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 #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.

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.

Intermediate

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 handouts and NOAA test chart. This class takes place in the classroom.

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.
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.
51948  M  Sep 30  7:00-8:00 p.m.

Beginner Ballet
Ballet is based on techniques that have been developed over centuries and uses music and dance to tell stories. If you are new to Ballet or danced when you were younger, all are welcome to the class.
51949  M  Sep 30  7:30-8:30 p.m.
51950  W  Oct  2  9:00-10:00 a.m.
51951  W  Oct  2  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!
51946  Tu  Oct  1  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.
51947  W  Oct  2  7:00-8:00 p.m.

55+ or Beginner - Tap
51945  M  Sep 30  9:30-10:30 p.m.

NEW  HIP HOP ADULT
FEE: $80/4 WEEKS - DROP IN RATE @ $20/CLASS
Instructor: Ke’Aira
Location: Dance 1 Studio, 2228 Artesia Blvd
Hip hop is a high-energy class that infuses the latest styles of breaking, popping and locking for all levels.
52438  W  Oct  2  11:00-11:30 a.m.

BELLY DANCING - ALL LEVELS
FEE: $75/7 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. No class 10/31.
51884  Th  Oct  3  7:30-8:30 p.m.

LINE DANCING  BACK IN SESSION FOR FALL!
FEE: $65/8 WEEKS
Instructor: Tom Hickey
Location: Anderson Park Senior Center
No partner needed! Line Dancing is tons 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.

Beginner
52029  M  Sep 30  6:30-7:30 p.m.

Intermediate
52030  M  Sep 30  7:40-8:40 p.m.
NEW  MIXED LATIN RHYTHM  
FEE: $125/6 WEEKS  
Instructor: You Can Dance Studio staff  
Location: You Can Dance Studio  
1089 Aviation Blvd, Hermosa Beach, CA  90254  
Learn Basic patterns, timing and technique for Salsa and other popular Latin dances. This is a fun, energetic class to get you dancing to the music while getting a great workout. No partner necessary to attend.  
51932  Th  Oct 3  7:00-7:45 p.m.  

NEW  BACHATA  
FEE: $125/6 WEEKS  
Instructor: You Can Dance Studio staff  
Location: You Can Dance Studio  
1089 Aviation Blvd, Hermosa Beach, CA  90254  
Bachata is a social dance that originated from the Dominican Republic. Learn Basic patterns, timing and technique for Bachata. No partner necessary to attend.  
51931  M  Sep 30  7:45-8:30 p.m.  

NEW  ARGENTINE TANGO  
FEE: $125/6 WEEKS  
Instructor: You Can Dance Studio staff  
Location: You Can Dance Studio  
1089 Aviation Blvd, Hermosa Beach, CA  90254  
This class is perfect for beginner and intermediate levels. Discover the beauty of this magnificent dance! In this class, you will be working on the famous Tango walks and more. No partner necessary to attend.  
51933  M  Sep 30  7:00-7:45 p.m.  

NEW  SALSA  
FEE: $125/6 WEEKS  
Instructor: You Can Dance Studio staff  
Location: You Can Dance Studio  
1089 Aviation Blvd, Hermosa Beach, CA  90254  
Start dancing one of the hottest social dances around! Learn the patterns, timing and technique of Salsa. After a few classes, you will be ready to impress on the dance floor! With intermediate classes, continue to polish your technique and learn new moves. No partner necessary to attend.  
Beginning Salsa  
51929  Tu  Oct 1  7:00-7:45 p.m.  
Intermediate Salsa  
51930  Tu  Oct 1  7:45-8:30 p.m.
Fitness

**NEW MAT PILATES AND BARRE**
FEE: $120/8 WEEKS
Instructor: Mind Body Ocean staff
Location: Aviation Dance Room
This is a hybrid workout class combining Mat Pilates to flatten and tone your core, ballet-inspired moves to sculpt the backside and legs with elements of yoga and strength training.
52035 W Oct 2 9:00-10:00 a.m.

**BALLET-BARRE WORKOUT**
FEE: $80/7 WEEKS
Instructor: Mind Body Ocean staff
Location: Aviation Gym
Come try this class! You will find that this class is for everyone—not just for dancers! You control your body, as you work at your own pace. Class starts with a 10-minute warm-up with shoes on, then we meet at the barre for strengthening, toning and stretching. Bring workout shoes for the first part of the class. All levels ~ no experience needed.
51881 W Oct 2 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.
52368 M Sep 30 6:00-7:00 p.m.

**POWER SCULPT: FULL BODY WORKOUT**
FEE: $139/10 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.
52072 M Sep 30 5:30-6:30 p.m.
52073 W Oct 2 5:30-6:30 p.m.
Fitness (cont.)

NEW ZUMBA®
FEE: $50/5 WEEKS
Instructor: Gayle Carlisle
Location: Aviation Gym Dance Room

Zumba® is a fun, easy-to-follow cardio dance workout that is done to a variety of hot Latin and World beats such as Salsa, Mambo, Cumbia and Reggaeton, Brazilian, Flamenco, Belly Dance and much much more! This is fast and exciting way to loose weight, get toned and learn a few new dance steps. All levels welcome.

52418 Tu Oct 1 6:00-7:00 p.m.
52419 W Oct 2 7:15-8:15 p.m.

Yoga

NEW VINYASA FLOW YOGA
FEE: $120/8 WEEKS
Instructor: Dulce
Location: Aviation Dance Room

Vinyasa Flow is a dynamic style of Hatha yoga which joins physical postures with inhales and exhales, creating a steady internal rhythm for the practice. This class is designed to cultivate heat in the body with creative sequences involving sun salutations, standing and seated postures, back bending, arm balancing, and a strong focus on the power of breath awareness. Flow yoga tends to be vigorous and aerobic and will have a variety of music and themes. This is a mixed level class and the instructor will offer modifications. All levels welcome.

52401 M Sep 30 9:00-10:00 a.m.

YOGA FOR BEGINNERS
FEE: $120/8 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. All levels welcome.

52400 Th Oct 3 6:30-7:30 p.m.
Yoga (cont.)

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 workout 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. No class 11/5.
52397 Tu Oct 1 6:45-8:00 p.m.

BEACH YOGA
FEE: $120/8 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 class the week of 11/25.
52396 M Oct 7 4:00-5:00 p.m.
52398 W Oct 9 9:00-10:00 a.m.
52399 Sa Oct 12 9:00-10:00 a.m.

Art

NEW THE POTTERY EXPERIENCE
FEE: $50/1.5 HOUR SESSION
Instructor: Summer Studios staff
Location: Summer Studios, 2161 Lomita Blvd, Lomita
Experience the pottery wheel! Get your hands dirty and learn to build something with clay. Summer Studios will contact you to set up your experience.
52199 Dates and times arranged with staff

NEW 1 DAY CLAY
FEE: $45/4 WEEKS
Instructor: Summer Studios staff
Location: Summer Studios, 2161 Lomita Blvd, Lomita
Create something fun from clay. Each workshop focuses on a unique theme while learning the elements of shape, texture and form.

Mermaids Workshop
52200 Su Sep 29 2:00-4:00 p.m.

Tree House Workshop
52440 Su Oct 27 2:00-4:00 p.m.

Ornaments Workshop
52441 Su Nov 24 2:00-4:00 p.m.

DRAWING AND PAINTING
FEE: $160/4 WEEKS
Instructor: Summer Studios staff
Location: Summer Studios, 2161 Lomita Blvd, Lomita
Start as a beginner/intermediate/advanced student and learn a wide range of skills in both drawing and painting.
52201 F Oct 4 4:00-5:30 p.m.
52442 Sa Oct 5 4:00-5:30 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.
51978 W Oct 2 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.
52123 W Oct 2 5:30-6:30 p.m

Dog Obedience

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.
51958 Sa Oct 5 9:00-10:00 a.m

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.
ADULT CLASSES

Music

BEGINNING PIANO
FEE: $165/10 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; KMMN brings these each week. $25 material fee due on the first day of class.

52061 M Sep 30 5:30-6:15 p.m.

NEW BEGINNING GUITAR
FEE: $165/10 WEEKS
Instructor:
Kids Music N’ Motion staff
Location: Community Services Bldg, 1922 Artesia Blvd

Students will learn rhythm, strumming, picking as well as how to read the treble clef in this wonderful class. $25 material fee due on the first day of class.

52422 T Oct 1 6:45-7:30 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.

51983 M Sep 30 1:00-2:00 p.m.
51984 Sa Oct 5 10:00-11:00 a.m.
51985 Su Oct 6 2:00-3:00 p.m.

Beach Volleyball

BEACH VOLLEYBALL
FEE: $80/8 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
52380 Sa Oct 5 9:00-11:00 a.m.

Intermediate
52382 Sa Oct 5 11:00 a.m.-1:00 p.m.

Martial Arts & Self-Defense

TAEKWONDO
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!

52314 M/W Sep 30 6:15-7:00 p.m.