



Health and Fitness

Please refer to **Youth and Teen Section** for the following adult classes:

Fencing • Karate • Taekwondo • Ice Skating

Please refer to the **Sports Section** for Tennis classes (pages 42 & 43)

Golf (15-Adult)

Enjoy a supportive, relaxed atmosphere that specializes in new and beginner golfers at the Southern California Golf Learning Center. Learn fundamentals of the full swing, chipping, putting, terminology, rules, on course skills, as well as golf etiquette. **Family & youth golf classes advertised in the Youth and Teen Section.** **Location:** Vista Valencia Golf Course, 24700 West Trevino Dr., Valencia, 253-1870 Ext. 2

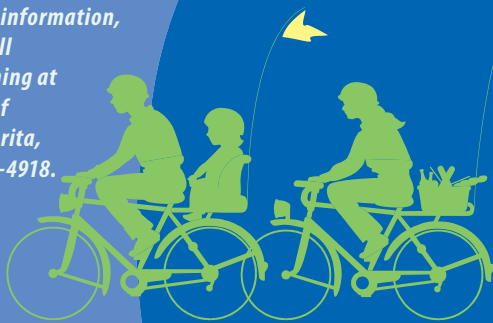
Min/Max: 6/18 **Fee:** \$60 (\$65 NR)-3 wks

Code	Start Date	Time
1337.101	Sa-1/16	11:00 am-12:00 pm
1337.102	Sa-2/13	11:00 am-12:00 pm

Bicyclists Safety Program

Bicyclists who ride along the City's bike trails or take to the streets can learn how they can be safer through a free educational program offered from the City of Santa Clarita. The program includes a presentation of videos and general knowledge on the rules of the road, and tips on how bikes and motor vehicles can safely co-exist. John Lukes, a bike advocate, has been presenting this program to residents since March 1996. This free program is available upon request to businesses, schools, and organizations, and can be geared towards the level of experience and age of the participants.

For more information, please call Pat Downing at the City of Santa Clarita, (661) 255-4918.



Pro Golf Training Center (13-Adult)

Indoor instruction is becoming the future of golf instruction and is perfect for the intermediate/advanced golfer ready to take their game to the next level. Specialize in high tech swing analysis. Bring own equipment.

Instructors: Brian & Lisa Eggleston **Location:** Pro Golf Training Center, 24458 Lyons Avenue, 222-7900 **Min/Max:** 4/4 **Fee:** \$49 (\$54 NR)-2 wks

Code	Dates	Time
1338.101	W-1/27 & 2/3	6:00-7:00 pm
1338.102	Sa-1/30 & 2/6	9:00-10:00 am

Meditation (Adult)

Explore untapped possibilities in a safe, relaxed atmosphere. Learn how to communicate with your higher self. Class consists of guided imagery, journaling, class discussion, and basic meditation techniques. Bring towel & journal. **Instructor:** Sharon Hill **No Class:** 1/18 & 2/15 **Min/Max:** 8/20

Fee: \$44-7 wks

Code	Start Date	Time	Location
1338.111	M-1/11	7:20-8:20 pm	CCP

New

Self-Hypnosis (Adult)

Whatever your goals are; losing weight, stop smoking, etc., realize that you have the ability to think it, see it and do it! Introducing self-hypnosis techniques, guided meditation and practice time. Bring yoga mat, pillow & blanket. *\$15 material fee due at 1st class.* **Instructor:** Sunni Boswell

Min/Max: 6/30 **Fee:** \$65-4 wks

Code	Start Date	Time	Location
1339.101	Th-1/14	7:15-8:15 pm	VMP

Pranayam: Healing thru Breathing (Adult)

Pranayam means to enhance the vital force/energy pervading the body. Help control anxiety, depression, chronic fatigue, heart disease, diabetes, and a host of other mental/physical illnesses. Class consists of stretching, breathing techniques, and journaling. *\$5 material fee due at 1st class.* **Instructor:** Simi Advani **Min/Max:** 8/30 **Fee:** \$48-6 wks

Code	Start Date	Time	Location
1340.101	W-1/13	6:15-7:10 pm	VGP

*Creating Community Through People,
Parks and Programs for
People of All Ability Levels*