9 - Mar 16 / 7:35 - 8:30 p.m. / \$93 / \$20 drop-in / Oak Knoll