Redondo Beach Sailing Classes

Welcome aboard! We offer classes for beginning and more advanced sailors, on both small centerboard boats and larger keel boats, and are an American Sailing Association (ASA) affiliate. Our goal is to offer top notch instruction and have a lot of fun doing it.

Beginning

ASA STD # 110, PART 1
BASIC SMALL BOAT SAILING
Fee: $275 per person for class of 2 or $500 Private
4 Weeks/12 Hours
A great introduction to the basics of sailing and boating safety. Instruction will cover nautical terminology, rigging and unrigging the boat, leaving and returning to the dock and more. A book is included in the class fee.

ASA STD # 101
BASIC KEEL BOAT SAILING (BIG BOAT)
Fee: $350 per person for a class of 2 or 3 or $500 Private
5 weeks/15 hours
This course will teach you to day sail a boat of approximately 20-30 feet in moderate wind and sea. Some of the topics covered will be basic boat hardware, nautical terms, skipper and crew responsibilities, U.S.C.G. requirements, rigging, knots, converting wind power to sail power, sail trim, outboard motor use, getting underway, rules of the road, tacking, jibing, points of sail, man overboard and docking. A book is included in the class fee.

Intermediate

ASA STD # 110, PART 2
INTERMEDIATE SMALL BOAT SAILING
Fee: $275 per person for a class of 2 or $500 Private
4 Weeks/12 Hours
This is a more advanced small boat class, where you will attempt to earn a skipper rating and be able to take the boat out on your own.

ASA STD #103
BASIC COASTAL CRUISING (BIG BOAT)
Fee: $350 per person class of 2 or 3 or $500 Private
5 Weeks/15 hours
In this course, you will learn reefing, anchoring, radio procedure, beginning navigation and much more, all designed to prepare you for sailing or chartering a vessel on your own. A book is included in the class fee.

ASA STD #105
Coastal Navigation
Fee: $350, 6 weeks/12 hours
Designed for the armchair sailor as well as a TUNE-UP for the active, on-the-water advanced sailor. Included will be the use of charts and chart tools. Student fee includes: The ASA Log Book, coastal navigation hand outs and NOAA test chart. This class takes place in the classroom.

How do I register for a sailing class?
Sailing classes are typically taught as a private lesson or to a small group of 2 or 3 people. For this reason, there are no set class dates and times. Our classes can be customized to fit your busy schedule. To sign up for a class, call the Sailing Academy and speak to one of our sailing instructors. They can assist you in selecting the class that is right for you and match you with one of our highly qualified instructors who can accommodate your schedule. After these arrangements have been made, you can either mail or bring payment for your class to the Community Services Department, located at 1922 Artesia Blvd. Checks should be made out to: The City of Redondo Beach. We do not accept cash.
To register for a sailing class or for more information, please call 310-318-0610 ext. 3399.

CHALLENGE
Fee: $250
Those with previous sailing experience may challenge any of our classes. A challenge consists of a written test and an “on the water” test. Completion allows you to advance to the next level.

THE REDONDO BEACH SAILING CLUB, INC.
After successful completion of our classes, you may join our Sailing Club. Membership entitles you to free sailing every Sunday and to rental privileges of the City’s boats. Membership dues are $125.00 per year. For more details, contact Sara Burns, at saraburns2000@yahoo.com.
GOT A TALENT?

Share your expertise!

Earn extra income while enriching our community.

CITY OF REDONDO BEACH
Community Services Dept.
is now accepting class proposals.

Contact Carrie Díaz at 310-318-0610, x3460 or submit your proposal to carrie.diaz@redondo.org
DANCE 1 STUDIO
FITNESS CLASSES
FEE: $125/6 WEEKS
Instructor: Dance1 Staff
Location: Dance 1 Studio, 2228 Artesia Blvd

Lyrical
The ballet/jazz fusion of lyrical emphasizes the beauty of fluidity and grace. The lyrical dancer flows in a series of expressive moves that translate a range of emotions often culminating in sustained movements. Lyrical is a wonderful blend of technique and musicality.

- 49983 M Apr 15 7:00-8:00 p.m.
- 49984 M Apr 15 7:30-8:30 p.m.
- 49985 W Apr 17 9:00-10:00 a.m.
- 49986 W Apr 17 7:00-8:00 p.m.

Intermediate Jazz
Want to stretch and move to fun music? This class will make your heart happy, your body healthy and your mind free!

- 49981 Tu Apr 16 7:00-8:00 p.m.

Strong Beginner Tap
Looking for a fun way to exercise? Try Tap! We will teach you all the right moves to get you tapping along. Tap shoes required.

- 49982 W Apr 17 7:00-8:00 p.m.

55+ or Beginner - Tap

- 49980 M Apr 15 9:30-10:30 p.m.

LINE DANCING
FEE: $65/8 WEEKS
Instructor: Tom Hickey
Location: Anderson Park Senior Center

No partner needed! Line Dancing is lots of fun and great exercise. You will learn the classic beginner line dances like the Electric Slide, Boot Scootin' Boogie and Watermelon Crawl as you build your skills in learning new patterns and moves. The intermediate class builds on the basic patterns with more advanced moves, spins and turns. I teach the classics to the most current dances being taught in Country Western Clubs around the southland. Come join the fun. Bring a friend. Leather sole shoes or boots recommended. No class 5/27.

**Beginner**
- 50077 M Apr 15 6:30-7:30 p.m.

**Intermediate**
- 50078 M Apr 15 7:40-8:40 p.m.

DANCE 1 STUDIO
FITNESS CLASSES
FEE: $125/6 WEEKS
Instructor: Dance1 Staff
Location: Dance 1 Studio, 2228 Artesia Blvd

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- 49980 M Apr 15 9:30-10:30 p.m.
Dance

BELLY DANCING - ALL LEVELS
NEW
FEE: $80/8 WEEKS
Instructor: Regine Costello
Location: Aviation Gym
Learn the ancient art of belly dancing by developing flexibility and coordination through the beauty of moving naturally while having fun at the same time. This class is taught by a multi-award winning dancer and teacher.
50507 Th Apr 18 7:30-8:30 p.m.

Fitness

BALLET-BARRE WORKOUT
FEE: $75/6 WEEKS
Instructor: Dulce
Location: Aviation Gym
This is a full-body workout that combines no impact ballet-based movements, muscle toning with light weights, core-focused exercises, and a relaxing cool down stretch. This class is for everyone! From the absolute beginner to elite fitness levels-modifications or challenges are offered to suit your own pace and ability.
49869 W Apr 17 6:00-7:00 p.m.

TOTAL BODY WORKOUT
FEE: $80/8 WEEKS
Instructor: Mind Body Ocean Staff
Location: Aviation Dance Room
Get a full body workout and feel good about yourself. In this class, we warm up to a no-bounce cardio work out. Then we work with weights to make our muscles strong and end it with an easy yoga stretch. We will burn calories, feel energized and have fun at the same time. This class is for all levels. Bring water, mat and your positive attitude to class. No class 5/27.
50432 M Apr 15 6:00-7:00 p.m.
GENTLE YOGA WITH TERI
FEE: $130/10 WEEKS
Instructor: Teri Thompson
Location: Alta Vista Community Center
Stretch, Strengthen and Soothe. A perfect class for those who are new to yoga and need to take it easy. Individual modifications are given. It’s also wonderful for athletic types who get a work out elsewhere, but want a class for stretching, relaxation, and stress release. Bring a yoga mat and a towel if needed for neck support. Blocks, straps and blankets are provided for in-class use. For more info, visit yogabyteri.com.
50465 Tu Apr 16 6:45-8:00 p.m.

BEACH YOGA
FEE: $120/10 WEEKS
Instructor: Kerri Sheybani
Location: The Beach at Knob Hill
BEACH YOGA: A mindful flow of gentle asanas with attention to breath. This is an excellent class for developing flexibility, balance and strength while creating an inner calmness. For the beginner as well as those searching for a relaxing yoga experience. Please bring a large beach towel. (Rain or shine). No classes the week of 5/27.
50464 M Apr 15 4:00-5:00 p.m.
50466 W Apr 17 9:00-10:00 a.m.
50467 Sa Apr 20 9:00-10:00 a.m.

POWER SCULPT: FULL BODY WORKOUT
FEE: $134/10 CLASSES
Instructor: Deborah Teel
Location: Alta Vista Community Center
Increase your strength, muscles and core in this results-oriented fitness class. Dumbbells, balls and bands are used to create a strong, balanced body. Make an appointment for better physical and mental health. All levels welcome. Strength is in! Deborah Teel teaches fitness classes throughout the South Bay and has been instructing for many years. She has a B.S. in Exercise Science/Education and an M.A. in Clinical Psychology. No class 5/27.
50151 M Apr 15 5:30-6:30 p.m.
50152 W Apr 17 5:30-6:30 p.m.

Yoga

YOGA FOR BEGINNERS
FEE: $100/8 WEEKS
Instructor: Dulce
Location: Alta Vista Community Center, 715 Julia Street
In this class, you will practice the full range of various yoga poses adapted to your own ability. Perfect for beginners as well as for those who have previously participated in yoga. Stretch and move by holding each pose to your fullest extent. You will learn each yoga pose at your own pace. Get rid of stress, learn to breath, feel relaxed and clear your mind. Bring a mat, towel and water to class.
50469 Th Apr 18 6:30-7:30 p.m.
**Culinary Art & Sewing**

**FOOD DECORATING**
FEE: $160/4 WEEKS  
Instructor: Galina Gusachenco  
Location: Alta Vista Community Center Kitchen

Learn the art of food decorating using fresh fruits and vegetables. This hands-on class will teach you how to design beautiful platter presentations and more.

50021  W  Apr 17  6:00-7:00 p.m

**SEWING FOR BEGINNERS**
FEE: $160/6 WEEKS  
Instructor: Dulce  
Location: Community Services Bldg, 1922 Artesia Blvd

If you have always wanted to learn how sew your own clothes, then this is the class for you! You will learn the basics on fabric selection, hand and machine stitching, fitting, and finishing techniques. The beginner student will work at their own pace. We will work together on up to five simple sewing projects: 1) pillow/tote, 2) t-shirt/dress, 3) skirt, 4) pajama pants/shorts, and 5) Kimono. Bring on the first day pillow/tote fabric, fabric scissors, pins, needle, thread, note pad and pen. You will need to bring your full-sized basic sewing machine to class. Class is limited to 10 students so register early.

50228  W  Apr 17  5:30-6:30 p.m

**Special Interest**

**FOOD DECORATING**
FEE: $160/4 WEEKS  
Instructor: Galina Gusachenco  
Location: Alta Vista Community Center Kitchen

Learn the art of food decorating using fresh fruits and vegetables. This hands-on class will teach you how to design beautiful platter presentations and more.

50021  W  Apr 17  6:00-7:00 p.m

**DOG OBEDIENCE TRAINING**
FEE: $140/9 WEEKS PER PERSON & DOG  
Instructor: Gil Escontrias  
Location: Dominguez Park

Classes will cover canine basic obedience including sit, stay, heel, come and down. Training will also include socialization, proper equipment and aggression prevention. Handler instruction includes the management of the dog in various environments, personal and dog safety, understanding your dog, submissive issues and behavioral problems. This training prepares the student and dog for the successful completion of the AKC Good Citizen test.

Military personnel, Active Duty, Reserve or Veterans who would like to train their dog for use as a personal Service or Therapy Dog may enroll in the class at no charge. You must call in your registration at 310-318-0610, ext. 3460, or register in person at the Community Services office. Proof of status will be required at the orientation meeting (DD Form 214 or Military ID). This training will provide the team a solid base of instruction for more advanced future training if necessary. Instruction will include safety, proper equipment, socialization, current laws, and benefits.

Class orientation held prior to first class. Location and time TBD. Proof of vaccination required.

49992  Sa  Apr 20  9:00-10:00 a.m
**Music**

**BEGINNING PIANO**  
**FEE: $160/10 WEEKS**  
Instructor: Kids Music N' Motion staff  
Location: Community Services Bldg, 1922 Artesia Blvd  

Group Piano classes are offered with a foundation in music theory and basic concepts of reading music to build on that foundation. Classes are taught in a group setting with up to 8 students. Each student is provided with their own keyboards to use for class; KMNM brings these each week. $25 material fee due on the first day of class. No class 5/27.

50134  M  Apr 15  5:30-6:15 p.m.

**Beach Volleyball**

**BEACH VOLLEYBALL**  
**FEE: $70/8 WEEKS**  
Instructor: Ron Ponciano  
Location: Courts on the beach at Knob Hill  

Classes emphasize skill building drills for beach play as well as player movement, body control, jumping and running drills. Six person, four person or doubles games will be played depending on skill level of the class.

**Beginning**  
50486  Tu  Apr 16  6:00-8:00 p.m.  
50443  Sa  Apr 20  9:00-11:00 a.m.

**Intermediate**  
50487  Th  Apr 18  6:00-8:00 p.m.  
50444  Sa  Apr 20  11:00 a.m.-1:00 p.m.

**Golf**

**GOLF - ALL LEVELS**  
**FEE: $105/6 WEEKS**  
Instructor: Mike Buroza, PGA  
Location: Los Verdes Golf Course, 7000 W. Los Verdes Drive, RPV  

Group golf lessons overlooking the coast. Instruction includes putting, pitching and full swing. Golf balls included during lessons. You'll also have the opportunity to spend time on the driving range.

50027  M  Apr 15  1:00-2:00 p.m.  
50025  Sa  Apr 20  10:00-11:00 a.m.  
50026  Su  Apr 21  2:00-3:00 p.m.

**Horsemanship**

**INTRO TO HORSEMANSHIP**  
**FEE: $375/6 WEEKS**  
Instructor: Callie Bell  
Location: Portuguese Bend Riding Club, 40 Narcissa Dr, RPV  

This class is designed as an introduction to horses as well as hands on grooming, care and riding. Each student will receive a workbook and is taught the basic parts of the horse, necessary equipment and horse terminology—all included in the fee. Please wear heavy soled shoes or boots for safety purposes. Instructions for security gate access will be provided in registration confirmation receipt. Callie has been teaching over 20 years and has students competing at the World and National levels.

50047  Sa  Apr 20  2:00-3:30 p.m.

**Martial Arts & Self-Defense**

**TAEKWONDO**  
**GREAT PRICE!**  
**FEE: $60/4 WEEKS - 2x’s PER WEEK, FREE UNIFORM**  
Instructor: Quest Taekwondo  
Location: 800 Torrance Blvd, Suite 104  

Our adult class is specifically designed for those 13 and up who wish to learn taekwondo in a non-intimidating environment. This is a great program for adults who wish to improve their physical fitness and learn self-defense and for those looking for a safe and fun athletic social outlet. This class meets 2x’s per week. For ages 13 and up. Uniform is included!

50378  M/W  Apr 15  6:15-7:00 p.m.
**ADULT SPORTS LEAGUES**

**MEN’S & CO-ED SLOW-PITCH LEAGUES**

<table>
<thead>
<tr>
<th>LEAGUES</th>
<th>DAY</th>
<th>TIME</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Coed 12”</td>
<td>Sun</td>
<td>5:30-10:00 p.m.</td>
<td>Aviation Gym</td>
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<td>Men’s 12”</td>
<td>Tue</td>
<td>6:30-10:00 p.m.</td>
<td>Aviation Gym</td>
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<tr>
<td>Men’s 12”</td>
<td>Wed</td>
<td>6:30-10:00 p.m.</td>
<td>Aviation Gym</td>
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<tr>
<td>Men’s 12”</td>
<td>Thu</td>
<td>6:30-10:00 p.m.</td>
<td>Aviation Gym</td>
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**LOCATION**

- Anderson
- Alta Vista

**FEES - $425 PER TEAM**

Fees are based on a minimum of 4 to a maximum of 8 teams per league with an 8 match minimum. There is an additional $2 fee for each rostered non-resident player. Payment of entry fees will be deposited immediately.

**GAME OFFICIALS**

$18 per team for umpire and scorekeeper

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**BASKETBALL LEAGUES**

**ADULT SPORTS LEAGUES**

**ADULT CLASSES**

**ADULT SPORTS LEAGUES**

**LEAGUES**

<table>
<thead>
<tr>
<th>6’2” &amp; Under</th>
<th>Sun</th>
<th>5:30-10:30 p.m.</th>
<th>Aviation Gym</th>
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<tbody>
<tr>
<td>Open</td>
<td>Mon</td>
<td>5:30-10:30 p.m.</td>
<td>Aviation Gym</td>
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<tr>
<td>6’2” &amp; under</td>
<td>Tues</td>
<td>6:30-10:30 p.m.</td>
<td>Aviation Gym</td>
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<td>6:30-10:30 p.m.</td>
<td>Aviation Gym</td>
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**LOCATION**

- Aviation Gym

**FEES - $300 PER TEAM**

Fee are based on a minimum of 6 to a maximum of 10 teams per league with an 8 game minimum. There is an additional $2 fee for each rostered non-resident player.

**GAME OFFICIALS**

$35 per team for two referees and one scorekeeper

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**VOLLEYBALL LEAGUES**

**LEAGUES**

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<th>Coed</th>
<th>Mon</th>
<th>6:30-10:30 p.m.</th>
<th>Aviation G-2</th>
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<tr>
<td>Men’s</td>
<td>Wed</td>
<td>6:30-10:30 p.m.</td>
<td>Aviation G-2</td>
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**LOCATION**

- Aviation G-2

**FEES - $250.00 PER TEAM**

Fees are based on a minimum of 4 to a maximum of 8 teams per league with an 8 game minimum. There is an additional $2 fee for each rostered non-resident player.

**GAME OFFICIALS**

$25 per team for two referees

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**TEAM AND PLAYER ELIGIBILITY**

1. League placement is based on residency and continuous participation. Teams with 75% of players living or owning property in Redondo Beach will have priority over non-resident teams.
2. Players must be a minimum of 18 years of age.
3. Players may not be participating in college or professional ball.

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**nite Adult Sports Leagues run year round, with leagues starting in the Spring, Spring, Summer & Fall. For more information, contact Rob Pierce, Adult Sports Coordinator, 310-318-0666.**