



CITY OF CERRITOS



Winter 2025

Community Services Program

Your Cerritos Digital Newsletter

The City of Cerritos welcomes you to our first digital edition of the “Community Services Program!” We’re pleased to present information about upcoming Recreation Services activities and special events.

To print this newsletter, download the PDF first (icon located on lower right side below the newsletter) and select printing options from your browser.

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**Browse classes
and register with**



Special Events

Veterans Day Ceremony

The City of Cerritos will host a Veterans Day Ceremony in honor and remembrance of those who have defended the Nation’s freedom by serving in the U.S. Armed Forces. A musical prelude to the ceremony will begin at 9:45 a.m. The ceremony will begin at 10 a.m. with refreshments being served immediately following. For more information, please call the Community Services Division at [\(562\) 865-8101](tel:5628658101).

Tue	11/11	10AM	All Ages	Veterans Memorial	Drop-in
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Christmas Tree Lighting Ceremony and Activities

Get an early jump on the holiday spirit at this special event for Cerritos families. The event will begin at 5 PM with entertainment by local music groups, carolers, crafts and fun for the entire family. The Christmas tree will be lit at 6 PM and following the lighting, Santa will be available for visits. Please bring a camera. For more information, please call the Community Services Division at [\(562\) 865-8101](tel:5628658101).

Mon	11/24	5-7PM	All Ages	Civic Center	Drop-in
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Email to Santa

Visit the City of Cerritos website and email a greeting to Santa! A special email address has been set up by the City so children, up to age 11, can send their holiday wishes electronically. Santa is very busy this time of year so the site will only be open November 24 through December 12. Email Santa by watching for his link on the City’s website at cerritos.gov.



North Pole Calling

Make this holiday extra special by having little ones talk person-to-person with Santa, Mrs. Claus or an Elf at the North Pole. To get on Santa’s phone list, register for the appropriate age group until December 4. Make sure children are home to receive calls between 5:30 and 7:30 p.m. on the correct date. For more information, please call Heritage Park at (562) 916-8570.

Free One Day				
Thu	12/4	5:30-7:30PM	Ages 4-6	#15862
Fri	12/5	5:30-7:30PM	Ages 7-9	#15863

Santa’s Sleigh Day at the CCPA

Santa is coming to the Cerritos Center for the Performing Arts (CCPA)! Families are invited to an afternoon filled with holiday magic. Enjoy crafts, live performances, holiday music, and festive games. Please bring a camera as photo opportunities with Santa Claus will be available. Light snacks and hot cocoa will be served, while supplies last. For more information, please call the Recreation Services Division at [\(562\) 916-1254](tel:5629161254).

Free One Day				
Sat	12/6	11AM-2PM	All Ages	CCPA Drop-in

Festival of Friendship

The City of Cerritos and the Let Freedom Ring Committee invite the community to attend the 27th annual Festival of Friendship at the Cerritos Center for the Performing Arts (CCPA). The festival provides a unique opportunity to learn about the City’s rich cultural diversity through a variety of acts performed on stage. Guests will receive a commemorative gift, while supplies last. There is no admittance fee to the event. For more information, please call the Recreation Services Division at [\(562\) 916-1254](tel:5629161254).

Free One Day				
Sat	2/7	11AM-4PM	All Ages	CCPA Drop-in

Cerritos Resident Talent Showcase

Celebrating the City’s 70th Anniversary

Start the music! Light the lights! The stage awaits prospective Cerritos resident performers to participate in the annual citywide Talent Showcase Celebrating the City’s 70th Anniversary. Performances may include: dancing, singing, musical instrument performances and variety (i.e., juggling, magic, dramatic reading performance or singing and dancing combination) for performers ages 4 to adult. No stand up comedy, please.

- The number of acts will be limited.
- Qualifying acts must be able to record their performances on Tuesday, March 24 or Wednesday, March 25 by appointment only.
- Group performances are allowed and may have a maximum of six members; fifty percent or more of each group must be Cerritos residents.

- Acts are limited to four (4) minutes maximum.
- All recorded accompaniment music must be in mp3 format.
- Qualifying acts will be notified by email.
- Participation certificates will be distributed.

Complete and submit the digital entry form on the City’s website at cerritos.gov beginning Friday, February 13 through Monday, March 2.

The Talent Showcase will be cablecast on Cerritos TV3 on

Fri	4/24	7PM
Sat	4/25	7PM
Sun	4/26	7PM

For More Information

Call Cerritos Park East at [\(562\) 407-2611](tel:5624072611).



Classes and Activities

Preschool

Half Pint’s Night

Join us for an evening of themed activities that may include games, crafts, and stories. Parents are required to sign children in and out of the class.

\$10 | One Day

Let It Snow!

Fri	1/16	6-7:30PM	Ages 3-5	Cerritos Park East	#15566
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Little One’s Hour

Children will enjoy a fun-filled hour of crafts, games, and stories at the community centers. Parents are required to sign children in and out of each class meeting.

\$18 Resident/\$27 Non-Resident | 3 Classes

Winter Bliss

Tue	12/2-12/16	3:30-4:30PM	Ages 3-5	Heritage Park	#15567
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Parent/Child Create Art with Me

Participants will explore different types of art and make a new masterpiece each week. Each project will encourage participants to use their imagination and creativity. Staff will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$23 | 5 Classes

Wed	1/7-2/4	10:15-11:15AM	Ages 2-4	Cerritos Park East	#15568
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Parent/Child Story Time Fun

Participants will explore their creativity and use their imaginations. Each week, staff will read a story followed by a craft that relates to the tale. Staff will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$23 Resident/\$35 Non-Resident | 5 Classes

No class on January 19.

Mon	1/5-2/9	10:15-11:15AM	Ages 2-4	Heritage Park	#15569
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Parent/Child Wiggle and Giggle with Me

This play-based class will get participants wiggling and giggling as they explore various mediums of play. Dancing and movement games will get them wiggling, while singing silly songs and stories will get children giggling. Staff will guide participants through the activities. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$23 Resident/\$35 Non-Resident | 5 Classes

Fri	1/9-2/6	10:15-11:15AM	Ages 2-4	Heritage Park	#15570
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Preschool Play & Practice

Children will sing, play, and learn numbers and letters through age-appropriate activities. Each class is based on a different theme and may include cutting, pasting, and coloring. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$66 Resident/\$99 Non-resident | 4 Classes

Tue	1/6-1/27	10:15-11:15AM	Ages 2-4	Liberty Park	#15571
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Teeny Tumblers

Enjoy quality time together participating in activities that are fun for both parents and little cruisers. Early walkers will build important motor skills, balance and coordination as they explore tunnels, slides and ramps. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$66 Resident/\$99 Non-Resident 4 Classes					
Tue	1/6-1/27	12:10-12:55PM	Ages 2-4	Liberty Park	#15572
Sat	1/10-1/31	10:30-11:15AM	Ages 2-4	Liberty Park	#15573

Tumble and Yoga

Tumbling and yoga increases strength, balance, flexibility and coordination while increasing attention span. Children will have fun without realizing how healthy and relaxed they are becoming. Adult participation is required; one adult per child. Only children must register for the class and only registered children may be brought to class. Parents are required to sign children in and out of each class meeting.

\$66 Resident/\$99 Non-Resident 4 Classes					
Tue	1/6-1/27	11:15AM-12PM	Ages 2-4	Liberty Park	#15574

Cerritos Tot Lots

This is a cooperative preschool program (not child care or day care) for children, 2 years 9 months to 5 years old at Liberty Park and 3 to 5 years old at Heritage Park. Activities will include lessons, songs, plays, crafts, excursions and parties. Parents are required to work one morning per week and attend a monthly evening meeting. Fees include initial registration, quarterly tuition and insurance.

This educational program is conducted September through June, Monday through Friday. There will be no program on ABC Unified School District breaks and holidays. New members may join as openings occur. Priority is given to Cerritos residents. For more information, contact the membership chairperson of the individual Tot Lot.

Heritage Park Tot Lot

Mon-Thu	Sept-June	10:30AM-1:25PM	Sharon Yu	(562) 583-8116 hptotlotvp@gmail.com
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Liberty Park Tot Lot

Mon-Fri	Sept-June	10:15AM-1:15PM	Marijean Isla	(562) 265-8805 libertyparktotlot@gmail.com
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Get Digital Newsletter Email and Text Alerts

Receive email and text notices when the new Community Services Program digital publication is available here online.

Visit the [News Signup page](#) and create an account, then select the “Community Services Program” category.

For more information, visit cerritos.gov/cnewsdigital.



Classes and Activities Youth

Ceramics

Stimulate the imagination by creating fun projects out of clay. Learn fundamental hand-building skills and ceramics terminology. Parents are required to sign children in and out of each class meeting.

\$40 + Materials Fee | 5 Classes

Please bring a \$15 materials fee to the first class.

Tue	1/6-2/3	5:45-6:45PM	Ages 13+	Cerritos Park East	#15575
Thu	1/8-2/5	4:30-5:30PM	Ages 6-12	Cerritos Park East	#15576
Thu	1/8-2/5	5:45-6:45PM	Ages 6-12	Cerritos Park East	#15577

Chess Academy

Learn the game of chess in a fun and enriching environment. Chess boards and pieces will be provided each week for use during each class session. Students will be evaluated and placed into their proper skill group where they will learn the Hanley Chess Academy 8 level curriculum. Learn the basic skills necessary to play a game of chess with knowledge of how all pieces move, capture, check, and checkmate. Participants will also improve their critical thinking skills, concentration, focus, and have a lot of fun in the process. When ready, they can take a test to advance to the next level! Parents are required to sign children in and out of each class meeting.

\$76 Resident/\$114 Non-Resident | 4 Classes

Beginning/Intermediate

Wed	1/7-1/28	5-6:15PM	Ages 6+	Heritage Park	#15580
Wed	1/7-1/28	6:30-7:45PM	Ages 6+	Heritage Park	#15581

Chess Tournament

Make your move! Chess enthusiasts of all levels are welcome to join this one-day tournament. Matches will be played according to your level assigned by the Chess Master. Trophies will be awarded to top finishers. Parents are required to sign participants in and out of the class.

\$25 Resident/\$38 Non-Resident One Day					
Thu	12/11	5-7:30PM	Ages 4-18	Heritage Park	#15583
Thu	1/15	5-7:30PM	Ages 4-18	Heritage Park	#15584
Thu	2/5	5-7:30PM	Ages 4-18	Heritage Park	#15585

Introduction to Theatre

In this introduction to theatre course, students will demonstrate understanding that theatre is the art of telling stories through acting and how observing the world around you is a first step to becoming a great actor. Participants will learn to work together, build trust, and involve each member in group activities, working as an ensemble to develop confidence for the stage. Parents are required to sign children in and out of each class meeting.

\$100 6 Classes					
Beginning					
Thu	1/8-2/12	6-7PM	Ages 8-14	Cerritos Park East	#15586

Introduction to Typing, Microsoft Word, and PowerPoint

Learn proper typing skills and how to use various functions in Microsoft Word for writing reports and turn your projects into awesome slideshow presentations with animations using PowerPoint. Laptops will be provided for hands-on learning. Parents are required to sign children in and out of each class meeting.

\$140 Resident/\$210 Non-Resident 5 Classes					
<i>Please bring a \$10 materials fee to the first class.</i>					
Thu	1/8-2/5	6-7PM	Ages 6-15	Heritage Park	#15587

Just Think Art

Immerse into the world of drawing, sketching, and painting where young artists can explore a world of creativity! Through exciting projects and guided instruction, participants will discover the magic of different techniques and mediums while exploring various subjects. This class is the perfect opportunity for children to unleash their imagination and develop their creative skills in a supportive and inclusive environment. Join us for a journey of artistic discovery and endless possibilities!

Students must provide their own supplies and bring on the first day of class. Please bring Watercolor Paints (Recommended Brand Prang 16 Watercolors Pan Set), Water Soluble Pastels (Recommended Brand Mungyo Water Soluble Oil Pastel Set of 24), Paint Brushes at least three different sized round brushes: a large (size 10 or 12), medium (size 6 or 7), and small (size 1 or 2), Painting Surface: Mixed Media Paper - size 9x12, 120 lb. or more (Recommended Brand Canson Graduate), A Sketchbook, Plastic Paint Palette (Preferably a watercolor palette with lid), Water Cup, Paper Towel or Rag/Cloth, Pencil, Eraser, Ruler, 2 Sharpies (1 Fine Point, 1 Ultra Fine Point). Additionally, you may visit the [instructor’s website](#), which contains the full list of supplies.

Parents are required to sign children in and out of each class meeting.

\$110 | 4 Classes

No class on November 27.

Thu	11/13-12/11	5-6:15PM	Ages 7-13	Cerritos Park East	#15588
Thu	1/8-1/29	5-6:15PM	Ages 7-13	Cerritos Park East	#15589

Mad Science

Join this fun-filled and educational class where new and exciting activities will be conducted each week. Students will become detectives, geologists, and bug scientists. All classes are hands-on, minds-on, and fun. Participants will create and take home projects. Please bring a \$10 materials fee to the first class. Parents are required to sign children in and out of each class meeting.

\$178 | 5 Classes

Tue	1/6-2/3	3:45-4:45PM	Ages 5-12	Cerritos Park East	#15590
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Manners for Young Ladies and Gentlemen

Knowing what to do in social situations can build self-esteem and confidence in everyone. Children will receive a foundation of good manners while learning good communication, positive body language and proper grooming in a relaxed, fun atmosphere. Parents are required to sign children in and out of each class meeting.

\$66 Resident/\$99 Non-Resident 4 Classes					
Sat	1/10-1/31	12:30-1PM	Ages 4-12	Liberty Park	#15591

Math Development

Readwrite Educational Solutions, Inc.™ comprehensive, individualized math program evaluates students and pinpoints skill gaps. The primary building blocks of addition, subtraction, multiplication, and division are continually reinforced. Participants will build confidence and a solid foundation of fundamental math knowledge. Parents are required to sign children in and out of each class meeting.

\$85 6 Classes					
T/Th	12/2-12/18	5:40-6:25PM	Ages 7-11	Cerritos Park East	#15592
T/Th	1/6-1/22	5:40-6:25PM	Ages 7-11	Cerritos Park East	#15593

Reading Development

Readwrite Educational Solutions, Inc.™ supplementary reading program is designed to improve vocabulary, comprehension and spelling skills. Periodic testing will be conducted to assess progress and reports will be distributed to parents. Parents are required to sign children in and out of each class meeting.

\$85 6 Classes					
T/Th	12/2-12/18	4:50-5:35PM	Ages 7-11	Cerritos Park East	#15594
T/Th	1/6-1/22	4:50-5:35PM	Ages 7-11	Cerritos Park East	#15595



Sound Start Reading

Readwrite Educational Solutions, Inc.™ beginning reading program can make the difference between a struggling student and a successful one. Specially trained teachers will test, structure, and implement an individualized phonics program. Decoding, spelling, vocabulary, and comprehension are all featured in this fundamental approach to reading. Parents are required to sign children in and out of each class meeting.

\$85 | 6 Classes

T/Th	12/2-12/18	4-4:45PM	Ages 5-6	Cerritos Park East	#15596
T/Th	1/6-1/22	4-4:45PM	Ages 5-6	Cerritos Park East	#15597

Register to Help Avoid Program Cancellations

A minimum number of registered participants is required for each class.

Failure to register may result in program cancellations.

Classes and Activities Teens

The Recreation Services Division offers a variety of programs and activities for teens ages 13 to 17. For more information regarding teen programs and activities, please call the Recreation Services Division at **(562) 916-1254**.

Volunteer Opportunities

Be a Recreation Services Volunteer and assist leaders with daily park programs, swim classes, and citywide special events. All volunteers need to be 13 years of age or older, and each volunteer must have a City of Cerritos Recreation Services Division Volunteer Application/Waiver on file, complete the fingerprinting process, and attend a volunteer orientation workshop prior to being assigned to any program or event. In addition, volunteers are required to attend two enrichment workshops a year to maintain their active status.

The Application/Waiver is available online in the Recreation section of the City's website at cerritos.gov or at any Cerritos community center. Volunteers under the age of 18 must obtain a signature from their parent or guardian. Fingerprinting is conducted by appointment only on the first Wednesday of

every month, except holidays. Orientation dates are listed in the volunteer section.

Pursuant to California state law, a county, city or special district shall not assign a volunteer to perform services, in a position having supervisory or disciplinary authority over a minor, if that person has been convicted of an offense specified in Public Resource Code 5164.

Registered volunteers will receive a letter with their recorded hours on a quarterly basis. Upon completion of a minimum number of service hours, volunteers will be invited to an annual volunteer recognition. The demand for volunteers, assignments, and hours vary from season to season. For more information regarding volunteer opportunities, workshops, orientations, and fingerprinting appointments, please call Heritage Park at **(562) 916-8570**.

Teen Workshop: Developing Social Skills

Building social skills is a crucial part of a teen’s development. These skills help teens make friends, build relationships, and contribute to their mental and emotional health. This workshop will help teens develop social skills, such as making eye contact, how to start a conversation, and how to empathize with their peers. Parents are required to sign participants in and out of the class.

Free One Day					
Sat	12/13	10-11:30AM	Ages 13-18	Heritage Park	#15600

Get Digital Newsletter Email and Text Alerts

Receive email and text notices when the new Community Services Program digital publication is available here online.

Visit the [News Signup page](#) and create an account, then select the “Community Services Program” category.

For more information, visit cerritos.gov/cnewsdigital.

Classes and Activities

Adults

Adult CPR

Learn how to perform adult, single-rescuer CPR, recognize the signs of a heart attack, and assist choking victims. Participants who successfully complete the course will receive a two-year certificate from the American Red Cross. Parents are required to sign children in and out of the class.

\$26 + Materials Fee | One Day

A \$25 materials fee will be charged at the time of registration.

Wed	2/11	4:30-7:30PM	Ages 12+	Cerritos Park East	#15601
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Ceramics

Stimulate the imagination by creating fun projects out of clay. Learn fundamental hand-building skills and ceramics terminology. Parents are required to sign children in and out of each class meeting.

\$40 + Materials Fee | 5 Classes

Please bring a \$15 materials fee to the first class.

Tue	1/6-2/3	5:45-6:45PM	Ages 13+	Cerritos Park East	#15575
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Community CPR and First Aid Basics

Prepare for accidents that may occur at home or around the workplace. Learn methods for basic first aid and performing infant, child, and adult CPR. Participants who successfully complete the course will receive a two-year certificate from the American Red Cross. Parents are required to sign children in and out of the class.

\$32 + Materials Fee | One Day

A \$25 materials fee will be charged at the time of registration.

Sat	1/24	10AM-3:30PM	Ages 12+	Cerritos Park East	#15602
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Winter 2025

Adaptive Recreation

The Recreation Services Division is pleased to comply with the Americans with Disabilities Act (ADA). Reasonable accommodations will be made in recreation programs and facilities to enable participation by an individual with a disability. Cerritos is committed to providing residents with disabilities the benefit of City programs. Participants must meet eligibility requirements for the program.

For more information and support for accessibility of programs and facilities, call the Recreation Services Division office at [\(562\) 916-1254](tel:5629161254).

Adaptive Recreation Program	Program Schedule
Adaptive Basketball	Jan.-Feb.
Adaptive Dance and Movement	Year-round
Adaptive Fitness Fun	Apr.-May
Adaptive Game Night	Quarterly
Adaptive Golf Clinic	July-Aug.
Adaptive Movie Night	Quarterly
Adaptive Soccer	June-Aug.
Adaptive Sports Medley	Sept.-Nov.
Special Olympics Soccer	Sept-Nov.
Special Olympics Basketball	Mar.-June
Special Olympics Bowling	June-Aug.

Special Olympics

Special Olympics is an international non-profit organization dedicated to empowering individuals with intellectual disabilities to become physically fit, productive, and respected members of society through sports training and competition. Special Olympics training and competition opportunities exist

through the Recreation Services Division on a seasonal basis. Special Olympics basketball, bowling, and soccer training and competition is offered once per year to individuals who meet the eligibility requirements. For more information, please call the Recreation Services Division at **(562) 916-1254**.

Transportation

The City of Cerritos provides the community with a Dial-A-Ride transit system. Offered to seniors and people with disabilities, the system operates seven days a week throughout the Cerritos area. To use the service, call **(866) 402-RIDE** (7433) between 8 a.m. and

8 p.m. Monday through Friday or from 8 a.m. to 5 p.m. on Saturday and Sunday. Reservations can be made up to 48 hours in advance of required pick-up times.

Adaptive Basketball

Learn fundamental basketball skills and display these skills in a non-competitive manner. A half court or full court will be used and rules will be modified according to your abilities. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of each class meeting. Class takes place at the Community Gynmasium at Cerritos High School.

\$26 Resident/\$39 Non-Resident | 6 Classes

Thu	1/15-2/19	6:35-7:20PM	Ages 5-12	Cerritos HS Gym	#15843
Thu	1/15-2/19	7:30-8:15PM	Ages 13+	Cerritos HS Gym	#15844

Winter 2025

Adaptive Dance and Movement

Put on those dancing shoes and come participate in this fun class that will have everyone moving to the music. This class will incorporate physical fitness and fun games while teaching choreographed dance steps. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of each class meeting.

\$12 | 8 Classes

No class on December 24 and 31.

Wed	12/3-2/4	6-6:45PM	Ages 13+	Cerritos Park East	#15845
Wed	12/3-2/4	7-7:45PM	Ages 13+	Cerritos Park East	#15846

Adaptive Dinner and a Movie Night — “Lilo & Stitch” (2025)

Come spend a Saturday night at Cerritos Park East and enjoy a movie and dinner from a local restaurant. Ice breaker games will be conducted prior to the movie. The program is an excellent opportunity for socialization and fun. The movie is rated PG and is 1 hour and 48 minutes in length. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of the class.

\$10 | One Day

Sat	1/17	5-7PM	Ages 16+	Cerritos Park East	#15847
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Adaptive Families Holiday Event

Join staff for a fun-filled holiday evening that will include gift ‘shopping’ and wrapping where participants have the opportunity to choose gifts from a selection and wrap the gifts for that special person in their life. Festivities will also include dinner, games, and crafts. Pre-registration is required for participants and each family member in attendance.

\$10 One Day					
Sat	12/13	5:30-8PM	Ages 3+	Cerritos Park East	#15848

Adaptive Game Night

Adaptive Game Night is all about games, games, and more games! Spend an evening with friends playing board games, card games, and other organized games such as scavenger hunts and team builders. A light snack will be provided. Conducted on a 1:4 ratio, participants are required to provide a city cleared program aide or attendant if additional assistance is needed. Parents are required to sign children in and out of the class.

Free One Day					
Sat	2/7	5-7PM	Ages 16+	Cerritos Park East	#15849



Adult/Youth Dance

Baby Ballet

For little tykes who love to dance, this is a fun introduction to ballet, which includes beginning movements, and arm and foot positions. The class will help develop self-confidence and poise through the art of dance. Parents are required to sign children in and out of each class meeting.

\$55 Resident/\$83 Non-Resident 5 Classes					
Fri	1/9-2/6	4-4:45PM	Ages 3-5	Liberty Park	#15603

Ballet Barre

Join this low impact ballet based exercise class. By using the barre you will stretch, strengthen, lengthen, tone, and elongate your muscles. Also increase balance, strength, stamina, posture, endurance, core strength, and muscle tone. Beginners welcome. No dance experience required. Parents are required to sign children in and out of each class meeting.

\$45 Resident/\$68 Non-Resident 5 Classes					
Tue	1/6-2/3	10:15-11:15AM	Ages 8+	Liberty Park	#15604
Thu	1/8-2/5	10:15-11:15AM	Ages 8+	Liberty Park	#15605

Ballet/Tap Combo at Cerritos Park East

Children will develop self-confidence and poise through the art of dance. Posture, grace, rhythm, basic stretches, and body positions are taught through specially designed exercises. Parents are required to sign children in and out of each class meeting.

\$55 5 Classes					
No class on January 19.					
Mon	1/5-2/9	5-5:45PM	Ages 3-5	Cerritos Park East	#15606
Mon	1/5-2/9	6-6:45PM	Ages 6-8	Cerritos Park East	#15607

Ballet/Tap Combo at Liberty Park

Children will develop self-confidence and poise through the art of dance. Posture, grace, rhythm, basic stretches, and body positions are taught through specially designed exercises. Parents are required to sign children in and out of each class meeting.

\$55 Resident/\$83 Non-Resident | 5 Classes

No class on January 19.

Fri	1/9-2/6	4:55-5:40PM	Ages 4-7	Liberty Park	#15608
Sat	1/10-2/7	10:15-11AM	Ages 3-5	Liberty Park	#15609

Hip Hop Dance

Learn the latest dance moves! Moves and music are age appropriate. This fun, high energy class for boys and girls introduces fundamental hip hop and hip hop funk moves. Class promotes coordination, rhythm, creativity, and fun. LEVEL II: For returning Hip Hop dancers with SoCa Arts. Parents are required to sign children in and out of each class meeting.

\$55 | 5 Classes

Level I

Tue	1/6-2/3	4-4:45PM	Ages 3-5	Cerritos Park East	#15630
Tue	1/6-2/3	4:55-5:40PM	Ages 5-7	Cerritos Park East	#15631

Level II

Tue	1/6-2/3	5:50-6:35PM	Ages 7-12	Cerritos Park East	#15632
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K-Pop Dance

K-Pop is a musical genre class that teaches an easy and fun mix of electronic, hip-hop, and pop dance moves to upbeat K-Pop music. Class improves coordination and rhythm with a focus on performance skills. Athletic attire and sneakers required. LEVEL II: For returning K-Pop dancers with SoCa Arts. Parents are required to sign children in and out of each class meeting.

\$55 | 5 Classes

Level I

Tue	1/6-2/3	6:45-7:30PM	Ages 6-10	Cerritos Park East	#15634
Fri	1/9-2/6	4-4:45PM	Ages 6-10	Cerritos Park East	#15633

Level II

Fri	1/9-2/6	4:55-5:40PM	Ages 7-12	Cerritos Park East	#15635
Fri	1/9-2/6	5:50-6:35PM	Ages 13+	Cerritos Park East	#15636

Salsa

In this beginning salsa class, participants will learn the basic figures and footwork to get started on the dance floor. Partner combinations will be covered. No partner is necessary; singles are welcome. Parents are required to sign children in and out of each class meeting.

\$36 Resident/\$54 Non-Resident | 5 Classes

Thu	1/8-2/15	6:30-7:30PM	Ages 14+	Liberty Park	#15610
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Zumba

Zumba is an aerobic work out that combines different movements and rhythms such as salsa, cumbia, merengue, belly dance, rock and roll, and much more! Zumba is an effective, easy, and fun way to get in shape. Parents are required to sign children in and out of each class meeting.

\$39 Resident/\$59 Non-Resident | 5 Classes

No class on January 19.

Mon	1/5-2/9	5:30-6:30PM	Ages 16+	Liberty Park	#15611
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Adult/Youth Music

Cerritos College Community Concert Band

The Cerritos College Community Concert Band is dedicated to the performance of popular, family-oriented compositions and is comprised of brass, woodwind and percussion instruments. Emphasis will be placed upon the development of individual musicianship through both large and small group rehearsals. Musical compositions of a wide variety will be studied with an emphasis on medleys, marches, and overtures. Registration will take place through Cerritos College. For further information, please contact David Betancourt, Director of Bands and Orchestra, at dbetancourt@cerritos.edu.

Registration and fees paid to Cerritos College				
Tue	1/13-5/22	7-10PM	Ages 12+	Cerritos College

Cerritos College Community Jazz Band

The Cerritos College Community Jazz Band is dedicated to the performance of popular, family-oriented jazz compositions and is comprised of brass, woodwind and rhythm instruments. Emphasis will be placed upon the development of individual musicianship through both large and small group rehearsals. Musical compositions of a wide variety will be studied with an emphasis on jazz and latin styles. Registration will take place through Cerritos College. For further information, please contact David Betancourt, Director of Bands and Orchestra, at dbetancourt@cerritos.edu.

Registration and fees paid to Cerritos College				
Wed	1/14-5/6	7-10PM	Ages 12+	Cerritos College

Cerritos College Community Orchestra

The Cerritos College String Ensemble is dedicated to the performance of popular, family-oriented compositions and is comprised of violin, viola, cello, and string bass. Emphasis will be placed upon the development of individual musicianship through both large and small group rehearsals. Musical compositions of a wide variety will be studied. Registration will take place through Cerritos College. For further information, please contact David Betancourt, Director of Bands and Orchestra, at dbetancourt@cerritos.edu.

Registration and fees paid to Cerritos College					
Mon	1/12-5/15	6-9PM	Ages 12+	Cerritos College	

Drums for Fun

Learn the basic techniques of drumming from a professional musician. Instruction will include proper grip positions, hand and wrist development, sight reading, hand and foot coordination, rudimentary training, and drum set techniques. Practice pads and sheet music will be provided. Parents are required to sign children in and out of each class meeting. Please bring your own drum sticks to each class meeting or bring \$7 materials fee to purchase drum sticks.

\$98 Resident/\$147 Non-Resident 6 Classes					
Tue	1/6-2/10	4-5PM	Ages 6+	Heritage Park	#15612
Tue	1/6-2/10	5:15-6:15PM	Ages 6+	Heritage Park	#15613

Adult/Youth Sports/Fitness

Cerritos Fitness Centers

Fitness Centers are located in the Cerritos Olympic Swim & Fitness Center and the Liberty Park Community Center. The Swim & Fitness Center is equipped with locker room facilities.

- Membership is available to Cerritos residents, 16 years and older.
- Individual memberships are \$50 per year.
- Replacement card may be purchased for \$5.
- Fitness Centers include a multi-max station, treadmills, stair climbers, and life cycles.
- Adults working in Cerritos can purchase an annual business membership for \$50, valid only Monday through Friday from 6 a.m. to 2 p.m. at the Swim Center location and 10 a.m. to 5 p.m. at the Liberty Park location.
- Waiver required.
- Membership cards are valid at both locations and must be presented to enter.

Fitness Center Hours

Swim Center Location

Monday through Friday

6 a.m.-2 p.m.

5-9 p.m.

Saturday and Sunday

7 a.m.-2 p.m.

Liberty Park Location

Monday through Friday

10 a.m.-8 p.m.

Saturday and Sunday

10 a.m.-6 p.m.

For More Information

Call the Recreation Services Division at **(562) 916-1254**.

Tennis Courts

Courts are available for use at Liberty Park and Cerritos Park East. Tennis courts may be closed without prior notice.

Tennis Courts for Residents

Cerritos residents:

- May use the courts at no charge during regular park operating hours.
- Age 16 years and older may reserve one (1) court up to one (1) week in advance and no less than one (1) hour in advance.
- A 5-minute grace period will be given before the court is released.
- Only one (1) reservation per family account may be held at any given time.
- Must present a valid California Driver’s License or valid California ID with current Cerritos address and must be in the City’s database to check out a court key.
- Reservations will only be taken in person or over the phone by calling Liberty Park at **(562) 916-8565** or Cerritos Park East at **(562) 407-2611** during normal operating hours.

Tennis Courts for Non-residents

Non-residents:

- May use the courts for drop-in play Monday through Friday, between 10 a.m. and 3 p.m., for a \$7 hourly fee.
- No reservations allowed.
- Adults working in Cerritos may drop-in to play Monday through Friday only, between 10 a.m. and 3 p.m., at no charge.
- Must present a valid California Driver’s License or California ID and proof of employment in Cerritos.

Sand Volleyball Courts

- Courts are available for use at Liberty Park. The sand volleyball courts may be closed without prior notice.
- Cerritos residents, 16 years and older, may reserve one court up to one (1) week in advance free of charge.
- Non-residents, 16 years and older, may reserve one (1) court up to two (2) days in advance free of charge.
- Reservations will be a maximum of one (1) hour and may be booked on the hour or on the half hour.
- A 5-minute grace period will be given before the court is released.
- Only one (1) reservation per family account may be held at any given time.

- Must present a valid California Driver’s License or valid California ID with current Cerritos address and must be in the City’s database to access court.
- Reservations will be taken in person or over the phone by calling Liberty Park at **(562) 916-8565** during normal operating hours.

Jazzercise

Blending easy to follow dance steps with fun dance routines, Jazzercise will enhance cardiovascular fitness, balance, posture, strength, and flexibility. Certified professional Jazzercise instructors will cue participants through the moves that incorporate various elements of dance with resistance training, pilates, yoga, kickboxing, and more. The 60-minute workout is effective for every age, skill, and fitness level. Please bring a floor mat and water bottle; hand weights are optional.

Monthly fee allows patrons to attend any of the classes.

*EFT (Electronic Funds Transfer) or Easy Fitness Ticket allows patrons to automatically pay for Jazzercise programs through an electronic funds transfer each month. Patrons must pay a \$30 joining fee.

Monthly Fees \$79 with EFT*

One Time Class \$15

Registration taken at class site by course instructor.

Mon	10:15-11:15AM	Cerritos Park East
Wed	10:15-11:15AM	Cerritos Park East
Fri	10:15-11:15AM	Cerritos Park East
Sun	10:15-11:15AM	Cerritos Park East



Belly Jamz

Enjoy a low impact, high energy workout that strengthens and stretches your muscles. The class will focus on the abdominal muscle group by increasing the strength of the back, shoulders, and arms. Be prepared to have fun while utilizing moves from the ancient art of Middle Eastern belly dancing! All fitness levels are welcome. Parents are required to sign children in and out of each class meeting.

\$45 Resident/\$68 Non-resident 5 Classes					
Wed	1/7-2/4	5:30-6:30PM	Ages 8+	Liberty Park	#15614
Fri	1/9-2/6	6-7PM	Ages 8+	Liberty Park	#15615

Core Yolates

Enjoy this new workout trend that combines two popular methods of exercise - yoga and Pilates. This course will emphasize core stabilization, lengthening, toning, and body sculpting. Yolates also improves core strength, posture and overall body awareness. Please bring a stability ball to class. Parents are required to sign children in and out of each class meeting.

\$60 Resident/\$90 Non-Resident 5 Classes					
Sun	1/4-2/1	10:15-11:40AM	Ages 8+	Liberty Park	#15616

Gymnastics: Jammin' Gymnasts

Discover the inner gymnast inside everyone! Gymnastics also improves coordination and strength development. Girls and boys of all skill levels will safely learn recreation gymnastics techniques such as cartwheels, round-offs, rolls, handstands, and more. Obstacle courses and music will make learning fun while creating confidence and a positive learning environment! Parents are required to sign children in and out of each class meeting.

\$75 | 5 Classes

Please bring a \$2 materials fee to the first class.

Wed	1/7-2/4	3:20-4:20PM	Ages 4-6	Cerritos Park East	#15617
Wed	1/7-2/4	4:35-5:35PM	Ages 5-10	Cerritos Park East	#15618

Hatha Yoga

Experience the release of tension and stress through a series of postures which develop strength, flexibility, concentration, and balance. Please bring your own yoga mat to each class and wear comfortable clothing.

\$60 | 5 Classes

Tue	1/6-2/3	10:15-11:15AM	Ages 18+	Cerritos Park East	#15619
Thu	1/8-2/5	10:15-11:15AM	Ages 18+	Cerritos Park East	#15620



Martial Arts

Karate provides an excellent physical and mental workout, increasing coordination and flexibility. The well-rounded curriculum incorporates ground and stand-up self-defense, kata and weaponry. Experience strength and confidence boosting fun classes with something for every member of the family. Parents are required to sign children in and out of each class meeting. Participants arriving more than 10 minutes after the class start time will not be permitted entry.

\$94 Resident/\$141 Non-Resident | 10 Classes

No class on January 19 and February 2.

M/W	1/5-2/11	3:30-4:30PM	Ages 4-7	Liberty Park	#15621
T/Th	1/6-2/5	3:30-4:30PM	Ages 8+	Liberty Park	#15622

Pickleball Round-Robin Social

Join the Pickleball Round Robin Social at Liberty Park! All players will participate in three, 30-minute matches against different players in a true round-robin format. No partner is needed. Mixed-doubles play are randomly drawn based on the number of registrants. Intermediate level preferred. Prizes are awarded for first and second place.

\$5 | One Day

Thu	1/15	10AM-12PM	Ages 18+	Liberty Park	#15623
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Pilates at Liberty Park

This Pilates class will combine barre work and cardio to tone and strengthen the entire body. Thera-bands and exercise balls will be provided by the instructor to work on specific muscles and muscle groups to increase strength and agility. This revolutionary toning and conditioning system stretches, strengthens, and realigns overused joints, and muscles. Participants will work at an individualized pace. Parents are required to sign children in and out of each class meeting.

\$50 Resident/\$75 Non-Resident | 5 Classes

Tue	1/6-2/3	6-7PM	Ages 8+	Liberty Park	#15624
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Pilates at Cerritos Park East

This Pilates class will combine barre work and cardio to tone and strengthen the entire body. Thera-bands and exercise balls will be provided by the instructor to work on specific muscles and muscle groups to increase strength and agility. This revolutionary toning and conditioning system stretches, strengthens, and realigns overused joints, and muscles. Participants will work at an individualized pace. Parents are required to sign children in and out of each class meeting.

\$50 5 Classes					
Thu	1/8-2/5	6-7PM	Ages 8+	Cerritos Park East	#15625

Tri-Star Basketball Skills Competition

Want to show off some hoop skills? Join in this exciting one-day basketball skills competition sponsored by the Cerritos Optimist Club. Display shooting, passing and dribbling skills while competing for prizes. Trophies will be awarded to the top three finishers in each age group and winners will advance to a Optimist Club Zone Competition. Parents are required to sign children in and out the class. Class takes place at the Community Gynmasium at Cerritos High School.

Free One Day					
Sat	12/13	9-11AM	Ages 8-13	Cerritos HS Gym	#15626

Yoga For Kids

Yoga is a safe, fun and non-competitive way for children to exercise and develop coordination. Yoga also strengthens the body, builds self-esteem, and increases focus and concentration. Parents are required to sign children in and out of each class meeting.

\$66 Resident/\$99 Non-Resident 4 Classes					
Sat	1/10-1/31	11:30AM-12:15PM	Ages 4-12	Liberty Park	#15627



Yoga For Relaxation

Enjoy an introductory course in conditioned relaxation based on the ancient art of hatha yoga as it is taught in India. This course consists of stretching, breathing, and relaxation exercises, which relieve mental tension, emotional stress, and physical strain. Exercise mats will be provided. Parents are required to sign children in and out of each class meeting.

\$60 Resident/\$90 Non-Resident | 5 Classes

No class on January 19.

Mon	1/5-2/9	6:45-7:45PM	Ages 14+	Liberty Park	#15628
Wed	1/7-2/4	6:45-7:45PM	Ages 14+	Liberty Park	#15629

Register to Help Avoid Program Cancellations

A minimum number of registered participants is required for each class.

Failure to register may result in program cancellations.

Adult/Youth Sports Leagues

Youth Boys and Girls Basketball

League Registration Fee: \$55 Resident/\$83 Non-resident

All registration for the youth basketball league will be online at the RACER link below:

Browse classes and register with 
Powered by CivicRec

RACER account required prior to online registration. For RACER account information, call the Recreation Services Division at [\(562\) 916-1254](tel:5629161254).

Registration Dates

Cerritos Resident Registration: Begins on Sat., Nov. 1 at 10 a.m.

Open Registration: Begins on Sat., Nov. 8 at 10 a.m.

The non-refundable registration fee includes a team jersey, participation award, officials, and Players' Medical Benefit Fund. A picture day will be held during the season and a picture packet will be distributed to teams by the head coach. Team and individual picture packages may be purchased at an additional cost. Basketball participants will be formed into teams for league play. **Children born in 2017 or before are required to attend a mandatory skills testing as they will be placed on teams according to their age and ability.**

Basketball games will be played during the months of January through March. Practices and games will be held at various locations throughout the City. Practices and games may not be close to a child's residence. For further information, please call the Sports Complex at [\(562\) 916-8590](tel:5629168590).

Divisions

Rookie I (Co-Ed)	Born 2020	#15815
Rookie II (Co-Ed)	Born 2019	#15816
Rookie III (Co-Ed)	Born 2018	#15817
Boys Pee Wee Division	Born 2016 & 2017	#15818
Boys Elementary Division	Born 2014 & 2015	#15819
Boys Intermediate Division	Born 2012 & 2013	#15820
Girls Pee Wee Division	Born 2016 & 2017	#15821
Girls Elementary Division	Born 2014 & 2015	#15822
Girls Intermediate Division	Born 2012 & 2013	#15823

Game Days

The following game day information is tentative and subject to change, and does not reflect days for practices, which are at the discretion of the volunteer coach.

Rookie Divisions	Saturdays
Boys Pee Wee Division	Tuesdays or Wednesdays and Saturdays
Boys Elementary Division	Mondays or Tuesdays and Saturdays
Boys Intermediate Division	Mondays or Wednesdays and Saturdays
Girls Divisions	Mondays or Wednesdays and Saturdays

Sports Officials Needed

Adults and teenagers, 16 years and older, are invited to apply as sports officials. Hourly wages are dependent upon education and experience and range from \$20 to \$30 per game. All officials must be fingerprinted and cleared prior to being assigned. Previous officiating experience is desirable. For more information, please call the Cerritos Sports Complex at [\(562\) 916-8590](tel:5629168590).

Adult/Youth Golf

Cerritos Iron-Wood Nine Golf Course

16449 Piuma Avenue | **(562) 916-8400** | **cerritos.gov/ironwoodnine**

The City of Cerritos Iron-Wood Nine Golf Course is a nine-hole, par 29, 1,468-yard, executive golf course. The lighted driving range offers a choice of hitting off mats or grass. Rental clubs and handcarts are available; reservations can be made up to one week in advance. Starting times will begin at 7 a.m. depending upon course conditions.

Hours of Operation

Monday–Friday

6:30 a.m.–7 p.m.

Saturday–Sunday

6:30 a.m.–6 p.m.

Course Hours

6:30 a.m.–sunset*

**The golf course will operate from 6:30 a.m. to sunset daily, not to exceed 7 p.m. Monday through Friday or 6 p.m. on Saturdays and Sundays.*

Range Hours

Monday–Friday

6:30 a.m.–7 p.m.

Thursday

10 a.m.–7 p.m.

Saturday–Sunday

6:30 a.m.–6 p.m.

The last range bucket will be sold 30 minutes prior to closing.

Cerritos residents must present a valid California Driver’s License or a valid California ID with current Cerritos address. Residents that have not secured a new California issued ID with a current Cerritos address must present an ID and provide a utility bill, rent receipt, tax bill, escrow papers, credit card, bank statement, or car registration that is postmarked within the last 60 days.

Golf Course Dress Code

The Cerritos Iron-Wood Nine Golf Course enforces its dress code policy.

Men must wear a presentable shirt with sleeves. Tank tops, sleeveless shirts, swim suits and other dress deemed inappropriate for the course will not be allowed. Women must also wear a presentable shirt. Halter tops, tube tops, swim suits, and other dress deemed inappropriate for the course will not be allowed.

Green Fees

	Cerritos Residents			Non-Residents		
	Adults 18 & older	Juniors 18 & under*	Seniors 60 & older	Adults 18 & older	Juniors 18 & under	Seniors 60 & older
Mon-Fri	\$11	\$7.50	\$8	\$13	\$8.50	\$9
Weekends and Holidays	\$12	\$7.50	N/A	\$15.50	\$8.50	N/A

ID is required for the resident, senior and youth rates.
*Junior rate applies to 18-year-olds still in high school who can show a valid high school ID.

Driving Range Fees

Small Bucket Card (51 Balls)	\$7
Large Bucket Card (102 Balls)	\$10.50
Value Card (650 Balls)	\$50

Novice Golfers

New to the game of golf? Having trouble learning the way around the course? The Cerritos Iron-Wood Nine Golf Course staff would be happy to play a few holes of golf with patrons to help in these areas. Please contact the Cerritos Iron-Wood Nine Golf Course at [\(562\) 916-8400](tel:5629168400) to schedule an appointment based on staff availability. Staff assistance is free; however, regular green fees apply.

Cerritos Junior Golf Academy

The Junior Golf Academy with Cerritos Iron-wood Nine Golf Professional Jason Holmes, is designed for youth golfers of all ability levels. From beginners to advanced golfers, participants will improve their game in a small group setting. Instruction will be conducted on the Course's driving range, putting greens, and pitching area. Range balls will be provided for each class and loaner clubs are available during class time. Parents are required to sign children in and out of the class meeting.

\$55 Resident/\$83 Non-Resident | 4 Classes

Session I

Sat	11/29-12/20	10-10:45AM	Ages 4-6	Golf Course	#15638
Sat	11/29-12/20	11-11:45AM	Ages 4-6	Golf Course	#15639
M/W	12/1-12/10	5-5:45PM	Ages 7-10	Golf Course	#15640
M/W	12/1-12/10	6-6:45PM	Ages 11-17	Golf Course	#15641

Session II

M/W	1/5-1/14	5-5:45PM	Ages 7-10	Golf Course	#15642
M/W	1/5-1/14	6-6:45PM	Ages 11-17	Golf Course	#15643
Sat	1/10-1/31	10-10:45AM	Ages 4-6	Golf Course	#15644
Sat	1/10-1/31	11-11:45AM	Ages 4-6	Golf Course	#15645

Community Open Two-Person Best Ball Tournament

The Cerritos Iron-Wood Nine Golf Course will play host to this 18-hole, shotgun start tournament. Entry fees include complimentary driving range use, lunch and awards. Win prizes for the longest drive and closest to the pin at pre-selected holes, as well as a chance to win a special hole-in-one prize for \$10,000 cash and other awards. Parents are required to sign children in and out of the tournament. There is a \$50 tournament fee.

\$50 | One Day

Sat	1/10	7:30AM-12PM	Ages 14+	Golf Course	#15646
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Group Golf Lessons

Join Cerritos Iron-Wood Nine Golf Professional Jason Holmes in a relaxed group setting designed for all skill levels, from the novice to the experienced player. For novice players, fundamental skills such as stance, grip and swing will be covered. More experienced players will sharpen their skills and develop game techniques. One small bucket of practice balls will be provided at each lesson. Parents are required to sign children in and out of each class meeting.

\$70 Resident/\$105 Non-Resident | 4 Classes

Session I

Sat	11/29-12/20	8-8:45AM	Ages 14+	Golf Course	#15647
Sat	11/29-12/20	9-9:45AM	Ages 8-13	Golf Course	#15648

Session II

Sat	1/10-1/31	8-8:45AM	Ages 14+	Golf Course	#15649
Sat	1/10-1/31	9-9:45AM	Ages 8-13	Golf Course	#15650

Itsy Bitsy Golf Clinic

This clinic is designed to introduce participants to the game of golf. The program will provide preschool golfers with brief instruction on grip, stance, swing and putting. Complimentary driving range use is also included. Parents are required to sign children in and out of the class.

\$15 Resident/\$23 Non-Resident | One Day

Sat	12/13	4-5PM	Ages 4-5	Golf Course	#15651
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Senior Golf Quarterly Tournament

Seniors, 60 years of age and older, are invited to participate in this fun-filled 9-hole, shotgun start tournament.

\$15 | One Day

Wed	2/11	8-10AM	Ages 60+	Golf Course	#15652
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Adult/Youth Aquatics

Cerritos Olympic Swim and Fitness Center

13150 E. 166th Street | (562) 407-2600 | cerritos.gov/swimcenter

The Cerritos Olympic Swim and Fitness Center is an enclosed 50-meter pool with locker rooms, a fitness center, press box area and seating capacity for 288 spectators.

Swimming lessons for children and adults, recreational swimming and lap swimming sessions are held regularly at the Swim Center. For additional information on classes, see the quarterly Community Services Program included in the February, May, August and November issues of “The Cerritos News” or register for classes through the City’s class registration system.

Facility Hours

Monday–Friday

6 a.m.–2 p.m.
5–9 p.m.

Saturday–Sunday

7 a.m.–2 p.m.

Pool Closures

Thurs., Nov. 27 for Thanksgiving Day

Wed., Dec. 24 for Christmas Eve

Thurs., Dec. 25 for Christmas Day

Thurs., Jan. 1 for New Year’s Day

Lap Swim Modified Hours

Wed., Nov. 26 | 7 a.m.-2 p.m.

Fri., Nov. 28 | 7 a.m.-2 p.m.

Wed., Dec. 31 | 7 a.m.-2 p.m.

Recreational Swim Modified Hours

Wed., Nov. 26 | 11 a.m.-2 p.m.

Fri., Nov. 28 | 11 a.m.-2 p.m.

Wed., Dec. 31 | 11 a.m.-2 p.m.

Mon., Jan. 19 | 11 a.m.-9 p.m.

Admission Policies

The Swim and Fitness Center is open to Cerritos residents, and accompanied guests and adults who work in the City of Cerritos. Each resident may bring up to four (4) guests during recreational swimming only.

Cerritos residents must present a valid California Driver’s License or a valid California ID with current Cerritos address. Residents who have not secured a new California issued ID with a current Cerritos address must present an ID and provide a utility bill, rent receipt, tax bill, escrow papers, credit card, bank statement, or car registration that is postmarked within the last 60 days.

Children under 16 years of age may present a Cerritos resident library card. Parents are responsible for the supervision of children. Adults working in the City of Cerritos must present a valid driver’s license and a business

ID. Children who cannot swim and are less than four feet tall must be accompanied in the water by an adult. All residents using tickets for recreational swimming will be required to show acceptable Cerritos identification. Children over 5 years of age are not permitted in the locker room of the opposite sex.

Please Register Carefully

Any person registered in a class above their skill level will be dropped from the class without a refund.

Free Skills Testing

Skills testing is available prior to registration if assistance is needed to determine class level. Participants may come to the Swim & Fitness Center during recreational swim hours for testing.

Recreational Swim

Recreational swimming is open to Cerritos residents and up to four (4) guests.

Recreational Swim Hours

Monday, Wednesday and Friday
7-9 p.m.

Saturday-Sunday
Noon-2 p.m.

Recreational Swim
Fee Information

Cerritos Residents	\$2
Non-Resident Child, ages 17 and under (must be accompanied by a Cerritos resident)	\$2.50
Non-Resident Adult, age 18 and older (must be a guest of a Cerritos resident)	\$3.25
Adults who work in Cerritos with business ID	\$2

Adult Lap Swim Hours

A minimum of four (4) lanes will be available for all lap swim sessions.

Monday-Friday
6 a.m.-2 p.m.

Tuesday and Thursday
7-9 p.m. (Cerritos residents only)

Saturday-Sunday
7 a.m.-noon

Adult Lap Swim
Fee Information

General, ages 18-59	\$3
Seniors, age 60 and older	\$2.50



Ticket Booklets

Ticket booklets are also available. Limit two books per visit. Ticket booklets are non-transferable. Patrons utilizing tickets as payment still need to meet all entrance requirements; patrons using tickets for recreational swimming will be required to show acceptable Cerritos identification.

Age 17 and under	15 tickets	\$20
Adults, ages 18 to 59	20 tickets	\$60
Seniors, age 60 and older	20 tickets	\$50

Fitness Center

The Swim and Fitness Center is equipped with locker room facilities. Membership is available to Cerritos residents, age 16 and older. Individual memberships are \$50 per year. The fitness center includes a multi-max station, treadmills and ellipticals. Adults who work in Cerritos can purchase an annual business membership for \$50, valid only Monday through Friday from 6 a.m. to 2 p.m. at the Swim Center location.

Fitness Center Hours

Monday-Friday

6 a.m.–2 p.m.
5–9 p.m.

Saturday-Sunday

7 a.m.–2 p.m.

Business members may only use the facility on weekdays, 6 a.m.–2 p.m.

Fitness Center
Fee Information

Individual Membership	\$50
Business Memberships (individuals only)	\$50

Mommy/Daddy and Me

This class allows parents to share in the fun of children learning to swim. Children will learn basic safety skills, breath control, floating, kicking and paddling. Up to two adults per child are permitted to participate. Swim diapers must be worn during each class. Parents are required to sign children in and out of each class meeting. Ages 6 months to 3 years.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday classes | 10 Classes
\$43 Resident/\$65 Non-Resident for Tuesday/Thursday classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday classes and Sunday classes | 5 Classes

No class December 22-January 2.

Winter 1

M/W	12/1-1/14	10:30-11AM	Ages 6m-3	Swim Center	#15666
M/W	12/1-1/14	6:30-7PM	Ages 6m-3	Swim Center	#15667
T/Th	12/2-1/15	10:30-11AM	Ages 6m-3	Swim Center	#15668
Sat	1/10-2/7	10:30-11AM	Ages 6m-3	Swim Center	#15669
Sun	1/11-2/8	10:30-11AM	Ages 6m-3	Swim Center	#15670

Winter 2

M/W	1/19-2/18	10:30-11AM	Ages 6m-3	Swim Center	#15762
M/W	1/19-2/18	6:30-7PM	Ages 6m-3	Swim Center	#15763
T/Th	1/20-2/19	10:30-11AM	Ages 6m-3	Swim Center	#15764



Preschool Puffer Fish

Acquaint preschool-aged children to the aquatic environment. Beginners will learn breath control, floating and kicking. More advanced students will be presented with the basic elements of front crawl and backstroke. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday classes | 10 Classes
\$43 Resident/\$65 Non-Resident for Tuesday/Thursday classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday classes and Sunday classes | 5 Classes

No class December 22-January 2.

Winter 1

M/W	12/1-1/14	10-10:30AM	Ages 3-5	Swim Center	#15671
M/W	12/1-1/14	1-1:30PM	Ages 3-5	Swim Center	#15672
M/W	12/1-1/14	1:30-2PM	Ages 3-5	Swim Center	#15673
M/W	12/1-1/14	5-5:30PM	Ages 3-5	Swim Center	#15674
M/W	12/1-1/14	5:30-6PM	Ages 3-5	Swim Center	#15675
M/W	12/1-1/14	6-6:30PM	Ages 3-5	Swim Center	#15676
M/W	12/1-1/14	6:30-7PM	Ages 3-5	Swim Center	#15677
M/W	12/1-1/14	7-7:30PM	Ages 3-5	Swim Center	#15678
M/W	12/1-1/14	7:30-8PM	Ages 3-5	Swim Center	#15679
T/Th	12/2-1/15	10-10:30AM	Ages 3-5	Swim Center	#15680
T/Th	12/2-1/15	1-1:30PM	Ages 3-5	Swim Center	#15681
T/Th	12/2-1/15	1:30-2PM	Ages 3-5	Swim Center	#15682
T/Th	12/2-1/15	5-5:30PM	Ages 3-5	Swim Center	#15683
T/Th	12/2-1/15	5:30-6PM	Ages 3-5	Swim Center	#15684
T/Th	12/2-1/15	6-6:30PM	Ages 3-5	Swim Center	#15685

Continued on next page

Preschool Puffer Fish (Continued)

T/Th	12/2-1/15	6:30-7PM	Ages 3-5	Swim Center	#15686
T/Th	12/2-1/15	7-7:30PM	Ages 3-5	Swim Center	#15687
T/Th	12/2-1/15	7:30-8PM	Ages 3-5	Swim Center	#15688
Sat	1/10-2/7	9-9:30AM	Ages 3-5	Swim Center	#15689
Sat	1/10-2/7	9:30-10AM	Ages 3-5	Swim Center	#15690
Sat	1/10-2/7	10-10:30AM	Ages 3-5	Swim Center	#15691
Sat	1/10-2/7	10:30-11AM	Ages 3-5	Swim Center	#15692
Sat	1/10-2/7	11-11:30AM	Ages 3-5	Swim Center	#15693
Sat	1/10-2/7	11:30AM-12PM	Ages 3-5	Swim Center	#15694
Sun	1/11-2/8	9-9:30AM	Ages 3-5	Swim Center	#15695
Sun	1/11-2/8	9:30-10AM	Ages 3-5	Swim Center	#15696
Sun	1/11-2/8	10-10:30AM	Ages 3-5	Swim Center	#15697
Sun	1/11-2/8	10:30-11AM	Ages 3-5	Swim Center	#15698
Sun	1/11-2/8	11-11:30AM	Ages 3-5	Swim Center	#15699
Sun	1/11-2/8	11:30AM-12PM	Ages 3-5	Swim Center	#15700

Winter 2

M/W	1/19-2/18	10-10:30AM	Ages 3-5	Swim Center	#15765
M/W	1/19-2/18	1-1:30PM	Ages 3-5	Swim Center	#15766
M/W	1/19-2/18	1:30-2PM	Ages 3-5	Swim Center	#15767
M/W	1/19-2/18	5-5:30PM	Ages 3-5	Swim Center	#15768
M/W	1/19-2/18	5:30-6PM	Ages 3-5	Swim Center	#15769

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Preschool Puffer Fish (Continued)

M/W	1/19-2/18	6-6:30PM	Ages 3-5	Swim Center	#15770
M/W	1/19-2/18	6:30-7PM	Ages 3-5	Swim Center	#15771
M/W	1/19-2/18	7-7:30PM	Ages 3-5	Swim Center	#15772
M/W	1/19-2/18	7:30-8PM	Ages 3-5	Swim Center	#15773
T/Th	1/20-2/19	10-10:30AM	Ages 3-5	Swim Center	#15774
T/Th	1/20-2/19	1-1:30PM	Ages 3-5	Swim Center	#15775
T/Th	1/20-2/19	1:30-2PM	Ages 3-5	Swim Center	#15776
T/Th	1/20-2/19	5-5:30PM	Ages 3-5	Swim Center	#15777
T/Th	1/20-2/19	5:30-6PM	Ages 3-5	Swim Center	#15778
T/Th	1/20-2/19	6-6:30PM	Ages 3-5	Swim Center	#15779
T/Th	1/20-2/19	6:30-7PM	Ages 3-5	Swim Center	#15780
T/Th	1/20-2/19	7-7:30PM	Ages 3-5	Swim Center	#15781
T/Th	1/20-2/19	7:30-8PM	Ages 3-5	Swim Center	#15782

Starfish/Minnows

Come and get acquainted with the excitement of the aquatic world. Students will learn breath control, floating and other elementary skills. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday classes | 10 Classes
\$43 Resident/\$65 Non-Resident for Tuesday/Thursday classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday classes and Sunday classes | 5 Classes

No class December 22-January 2.

Winter 1

M/W	12/1-1/14	5-5:45PM	Ages 6-16	Swim Center	#15701
M/W	12/1-1/14	6-6:45PM	Ages 6-16	Swim Center	#15702
M/W	12/1-1/14	7-7:45PM	Ages 6-16	Swim Center	#15703
M/W	12/1-1/14	8-8:45PM	Ages 6-16	Swim Center	#15704
T/Th	12/2-1/15	5-5:45PM	Ages 6-16	Swim Center	#15705
T/Th	12/2-1/15	6-6:45PM	Ages 6-16	Swim Center	#15706
T/Th	12/2-1/15	7-7:45PM	Ages 6-16	Swim Center	#15707
Sat	1/10-2/7	8-8:45AM	Ages 6-16	Swim Center	#15708
Sat	1/10-2/7	9-9:45AM	Ages 6-16	Swim Center	#15709
Sat	1/10-2/7	10-10:45AM	Ages 6-16	Swim Center	#15710
Sat	1/10-2/7	11-11:45AM	Ages 6-16	Swim Center	#15711
Sun	1/11-2/8	8-8:45AM	Ages 6-16	Swim Center	#15712
Sun	1/11-2/8	9-9:45AM	Ages 6-16	Swim Center	#15713
Sun	1/11-2/8	10-10:45AM	Ages 6-16	Swim Center	#15714
Sun	1/11-2/8	11-11:45AM	Ages 6-16	Swim Center	#15715

Continued on next page



Starfish/Minnows (Continued)

Winter 2

M/W	1/19-2/18	5-5:45PM	Ages 6-16	Swim Center	#15783
M/W	1/19-2/18	6-6:45PM	Ages 6-16	Swim Center	#15784
M/W	1/19-2/18	7-7:45PM	Ages 6-16	Swim Center	#15785
M/W	1/19-2/18	8-8:45PM	Ages 6-16	Swim Center	#15786
T/Th	1/20-2/19	5-5:45PM	Ages 6-16	Swim Center	#15787
T/Th	1/20-2/19	6-6:45PM	Ages 6-16	Swim Center	#15788
T/Th	1/20-2/19	7-7:45PM	Ages 6-16	Swim Center	#15789

Flying Fish

Now that you know the elementary skills of swimming, come develop the front crawl and backstroke techniques. Along with these strokes, you will be presented with safety skills, self-rescue and diving. (Skills may take more than one session to complete.) Prerequisite: Minnows-level swimming skills. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday classes | 10 Classes
\$43 Resident/\$65 Non-Resident for Tuesday/Thursday classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday classes and Sunday classes | 5 Classes

No class December 22-January 2.

Winter 1

M/W	12/1-1/14	5-5:45PM	Ages 6-16	Swim Center	#15716
M/W	12/1-1/14	6-6:45PM	Ages 6-16	Swim Center	#15717
M/W	12/1-1/14	7-7:45PM	Ages 6-16	Swim Center	#15718
M/W	12/1-1/14	8-8:45PM	Ages 6-16	Swim Center	#15719

Continued on next page

Flying Fish (Continued)

T/Th	12/2-1/15	5-5:45PM	Ages 6-16	Swim Center	#15720
T/Th	12/2-1/15	6-6:45PM	Ages 6-16	Swim Center	#15721
T/Th	12/2-1/15	8-8:45PM	Ages 6-16	Swim Center	#15722
Sat	1/10-2/7	8-8:45AM	Ages 6-16	Swim Center	#15723
Sat	1/10-2/7	9-9:45AM	Ages 6-16	Swim Center	#15724
Sat	1/10-2/7	10-10:45AM	Ages 6-16	Swim Center	#15725
Sat	1/10-2/7	11-11:45AM	Ages 6-16	Swim Center	#15726
Sun	1/11-2/8	8-8:45AM	Ages 6-16	Swim Center	#15727
Sun	1/11-2/8	9-9:45AM	Ages 6-16	Swim Center	#15728
Sun	1/11-2/8	10-10:45AM	Ages 6-16	Swim Center	#15729
Sun	1/11-2/8	11-11:45AM	Ages 6-16	Swim Center	#15730

Winter 2

M/W	1/19-2/18	5-5:45PM	Ages 6-16	Swim Center	#15790
M/W	1/19-2/18	6-6:45PM	Ages 6-16	Swim Center	#15791
M/W	1/19-2/18	7-7:45PM	Ages 6-16	Swim Center	#15792
M/W	1/19-2/18	8-8:45PM	Ages 6-16	Swim Center	#15793
T/Th	1/20-2/19	5-5:45PM	Ages 6-16	Swim Center	#15794
T/Th	1/20-2/19	6-6:45PM	Ages 6-16	Swim Center	#15795
T/Th	1/20-2/19	8-8:45PM	Ages 6-16	Swim Center	#15796



Barracudas

Now it is time to improve your stamina and coordination! Come and learn breaststroke and sidestroke kicks and more safety skills. Prerequisite: Flying Fish-level swimming skills. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday classes | 10 Classes
\$43 Resident/\$65 Non-Resident for Tuesday/Thursday classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday classes and Sunday classes | 5 Classes

No class December 22-January 2.

Winter 1

M/W	12/1-1/14	5-5:45PM	Ages 6-16	Swim Center	#15731
M/W	12/1-1/14	6-6:45PM	Ages 6-16	Swim Center	#15732
M/W	12/1-1/14	7-7:45PM	Ages 6-16	Swim Center	#15733
M/W	12/1-1/14	8-8:45PM	Ages 6-16	Swim Center	#15734
T/Th	12/2-1/15	6-6:45PM	Ages 6-16	Swim Center	#15735
T/Th	12/2-1/15	7-7:45PM	Ages 6-16	Swim Center	#15736
T/Th	12/2-1/15	8-8:45PM	Ages 6-16	Swim Center	#15737
Sat	1/10-2/7	8-8:45AM	Ages 6-16	Swim Center	#15738
Sat	1/10-2/7	9-9:45AM	Ages 6-16	Swim Center	#15739
Sat	1/10-2/7	10-10:45AM	Ages 6-16	Swim Center	#15740
Sat	1/10-2/7	11-11:45AM	Ages 6-16	Swim Center	#15741
Sun	1/11-2/8	8-8:45AM	Ages 6-16	Swim Center	#15742
Sun	1/11-2/8	9-9:45AM	Ages 6-16	Swim Center	#15743
Sun	1/11-2/8	11-11:45AM	Ages 6-16	Swim Center	#15744

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Barracudas (Continued)

Winter 2

M/W	1/19-2/18	5-5:45PM	Ages 6-16	Swim Center	#15797
M/W	1/19-2/18	6-6:45PM	Ages 6-16	Swim Center	#15798
M/W	1/19-2/18	7-7:45PM	Ages 6-16	Swim Center	#15799
M/W	1/19-2/18	8-8:45PM	Ages 6-16	Swim Center	#15800
T/Th	1/20-2/19	6-6:45PM	Ages 6-16	Swim Center	#15801
T/Th	1/20-2/19	7-7:45PM	Ages 6-16	Swim Center	#15802
T/Th	1/20-2/19	8-8:45PM	Ages 6-16	Swim Center	#15803

Dolphins

Soon you will be swimming like a dolphin! This class coordinates, refines and polishes skills learned in previous levels. Butterfly is introduced, as are open turns, surface dives and diving. Emphasis is placed on developing efficiency, power and endurance. Prerequisite: Barracuda-level swimming skills. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday classes | 10 Classes
\$43 Resident/\$65 Non-Resident for Tuesday/Thursday classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday classes and Sunday classes | 5 Classes

No class December 22-January 2.

Winter 1

M/W	12/1-1/14	7-7:45PM	Ages 6-16	Swim Center	#15745
T/Th	12/2-1/15	7-7:45PM	Ages 6-16	Swim Center	#15746
Sat	1/10-2/7	8-8:45AM	Ages 6-16	Swim Center	#15747
Sat	1/10-2/7	11-11:45AM	Ages 6-16	Swim Center	#15748
Sun	1/11-2/8	11-11:45AM	Ages 6-16	Swim Center	#15749

Continued on next page



Dolphins (Continued)

Winter 2

M/W	1/19-2/18	7-7:45PM	Ages 6-16	Swim Center	#15804
T/Th	1/20-2/19	7-7:45PM	Ages 6-16	Swim Center	#15805

Sharks

Prepare yourself for a competitive team or just improve your swimming skills. You will learn flip turns, starts and dives. You will also refine the competitive strokes learned in previous classes. Prerequisite: Dolphin-level swimming skills. This class may be repeated. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday classes | 10 Classes
\$43 Resident/\$65 Non-Resident for Tuesday/Thursday classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday classes and Sunday classes | 5 Classes

No class December 22-January 2.

Winter 1

M/W	12/1-1/14	8-8:45PM	Ages 6-16	Swim Center	#15750
T/Th	12/2-1/15	8-8:45PM	Ages 6-16	Swim Center	#15751
Sat	1/10-2/7	10-10:45AM	Ages 6-16	Swim Center	#15752
Sun	1/11-2/8	10-10:45AM	Ages 6-16	Swim Center	#15753

Winter 2

M/W	1/19-2/18	8-8:45PM	Ages 6-16	Swim Center	#15806
T/Th	1/20-2/19	8-8:45PM	Ages 6-16	Swim Center	#15807

Board Diving

Learn the basics of one and three meter springboard diving. The course will focus on safely teaching the fundamentals of basic board diving. Prerequisite: Standing front dive and Barracuda-level swimming skills. This class may be repeated. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Tuesday/Thursday classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday classes | 5 Classes

No class December 22-January 2.

Winter 1

T/Th	12/2-1/15	7-7:45PM	Ages 6-16	Swim Center	#15754
Sat	1/10-2/7	9-9:45AM	Ages 6-16	Swim Center	#15755

Winter 2

T/Th	1/20-2/19	7-7:45PM	Ages 6-16	Swim Center	#15808
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Fundamentals of Water Polo

This course will cover the basic skills and strategies of the game. Learn game rules, ball control, passing, shooting and basic play. Prerequisite: Barracuda-level swimming skills. Parents are required to sign children in and out of each class meeting.

\$25 Resident/\$38 Non-Resident | 5 Classes

Winter 1

Sun	1/11-2/8	12-12:45PM	Ages 8-17	Swim Center	#15756
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Winter 2025



Adult Beginning Swimming

This is a basic swim course for the adult just learning to swim. The course is designed to teach floating and basic stroke techniques, including the front crawl and elementary backstroke. No previous skills required. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Monday/Wednesday classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday classes and Sunday classes | 5 Classes

No class December 22-January 2.

Winter 1

M/W	12/1-1/14	8-8:45PM	Ages 16+	Swim Center	#15757
Sat	1/10-2/7	9-9:45AM	Ages 16+	Swim Center	#15758
Sun	1/11-2/8	8-8:45AM	Ages 16+	Swim Center	#15759

Winter 2

M/W	1/19-2/18	8-8:45PM	Ages 16+	Swim Center	#15809
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Adult Intermediate Swimming

Continue to improve the front crawl and be introduced to the breaststroke and sidestroke. Depending on skill level, treading water, diving and flip turns may be introduced. The majority of class time will be spent in shallow water. Prerequisite: Adult Beginning-level swimming skills. Parents are required to sign children in and out of each class meeting.

\$43 Resident/\$65 Non-Resident for Tuesday/Thursday classes | 10 Classes
\$25 Resident/\$38 Non-Resident for Saturday classes | 5 Classes

No class December 22-January 2.

Winter 1

T/Th	12/2-1/15	8-8:45PM	Ages 16+	Swim Center	#15760
Sat	1/10-2/7	8-8:45AM	Ages 16+	Swim Center	#15761

Winter 2

T/Th	1/20-2/19	8-8:45PM	Ages 16+	Swim Center	#15810
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Volunteer Opportunities

Looking for work experience or something to add flair to your college or job application? If so, the Recreation Services Division’s volunteer program is a great place to start. Opportunities exist for teens and adults to assist the City in a variety of volunteer capacities within the Recreation Services Division.

All volunteers need to be 13 years of age or older, and each volunteer must have a City of Cerritos Recreation Services Division Volunteer Application/Waiver on file, complete the fingerprinting process, and attend a volunteer orientation workshop prior to being assigned to any program or event. In addition, volunteers are required to attend two enrichment workshops a year to maintain their active status.

The Application/Waiver is available online in the Recreation section of the City’s website at cerritos.gov or at any Cerritos community center. Volunteers under the age of 18 must obtain a signature from their parent or guardian. Fingerprinting is conducted by appointment only on the first Wednesday of every month, except holidays. Orientation workshops are listed below.

Pursuant to California state law, a county, city or special district shall not assign a volunteer to perform services, in a position having supervisory or disciplinary authority over a

minor, if that person has been convicted of an offense specified in Public Resource Code 5164.

Registered volunteers will receive a letter with their recorded hours on a quarterly basis. Upon completion of a minimum number of service hours, volunteers will be invited to an annual volunteer recognition. The demand for volunteers, assignments, and hours vary from season to season. For more information regarding volunteer opportunities, workshops, orientations, and fingerprinting appointments, please call Heritage Park at **(562) 916-8570**.

Orientation Dates

Wed 11/19	7PM	Heritage Park
Wed 12/17	7PM	Heritage Park
Wed 1/21	7PM	Heritage Park

Recreation Services Volunteer

Volunteers, age 13 years or older, are needed for a variety of youth activities such as Parent/Child programs, Little One’s Hour, Half Pint’s Night, crafts, and much more. Special events include the Halloween Festival, Christmas Tree Lighting, Summer Entertainment Showcase, and the July 4th Let Freedom Ring Celebration.

Swim Assistant Volunteer

Volunteers will assist swim instructors as well as help with special events at the Cerritos Swim & Fitness Center. Orientation is required. For more information, please call the Cerritos Swim & Fitness Center at [\(562\) 407-2600](tel:5624072600).

Youth Sports Volunteer

The sports section of the Recreation Services Division recruits volunteer coaches on a seasonal basis for its three youth sports leagues. Volunteer coaches must be 18 years and older and are required to undergo a certification process, which includes fingerprinting and mandatory meetings. For more information on becoming a youth sports volunteer, please call the Cerritos Sports Complex at [\(562\) 916-8590](tel:5629168590).



Facility Information

Moon Bounce Use at Cerritos Recreational Facilities

Cerritos residents are permitted to have a moon bounce at their family or neighborhood-related functions at a staffed Cerritos Recreation Facility. Moon bounces are only allowed at the following Cerritos recreational facilities, during normal operating hours: Cerritos Park East, Frontier Park, Heritage Park, Liberty Park, and Westgate Park.

Please be aware of the following policies and procedures:

- Advance reservation for a shelter is required. Fees and deposits are required for all shelter reservations. There is a limited number of moon bounce areas designated at each facility. Moon bounce must be powered by a gasoline generator with enough gas to last for the duration of the reservation (maximum of six (6) hours). Moon bounces may not be plugged in to City electrical outlets.
- Moon bounce may not exceed 16 ft. x 16 ft. in size. Combos, climbers, slides or water features are prohibited.
- The permit holder must be present when the equipment is dropped off and must remain at the facility until the equipment is picked up by the vendor. All moon bounces must be supervised by an adult at all times.

- Choose from one (1) of the vendors who have a current certificate of insurance on file with the City of Cerritos or select an alternate company.
- If using an alternate company, an original certificate of insurance is required in the amount of one (1) million dollars, naming the City of Cerritos, its officers, employees, agents and volunteers as additional insured, along with an endorsement. Both documents are due at least ten (10) business days prior to the reservation date.
- All moon bounce requests are subject to approval by the Facility Coordinator and Supervisor.

Please visit one of the Cerritos Community Centers — Cerritos Park East, Heritage Park, or Liberty Park — for reservation information and facility availability.

For More Information

Contact the Recreation Services Division at [**\(562\) 916-1254**](tel:5629161254).

Fitness Centers

Membership Fee: \$50/year

Liberty Park

19211 Studebaker Road | **(562) 916-8565**

Membership to the Liberty Park Fitness Center is available to Cerritos residents, age 16 and older. Individual memberships are \$50 per year. The fitness center includes a multi-max station, treadmills, stair climbers and elliptical machines.

Adults working in Cerritos can purchase an annual business membership for \$50, valid only Monday through Friday from 10 a.m. to 5 p.m.

Membership cards are valid at Liberty Park and the Cerritos Olympic Swim Center Fitness Center.

Hours

Monday–Friday
10 a.m.–8 p.m.

Saturday–Sunday
10 a.m.–6 p.m. (Fall and Winter)
10 a.m.–8 p.m. (Spring and Summer)

Business memberships may only use the facility on weekdays, 10 a.m. to 5 p.m.

Cerritos Olympic Swim and Fitness Center

13150 E. 166th Street | **(562) 407-2600**

The Cerritos Olympic Swim and Fitness Center is equipped with locker room facilities. Membership is available to Cerritos residents, age 16 and older. Individual memberships are \$50 per year. The fitness center includes a multi-max station, treadmills and elliptical machines. Adults working in Cerritos can purchase an annual business membership for \$50, valid only Monday through Friday from 6 a.m. to 2 p.m. at the Swim Center location.

Hours

Monday–Friday
6 a.m.–2 p.m. and 5–9 p.m.

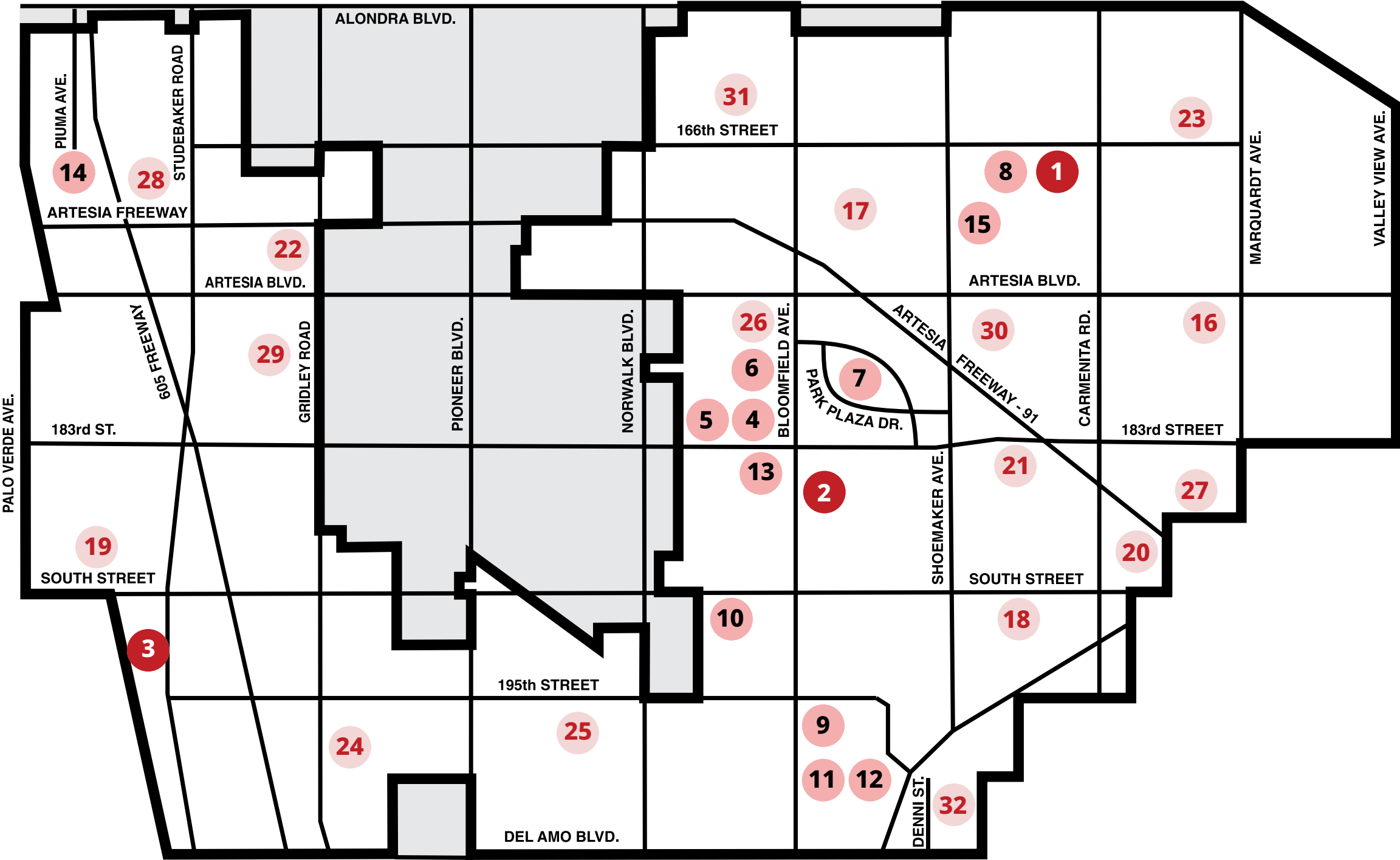
Saturday–Sunday
7 a.m.–2 p.m.

Business memberships may only use the facility on weekdays, 6 a.m.–2 p.m.

Senior fitness center members may also use their membership to access the Senior Center Fitness Center at the Cerritos Senior Center at Pat Nixon Park.



City Facilities and Hours



Community Centers

Monday-Friday, 10 a.m.-8 p.m.
Saturday/Sunday, 10 a.m.-6 p.m.

- 1 Cerritos Park East**
13234 E. 166th St., [\(562\) 407-2611](tel:5624072611)
- 2 Heritage Park**
18600 Bloomfield Ave., [\(562\) 916-8570](tel:5629168570)
- 3 Liberty Park**
19211 Studebaker Rd., [\(562\) 916-8565](tel:5629168565)

Special Facilities

- 4 Cerritos City Hall**
Bloomfield at 183rd Street, [\(562\) 860-0311](tel:5628600311)
Monday-Friday, 8 a.m.-5 p.m.
- 5 Cerritos Sheriff's Station/
Community Safety Center**
18135 Bloomfield Ave., [\(562\) 860-0044](tel:5628600044)
- 6 Cerritos Library**
18025 Bloomfield Ave., [\(562\) 916-1350](tel:5629161350)
Monday-Friday, 11 a.m.-7 p.m.
Saturday-Sunday, 11 a.m.-5 p.m.

- 7 Cerritos Center for the Performing Arts**
12700 Center Court Drive, [\(562\) 916-8500](tel:5629168500)
- 8 Cerritos Olympic Swim and Fitness Center**
13150 E. 166th St., [\(562\) 407-2600](tel:5624072600)
Monday-Friday, 6 a.m.-2 p.m., 5-9 p.m.
Saturday/Sunday, 7 a.m.-2 p.m.
- 9 Don Knabe Community Regional Park**
19700 Bloomfield Ave., [\(562\) 924-5144](tel:5629245144)
- 10 Cerritos Senior Center at Pat Nixon Park**
112340 South St., [\(562\) 916-8550](tel:5629168550)
- 11 Cerritos Sports Complex**
19900 Bloomfield Ave., [\(562\) 916-8590](tel:5629168590)
- 12 Cerritos Skate Park at the Cerritos Sports Complex**
19900 Bloomfield Ave., [\(562\) 916-8590](tel:5629168590)
- 13 Community Gym at Cerritos High School**
12500 E. 183rd St., [\(562\) 916-8577](tel:5629168577)
- 14 Cerritos Iron-Wood Nine Golf Course**
16449 Piuma Ave., [\(562\) 916-8400](tel:5629168400)
Course Hours: Daily, 6:30 a.m.-Sunset
Range Hours: Mon.-Fri., 6:30 a.m.-7 p.m.
Thursday, 10 a.m.-7 p.m.
Saturday and Sunday, 6:30 a.m.-6 p.m.
- 15 Community Gym at Whitney High School**
16800 S. Shoemaker Ave., [\(562\) 407-2635](tel:5624072635)

Neighborhood Parks

- 16 Friendship Park**
13650 Acoro St.
- 17 Frontier Park**
16910 Maria Ave.

- 18 Sunshine Park**
19310 Vickie Ave.
- 19 Westgate Park**
18830 San Gabriel Ave.
- 20 Bettencourt Park**
13575 E. Andy St.
- 21 Brookhaven Park**
13167 Brookhaven Ave.
- 22 Ecology Park**
17133 Gridley Rd.
- 23 Joe A. Gonsalves Park**
13611 E. 166th St.
- 24 Gridley Park**
19734 Gridley Rd.
- 25 Jim Edwards Park**
Jacob and Yearling
- 26 Loma Park**
17503 Stark St.
- 27 Rainbow Park**
18600 S. Linda Cir.
- 28 Reservoir Hill Park**
16733 Studebaker Rd.
- 29 Rosewood Park**
17715 Eric Ave.
- 30 Saddleback Park**
13037 Acoro St.
- 31 Satellite Park**
12410 Ash Creek Rd.
- 32 El Rancho Verde Park**
7815 Denni St.



Registration

Browse classes and register with



Online and Walk-In Registration

Visit cerritos.gov/register

Online registration is the recommended method of registering for classes. To check the availability of classes or register for classes, please visit the City’s website at cerritos.gov and look for the online registration link. RACER is best viewed with Google Chrome.

If computers are not accessible for patrons, computers at the Cerritos Library may also be used.

Visa, MasterCard, Discover, and American Express are accepted payment types for online registration.

Walk-in registration will be held at all community centers, Swim & Fitness Center, and Golf Course, beginning at 10 a.m. Registration will continue until classes are full.

For Programs at Cerritos Park East and Liberty Park II

Sat	11/1	10AM	Registration begins
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For Programs at All Other Locations

Sat	11/1	10AM	Resident registration begins
Fri	11/7	10AM	Non-resident registration begins

Online Registration Tips

To check the availability or to register for classes, please visit the Cerritos website at cerritos.gov and look for the **Register for a Class** link. You will not receive confirmation by mail for classes registered online.

Additional Information

Classes will begin the week of November 10 unless otherwise listed.

Class fees and times are subject to change without notice.

The City of Cerritos receives Measure A funding from the Los Angeles County Regional Park and Open Space District to support park improvement projects. In accordance with the grant program requirements, registration for activities at Cerritos Park East and Liberty Park II is available to both residents and non-residents simultaneously. Additionally, activity fees at these two facilities are the same for all participants, regardless of residency.

Refund Policy

If a class is canceled by the City, a full refund will be given.

If the request to withdraw from a class is three (3) days or more before the first class meeting, a refund will be granted, minus a \$5 service fee per registrant, per class.

Requests for class withdrawal less than three (3) days prior to the first class meeting will not be granted.

Any person registered in an aquatics class above their skill level will be dropped from the class without a refund.



Community Services Program
Winter 2025

Produced by
Recreation Services Division

**Communications
and Marketing Division**



CITY OF CERRITOS

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Recreation Services Division

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**CITY OF
CERRITOS**

18125 Bloomfield Avenue
Cerritos, CA 90703

(562) 860-0311 | cerritos.gov

**Recreation Services
Division Hours (City Hall)**

Monday–Friday
8 a.m.–5 p.m.

Saturday and Sunday
Closed