10/19/2026

HCBS-Compliant
Social Recreation Programs

Business Name	Address	Website	Phone Number	Category	Description
Actor's Studio of Orange County	2730 S. Harbor Blvd. Suite J, Santa Ana	asooc.com	714-258-6213	Acting	Through its innovative approach to training actors, The Actor's Studio of Orange County provides the community not only with an artistic gym for actors to transform through art, but also provides the Los Angeles industry with a fresh and creative resource
Q Acting Studios	2200 Harbor Blv Ste.C250 Costa Mesa CA 92627	Q Acting Studios	(949) 919-0469	Acting	Ongoing weekly classes to nurture, grow and maintain your screen acting muscles!
Makapo Aquatics Project - NAC/ Makapo Rec Program; Outrigger Team; Paddling	Newport Beach, CA	https://www.makapo.org/	714- 868- 6252	Aquatics Program	Makapo is committed to championing active lifestyles through inclusive outrigger paddling programs designed for people with diverse abilities, their family, and their friends. Makapo is committed to expanding its programs to serve people of all ages who have disabilities. We are proud to use our experiences in working with blind athletes to help a greater number of people enjoy the benefits of outrigger paddling.

Art 4 Kids and Teens	1. 27302 Via Avila, Mission Viejo, CA 92691	https://www.art4kidsandteens.com/	949-813-1654	Art	Art 4 Kids and Teens is a Residential studio located in Mission Viejo, CA. Our Kids art Class focuses on high-quality group art instructions for kids, ages 5 - 16 years old. In our dedicated and equipped classroom, our professional staff will teach you how to draw using the same techniques used in art college courses.
Mission Renaissance Fine Art Classes	4606 Barranca Pkwy, Irvine, CA 92604	http://www.fineartclasses.com/	1-800-430-4278	Art	Serving children, teens and adults for more than 45 years, Mission: Renaissance has long been recognized as the largest fine art program in the world.
Arthur E. Morris, Hi-Tech Archery	1912 W Commonwealth Ave, Fullerton	htarchery.com	714-449-9744	Archery	Mediums covered, including: drawing and sketching, acrylic paint, watercolor and mixed media.
Orange County Archery	25782 Obrero Dr Ste B, Mission Viejo, CA 92691	https://www.orangecountyarchery.com/	(949) 916-6855	Archery	Archery lessons and leagues
Muddy's Studio	2160 S. Halladay St. Santa Ana	muddystudio.com	714-641-4077	Art - Ceramics	Teaching different techniques on ceramics.
Costa Mesa Ceramics Studio	1001 W 17th St Unit N, Costa Mesa, CA 92627	https://www.costamesaceramics.com/home	(949) 612-7514	Art - Ceramics	Teaching different techniques on ceramics.
Fired Up San Clemente	143 Avenida Granada, San Clemente, CA 92672	firedupsanclemente.com	(949) 498-3929	Art - Ceramics	Ceramics classes for all

The Pottery Studio in Costa Mesa	2972 Century Place Costa Mesa	https://thepotterystudio.com/pages/costa-mesa	n/a	Art-Ceramics	Our Costa Mesa studio opened in February 2022, with fresh air and beautiful natural light to serve the Orange County pottery community. We have have multiple daily classes, memberships and workshops at this location as well!
Artime Barro	450 Ocean Blvd Laguna beach	https://www.artimebarro.com/lagunabeach	949-981-4988	Art- Cermaics	Pottery and ceramics studio open to kids, teens, and adults.
The Art House	1380 S Harbor Blvd, La Habra	https://www.thearthousekids.com/	714-870-7119	Art	Provide a comprehensive visual arts education that makes “art kids” feel understood, loved & full of potential.
School of Art	3746 S. Bristol St. Santa Ana	N/A	714-795-1331	Art	Fine Art group lessons.
Artventure OC	27101 Aliso Creek Rd, Suite 102, Aliso Viejo, CA 92656	https://artventureoc.com/	949-448-0590	Art	Start Your Creative Journey with our Fine Art Classes for Kids, Teens & Adults in Orange County, CA . Whether you're a beginner or an experienced artist, our unique teaching style focuses on individual needs, ensuring that in every class, a diverse range of skills and techniques are taught.

Huntington Beach Art Center	538 Main St #98 Huntington Beach, CA 92648	https://www.huntingtonbeachartcenter.org/	(714) 374-1650	Art	HBAC offers a wide range of fine art classes year-round for youth and adults taught by professional artists. Using a multidisciplinary educational approach, classes include instruction in drawing, painting, watercolor, oil, acrylic, photography, creative writing, and a variety of movement classes for youth and adults.
Raya Art & Education Inc.	8941 Research Dr. Irvine CA 92618	N/A	949-591-3307	Art	Painting classes for all
YingArt Studio	14471 Chambers Rd ste 212, Tustin, CA 92780	http://www.yingartstudios.com/	912-441-7104	Art	Art classes for all
U Design School of Art	4622 Barranca Pkwy Suite 4622, Irvine, CA 92604	https://www.udesignarts.com/	(949) 283-5353	Art	Group art classes for all
The Bear School	9191 Bolsa Ave, Unit 208-209, Westminster, CA, 92683	https://thebearschool.com/english	205-519-2353	Art	Art classes to learn fundamental drawing, painting, clay sculpting techniques and many creative crafts
Art + Soul Collective	Various locations	Artsoulcollective.com	(714) 408-0474	Art	Mediums covered, including: drawing and sketching, acrylic paint, watercolor and mixed media.
Kidcreate Studio	34255 Pacific Coast Hwy #113, Dana Point, CA 92629	Kidcreate.com/dana-point	(949) 545-7091	Art	At Kidcreate Studio - Dana Point, your child will create fridge-worthy masterpieces, learn art concepts, and experiment with many different art materials.

Ari Art Studio	4850 Barranca Pkwy, Unit 208, Irvine CA 92604	www.aristudioarts.com/	949-245-5101	Art	We are an artistic, natural, holistic, student-centered learning environment that empowers and inspires our students to be creative, innovative and mindful. Though classes will be held in a group setting, students and teachers will spend much of their time working one-on-one. Plus ARI STUDIO will emphasize helping the individual student achieve greater self-expression and self-awareness.
Le Space Art Center	950 Roosevelt Ave., Irvine CA 92620	https://www.lespaceedu.com/	(949) 800-8661	Art	Creative Art and Clay classes
ArTimeStudio	27601 Forbes Road, Suite 1, Laguna Niguel, CA 92677	https://www.artimestudio.com/fineartclasses	949-981-9810	Art	In-studio fine art classes
The Artist Lab	5311 University drive, Irvine, CA 92612	https://www.theartistlabs.com/	949-293-2380	Art (In-Person classes)	Our studio offers specialized programs across a diverse array of artistic and design disciplines, including Fine Art, Digital Art, Game Art, Industrial Design, Ceramics, Fashion Design, College Portfolio Preparation, OCSA (Orange County School of the Arts) Prep, and beyond.

Vincent Art Studio	1251 S. Beach Blvd. suite M& L La Habra	thevincentart.com	562-947-5906	Art	Graphic Design *Digital Media *3D Design *Advertising Design *Visual Communications *Fine Art *Illustration *Entertainment Design *Interior Design *Fashion Design *Environmental Design *Architecture *Product Design *Animation *Game Design *Sculpture *Photography *Studio Art *Toy Design *Industrial Design
Goreu Korean Traditional Art	1807 W Katella Ave. Anaheim	N/A		Art	
Loving Tree Activity	1180 S. Idaho St. Unit G, La Habra	www.lovingtreeactivity.com		Art	Art group lessons
In Art Los Angeles	6940 Beach Blvd., Suite D-133, Buena Park	inarteducation.com		Art	InArt strives to develop and hone the artistic talents of its students in preparation for art colleges and universities.
Mona Niko Art Gallery	668 B The Shops at Mission Viejo Mall	N/A	949-317-8513	Art	Teaching the art of painting.
Sounds of Color Studio	2407 N Tustin Ave, Santa Ana	Soundsofcolorstudio.com	714-624-8686	Art	An art performance studio for all kids
The Muckenthaler Cultural Center	1201 W Malvern Ave., Fullerton	https://themuck.org/art-classes	714-738-6595	Art	We pride ourselves on offering a wide variety of art forms for all ages.
Hwa Byun	14747 Artesia Blvd #2D, Fullerton	N/A		Art - Ceramics	Teaching different techniques on ceramics.
The Hive	1235 Puerta Del Sol # 700 San Clemente	thehiveceramics.com	949-229-0879	Art - Ceramics	Teaching different techniques on ceramics.

Art Masterclass	1652 Edinger Ave Suite A, Tustin	https://booking.artmasterclass.com/	310-620-1835	Art - Mosaic	Art Masterclass is the world's most popular mosaic art studio. We are the first workshop in the USA to teach the art of traditional Turkish mosaic lamp making.
E-Plex Education	6940 Beach Blvd. Unit D 212 Buena Park	e-plex.net	714-464-8355	Art - Fundemental Art and Art for Fun	To build a confident creator. . Encourage creative expressions and hands-on experiences. . An ENTERTAINING COURSE to strengthens one's self-esteem.
The Art Studio	6450 Westminster Blvd. Westminster	www.theartstudio.com	714-899-6001	Art - Drawing Class	In this course we will strengthen our abilities as draftspeople, the bread and butter of an artist! No building can stand without solid foundations and no figurative painting without solid understanding of the fundamentals of drawing.
J Art Studio	1821 W. Commonwealth Ave Fullerton	N/A	n/a	Art Lesson	Instruction to provide different art techniques.
Mission Art Center	1730 N. Tustin St	www.missionartcenter.com	1-888-702-5277	Art Lesson	Students will learn about fundamental painting principles, they also learn about color theory, and fine detail about Pastel drawing.
Bee Music Art & Cultural Center	8311 Westminster Blvd.	www.beemusicschool.net	714-414-2825	Art Lesson	Providing a lot of different lessons for all
Little Da Vinci	1343 W Valencia Dr Suite A, Fullerton	Instagram Page Only	714-615-0684	Art Lesson	Instruction to provide different art techniques.
Creative Art Studio	26 Daisy St. Ladera Ranch	ateliercreativeart.com	949-294-2149	Art Lesson	Teaching different techniques on cermics.

Aspire Arts Studios	6829 Quail Hill Pkwy Irvine, CA	www.aspireartstudios.com	949-857-1688	Art lesson	Art classes for kids
Garden Grove Art Academy	13121 Brookhurst St. Garden Grove	FB Page Only	714-657-5169	Art Lesson	Instruction to provide different art techniques.
Mission Renissance	28251 Greenfield Dr. Suite E Laguna Hills	fineartclasses.com	800-430-4278	Art Lesson	Teaching the basics of drawing.
Westminster Arts Academy	14441 Beach Blvd Westminster	westminsterartsacademy.com	714-902-6036	Art Lesson	Providing music, dance, and art classes in group training.
City of Irvine Recreation - ARTBEAT FALL 2024	14321 Yale Ave. Irvine, CA 92604	https://www.cityofirvine.org/irvine-fine-arts-center/adult-classes	949-724-6880	Art Lesson	Painting Foundations: Age 18+; Jewelry: Closionne Enamel: Age 18+
Art Academics	515 W. Commonwealth Ave. Ste 105 Fullerton	artacademic.com	714-681-6754	Art Lesson	In studio to learn techniques in drawing, painting, and creativit**y.Please contact Art Academics to inquire about participation criteria.**
Young Rembrandts Elementary Drawing Young	Stanton Central Park SCP Multipurpose Room	The Stanton Express - booklet	714-890-4268	Art lesson	Providing rembrandts style of art lesson.
Fibo Art	Cypress; Tustin; Brea; Fountain Valley	fiboart.com	714-579-1929	Art Lesson	Offering drawing and painting classes to kids ages 4-18.
SANDS-Acrylic	18041 Goldenwest St.,	hbsands.org	714-536-5486	Art Lesson	All levels class will teach students
Ocean Art Center	25272 McIntyre St Suite G Lagua Hills, CA 92653	https://oceanartcenter.com/	949-594-2229	Art Lesson	In person art lessons for all
City of Los Alamitos Recreation & Community Services: Sugar Cookie Decorating Class	10911 oak St, Los Alamitos Ca	losalrecreation.myrec.com	562-430-1073	Baking	Baking cookies in an inclusive enviornment.

Linda's Bakkery	8201 E Santa Ana Canyon Rd Anaheim	michellebakker.wixsite.com	657-201-9106	Baking	An inclusive enviornment for all to decorate and bake cookies.
Pie Bar Long Beach	450 Pine Ave Long	piebarlongbeach@gmail.com	562-435-6910	Baking	Learning to bake the most delicious pies!
City of Buena Park	6650 Beach Blvd. Buena Park	www.buenapark.com/youthsports	714-562-3860	Baseball	It is the philosophy of the Community Services Department that all children who register in our sports program participate in a safe, healthy and nurturing environment with the goal to have fun. Emphasis is placed on skills development rather than winning. We strive to create an atmosphere of cooperation and good sportsmanship.
City of Santa Ana Youth Sports - Jr. T-Ball	Jerome Center, 726 S Center St, Santa Ana 92704	https://www.santa-ana.org/youth-co-ed-rookie-ball/	(714) 647-5400	Baseball	Batter up! The City of Santa Ana's boys rookie baseball and girls rookie softball seasons are coming soon. Participants will be able to learn fundamental skills, sportsmanship, and best of all have fun! All skill levels are welcomed, as participants will gain experience in playing as a team.
District 62 Challenger Baseball League	14402 Magnolia St, Westminster, Ca 92683	n/a	(714) 610-8295	Baseball	Little League and Adult Baseball League supporting persons of various disabilities. Enrollment is open to all ages and abilities at Westminster Park.

City of Irvine - Adaptive Basketball Clinic	15 Sweet Shade, Irvine CA 92606	https://www.cityofirvine.org/disability-services/recreational-classes-activities	949-724-6595	Baseball	Learn the fundamentals of basketball. This adaptive clinic teaches proper shooting and dribbling technique. Learn how to play as a team while developing individual skills.
West Garden Grove Youth Baseball Leagues	12345 Springdale St. Garden Grove CA 92845	https://www.wggyb.org/	(714) 894 3015	Baseball	Baseball leagues for all abilities
The Miracle League of Orange County	Pioneer Park 2565 E Underhill Ave Anaheim CA 92805	https://ocmiracleleague.com/	714-713-2512	Baseball	The Miracle League of Orange County is a non-profit organization that provides children with developmental and/or physical challenges the opportunity to play baseball as a team member in an organized league at Pioneer Park
Team California Baseball	11271 Standford Ave., Garden Grove, CA 92840	teamcalbaseball.com	n/a	Baseball	It is Team California's Mission to create a culture of highly competitive High School Baseball Players who will get to the Next Level and play Baseball in College through "Poise, Freedom, and Focus. " Team California Players learn to play with Poise, have the Freedom to execute, and Focus on details
B.E.S.T Little Sluggers Baseball	4001 Carbon Canyon Road Brea CA92821	https://anc.apm.activecommunities.com/brearec/activity/search/detail/13320?onlineSiteId=0&from_original_cui=true	n/a	Baseball	A fun introduction to the basics of baseball! Toddlers will explore throwing, catching, and hitting through playful activities and games designed to encourage

Shoreline Sport in Fountain Valley	10350 Ellis Ave Fountain	shorelinesportsfv.org	714-319-2438	Basketball	Our league strives to provide teaching, instruction, and the element of spirituality. We are a foundational league where we guarantee that each child will get equal playing time and we do not keep score.
North County Basketball Team	P.O. Box 41Yorba Linda, CA 92885	northcountybasketball.org	(714) 308-1344	Basketball	Basketball League
Baller4Life Elite Sports Training	17071 Gothard St, Huntington Beach	https://b4lsportstraining.com	714-553-9171	Basketball - Team Play	The Baller4Life Elite club basketball team plays in the very best tournaments and games offered throughout Orange and LA counties. Each team plays a minimum of two to five games every other weekend.
City of Hutington Beach	2000 Main St. Huntington Beach	https://www.huntingtonbeachca.gov/residents/news_publications/sands/index.cfm	n/a	Skyhawks Basketball	Learning to play basketball for beginners and intermediate!
Greek Youth Basketball Clinic - presented by East Long Beach Basketball	5761 E. Colorado St, Long Beach CA	https://urldefense.proofpoint.com/v2/url?u=https-3A__docs.google.com_forms_d_e_1FAIpQLScbyYpXHqn3WCyOMB-5F9ISG1QDif50cDLgoB3irecF8aV	n/a	Basketball	Boys & Girls basketball clinic.
Shoreline Sport in Fountain Valley	10350 Ellis Ave Fountain Valley	shorelinesportsfv.org	714 951-7503	Basketball	Our league strives to provide teaching, instruction, and the element of spirituality. We are a foundational league where we guarantee that each child will get equal playing time and we do not keep score.

Shoot 360	12552 Western Ave. Garden Grove, CA 92841	shoot360.com	714-912-6697	Basketball	We combine cutting-edge science and technology with actual hands-on, one-on-one coaching—in person, in real-time, in a real gym environment.
Baller4Life Elite Sports Training	17071 Gothard St, Huntington Beach	https://b4lsportstraining.com	714-553-9171	Basketball - Team Play	The Baller4Life Elite club basketball team plays in the very best tournaments and games offered throughout Orange and LA counties. Each team plays a minimum of two to five games every other weekend.
Tustin Parks and Recreation	Parks & Recreation Services 300 Centennial Way Tustin	ttps://secure.rec1.com/CA/tustin-ca-recreation/catalog?dest=/CA/tustin-ca-recreation/leagues/publicTeam/686816/151059	n/a	Basketball	Basketball for all ages and abilties
Chapman Hills Basketball Courts	170 Aspen St., Orange, CA 92869	oc.1on1basketball.com	562-822-7525	Basketball	Basketball for all ages and abilties
i9 Sports East North Orange County	2721 Larchmont Ave, Santa Ana	www.i9sports.com	714-978-4449	Basketball	Basketball for all ages and abilties
Boys & Girls Club - Hungtington Valley	17569 Los Alamos St Fountain Valley	bgchv.com	714-531-2582	Basketball	Boys & Girls Clubs of Huntington Valley proudly offers BASKETBALL leagues to youth ages 6 to 16. Our seasonal sports leagues are open to all children in Fountain Valley, Huntington Beach, and surrounding areas.

Mercadel Basketball	29961 Santa Margarita Pkwy Rancho Santa Margarita	mercadelbasketball.com	949-836-2711	Basketball	Mercadel Camps are designed to help each student take their game to the next level - on & off the court. Our goal is to make sure each student understands how important it is to learn the game of Basketball mentally & physically.
Boombase Basketball	40 Tesla Irvine, CA	www.theboombase.com	949-885-6019	Basketball	Our Coaches BOOMBASE coaches are all certified and experienced individuals who are always ready to give out all they have to solve any questions our trainees may have on and off the court.
National Junior Basketball	180 E. Main Street, Suite 105, Tustin	https://njbl.org/	888-623-0124	Basketball - Winter Season	NJB IS CALIFORNIA'S LARGEST YOUTH BASKETBALL LEAGUE FOR OVER 38 YEARS.
5 Eleven Hoops	3701 Long Beach Blvd #3018 Long Beach	5elevenhoops.org	310-903-1174	Basketball	Vendored at HRC. Basketball camp for all abilities.
Spectrum Laboratory	5739 Tujunga Ave., North Hollywood	https://www.speclabs.org/	n/a	Beginning-Intermediate Voice Over	This is for the talented voiceover actors who are just beginning to find their voices, learning how their instrument works – the mechanics of vocal technique. This includes learning how to dissect a script, create a voice organically and microphone technique.

Pedalheads	Costa Mesa- First United Methodist Church 420 W 19th st, Costa Mesa 92627	pedalheads.com	1-888-886-6464	Biking	Pedalheads Bike is a learn-to-ride camp known for taking kids from training wheels to two wheel to road riding. We combine a fun group setting with specialized equipment, tailored cycling lessons, and incredible instructors to build confidence and get some of the most tentative kids biking on their own.
American Poolplayers Association	1000 Lake Saint Louis Blvd Suite 325, Lake Saint Louise, MO	https://poolplayers.com/	636-625-8611	Billards membership	American Poolyplayers
Titan Bowl and Billiards	CSUF campus	asi.fullerton.edu	657-278-7529	Billards	Open to the public to play a game of billards. Rates will vary if enrolled student at CSUF or not.
Capistrano Boxing Gym	33081 Camino Capistrano, San Juan Capistrano	https://capistranoboxinggym.com	949-276-7776	Boxing	To provide all members with a fundamental base of technical and classic skills, while fostering an appreciation and passion for combat sports.
Grampas Boxing Gym LLC	7686 Garden Grove Blvd. Westminster	www.grampasboxinggym.org	714-622-4878	Boxing	Train in a legitimate boxing gym that is focused on proper technique and constant improvement. Our workout will push you beyond your limits.

HWD Fitness	Various locations	https://www.bing.com/search?q=hwdfitness&cvid=f3a93127cf814d7d83990159c5503be8&gs_lcrp=EgZjaHJvbWUyBggAEEUYOTIGCAEQABhAMgYIAhAAGEAyBggDEAAYQDIGCAQQABhAMgYIBRAAGEAyBggGEAAYQDIGCAcQABhAMgYICBAAGEDSAQgxNjU1ajBqNKgCCLACAQ&FORM=ANAB01&PC=U531	(714) 699-4220	Boxing	Boxing and Circuit classes
A1 Boxing	6070 Warner Ave Hunington Beach	a1boxingclub.com	562-474-5785	Boxing Lesson	Traditional boxing club. Open to all ages.
Ballard Boxing and Fitness	30332 Esperanza, RSM, CA 92688	Ballardfitness.com	714- 914-3316	Boxing	Whether you are an experienced boxer or just looking to add something new to your workout regimen, the adult boxing workouts at Ballard Fitness can help you get the physical results you are looking to achieve, set you towards maintaining a healthier lifestyle, and give you the support to tackle anything that life throws your way.
714 Boxing Academy	1310 E Edinger Santa Ana Ca 92705	n/a	714-366-5854	Boxing	Group Boxing Classes for Beginners
American Gym	1638 Placentia Ave #A, Costa Mesa, CA 92627	https://americangym.com/	(949) 631-7303	Boxing	American Gym offers a variety of classes and fitness programs for all ages and fitness levels.

Irvine Lanes	3415 Michelson Drive, Irvine, CA 92612	https://irvinelanes.com/leagues/	(949) 786-9625	Bowling	For fun or for competition, when it comes to league bowling, Irvine Lanes has everybody else beat. Themed leagues give bowlers of all ages the chance to learn, compete, and have fun in an organized league setting.
City of Irvine - Mini Pins Bowling	3415 Michelson Dr, Irvine, CA 92612	https://secure.yourirvine.org/CA/city-of-irvine/catalog/item/3015/76635/576691/543f8b84b70846cbce8e4e5f8b029516	949-786-9625	Bowling	Bowling for all
City of Mission Viejo - Saddleback Strikers Bowling	25402 Marguerite Pkwy Mission Viejo CA 92692	cityofmissionviejo.org	770-403-4646	Bowling	Bowling league
Fountain Valley Bowl	17110 Brookhurst St, Fountain Valley, CA, 92708	https://fvbowl.com/	714-209-3288	Bowling	Bowling for all
Saddleback Bowling Lanes	25402 Marguerite Pkwy Mission Viejo CA 92692	saddlebacklanes.com	n/a	Bowling	Bowling for all
Dana Outrigger Canoe Club	Dana Point Harbor	Danaoutrigger.net	N/A	Canoe Club	Dana Outrigger Canoe Club is a competitive outrigger canoe racing club based in Dana Point, California.
Fundamental Chess Academy	15011 Parkway Loop Suite D, Tustin, CA 92780	https://www.fundamentalchess.com	(714) 584-9408	Chess	Chess classes

Strategic Kids - Chess	26941 Cabot Rd #109 Laguna Hills, CA 92653	strategickids.com	949-215-6956	Chess	Chess classes
ASEP SOCAL	420 W Lambert Rd Ste C, Brea, CA 92821	https://asepsocal.org/	714-990-2749	Chess - In Person	Chess classes
Farm School OC	31791 Los Rios St., San Juan Capistrano 92675	https://www.farmschooloc.com/	949-573-3332	Cooking	Our goal at Farm School OC is to nurture empathy and compassion for animals, to model an appreciation for farming, sustainability, buying local, eating healthy and making the world a better place.
Hipcooks	125 N Broadway Suite C, Santa Ana	https://www.hipcooks.com/OC/classes/list	(323) 209-5581	Cooking	Connect, learn and eat with Hipcooks hands-on cooking classes.
Tspoons	31770 Camino Capistrano Suite D San Juan Capistrano, CA, 92675	https://www.tspoons.com/	(949) 218-5218	Cooking	A variety of daily cooking classes, featured guest Chefs, technique classes and skills workshops are offered for adults, teens, and children
Irvine Teen Culinary Class	14321 Yale Ave. Irvine,	cityofirvine.org	n/a	Cooking	Teenagers in a safe learning enviornment learning to cook a variety of delicious meals!

Chef Tech Cooking School	3842 Atlantic Ave. Long Beach	www.cheftechcookingschool.com	562-989-2467	Cooking	Our mission is to teach people how to cook – to show them how to select quality ingredients, use the proper equipment and master the best techniques. We want to help people create wonderful food to advance in their careers, or to simply share with their friends and family.
The Bakery School - Recreational Baking classes	The Source OC, 2nd Fl 6950 Beach Blvd E-203 Buena Park, CA 90621	https://www.thebakeryschoolca.com/	(714) 521-3005	Cooking	Recreational baking classes for all.
Lil Chef School	15435 Jeffrey Road #132 Irvine, CA	www.lilchefschool.com	949-679-8390	Cooking	Give your child the gift of confidence and the joy of cooking! Our culinary program offers hands-on cooking lessons for budding young chefs.
City of Irvine- Junior Chefs	15 Sweet Shade, Irvine, CA 92606	https://secure.yourirvine.org/CA/city-of-irvine/catalog/item/3015/76634/576660/543f8b84b70846cbce8e4ef8b029515	949-724-6595	Cooking	Learn the basics of cooking. Programs are structured to be modified or adaptive and are open for all to attend.
Sur La Table - Cooking Lessons (In- Person)	832 Avocado Ave. Newport Beach, CA 92660	Surlatable.com	949-640-0200	Cooking	For a classic, chef-led experience, try one of our in-store cooking classes. Many of our Sur La Table locations feature a kitchen made specifically for teaching everything from the fundamentals to the most

PREP Cooking Classes & Kitchen Essentials - In-Person Kids Cooking	12207 Seal Beach Blvd. Seal Beach, CA	http://www.prepcookingclasses.com/	562-430-1217	Cooking	Cooking classes for all
Virtuosos Russian Music Academy	9535 Garden Grove Blvd Suite 204 Garden Grove	myvrmamusic.com	714-378-0303	Classical Music Theory Lesson	Students will learn how to read, write, and compose own music in the group class.
Focus Dance Center	4746 Barranca Parkway Suite 4746, Irvine CA, 92604	focusdancecenter.com	949-737-5151	Dance/ Performing Arts	Adult and Children classes. At FOCUS we have created a kind, supportive, and inspiring community where all feel welcome. We embrace our students and families with the pure magical joy and healthy vibes of excellent training in dance arts, performance, entertainment and fitness.
Anahiem Family YMCA	200 South Anaheim Blvd, Anaheim	Anaheim.net/play	714-765-5191	Dance	Dance classes for all
All the Right Moves - A Movement Company	4001 Birch St. #A, Newport Beach, 92660	n/a	949-422-2842	Dance	6 week dancing series for adults.
Dance Dojo Dance	1631 Placentina Ave, Unit A4 Costa Mesa, CA 92627	https://www.dancedojodance.com/book-online?	949-515-4977	Dance	Dance classes for all
Momentum Dance and Performing Arts	3900 Prospect Ave Suite A Yorba Linda Ca 92886	momentumdancecenter.com	714-961-0632	Dance	Dedicated to providing high quality instruction in dance and theatre arts to students of all ages in a positive creative space

All Star Dance Academy	10184 Adams Ave, Huntington Beach, CA 92646	allstardancehb.com	(714) 982-8842	Dance	At All-Star Dance Academy we strive to offer a fun, family friendly environment for kids and teens to learn and discover dance
Dance Lova	5404 Walnut Ave. #F, Irvine 92604	https://irvine.dancelova.com/	949-682-5682	Dance	Dance classes for all
Greek Dance Class at Assumption of the Blessed Virgin Mary Greek Orthodox Church Long Beach	5761 E. Colorado St, Long Beach, CA 90814	https://www.assumptionlb.org/	562-494-8929	Dance	Greek Dance Class at Assumption of the Blessed Virgin Mary Greek Orthodox Church Long Beach
Legacy Dance Studio	174 N Raymond Ave, Fullerton, CA	dancelegacystudio.com	714-519-3163	Dance	Ballet Lessons
Spectrum Dance Center	22661 Lambert St, Lake Forest, CA 92630	https://www.spectrumdancecenter.com/	(949) 916-9979	Dance	Spectrum Dance Center offers adult and youth classes in levels for both new, experienced, and professional dancers.
Stepping Out Performing Arts Studio	14545 Valley View Ave Suite R , Santa Fe Springs Ca 90670	https://steppingoutstudio.com/	562-929-1050	Dance	Stepping Out Performing Arts Studio is passionate and supportive of each student's growth in dance, tumbling, and beyond. Whether exploring their first steps or mastering new skills, we are here to guide them every step of the way.
Timeless Studios Dance	5466 E. La Palma Ave., Anaheim CA 92807	n/a	714-777-7711	Dance	Dance classes for all

Agape Dance Lab	23034 Lake Forest Dr stc C, Laguna Hills, CA 92653	https://www.agapedancelab.com/	(949) 572 5920	Dance	Agape Dance Lab was established to serve the community (adult dancers and kid dancers) with their love for dance, but most importantly, their love for others.
Arthur Murray Dance Studio - Orange	1601 E Lincoln Ave, # 200, Orange, CA 92865	https://arthurmurrayorange.com/	714-283-9119	Dance	Arthur Murray Dance Studio Orange specializes in teaching beginner dancers how to survive on the dance floor. Our interrelated system makes learning to dance to any style of music fun, quick, and easy!
Creation Station Dance	Multiple Locations	https://creationstationdance.com/	(949) 458-8886	Dance	Creation Station offers Fun, Magical, Dance Classes for Kids 16 Month to 16 Years
AfterHours Dance Studio	2228 Newport Blvd A2, Costa Mesa, CA 92627	https://www.afterhoursdancestudio.com/	(949)402-3001	Dance	Hip Hop, Contemporary, Jazz, and Tap classes
RF Dance Center	1517 N. Main St. Santa Ana, 92701	https://rfdance.com/	(657)293-5161	Dance	We offer salsa and bachata dance styles for everyone. So, whether you're a beginner or an advanced dancer, we have dance lessons in Orange County for every age group and preference.
Endeavor School of the Arts	1835 Newport Blvd., Costa Mesa, CA 92627	Endeavor School of the Arts (danceendeavor.com)	949-548-3180	Dance	Located in Costs Mesa, Endeavor is a recreational and competative dance studio

Kick it Up Dance	8125 E. Wardlow Rd. #8129, Long Beach,CA 90808	kickitup.com	(562)430-1812	Dance	Located in Long Beach, CA, Kick It Up offers recreational and competitive dance programs for ages three to adult. Kick It Up gives every student the skills and opportunities to thrive, believe
Avanti Dance Company	151 Kalmus Dr J7, Costa Mesa,CA 92626	Kids Dance Classes Costa Mesa and Surrounding Areas (avantidancecompany.com)	949-375-5579	Dance	We provide professional, high-quality instruction in a nurturing and inspiring environment, whether taking dance classes just for fun or training at a pre-pro/competitive level. Offering dance classes starting at Toddler/Kinder age children (18 months & up) to adult. Genres include Jazz, Hip Hop, Tap, Classical Ballet, Lyrical, Contemporary as well as Tumbling, Acrobatic and Aerial Arts.
Starlite Dance	2014 Quail Street, Newport Beach, CA 92660	www.starliteoc.com	714-721-7977	Dance	Starlite Creative Arts Center, located in Newport Beach, CA, designs classes with strong dance fundamentals and technique while building confidence, increasing flexibility, improving coordination, and strengthening muscles. Our goal is to meet each students where they are and build on their personal potential while instilling a love of dance!

Dance Daly Ballroom	24000 Alicia Pkwy #33 Mission Viejo, CA 92691	dancedalyballroomoc.com	949-916-0755	Dance	Dance Daly Ballroom offers dance lessons for people of all ages and stages of life. Whether you are learning to dance as a new hobby, preparing for your wedding, or looking to shine on a
No Limits Creative Arts	5370 Katella Ave. Los Alamitos, Ca.	nolimitscreativearts.com	N/A	Dance, Music, Art, Theater	No Limits Creative Arts is an inclusive program providing dance, music, art and more to individuals with disabilities.
City of Stanton	7800 Katella Ave., Stanton	www.stantonca.gov/CSD	714-890-4270	Dance - Flocklorico	Teaching young ones the art of flocklorico dance!
Showtime Dance Academy	410 W 4th St., Downtown Santa Ana	https://showtimedance.academy/	(657) 232-0999	Dance	Showtime Dance has been sharing the JOY of Dance with Orange County children since 2001. Our mission is to provide top-quality, age-appropriate dance training in a positive, supportive environment.
Tustin Dance Center	14662 Franklin Ave, Tustin	https://www.tustindance.com/about_us.html	714-544-3072	Dance	To instill in the hearts of our students an exhilarating love for the wondrous art of dance
Acrossers Dance Academy	1602 N Grand Ave Suit B, Santa Ana 92701	acrossers.com		Dance	Dance classes for all

The Dance Complex	4667 MacArthur Blvd.	https://dancecomplexoc.com/classes/mini-stars	949-574-4905	Dance	Mini Stars is a 45-minute Tap & Ballet combo class that introduces young dancers to the basic steps and structure of a dance class. Dancers move to engaging music while developing musicality, balance, creativity & coordination within a positive environment. Dancers will have two performance opportunities throughout the year.
Encore Elite Dance and Cheer	721 W Commonwealth Ave., Fullerton, CA 92832	http://www.encoreelitedance.com/home.html	n/a	Dance and Cheer	Encore Elite is a place where kids can be creative with the art of dance and cheerleading while we continue to build ever lasting friendships amongst our dance family
Unity Cheer	Solis Park Elementary; Great Park Irvine	https://www.unitycheerirvine.com	949-414-9391	Dance and Cheer	Unity Cheer focuses on the basics of cheerleading, including tumbling, stunts, cheers, dance, and jumps, while increasing flexibility, strength, and self-confidence.
South Coast Conservatory	27652 Camino Capistrano, Laguna Niguel,CA 92677	https://scconservatory.com/	949 367-0099	Dance	With 30+ expert faculty, a 4-tiered training program, and conservatories spanning Ballet, Commercial Dance, Musical Theatre, Aerial/Acro, and Hip-Hop, we offer unparalleled dance education.

So Cal Dance Academy	1351 S Beach Blvd Suite C La Habra	https://www.dancescda.com/	562- 640- 6711	Dance	Our mission at So Cal Dance Academy is to promote confidence in your children through the art of dance. SCDA will provide a safe and nurturing environment while competing at the highest levels of Dance.
Princess Ballet at YMCA Anaheim	1422 W. Broadway, Anaheim, CA	Anaheimymca.org	714-635-9622	Dance	Ballet classes
City of Irvine - Ballet and Dance Combo	5700 Orange Ave., Cypress CA 90630	https://secure.yourirvine.org/CA/city-of-irvine/catalog/index/7624bedce8f982c5e18fa291386ecf71?filter=c2VhcmNoPWJhbGxldA=	714-486-2022	Dance	Dive into the world of beginning classic ballet and rhythm tapping with the basic fundamentals while exploring creative movement.
City of Irvine - Ballet Level 1B	900 Tomato Springs, Irvine, CA 92618	Catalog - City of Irvine (yourirvine.org)	(949) 724-6880	Dance	Dancers focus on more extensive dance terminology and movements with an emphasis on self-dicipline, alignment, flexibility, and floor work
Ballet Academy and Dance School	400-C Camino De Estrella San Clemente, CA 92672	bamsocal.com	949-229-0846	Dance - Ballet	Ballet and Movement classes
Charade Dance Academy	8762 Garden Grove Blvd #101, Garden Grove	https://www.charadedanceacademy.com	714-406-9448	Dance	Pre Hip-Hop I is a great class for beginners! For ages 4.5+, students will learn fundamental hip-hop techniques and train in

Coast City Ballet- Home of Axis Theatre (formerly known as Pacific Dance Center)	9596 Hamilton Ave Huntington Beach	www.coastcityballet.com	714-963-9771	Dance Lesson	Founded in 1999, Coast City Ballet (formerly known as Pacific Dance Center) provides a unique opportunity for students of all ages and abilities to study the traditions and discipline of classical ballet and other dance genres.
Pacific Dance - Ballet classes	4880 Irvine Blvd, ste 101, Irvine CA 92620	https://www.pacificdance.net/	Dance Lesson	Approved	Dance classes for all
Stagelight Performing Arts	2657 Saturn St, Brea	https://stagelightarts.com	(714) 255-1714	Dance lesson	Tap lessons for all!
Orange County Song and Dance Co.	5301 Oceanus Dr, Huntington Beach, CA	orangecountysonganddance.com	714-897-4475	Dance lesson	Orange County Song & Dance Company was founded in 1981 to provide students an opportunity to perform while studying to become well-rounded singers, dancers and actors.
Hart Academy of Dance	121 S. Beach Blvd. La Habra	hartacademy.org	714-879-7505	Dance Lesson	Talented teaching staff to train your children into well-rounded dancers on a recreational or competitive level.
La Vida Dance OC	27792 Aliso Creek Rd, st B140 Aliso Viejo, CA 92656	lavidadanceoc.com	n/a	Dance Lesson	Group dance lessons in salsa, bachata,country, and swing dance
Down for Dance	Irvine	downfordance.org	949-478-3224	Dance Lesson	To empower individuals of all abilities to build a strong sense of self through dance and the arts.

Yorba Linda Community Center// City of Yorba Linda Parks & Recreation	4501 Casa Loma Ave. Yorba Linda	yorbalindaca.gov	714-961-7181	Dance Lesson	A dance class that does ballet and combines tap.
Foundations Dance Co	10061 Lampson Ave. Garden Grove	foundationdance.com	657-206-0607	Dance Lesson	Specializes in ballet, jazz, tap, lyrical/contemporary, conditioning, hip-hop for all ages.
Passion Y Tumbao	1830 W. Linclon Ave Ste B Anaheim	passionytumbao.com	415-713-2218	Dance Lesson	Teaching beginner, intermediate, and advanced salsa. Competiton group dancing available too.
Tutu School	Huntington Beach; Ladera Ranch; Laguna Nigel; Yorba Linda	tutschool.com	714-756-2337 949-269-7212 949-416-4622	Dance Lesson	Ballet for all ages!
Clifton Dance Project	1971 Magnolia Ste 20 Hunington Beach	cliftondanceproject.com	714-963-5225	Dance Lesson	Ballet, tap, jazz, hip-hop dance classes.
Straight Up Abilities	5460 Palm Ave Anaheim CA	https://www.straightupabilities.com/	213-559-7178	Dance Lesson	Straight Up Abilities provides professional performance art training to students of ALL Abilities. Our classes are for everyone and we pride ourselves in creating more inclusion in our classes.
Coast City Ballet- Home of Axis Theatre (formerly known as Pacific Dance Center)	9596 Hamilton Ave Huntington Beach	www.coastcityballet.com	714-963-9771	Dance Lesson	Founded in 1999, Coast City Ballet (formerly known as Pacific Dance Center) provides a unique opportunity for students of all ages and abilities to study the traditions and discipline of classical ballet and other dance genres.

Southland Ballet Academy (Irvine Studio)	710 Roosevelt, Irvine, CA 92620	https://www.festivalballet.org/southland-ballet-academy/	714-962-5440	Dance Lesson	Southland Ballet Academy (SBA) offers a complete program for the serious dancer as well as anyone who wishes to explore the artist within. Founded in 1983 to cultivate, train, and inspire an appreciation of classical ballet from beginner to professional dancer, Southland Ballet Academy is the official school of the nonprofit arts organization Festival Ballet Theatre. We are committed to artistic excellence at any level
AB School; Anaheim Ballet School	280 East Lincoln Avenue, Anaheim	Anaheimballet.org	714-520-0904	Dance Lesson	Anaheim Ballet School's training methodology is based on the Russian, French, and Italian schools making what the Rosenbergs call, "truly the American method, the best of everything!"
Cal Elite	22982 Avenida Empresa, Rancho Santa Margarita	www.calelite.com	949-589-1512	Dance Lesson	Dance for all ages and abilities.
Strong Dance Studios	9929 Walker Street, Cypress	n/a	(714) 821-5500	Dance Lesson	Dancers learn discipline, poise, humility, grace, strength, mobility, flexibility, mind-to-body coordination, leadership skills, and best of all CONFIDENCE! *Especially after a successful show

Nonosina	3070 Lincoln Ave Anaheim	Nonosinadance.com	714-527-7003	Dance Lesson	Founded in 1965, world-renowned NONOSINA POLYNESIA is located in ANAHEIM, CALIFORNIA. Nonosina is known for its community and cultural performances locally and abroad.
Creative Outlet Performing Arts Center	26771 Portola Pkwy, Ste 3-A, Foothill Ranch,	https://creativeoutletpac.com/	949-989-4909	Dance Lesson	At Creative Outlet, we are not just a dance studio; we are a family. Our commitment to nurturing your child's passion for dance goes beyond just teaching choreography.
Academia de Baile de Ritmo y Sabor	9425 Telegraph Rd, Ste. 204, Pico Rivera	N/A	562-949-4000	Dance Lesson	Teaching beginner, intermediate, and advanced salsa.
The Freckled Frog	8320 La Palma Ave, Buena Park	freckledfrogdancestudio.com	714-779-3764	Dance Lesson	Freckled Frog Dance Studio is a family-owned studio and is built on the foundation that all children should feel free to experience the joy of dance in a FUN and nurturing environment.
Beach Cities Dance Studio	18838 Brookhurst St. Fountain Valley, CA	www.bcdsdance.com	714-963-2110	Dance Lesson - Adult Classes	Dance is a fantastic activity that is proven to be extremely beneficial in the developmental stages of young minds and bodies!

The Dance Centre	1899 N. Tustin St. Orange	thedancecentretdc.com	714-637-2430	Dance Lesson - group classes	With over 30 years in the city of Orange, we have become the home studio for hundreds of students giving us the opportunity to expand individual creativity.
Fountain Valley Rec Center	16400 Brookhurst St, Fountain Valley	https://www.fountainvalley.gov/201/Recreation-Community-Services	714-593-4400	Dance Lesson - Hip Hop	A fun and energetic class for all those little ones who love to move!! Have fun learning new and age appropriate hip hop technique and dances, all while listening to fun music.
Amna Dance	14711 Bentley Circle, Unit A Tustin	https://www.amnadance.com/	562-384-7827	Dance lessons	We are not only dedicated to teaching dance, but also teaching mindfully in order to foster creativity and expression in a non-competitive, nonjudgmental, kind, loving, tolerant, forgiving & empowering classroom.
The Bon Family Cloggers	1000 S State College Blvd. Fullerton	brianbon.com	714-783-5677	Dance Lessons	With targeted strength training, you can change your aging curve to keep more muscle, strength, and energy.
Gryphon Fencing Club	4501 Casa Loma Ave Yorba Linda CA 92886	https://www.gryphonfencing.com/	714-519-1343	Fencing	The mission of GRYPHON Fencing & Fitness Studio is to help people find excitement, challenge and
LA International Fencing Center OC	3182 E La Palma Ave Anaheim CA 92806	ocfencingcenter.com	626-698-5386	Fencing	At LIAFC.OC, we are specializing in competitive foil, epee, and saber fencing training for youth and junior athletes (6-17 years old).

Santa Ana River Lakes	4060 E. La Palma Ave, Anaheim	fishinglakes.com	714-694-7210	Fishing	Fishing at Santa Ana River and having the opportunity to catch 5 or 7 fishes (limit per day).
Lifetime Fitness - Junior Fitness Pass	25600 Rancho Niguel Rd, Laguna Niguel, CA 92677	https://my.lifetime.life/clubs/ca/laguna-niguel/programs/kids.html	949-238-2700	Fitness	Life Time's Junior Membership provides fun activities and thoughtful programming that teach healthy skills and behaviors to kids.
The Scuplted Space	1111 W Town and Country Rd Unit 10 Orange CA 92868	thesculptedspace.com	Hello@thesculptedspace.com	Fitness	We're a mat-based boutique offering both heated and non-heated classes, focused on Sculpt, Strength, and Flow. Our classes blend controlled movement, breath, and intentional resistance to help you build strength, improve balance, and sculpt into your best self.
Newport Aquatic Center (NAC) - HIIT classes	1 Whitecliffs Dr Newport Beach CA 92660	https://newportaquaticcenter.com/	949-646-7725	Fitness	A dynamic, full-body workout that combines the fundamentals of rowing and high intensity interval training. This 20-person class will be a community of highly motivated individuals who want to try new activities.
Montanoso Recreation and Fitness Center	25800 Montanoso Dr., Mission Viejo, CA 92691	cityofmissionviejo.org	949-859-4348	Fitness	Fitness Center for All

The Excercise Coach (San Juan Capistrano)	31401 Racho Viejo Rd, ste 102; San Juan Capistrano, CA 92675	https://exercisecoach.com/	949-482-4442	Fitness	With targeted strength training, you can change your aging curve to keep more muscle, strength, and energy.
CRS Sport and Fitness Academy	550 W 3rd St, Santa Ana, CA 92701	https://www.camsrealspeed.com/training-classes	(714) 795-0950	Fitness	CRS Sports performance training system is designed to build confidence and develop the inner champion that lies within every athlete who wants to achieve maximum athletic performance. Our pursuit of continued education and desire to help our community be their very best will always be our foundation.
Row House	41 Auto Center Dr. Suite 105 Foothill Ranch, CA 92610	therowhouse.com	(949) 600-8840	Fitness - Rowing classes	Rowing classes for all
In Motion OC - Fitness classes	17332 Von Karman Ave, Suite 120, Irvine CA	inmotionoc.com	949-288-2986	Fitness	Fitness classes for all
The Adaptive Athlete - Kid's Classes	2028 W. 11th St. Upland, CA 91786	theadaptiveathlete.com	(909) 931-2764	Fitness	Unleash your child’s inner gymnast, ninja or athlete with our dynamic kids’ classes! Our programs are designed to challenge, inspire, and empower young minds and bodies through a fun and energetic classes.

City of Lake Forest - Get Off Your Booty Camp	100 Civic Center Dr. Lake Forest, CA 92630	www.lakeforestca.gov	n/a	Fitness	Get in shape "Boot camp style". Experience full-body high intensity workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility and get you to a healthier and stronger YOU. Our class s a results-driven conditioning program that focuses on developing lean, toned and healthy bodies with the use of your own body weight and a variety of exercise equipment. This class is designed for MOST fitness levels.
HOTWORX	30652 Santa Margarita Pkwy unit f-106, Rancho Santa Margarita, CA 92688	https://www.hotworx.net/studio/rsm/	(949) 269-2001	Fitness/ Gym (In-Person Gym)	Gym for all
YMCA	Multiple locations	ymcaoc.org	Varies	Fitness/Gym	Gym for all
24 Hour Fitness	Multiple locations	www.24hourfitness.com	Varies	Fitness/Gym	Gym for all
EOS Gym	Multiple locations	eosfitness.com	Varies	Fitness/Gym	Gym for all
Gold's Gym	Multiple Locations	goldsgym.com	Varies	Fitness/Gym	Gym for all
Substance Fitness	3902 Ceritos Ave, Los	substancefitness.com	(562)596-1061	Fitness/Gym-	Gym for all
Brain Power Fitness	2129 Elden Ave. Apt. 6 Costa Mesa, CA	www.bebfit.com	n/a	Fitness/Gym - "30 minute Workouts"	Group fitness classes for all
Anteater (UCI) Recreation Center	680 California Ave, Irvine, CA 92617	https://www.campusrec.uci.edu/	949-824-5346	Fitness/Gym - "30 minute Workouts"	Fitness Center for All
Functional Patterns	3801 South Harbor Blvd Santa Ana, CA 92704	https://www.functionalpatternscostamesa.com/services	n/a	Fitness/Gym - "30 minute Workouts"	Gym and fitness training for all

Bodysta Gym	7840 Commonwealth Ave, Unit B, Buena Park, CA 90621	n/a	n/a	Fitness/Gym - "30 minute Workouts"	Gym for all
The Camp	Multiple Locations	https://thecamptc.com/	Varies	Fitness/Gym - "30 minute Workouts"	We'd like to welcome you to The Camp Transformation Center – a place where weight loss and physical fitness happens through real, life-changing transformations.
Momentum Consistent Daily Movement	3629 E. COAST HWY. CORONA DEL MAR, CA 92625	https://www.momentumcdm.com/	n/a	Fitness/Gym - "30 minute Workouts"	Group fitness and 1:1 training.
Move Fitness	160 S Old Springs Rd #120 & #130, Anaheim, California 92808	https://movefitness.fit/	657-234-5606	Fitness/Gym - "30 minute Workouts"	Gym for all
Project Resin	3821 South Bristol St. Santa Ana, CA 92704	projectr3sin.com	n/a	Fitness/Gym - "30 minute Workouts"	Group fitness classes for all
Lifetime Fitness	Multiple Locations	https://www.lifetime.life/life-time-locations/ca-laguna-niguel.html?utm_source=google&utm_medium=local&utm_campaign=google-local-club	949-238-2700	Fitness/Gym - "30 minute Workouts"	Gym for all
O-Sea CrossFit	1054 Avenida de la Estrella , San Clemente, CA	www.oseacrossfit.com	949-424-4515	Fitness/Gym - "30 minute Workouts"	Our mission at O-Sea CrossFit is to help you achieve your fitness goals ... and give you the tools, community, and coaches to help.
Special Strong	Multiple Locations	https://www.specialstrong.com/	833-543-3496	Fitness/Gym - "30 minute Workouts"	Mission: To give every individual impacted by a mental, physical, or cognitive challenge the opportunity to live an

Redline Athletics	Varies	https://redlineathletics.com/programs/	Varies	Fitness/Gym - "30 minute Workouts"	Fitness classes and personal training for all
Hit the Mark Firness Boot Camp	636 N. Tustin, St., Orange, 92867	Hit the Mark Fitness | Best Fitness Program in OC	714-941-9590	Fitness/Gym - "30 minute Workouts"	Gym and fitness training for all
The Hideout Gym	16510 Aston St, Irvine, CA	hideoutfitness.com	949-236-7970	Fitness/Gym - "30 minute	Gym for all
F45 Training	Multiple Locations	https://f45training.com/?gad_source=1&gclid=EAIaIQobChMI0uKGg5eqiQMVHButBh2FWReFEAAYASAAEgK1FPD_BwE	varies	Fitness/Gym - "30 minute Workouts"	F45 Training merges three leading-edge fitness training styles into one 45-minute functional training class.
Orangetheory Fitness	Multiple Locations	Orangetheory.com	varies	Fitness/Gym - "30 minute Workouts"	Orangetheory is a dynamic combination of strength and cardio training that supercharges your metabolism to burn more calories and build lean muscle at
Los Cab Sports Club	17272 Newhope St, Fountain Valley	loscab.com	714-546-8560	Fitness/Gym - "30 minute Workouts"	Our Athletic Sports Club YOUR HOME AWAY FROM HOME!
Kinetic Gym	600 Newport Center Drive, Newport Beach, 92660	KINETIC - Office fitness and wellness centers by Irvine Company (irvinecompanyoffice.com)	949-899-8320	Fitness/Gym - "30 minute Workouts"	From group fitness classes and onsite health care to walking trails and bike share, KINETIC's signature offerings activate the body and ignite the mind.
Merage Jewish Community Center of Orange County	1 Federation Way, Irvine	https://www.jccoc.org/	949-435-3400	Fitness/Gym - "30 minute Workouts"	Fitness and wellness.

Club Studio - Irvine	5715 Alton Parkway Irvine, CA	clubstudiofitness.com	949-418-1430	Fitness/Gym - "30 minute Workouts"	Gym membership with basketball, indoor cycling, sauna, etc as club amenities.
Clava Fitness	26921 Fuerte Dr Lake Forest, CA	http://www.clavafitness.com/	(949) 408-0319	Fitness/Gym - "30 minute Workouts"	Gym for all
The Well Gym	660 N. Coast Highway, Laguna Beach, CA 92651	thewellfit.com	949-715-0311	Fitness/Gym - "30 minute Workouts"	Gym for all
West Grove Fitness	12882 Valley View St. #12 Garden Grove	www.westgrovefitness.com	714-274-3978	Fitness/Gym - "30 minute Workouts"	Keep each other accountable and achieve your goals together. Train in small groups of 3-5 with specialized plans, your trainer will monitor your sessions and ensure your progress in this small group setting.
Fit Body Bootcamp	24194 Alicia Parkway E Mission Viejo	fitbodybootcamp.com	949-307-5158	Fitness/Gym - "30 minute Workouts"	Gym for all specializing in weight loss
UFORCE Fitness	23052 Alicia Pkwy #C, Mission Viejo, CA 92692	https://www.uforcefitness.com	(949) 446-4017	Fitness/Gym - "30 minute Workouts"	UForce Fitness offers modern, well-equipped facilities designed to provide members with an optimal workout environment, including spacious workout areas, top-of-the-line equipment.
Esporta Fitness	Multiple locations	esportafitness.com	Varies	Fitness/Gym - "30 minute Workouts"	Gym for all
UFC gym	Multiple locations	ufc.com	Varies	Fitness/Gym - "30 minute Workouts"	UFC gym for all

Chuze Fitness	Multiple locations	chuzefitness.com	Varies	Fitness/Gym - "30 minute Workouts"	Gym for all
LA Fitness	Multiple locations	lafitness.com	Varies	Fitness/Gym - "30 minute Workouts"	Gym for all
Planet Fitness	Multiple locations	planetfitness.com	Varies	Fitness/Gym - "30 minute Workouts"	Gym for all
Fitness 19	Multiple locations	fitness19.com	Varies	Fitness/Gym - "30 minute Workouts"	Gym for all
Art of Fitness Gym	1080 S Coast Hwy, Laguna Beach CA 92651	artoffitnesslaguna.com	949-464-0202	Fitness/Gym - "30 minute Workouts"	Gym for all
Self-Made Training Facility	Multiple Locations	Varies	Varies	Fitness/Gym - "30 minute Workouts"	Gym for all
Nifty after Fifty by Encore Wellness	16405 Whittier Blvd. Whittier	niftyandfifty.com	562.501.2200	Fitness/Gym - "30 minute Workouts"	Gym membership allowing its members to use the facility at their own time and pace.
CURVES	Multiple locations	curves.com	Varies	Fitness/Gym - "30 minute Workouts"	The Curves workouts for women are convenient and efficient, combining strength training and cardio plus stretching to strengthen your whole body in just 30 minutes.

Vessel Laguna Beach	821 Laguna Canyon Rd., Laguna Beach, CA 92651	vessellagunabeach.com	949-295-0710	Fitness/Gym - "30 minute Workouts"	IDE IS A 45-MINUTE INDOOR CYCLING CLASS WITH HIGHLY CHOREOGRAPHED CLASSES TO THE BEAT OF THE MUSIC. OTHER THAN AN INCREDIBLE WORKOUT, RHYTHM RIDE STUDIO STRIVES TO UPLIFT AND INSPIRE YOU. EXPECT TO BE GREETED WITH A SMILE, RIDE IN A CLASS LED BY OUR HIGHLY TRAINED INSTRUCTORS, AND LEAVE WANTING TO COME BACK AGAIN AND AGAIN.
Bike2theBeat	Tustin and Huntington Beach	https://www.bike2thebeatstudios.com/	Varies	Fitness/Gym - "30 minute Workouts"	We offer cycling classes for all fitness levels, from beginner to advanced.
KidStrong of Orange	964 N Tustin St Orange, CA 92867	https://www.kidstrong.com/locations/orange	714-592-3223	Fitness/Gym - "30 minute Workouts"	KidStrong is a science-based kids training program designed to help parents raise strong, confident, high-character kids. We incorporate movement and fun into the learning process, empowering kids to learn more effectively.
Friday Night Lights Youth Flag Football	La Palma	N/A	n/a	Fitness/Gym - "30 minute Workouts"	Teaching youth football.

Matt Leinart Flag Football	Irvine, CA	www.femalesinflagoc.com	949-521-3080	Fitness/Gym - "30 minute Workouts"	The Females in Flag all girls league is the largest all girls league in the country with over 3,000 yearly participants. Started in 2021, as the sister league to Matt Leinart Flag Football, the league quickly grew in popularity from several hundred individual girls participating on predominantly all boys teams to now hundreds of all girls teams.
Matt Leinart Flag Football	Irvine, CA	https://mlflag.com/	949-521-3080	Fitness/Gym - "30 minute Workouts"	The Matt Leinart Flag Football League, in conjunction with the NFL Flag Football program, is a flag football league for kids in grades PreK-8th, with the emphasis on community fun in Orange County, CA. The league is for both boys and girls of all skill levels and promotes a competitive, confidence-building, non-contact football experience. The goal of the league is to provide a fun league for kids to be involved in, while also developing and furthering their football skills.

POP Warner Little Scholars-Challenger Division - Flag Football	Varies	popwarner.com	627-274-5601	Fitness/Gym - "30 minute Workouts"	Pop Warner's overall goals are to enable young people to benefit from participation in team sports and activities in a safe and structured environment and by establishing a Challenger Division Pop Warner is providing an opportunity for everyone to participate in the great game of football.
Santa Ana Monarch Youth Football	P.O. Box 28254, Santa Ana, CA 92799	https://tshq.bluesombrero.com/Default.aspx?tabid=1503370	N/A	Fitness/Gym - "30 minute Workouts"	Teaching youth football.
i9 Football - Orange/Anaheim Youth Flag Football	515 W. Fletcher Ave, Orange, CA, 92865	https://www.i9sports.com/venues/orange-anaheim-fletcher-elementary-school-youth-sports-programs/flag-football/3169	714-978-4449	Fitness/Gym - "30 minute Workouts"	Sign up for one of our Orange/Anaheim youth flag football programs at Fletcher Elementary School today! As Orange/Anaheim 's largest multi-sport provider focused solely on high-quality, community-based kids flag football programs, we are committed to our mission of Helping Kids Succeed in Life Through Sports®.
i9 Football - Mission Viejo/ Aliso Viejo Flag Football	Varies	i9sports.com	949-226-8420	Fitness/Gym - "30 minute Workouts"	Co-ed Flag Football league

NextGen NFL Flag	Dana Hills High School: 3333 Golden Lantern, Dana Point, CA 92629	https://www.nextgennflflag.com/	949-427-0575	Fitness/Gym - "30 minute Workouts"	Our league was formed to build our YOUTH and COMMUNITY thr ough sports. An outlet for kids to first HAVE FUN, and develop their skills and character through the game's lessons. Through our program, we will shape better athletes, but more importantly, better people
MCR Urban Design	varies locations	N/A	(310) 462-9211	Fitness/Gym - "30 minute Workouts"	Gardening
Miles Square Park Golf Academy	10401 Warner Ave Fountain Valley	https://milesquaregolfcourse.com/classes/	(714) 962-5541	Fitness/Gym - "30 minute Workouts"	Group golf lessons
Westridge Golf Club	1400 S. La Habra Hills Dr. La Habra	westridgegolfclub.com	562-690-4200	Fitness/Gym - "30 minute Workouts"	Full service golf course - tee times
WonAcademy	3810 Michelson Drive , Irvine, CA 92612	www.wonacademy.com	949-662-7921	Fitness/Gym - "30 minute Workouts"	Golf lessons
Newport Beach Golf	3100 Irvine Ave, Newport Beach, CA 92660	https://newportbeachgolfcoursellc.com/	(949) 474-4424	Fitness/Gym - "30 minute Workouts"	Golf lessons for all
TGA Golf Academy	6180 Bixby Village Dr., Long Beach, CA 90803	playtga.com	(310) 346-7432	Fitness/Gym - "30 minute Workouts"	Golf lessons for all
Won Academy	3810-3820 Michelson Dr, Irvine, CA 92612	https://www.wonacademy.com/	949-690-1824	Fitness/Gym - "30 minute Workouts"	Golf lessons for all
Tijeras Creek Golf	29082 Tijeras Creek, Rancho Santa Margarita, CA 92688	tijerascrek.com	949-589-9793	Fitness/Gym - "30 minute Workouts"	Golf lessons for all

Golfer's Paradise	1600 N. Harbor Blvd, Fullerton 92835	https://www.golfersparadisefullerton.com/	(714) 879-7888	Fitness/Gym - "30 minute Workouts"	Golf lessons for all
Lake Forest Golf	23308 Cherry Ave, Lake Forest CA 92630	https://www.lakeforestgolfcenter.com/	949-859-1455	Fitness/Gym - "30 minute Workouts"	Full service golf course
Tustin Ranch Golf Club	12442 Tustin Ranch Road Tustin	tustinranchgolf.com	714-730-1611	Fitness/Gym - "30 minute Workouts"	Group golf lessons
Come Swim With Me	Mobile Swim Instructor	Yelp	775-287-1427	Fitness/Gym - "30 minute Workouts"	Group swim lessons in community pools
Azarian Gymnastic (Boys and Girls - Beginner through Advanced)	1 Argonaut, Aliso Viejo, CA 92656	https://www.azariangymnastics.com/recreational/	949-455-1020	Fitness/Gym - "30 minute Workouts"	These classes teach the basics of gymnastics while developing important fitness and life skills. Ages 5 years and up
City of Irvine - Preschool Embers	14761 Bentley Circle, Tustin, CA 92780	https://secure.yourirvine.org/CA/city-of-irvine/catalog/index/c7e4611e67c3c175ad52c6b74fc8a310?filter=c2VhcmNoPXByZXNjaG9vbCUyMGVtYmVycw==	949-724-6880	Fitness/Gym - "30 minute Workouts"	Develop a high level of motor skills, build self-confidence, and enhance your child's ability to listen and follow directions using preschool equiptment.
City of Irvine - Kartwheel-N-Kids	Community Services Department 1 Civic Center Plaza, Irvine, CA 92606	https://secure.yourirvine.org/CA/city-of-irvine/catalog/index/7a887f67f443864a4d476a194f53ddeb?filter=c2VhcmNoPTEwNzg3OA==	949-724-6600	Fitness/Gym - "30 minute Workouts"	Students learn gymnastic skills, such as jumps, hand-stands, bridge/ backbends, and more.
New Hope Gymnastics	17270 Newhope Street Fountain Valley CA 92780	www. newhopegymnastics.com	714-556-8050	Fitness/Gym - "30 minute Workouts"	Gymnastics classes
New Hope Gymnastics	17270 Newhope Street, Fountain Valley, CA 92708	Home | New Hope Gymnastics	(714) 556-8050	Fitness/Gym - "30 minute Workouts"	Gymnastics classes

Wave Gymnastics	23621 Ridge Route Dr Suite A, Laguna Hills, CA, 92653	https://www.wavegymnastics.com/	949-397-9283	Fitness/Gym - "30 minute Workouts"	Gymnastics classes
Cal Elite Kids	22982 Avenida Empresa, Rancho Santa Magarita CA 92688	https://calelitekids.com/rancho-santa-margarita/programs/gymnastics/	949-589-1512	Fitness/Gym - "30 minute Workouts"	Gymnastics classes for all ages
National Gymnastics Training Center	4 Journey, Aliso Viejo, CA 92656	ngtc.com	949-470-3062	Fitness/Gym - "30 minute Workouts"	Gymnastics classes
The Little Gym	Various Locations	https://www.thelittlegym.com/	657-333-4105	Fitness/Gym - "30 minute Workouts"	Kid's Gymnastics from 4 Months to 12 Years Old At The Little Gym, your child will grow skills, learn, and most importantly… have SERIOUS FUN! Find The Little Gym near you to get moving.
South Coast Gymnastics	17850 Sky Park Cir, Irvine, CA 92614 ·	https://www.southcoastgymnastics.com/	(949) 833-0077	Fitness/Gym - "30 minute Workouts"	South Coast Gymnastics trains both boys and girls for competitive gymnastics under the USA Gymnastics Program. Our program is designed for kids to excel while maintaining a healthy balance of gymnastics, education and family.

Brea Community Center - Junior Olympians Gymnastics	695 E. Madison Way Brea, Ca 92821	https://anc.apm.activecommunities.com/brearec/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=gymnastics&viewMode=list	714-990-7100	Fitness/Gym - "30 minute Workouts"	Girls and boys are taught fundamental movement and gymnastic skills through introduction of simple directions and fun stations. Beginning cartwheels, rolls, balance beam, mini trampoline, back-handspring barrel and obstacle courses will be safely introduced. Boost self esteem, increase body awareness and build strength and coordination for all types of sports
City of San Clemente Community Center	100 N Calle Seville, San Clemente,	san-clemente.org	(949)361-8264	Fitness/Gym - "30 minute Workouts"	Gymnastics and tumbling
Wildfire Gymanastics - Tustin	Tustin and Lake Forest	https://urldefense.proofpoint.com/v2/url?u=https-3A__www.wildfiregymnastics.com_&d=DwMFaQ&c=fmdU_yhbkqwa05NSWihidAdY3mYt9_J7BxgiGkNI9o4&r=EDsqYU57ppiXJV9VhCAKJC39mj1sUHoTa7TIwHTjdf4&m=8Dkdba8kc9HqsQ8RrcTKogYPJkmQZtM4KcXHV5jDP9YhVUIGqdwnCbtL-xhvm4rO&s=zXJavYpMsmhdJ0VW270N8bUCGp_YdHDo0q_AMPmc9Dw&e=	714-832-1315	Fitness/Gym - "30 minute Workouts"	Wildfire offers gymnastics instruction for children 18 months to 18 years old at the recreational and competitive levels
World Elite Gymnastics	23031 Arroyo Vista Suite B, Rancho Santa Margarita, CA 92688	https://www.worldelitersm.com	949-888-1444	Fitness/Gym - "30 minute Workouts"	Gymnastics, tumbling, and acrobatics classes.

Us Too Gymnastics	25 Spectrum Pointe Dr #405, Lake Forest	usttogymnastics.org	949-716-1970	Fitness/Gym - "30 minute Workouts"	Offer a range of classes for kids and teens of all ages and levels of ability.
Sweet Peas Gymnastics	28292 Airoso St Rancho Mission Viejo	https://sweetpeasgymnasticsrmv.com	949-542-8385	Fitness/Gym - "30 minute Workouts"	Gymnastics is an amazing sport that combines diverse physical experiences and opportunities in a challenging and fun environment.
The City of La Habra	101 W La Habra Blvd, La Habra	Lahabraca.gov	562-383-4170	Fitness/Gym - "30 minute Workouts"	Beginner gymnastics!
SCATS Gymnastics	5742 McFadden Ave Huntington Beach	scatsgymnastics.com	714-895-2909	Fitness/Gym - "30 minute Workouts"	The foundation for future gymnastics begins here!
California Gymnastics	444 W Katella Ave Orange CA	Calgymkids.com	714-633-6084	Fitness/Gym - "30 minute Workouts"	CA Gymnastics offers a fun safe and healthly gymnastics experience while encouraging physical fitness in every child.
The Kindness Clinic	19531 Pauling, Ste 200, Foothill Ranch, CA 92610	http://www.thekindnessclinic.com/	(949) 414-7235	Fitness/Gym - "30 minute Workouts"	Gymnastics classes for children.
Rise Up Atheletics	10712 Reagan St. Los Alamitos	www.riseupathletics.net	562-431-1102	Fitness/Gym - "30 minute Workouts"	Classes have weekly rotations to ensure ample time to learn and develop all the various gymnastics skills on each specific event.
Tumble-N-Kids Gymnastics	Multiple Locations	https://tumblenkids.com/	Varies	Fitness/Gym - "30 minute Workouts"	Tumble-N-Kids Gymnastics offers the highest quality recreational gymnastics + tumbling classes in Los Angeles, Riverside & Orange County

Hungington Beach - Social Rec Guide "Tumble Bugs"	City of Huntington Beach	Huntingtonbeachca.gov	714-536-5486	Fitness/Gym - "30 minute Workouts"	Music, tumbling challenges introducing simple directions and routines will help your child develop listening and social interaction skills.
Olympica Gymnastics	26601 Cabot Rd. Laguna Hills, CA 92653	https://olympicagymnastics.com/intro-recreational-gymnastics/	949-582-3329	Fitness/Gym - "30 minute Workouts"	Within a safe and welcoming environment at Olympica, we offer a wide variety of educational programs perfect for introducing children of all ages to the sport of gymnastics, and ideal for intermediate level kids to participate in year-round with other gymnasts at their level.
City of Costa Mesa, Park and Rec -"Tumble Bugs"	1860 Anaheim Ave. Costa Mesa	cityofcostamesaca.gov	714-754-5000	Fitness/Gym - "30 minute Workouts"	Co-Ed ages 1-4 years old. Music, tumbling challenges to help develop listening and social interaction skills.
Era Gymnastics	4622 E. La Palma Ave. Anaheim	eragymnastics.com	714-779-1888	Fitness/Gym - "30 minute Workouts"	Multiple classes offered at various level.
Vibe Gymnastics	1411 N. Tustin St. Orange	vibegymnastics.com	714-931-8354	Fitness/Gym - "30 minute Workouts"	Gymnastics, tumbling, parkour, Urban Acrobatics, Ninja Warrior, Tricking, Slack Line, and Ariel Circus Arts.
Firestorm Ultra	7220 Hazard Ave. Westminster	firestormultra.com	657-400-9023	Fitness/Gym - "30 minute Workouts"	Provide 9 unique movement discipline classes for 7+ age. Parkour, trampoline, ariel skills.
Tumblenkids	Various locations	Tumblenkids.com	n/a	Fitness/Gym - "30 minute Workouts"	Tumbling program for kids.

My Gym - Ninja Training	Tustin;Yorba Linda;Newport Beach; Hungington Beach; Buena Park; Ladera Ranch; Rancho Santa Margarita	www.mygym.com	949-552-5446	Fitness/Gym - "30 minute Workouts"	Fun physical activies for all abilites (ages 1-6 years old).
Lighthouse Sports Center - Gymnastics	13003 Whittier Blvd Suite A. Whittier CA 90602	https://www.lighthousesportscenter.com/gymnastics-programs	562-991-4375	Fitness/Gym - "30 minute Workouts"	Our gymnastics program offers well rounded classes that will focus on skills on the floor, beam, bars and vault. Gymnastics classes will teach your child balance and discipline, while developing strength and endurance.
Ice Realm	13071 Springdale St	https://www.icerealmwestmins	657 837 1476	Fitness/Gym -	Hockey classes for behinners.
Top Flight Street Hockey League	3150 Barranca Pkwy, Irvine, CA 92606	Top Flight Street Hockey - Hockey - Irvine Inline (therinks.com)	hockeydevelopment@anaheimducks.com	Fitness/Gym - "30 minute Workouts"	The Top Flight Street Hockey League presented by Choc Children's is an eight-week hockey program designed for participants with special needs. During the eight-week program, players will participate in weekly practices focusing on the fundamentals of hockey including shooting, passing, stick handling, and will also play in weekly games.

Top Flight Ice Hockey League	3975 Pixie Ave., Lakewood, CA 90712	https://lakewoodice.therinks.com/hockey/top-flight/	hockeydevelopment@anaheimducks.com	Fitness/Gym - "30 minute Workouts"	The Anaheim Ducks Top Flight Ice Hockey Program is a program designed for individuals with special needs to play the sport of ice hockey. While these programs focus on teaching hockey skills, participants also gain physical skills and coordination while learning about character, team work, and sportsmanship. The program is split into two sections: Learn to Play & Little Ducks.
Therapeutic Riding Center	18381 Goldenwest St. Huntington Beach	trchb.org	714-848-0966	Fitness/Gym - "30 minute Workouts"	Horseback Riding
Dream Catcher of Los Angeles	1003 Carson St. Long Beach	dreamcatherofla.com	310-350-1311	Fitness/Gym - "30 minute Workouts"	Is an inclusive theraputic riding program from developmental disabilites to other disabilities that are not served by RCOC.
Cheval Training Stables	905 Arlington Ave Gate 9 Costa Mesa	N/A	949-291-8921	Fitness/Gym - "30 minute Workouts"	Specializing in hunter/jumper equestrian lessons.
Back Bay Therapeutic Riding Club	20262 SW Cypress St., Newport Beach 92660	https://www.backbaytrc.org/	949-474-7329	Fitness/Gym - "30 minute Workouts"	Inclusive horseback riding lessons service for children, youth, and adults with a variety of physical and developmental challenges.

NDR Therapeutic Riding Center	3659 Pedley Ave. Norco, CA	ndrtherapueticriding.org	951-734-9056	Fitness/Gym - "30 minute Workouts"	NDR Path certified instructors provide a safe, positive and structured learning enviornment to develop trust with each participant. Vendored with IRC and met HCBS compliance with IRC.
Shea Riding Center	26284 Oso Road San Juan Capistrano	sheacenter.org	949-240-8441	Fitness/Gym - "30 minute Workouts"	Inclusive with participants of various disabilites.
Huntington Central Park Equestrian Center	1831 Goldenwest St. Huntington Beach	hcpec.com	714-848-6565	Fitness/Gym - "30 minute Workouts"	Western, English, Trail Riding, and Dressage lessons
Golden Rain Foundation Equestrian Center	24351 El Toro Road Laguna Woods, CA 92637	https://lagunawoodsvillage.com/about/all-amenities/equestrian-center/	Horseback Riding	Fitness/Gym - "30 minute Workouts"	Horseback Riding lessons
Firner Equestrian	Mission Trails Stables 28432 Calle Arroyo, San Juan Capistrano, CA 92675	https://www.firner-equestrian.com/	949-335-8513	Fitness/Gym - "30 minute Workouts"	Horseback Riding lessons for all levels
Fun with Horses	4449 Carbon Canyon Rd Brea	havefunwithhorses.com	949-285-5286	Fitness/Gym - "30 minute Workouts"	The program works with different city recreation community departments. Check your city recreation publication.
Gemsy Equestrian	26301 Wildwood Lane San Juan Capistrano CA	https://gemsyequestrian.com/	949-285-5596	Fitness/Gym - "30 minute Workouts"	Western horseback riding and special needs lessons for anybody & everybody

Tally Riding Academy	16291 Jackson Ranch Rd, Silverado CA 92676	Tallyridingacademy.com	(949) 874-6664	Fitness/Gym - "30 minute Workouts"	Students will receive lessons in horse grooming, feeding, walking and eventually riding.
Westminster ICE	13071 Springdale, Westminster	https://cms9files.revize.com/stantonca/Document_center/Department/Community%20Services/Stanton%20Express/2024%20Winter%20Spring%20Stanton%20Express.pdf	714-248-9611	Fitness/Gym - "30 minute Workouts"	Westminster ICE is pleased to offer ice skating programs for participants of all ages, abilities and interests! C
The Rinks	multiple locations	anaheimice.therinks.com	Varies	Fitness/Gym - "30 minute Workouts"	The Rinks has group classes for all ages and abilities. Even if you have never skated previously, there is an entry level class just perfect for you.
Ice Palace - Lake Forest and Aliso Viejo	Lake Forest and Aliso Viejo	Varies	Varies	Fitness/Gym - "30 minute Workouts"	Ice Skating lessons for all
Great Park Ice	888 Ridge Valley, Irvine, CA 92618	www.greatparkice.com	(949) 774-1600	Fitness/Gym - "30 minute Workouts"	The Great Park Ice Learn to Skate Program is excited to offer a new and improved program structure for better progression and development by level for each skater! We offer group classes for all ages and abilities. Even if you have never skated previously, there is an entry level class just perfect for you.
Skate Coach Kristina	888 Ridge Valley, Irvine, CA	https://www.ksiceskate.com/	949-371-1722	Fitness/Gym - "30 minute Workouts"	Ice Skating lessons for all

We Rock the Spectrum Kid's Gym - Downey	12212 Paramount Blvd., Downey	www.werockthespectrumdowney.com	(562) 622-7272	Fitness/Gym - "30 minute Workouts"	WRTS is committed to providing a safe, nurturing, and fun environment to foster learning, exploration and safe sensory experiences.
Gymboree Play & Music classes	Varies	https://www.gymboreeclasses.com/	Varies	Fitness/Gym - "30 minute Workouts"	Our specially designed Gymboree Play & Music classes incorporate age-appropriate activities that help children develop physical, cognitive, and social skills as they play.
Little World Kids Playground and Games	9691 Chapman Ave Garden Grove	littleworldforkids.com	714-591-5446	Fitness/Gym - "30 minute Workouts"	Indoor playground with slides, donut slides, pole slides, toddlers, small and big kid areas, etc.
We Play Loud	Multiple locations	http://www.weplayloud.com/	Varies	Fitness/Gym - "30 minute Workouts"	We believe that Play is a way for children to use their creativity while developing their imagination, dexterity, and physical strength.
Playpie	6924 Beach Blvd, K-131, Buena Park	https://www.playpie.com/	714-660-8280	Fitness/Gym - "30 minute Workouts"	OVER 15,000 SqFt space of FUN! TONS of BRAND NEW SLIDES, EQUIPMENT, and ACTIVITIES you've NEVER SEEN in California!
Irvine Fine Arts Center	14321 Yale Ave Irvine	https://secure.yourirvine.org/CA/city-of-irvine/catalog/index/ddad8ac20fba455328acaa9b9b0d3f8c?filter=c2VhcmNoPSZsb2NhdGlvbiU1QjkwNzYlNUQ9MSZsb2NhdGlvbiU1QjExMzY3JTVEPTEmYWdlR3JvdXAlNUIxMCU1RD0x	949-724-6880	Fitness/Gym - "30 minute Workouts"	Introduction to jewlery making.

Seaview Little League	PO Box 5305 Huntington Beach, California	Seaviewlittleleague.com	n/a	Fitness/Gym - "30 minute Workouts"	Seaview Little League exists to provide a healthy environment for the youth of our community to play baseball, meet new friends and build self-confidence.
South Sunrise Little League	333 S Prospect St. Orange	southsunrise.com	714-538-9743	Fitness/Gym - "30 minute Workouts"	Baseball for young ones at all abilities!
West Yorba Linda Little League	3872 Prospect Av. Yorba Linda	https://www.wylll.com/	n/a	Fitness/Gym - "30 minute Workouts"	Baseball for young ones at all abilities!
Rancho Santa Margarita NJB - Rookies	1 Tesoro Creek Road, Las Flores	https://www.rsmnjb.org/winter season	n/a	Fitness/Gym - "30 minute Workouts"	Baseball for young ones at all abilities!
Trabuco Canyon Little League Baseball - A - Machine Pitch - Little League Baseball	31441 Santa Margarita Pkwy, Suite A-190 RSM, California 92688	https://www.tcll.org/Default.aspx?tabid=509409	n/a	Fitness/Gym - "30 minute Workouts"	Baseball for young ones at all abilities!
YMCA	Varies	ymcaoc.org	Varies	Fitness/Gym - "30 minute Workouts"	Baseball for young ones at all abilities!
Santa Margarita Little League	P.O BOX 6080-178 Misson Viejo, CA 92690	http://www.ayso84.org/	rc@ayso84.org	Fitness/Gym - "30 minute Workouts"	Soccer for young ones of all abilities
Ultimate Ninjas – Anaheim	5462 E. La Palma Ave., Anaheim	ultimateninjas.com	714-795-1970	Fitness/Gym - "30 minute Workouts"	Ninja classes for kids who want to learn how to conquer obstacles like a ninja warrior. Work on different obstacles to build strength, confidence, and endurance. 55 min classes

Mariners 936-Mariner Juniors Program	34451 Ensendada Pl, Dana Point CA	Dana Point Sailing Lessons: Mariners Sea Scout Program (mariners936.com)	info@mariners936.com	Fitness/Gym - "30 minute Workouts"	Mariners is all about adventure for youth aged 14-18. Members learn nautical skills and how to sail a variety of boats, from 14 ft. Capris to 38 ft fully equipped ships
Mixed Martial Arts at Islamic Center of Yorba Linda	4382 Eureka Ave, Yorba Linda, CA 92886	https://icyl.org/clubs/mma/	(714) 983-7464	Fitness/Gym - "30 minute Workouts"	Learn self-defense
Daoun Jiu Jitsu	11903 Euclid St, Garden Grove, CA 928405	https://daounjiujitsu.com	714-717-1157	Fitness/Gym - "30 minute Workouts"	Youth Jiu-Jitsu, Adult Jiu-Jitsu, and Youth Wrestling classes in Garden Grove
Rising Sons Muay Thai Boxing	877 W 16th St, Newport Beach CA 92663	risingsonsthaiboxing.com	714-504-3457	Fitness/Gym - "30 minute Workouts"	We offer Muay Thai fitness and training for both adult and kids almost daily.
Team Oyama	16632 Hale Ave Ste 100 Irvine, CA 92606	https://www.teamoyama.com/	(949) 250-3117	Fitness/Gym - "30 minute Workouts"	Martial Arts and MMA classes for all
Praia Brazilian Jiu-Jitsu	1125 Victoria St., Suite T, Costa Mesa 92627	www.praiajj.com	949-287-6808	Fitness/Gym - "30 minute Workouts"	Martial Arts classes for all
Pamana Kali	4403 Torrance Blvd Torrance, CA, 90503	https://www.pamanakali.com/	(310)-866-7300	Fitness/Gym - "30 minute Workouts"	Pamana Kali provides classes for all ages, with specialized instruction for youth and adults, creating a dynamic environment where every generation can discover and master Filipino martial arts.

Regulus Taekwondo	1150 Roosevelt Ste 100 Irvine, CA 92620	irvinetaekwondo.com	949-966-2007	Fitness/Gym - "30 minute Workouts"	Regulus Taekwondo is a unique Martial Arts School that strives to build Character and Leadership through Martial Arts philosophy and training.
AP Brazilian Jiu Jitsu	19809 Esperanza Rd Yorba Linda CA 92886	apjiujitsu.com	949-547-8215	Fitness/Gym - "30 minute Workouts"	Discover the art of Brazilian Jiu Jitsu at AP BJJ Academy in Yorba Linda
Peacful Warrior Jiujitsu And Fitness	34207 Pacific Coast Hwy, Dana Point, 92629	peacefulwarriorjiujitsu.com	n/a	Fitness/Gym - "30 minute Workouts"	Peaceful Warrior Jiujitsu and Fitness in Dana Point, California invites you to be a part of a home away from home. We welcome every individual to join our friendly community to learn martial arts.
Mamute Jiu-Jitsu	1315 N. Tustin St., Orange, CA 92867	Mamutebjj.com	714-471-7764	Fitness/Gym - "30 minute Workouts"	Jiu Jitsu classes
Tustin Shaolin Martial Art	104 W First St. Tustin, CA 92780	https://tustinshaolin.com/	(714) 508-0488	Fitness/Gym - "30 minute Workouts"	Tustin Shaolin Martial Arts is a traditional Chinese Kung Fu school teaching Shaolin Kung Fu, Praying Mantis, and Tai Chi.
National Taekwondo Academy	72 Argonaut Suite 100, Aliso Viejo, California 92656	South Orange County Kids Martial Arts - National Taekwondo Academy - Aliso Viejo, California	(949) 360-1155	Fitness/Gym - "30 minute Workouts"	Kids Taekwondo Classes
Five Star Alliance Studios	2413 S. Fairview St. St. D Santa Ana	n/a	714-576-7773	Fitness/Gym - "30 minute Workouts"	At Five Star Alliance Studios, we've been inspiring young martial artists in Orange County since 2005. Specializing in Kempo also known as Kenpo—a dynamic

Mercado Muay Thai and Fitness	28162 Camino Capistrano, Laguna Niguel	mmtfitness.com	(949) 347-8624	Fitness/Gym - "30 minute Workouts"	Martial Arts classes for all
Tribe Athletic Club - Mixed Martial Arts	23042 Alcalde Dr Suite E, Laguna Hills, CA 92653	https://tribeathleticclub.com/	(812) 548-7423	Fitness/Gym - "30 minute Workouts"	Martial Arts and MMA classes for all
David Kang's Taekwondo	30092 Santa Margarita Pkwy L1, RSM, CA 92688	https://dktaekwondo.com	949-391-9418	Fitness/Gym - "30 minute Workouts"	Martial Arts classes
Z-Ultimate Self Defense Studios	488 E. 17th Street Ste B-101, Costa Mesa, CA 92627	zultimate.com	(949)650-8636	Fitness/Gym - "30 minute Workouts"	Martial Arts classes
Foothill Ranch Karate	26756 Portola Parkway #2-D, Foothill Ranch, CA 92610	https://foothillkarate.com	(949) 588-8773	Fitness/Gym - "30 minute Workouts"	Martial Arts classes for all
Senshi Judo	1245 S Main St. Santa Ana, CA 92707	https://senshijudo.com/	n/a	Fitness/Gym - "30 minute Workouts"	Martial Arts classes for all abilities. Provider confirms all classes provide integration for all
OCMA RSM	29821 Aventura, Building 1, RSM, 92688	ocmarsm.com	949-858-8325	Fitness/Gym - "30 minute Workouts"	Martial Arts classes for all
USKO Martial Arts	1424 E Katella Ave	www.uskotraining.com	951.686.1505	Fitness/Gym - "30 minute Workouts"	Martial Arts classes
Shuyokan Dojo	1360 Logan Ave #108,Costa Mesa CA 92626	http://www.shuyokan.com/	(714) 557-6372	Fitness/Gym - "30 minute Workouts"	Martial Arts classes for all
Bushido-Kai Brazilian Jiu Jitsu	31 Creek Road, Irvine	https://www.bushidokaibjj.com/	(949) 786-1800	Fitness/Gym - "30 minute Workouts"	Martial Arts classes for all

Guillobel Jiu-Jitsu	1021 Calle Recodo, Suite A San Clemente CA 92673	guillobeldojo.com	949-366-2107	Fitness/Gym - "30 minute Workouts"	Martial Arts classes for children and adults.
Mission Viejo Jiu Jitsu Academy	26861 Trabuco Road #H Mission Viejo, CA 92691	https://missionviejojiujitsu.com/	949-400-7108	Fitness/Gym - "30 minute Workouts"	Traditional and modern Jiu Jitsu classes
Boran Jiu-Jitsu	1548 Adams Ave., Costa Mesa CA 92626	http://boranjj.com/index.htm	714-751-7505	Fitness/Gym - "30 minute Workouts"	Jiu-Jitsu classes for all
Shamhala Martial Arts	203 West Imparial Hwy, Suites A&B Brea, CA 92821	Shambhalamartialarts.com	714-256-2000	Fitness/Gym - "30 minute Workouts"	Martial Arts classes for children and adults.
Karate OC - - **Kids (Ages 3-5), (Ages (6-12), Adult and Teen Programs**	Placentia, Yorba Linda, Fullerton	https://karateoc.com/	Varies	Fitness/Gym - "30 minute Workouts"	Martial Arts classes for adults and children
I Am Movement	17775 Main St Suite E, Irvine CA 92614	https://iam-movement.com/	949-783-9803	Fitness/Gym - "30 minute Workouts"	Our vision is to use fitness as an enabler, empowering our members through all-inclusive exercise and dance. Exercises are adapted to address common Parkinson's symptoms, such as
North OC Martial Arts	1521 N Placentia Ave, Placentia, CA 92870	https://www.nocmartialarts.com/placentia	(714) 485-8982	Fitness/Gym - "30 minute Workouts"	Martial Arts classes for children and adults.

TAE KWON DO ACADEMY	31921 CAMINO CAPISTRANO #20 SAN JUAN CAPISTRANO 92675	TKDCAPISTRANO.COM	949-493-6365	Fitness/Gym - "30 minute Workouts"	Martial Arts for all!
Mission West Academy of Martial Arts	23351 Madero, Mission Viejo, CA 92692	https://www.karatemv.com	(949) 586-3818	Fitness/Gym - "30 minute Workouts"	Martial Arts classes for children and adults.
IL-DO Taekwondo	Irvine, CA	ildotkd.com	Varies	Fitness/Gym - "30 minute Workouts"	IL-DO Taekwondo Martial Arts Schools carry on a tradition that has grown from Grandmaster's half century of training in Taekwondo Martial Arts.
Elite Fitness Taekwondo	625 Irvine Blvd., Irvine CA 92620	http://www.eftkd.com/	n/a	Fitness/Gym - "30 minute Workouts"	Taekwondo training develops your whole body. You will increase your flexibility and leg strength as you learn powerful kicks. You will gain muscle tone in your upper body from the repetition of punches and strikes. Every class includes stretching, cardio, strength, and endurance. You get the benefit of multiple exercise programs all in one workout!
Jimmy Kim's Taekwondo Center (JKTC)	27000 Alicia Pkwy E, Laguna Niguel CA 92677	https://jktc.com/	949-363-6688	Fitness/Gym - "30 minute Workouts"	KTC honors Taekwondo traditions and equips members of all ages with invaluable life skills.
Sunrise Martial Arts	Multiple Locations	sunrisema.com	949-644-5425	Fitness/Gym - "30 minute Workouts"	Martial Arts for all

Spider Muay Thai	10725 Ellis Avenue unit H Fountain Valley Ca 92708	spidermuaythai.net	949-423-3907	Fitness/Gym - "30 minute Workouts"	Muay Thai classes for all
Dynamic Martial Arts - Irvine Martial Arts and Fitness	14805 Jeffrey Rd, Irvine, CA 92618	www.irvinemartialarts.com	949-551-2200	Fitness/Gym - "30 minute Workouts"	Martial Arts classes for children and adults.
Newport Beach Aikikai	2018 Quail St. Newport Beach, CA 92660	https://aikido-orangecounty.com/	(949) 553-0160	Fitness/Gym - "30 minute Workouts"	Aikido is for everyone. Men and women of all ages, body types and physical conditions can practice the art of aikido.
West Coast Jiu Jitsu	26051 La Paz Rd. Suite 120, Mission Viejo, CA 92681	https://www.westcoastjj.com/	(714) 878-3096	Fitness/Gym - "30 minute Workouts"	West Coast Jiu-Jitsu Academy strives to create a safe, clean, and positive environment for kids and adults to increase their confidence, learn self-discipline, and develop skills to defend themselves regardless of size or athletic ability.
West Coast Athletics	1020 N Bradford Placentia, CA 92870	http://www.westcoastathleticsoc.com/		Fitness/Gym - "30 minute Workouts"	Boxing and Jiu-Jitsu classes
Nixusa	1501 Corporate Dr # B7, Ladera Ranch, CA 92694	nixausa.com	949-422-8683	Fitness/Gym - "30 minute Workouts"	Martial Arts for all!

Galaxy Martial Arts	4 Journey, Aliso Viejo, Ca 92656	https://www.galaxymartialarts.com/	949-425-0500	Fitness/Gym - "30 minute Workouts"	At Galaxy Martial Arts, you will find one of the most established Martial Arts Schools in Southern California. We serve kids (4 and up), juniors, and adults, teaching them the most intricate, yet highly useful tools for self-defense and positive social skills.
Legacy MTC - Taekwondo classes	17321 17th St., Tustin CA 92780	legacymtc.com	714-665-2288	Fitness/Gym - "30 minute Workouts"	Taekwondo classes
Therapeutic Martial Arts - "Little Tiger, Basic Program, Black Belt Club, Master Club Programs"	23615 El Toro Road Unit S Lake Forest, CA 92630	tmaus.org	949-446-8892	Fitness/Gym - "30 minute Workouts"	The Masters Club Program is for children and adults of all ages. All students will be encouraged to graduate into this program as they progress and experience the art of Tae Kwon Do. This program provides unlimited weekly instruction. This program also features free sparring and board breaking.
Master Lee's Talium	Multiple Locations	masterleestalium.com	949-654-4411	Fitness/Gym - "30 minute Workouts"	Taekwondo clases
Japan Karate- Do Judo Jujitsu	10495 Bolsa Ave Ste 104 Westminster	YELP	714-725-1019	Fitness/Gym - "30 minute Workouts"	Martial Arts for all!
Bob White's Karate Studio	1125 Victoria St. Costa Mesa , CA 92627	www.bwkenpo.com	949-645-0337	Fitness/Gym - "30 minute Workouts"	Karate for all ages.
United Kenpo Karate Studios- Garden Grove	10662 Westminster, Garden Grove, Ca 92843	https://www.unitedkenpokarate.com/	714-951-3215	Fitness/Gym - "30 minute Workouts"	Karate for all ages.

One for All Taekwondo	1216 E Yorba Linda Blvd, Placentia, CA 92870	https://oneforalltaekwondo.godaddysites.com/	714-438-9444	Fitness/Gym - "30 minute	At ONE FOR ALL TAEKWONDO, we believe that Taekwondo is
Lockhart's Karate Academy	27792 Aliso Creek Rd, Ste B110, Aliso Viejo, CA	https://alisoviejoselfdefense.co	(949) 243-7929	Fitness/Gym - "30 minute	Self-defense classes
Southern California Taekwondo Academy	17488 Yorba Linda Blvd. Yorba Linda	https://yltkd.com/	(714) 524-9061	Fitness/Gym - "30 minute Workouts"	It doesn't come naturally for many children, but rather is developed over period of time . As a child accomplished new goals, his or her confidence level increases. Children become more self confident in TKD because they progress individually at their own pace and are not judged against others.
Orange County TaeKwonDo	1525 Mesa Verde Dr. E, Suite 118, Costa Mesa	https://www.octkd.com/	714-979-6400	Fitness/Gym - "30 minute Workouts"	Whether your goal is to get into better shape, to learn self defense, or just to feel better by relieving stress, TaeKwonDo has the potential to do all that and more.
9 Round Fitness	92 Corporate Park 1, Irvine, CA 92606	https://www.9round.com/	949-522-1188	Fitness/Gym - "30 minute Workouts"	9Round gives you an instructor-led full-body circuit training workout designed by certified professionals. You'll punch.
Vietnam Martial Arts Center	14871 Moran St, Westminster,	N/A	N/A	Fitness/Gym - "30 minute Workouts"	Martial arts for all ages and abilities

William Academy of MMA	8780 Warner Ave. #7, Fountain Valley	http://williamsmma.com	714-866-6926	Fitness/Gym - "30 minute Workouts"	Whether you are an athlete or never played sports, regardless of your body type or gender, if you are experienced or brand new to fighting, you will find classes and instructors available to meet you where you are and get you to where you want to be.
Rounders MMA	Various Locations	https://roundersmma.com/	(714) 604-3246	Fitness/Gym - "30 minute Workouts"	Learn from the best Martial Arts instructors in the area who are dedicated to providing a stable, family environment where you can excel in your personal goals and find a varied and supportive community
Victory Taekwando	6902 Warner Ave. Huntington Beach	victorytkd.com	714-848-0600	Fitness/Gym - "30 minute Workouts"	Victory Martial Arts is one of the last academies which is owned and operated entirely by one family!
Martial Arts International	1261 N Lakeview Ave Unit F Anaheim	maichampions.com	714-777-5599	Fitness/Gym - "30 minute Workouts"	Martial Arts for all ages!
Pakua Martial Arts & Tai Chi Center	16063 Bolsa Chica St. Huntington Beach	pakuahb.com	714-377-8805	Fitness/Gym - "30 minute Workouts"	Variety of martial arts for all
Black Belt Academy	24881 Alicia Pkwy unit i Laguna hills, CA	http://www.myblackbeltacademy.com/	949-349-0700	Fitness/Gym - "30 minute Workouts"	Martial Arts for all!
American Martial Arts School - Through the City of La Palma	7821 Walker Street, La Palma, CA	https://anc.apm.activecommunities.com/lapalma/activity/search/detail/7404?onlineSiteId=0&from_original_cui=true	714-349-2747	Fitness/Gym - "30 minute Workouts"	Martial Arts for all

Art of Jui Jitsu	411 E. 17th Street, Costa Mesa	N/A	949-645-1679	Fitness/Gym - "30 minute Workouts"	Martial Arts for all!
Jung Martial Arts	31961 Dove Canyon Dr Ste B, Trabuco Canyon	https://www.jmartialarts.com/	949-888-7800	Fitness/Gym - "30 minute Workouts"	It is our passion in bringing Black Belt Life Style to our student, where you obtain optimal physical, mental and emotional training.
LONGEVITY MARTIAL ARTS	1603 W Commonwealth Ave Fullerton	https://www.longevitymac.com/copy-of-class-info	714-345-5785	Fitness/Gym - "30 minute Workouts"	Our BLACK BELT KIDS program is an age-specific skills based martial arts program designed for kids 3-6 years of age.
Northwood Community Center	4531 Bryan Avenue, Irvine	cityofirvine.org	949-724-6728	Fitness/Gym - "30 minute Workouts"	Martial Arts for all!
United Studios of Self Defense	Multiple Locations	https://ussd.com/locations/	949-588-8773	Fitness/Gym - "30 minute Workouts"	A mixture of individuals without and with developmental disabilites learning the art of self-defense.
Kings Anaheim	4388 E La Palma Ave Anaheim	https://kingsanaheim.com/	714-723-4056	Fitness/Gym - "30 minute Workouts"	Mixed martial arts community.
NHC Martial Arts and Fitness	10885 Los Alamitos Blvd Los Alamitos	nhcfitness.com	562-430-5263	Fitness/Gym - "30 minute Workouts"	NHC Martial Arts & Fitness believes in giving every child the best opportunity for success.

Empire Training Grounds	Buena Park and Irvine	Empiretg.com	714-875-8364	Fitness/Gym - "30 minute Workouts"	Established in 2020, Empire Training Grounds was built to serve a growing need in the Orange and Los Angeles County communities. This need was to have a facility that has state of the art physical fitness equipment, recovery services , and qualified staff while at the same time catering to the growing martial arts community as well.
Centerline Gym	10958 Los Alamitos Blvd, Los Alamitos	www.centerlinegym.com	562-208-1771	Fitness/Gym - "30 minute Workouts"	Gym teaching about martial arts
Dream Art Fullerton	400 E Commonwealth Ave #7 Fullerton	http://www.bttfullerton.com/	657-217-3944	Fitness/Gym - "30 minute Workouts"	Our kids program is a fun and challenging opportunity for kids to build life long skills.
Cho's Academy	1966 S. COAST HIGHWAY, LAGUNA BEACH	. https://www.chosacademy.com/	949-281-7517	Fitness/Gym - "30 minute Workouts"	Learn how to defend yourself and loved ones. Our classes teach you how to handle situations from a standing position and on the ground.
Family Tae Kwon Do Training Center	20385 Yorba Linda Blvd # 100, Yorba Linda	https://www.thefamilytkd.com/	714-779-8500	Fitness/Gym - "30 minute Workouts"	Enhance self-esteem by heightening your physical and mental powers
YMCA Community Complex	1422 W. Broadway Anaheim, CA	anahiemymca.org	714-635-9622	Fitness/Gym - "30 minute Workouts"	Classes build strength, sharpen reflexes, and promote! Students will learn the fundamentals of self-defense techniques and the basics in blocking and kicking.

10th Planet Jiu Jit Su Fullerton	601 S Euclid St. Fullerton	www.ocnogijiujitsu.com	714-477-4553	Fitness/Gym - "30 minute Workouts"	Our Kids/Youth Program provides a structured, safe and supportive learning environment for children (*little Kids 5-7) (*kids/teens 8-13) who want to learn the art of Jiu-Jitsu
Hwang's ATA Martial Arts	5567 E Santa Ana Canyon Rd., Anaheim	https://kickata.com	714-282-5425	Fitness/Gym - "30 minute Workouts"	The foundation of the Karate for Kids curriculum is the education and development of life-skills such as positive mental attitude, high goal setting, perseverance, self-control and confidence-developing children of character is what truly changes our students' lives!
Total MMA Studios	632 El Camino Real Suite A, Tustin	https://www.totalmmastudios.com	714-683-0164	Fitness/Gym - "30 minute Workouts"	Studio of Mixed Martial Arts, Jit-Jitsu, Wrestling, etc.
Kickhouse Yorba Linda	18226 Imperial Hwy., Yorba Linda	https://thekickhouse.com/location/yorba-linda/	714-536-1616	Fitness/Gym - "30 minute Workouts"	KickHouse Yorba Linda is a modern kickboxing studio with a mission to inspire our members and our communities to take their health and kick it up a level!
World Martial Arts Center	23741 E La Palma Ave. Yorba Linda, CA	www.worldmartialartscenter.com	714-692-3230	Fitness/Gym - "30 minute Workouts"	Martial arts classes benefit growing children far beyond the dojo and in many real-world scenarios. Our structured classes are meant to help develop coordination, physical fitness, mental strength, as well as gain valuable social skills.

Life Of Martial Arts - LOMA	23062 Alicia Pkwy A Mission Viejo, CA	www.lifeofmartialarts.com	949-899-4963	Fitness/Gym - "30 minute Workouts"	Teaching children to know right from wrong is one of the toughest challenges parents have to face.
Muay Thai in Garden Grove	10612 W Garden Grove Blvd. Garden Grove	N/A	714-654-9978	Fitness/Gym - "30 minute Workouts"	Martial Arts for all!
Evolve Checkmat Brazilian Jiu Jitsu and Muay Thai Academy	28236 Airoso Street, Rancho MV CA	joinevolve.com	949-503-3328	Fitness/Gym - "30 minute Workouts"	Here at Evolve Checkmat Jiu Jitsu & Muay Thai Academy, we want to help build confident and successful students.
Sunrise Martial Arts	2529 Eastbluff Dr., Newport Beach, CA	sunrisema.com	949-644-5425	Fitness/Gym - "30 minute Workouts"	In our world renouned Little Heroes program, we combine child psychology, physical science and martial arts to teach young children from age 3 to 4 to help them enhance their confidence and build their character with right values and discipline.
Eagel Taekwondo	1031 Rosecrans Ave. Fullerton, CA	www.eagletaekwondousa.com	714-879-3600	Fitness/Gym - "30 minute Workouts"	The goal of the program is to create a positive and disciplined learning environment to practice martial arts. This will improve your child's fine and gross motor skills along with the ability to listen, follow instructions, and focus.
Tiger Tae Kwon Do	6448 Westminster Blvd. Westminster, CA	N/A	714-222-3903	Fitness/Gym - "30 minute Workouts"	Learning the discipline of Taekwondo.

Scholar Athlete Black Belt	188 E Yorba Linda Blvd Placentia, CA	N/A	714-993-7777	Fitness/Gym - "30 minute Workouts"	Not only specializing in building a strong body, but also a strong mental as well. Listen and respect to parents is our mission statement.
Mission West Academy of Martial Arts	24170 Alicia Pkwy Mission Viejo, CA	www.karatemv.com	949-586-3818	Fitness/Gym - "30 minute Workouts"	The academy of discipline, confidence, and self control.
Orange County Children's Therapeutic Center	2215 N Broadway #1 Santa Ana	occtac.org	714-547-5468	Fitness/Gym - "30 minute Workouts"	Karate lessons for children of all abilities.
American Martial Arts Academy	Fullerton/Placentia/Yorba Linda	1027 N Harbor Blvd Fullerton	714-871-3898	Fitness/Gym - "30 minute Workouts"	Martial Arts program that provides the principals of self-discipline and focus.
Huntington Beach - Social Recreation "Karate - Do Japanese Novice"	21377 Magnolia Street, Huntington Beach CA 92646	Huntingtonbeachca.gov	714-960-5870	Fitness/Gym - "30 minute Workouts"	Traditonal karate class is for building charcter as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect.
JMAC Karate	10585 Slater Ave Ste 1A Fullerton	jmackarate.com	714-963-5866	Fitness/Gym - "30 minute Workouts"	Japanese martial art that focuses on self defense.
Gracie Barra Jiu-Jitsu	Various Locations	graciebarrahb.com	949-295-2990	Fitness/Gym - "30 minute Workouts"	Program is designed to teach children self discipline as well as provide a unique way to express themselves.
Felton Ninja Academy	17612 E. 17th St. Unit 10013 Tustin	feltonninjaacademy.com	714-485-5738	Fitness/Gym - "30 minute Workouts"	Program may start as young as 3. Martial Arts may help gain confidence, learn discipline, etc.

United Self Defense Academy	22342 El Paseo, Suite E, Rancho Santa Margarita, CA, 92688	rsmkarate.com	949-766-8773	Fitness/Gym - "30 minute Workouts"	At our dojo we follow the martial art form of Kenpo Karate, which is a combination of Japanese
JS Black Belt Academy - Taekwondo	665 N Tustin St. #M Orange, CA	jsblackbeltacademy.com	714-633-2365	Fitness/Gym - "30 minute Workouts"	The academy believes that the art is not limited to practicing martial art in the do-Jang but also living the life of Tae Kwon Do with honesty, diliginece, modesty, bravery, and service at home and school.
Karate for All	3002 Dow Ave. Tustin	karateforall.org	714-731-4668	Fitness/Gym - "30 minute Workouts"	Program is designed to teach children self discipline as well as provide a unique way to express themselves. No funding on therapy services.
CA Taekwondo	29200 Portola Pkwy Lake Forest	infocatkd.com	949-461-7898	Fitness/Gym - "30 minute Workouts"	To combine tradition and innovation, emphasizing self-defense and self-discovery rather than competition.
Master Hwang's Taekwondo	17960 Magnolia St #5039 Fountain Valley	martialartsfountainvalley.com	714-378-0264	Fitness/Gym - "30 minute Workouts"	Building confident and focused students to take a challenging world.
Team Kwon Taekwondo	La Mirada; Orange	teamkwonorange.com	714-912-4699	Fitness/Gym - "30 minute Workouts"	Provides the highest quality of instruction. Officially certified by the world Taekwondo headquarters, Kukkiwon.
Taekwondo Spirit	13425 CA-39 S Unit B La Mirada	tkdspirit21.com	619-733-0004	Fitness/Gym - "30 minute Workouts"	Martial Arts school provides the highest quality of instruction.
Hallelujah Taekwondo	1077 Valley View St. Cypress	godaddysites.com	714-290-1216	Fitness/Gym - "30 minute Workouts"	Specializing in providing quality martial arts training.

TKS Martial Arts	860 W. Imperial Hwy Brea	tksmartialarts.com	714-990-5801	Fitness/Gym - "30 minute Workouts"	Mission is to empower students in pursuing improved physical fitness and foundation of self-control, focus, and leadership.
Ethos Jiu Jitsu	618 Harbor Blvd Unit A Fullerton	ethosjiujitsu.com	657-390-1133	Fitness/Gym - "30 minute Workouts"	We at Ethos Jiu Jitsu Fullerton, pride ourselves in being your home for Jiu Jitsu, Self-Defense, and anti-bullying. We believe Jiu-Jitsu is for everyone!
Grappler's Studio	23561 Ridge Route Dr. Laguna Hills, CA 92653	http://www.grapplersstudio.com/	949-614-0640	Fitness/Gym - "30 minute Workouts"	Grappler's Studio delivers the latest high-level Jiu Jitsu, Wrestling, & Pankration instruction.
Hyper Martial Arts Pro Training Center	19729 Beach Blvd Huntington Beach	hypertrainingcenter.com	714-698-8900	Fitness/Gym - "30 minute Workouts"	Mission is to inspire the next generation of martial artists.
USA Taekwondo	2029 W Commonwealth Ave #A Fullerton, CA	N/A	714-879-6655	Fitness/Gym - "30 minute Workouts"	Traditional taekwondo class teaching student discipline and defense.
American Martial Arts Academy	Fullerton/Placentia/Yorba Linda	N/A	Varies	Fitness/Gym - "30 minute Workouts"	Martial Arts program that provides the principals of self-discipline and focus.
Tom Vo's Taekwondo Academy	Multiple Locations (Cypress, Fountain Valley, Orange, Westminster, and Garden Grove)	tomvotkd.com	714-325-4404	Fitness/Gym - "30 minute Workouts"	Martial Arts for all!
ATA Taekwondo Center	1921 W Imperial Hwy #A, La Habra	N/A	562-697-6201	Fitness/Gym - "30 minute Workouts"	Taekwondo for all!

Orange County Shaolin Kung Fu	2610 S Bristol St, Santa Ana, CA 92704	shaolinyq.com	(626) 297-8885	Fitness/Gym - "30 minute Workouts"	OC Shaolin Kung Fu offers training in traditional Shaolin Kung Fu, one of the oldest and most famous styles of martial arts.
Storm MMA Training Center	25292 McIntyre St., suite E, Laguna Hills	https://stormmmatc.com.	949-505-0940	Fitness/Gym - "30 minute Workouts"	Storm MMA and Training Center is a state of the art training facility that creates a personalized environment for individuals to pursue their fitness goals.
Welcome to the Jungle Jiu Jitsu	433 N Tustin St Orange	wtjbjj.com	714-345-3507	Fitness/Gym - "30 minute Workouts"	Whether you're a seasoned athlete or just starting out, we're here to guide you every step of the way.
Unlimited Possibilities Martial Arts	6122 Orangethorpe Ave. #108 Buena Park	https://up-ma.com	562-756-0709	Fitness/Gym - "30 minute Workouts"	Our purpose is to adapt typical martial arts practice to meet the needs and abilities of those with intellectual and physical challenges.
Renaissance ClubSport Aliso Viejo	50 Enterprise, Aliso Viejo	https://clubsports.com/	949-643-6700	Fitness/Gym - "30 minute Workouts"	Brazilian Jiu-Jitsu is a non-striking self-defense martial art system based on the principle of respect. Students will focus on respecting themselves as well as their classmates while building a strong foundation in self-discipline and self-esteem.
Orange County Judo Training Center	10706 Garden Grove Blvd. Garden Grove	www.ocjudo.com	657-296-6094	Fitness/Gym - "30 minute Workouts"	Teaching the fundamentals and basics of judo to young students.
USSD Karate	Multiple Locations	USDDkarateirvine.com	Varies	Fitness/Gym - "30 minute Workouts"	Teaching youth about Karate!

Young Champions of America - Fountain Valley Recreation Community Service Center	Fountain Valley and Huntington Beach	https://www.fountainvalley.gov/201/Recreation-Community-Services	Varies	Fitness/Gym - "30 minute Workouts"	Teaching youth about Karate!
Fullerton Kendo	1706 W Orangethorpe Ave. Fullerton	https://docs.google.com/forms/d/e/1FAIpQLSdMBxW3ezVSUa_1JuBFxd5Gen0YJvkr2V8KavQRm2FU6qKwOw/viewform	310-567-0633	Fitness/Gym - "30 minute Workouts"	We are located in Fullerton City, Orange County in CA, and offer kendo classes for all ages and levels from Kids(6 years) to senior members.
Jeff Speakmans Kenpo 5.0 Anaheim LLC	2713 W Lincoln Ave Anajeim. 92801	https://jeffspeakmananaheim.com/home-9626	714-410-5615	Fitness/Gym - "30 minute Workouts"	Welcome to Jeff Speakman's Kenpo 5.0 Anaheim, your place to work hard and enjoy yourself in the process. We know how to get down to the nitty gritty of martial arts in a demanding training environment. Kenpo classes build a foundation of grit, confidence, and determination for students of all backgrounds. We encourage imperfection in order to achieve perfection. Join us today to train Kenpo in Anaheim, California and gain the determination to achieve your goals.
City of Huntington Beach Community & Library Services Department	2000 Main Street, 5th Floor Huntington Beach	https://www.huntingtonbeachca.gov/residents/news_publications/sands/index.cfm	714-536-5486	Fitness/Gym - "30 minute Workouts"	Taekwondo for teens

AG Academy - Taekwondo and Pickleball	1051 Site Dr#119 Brea	https://armofgm.org	N/A	Fitness/Gym - "30 minute Workouts"	William Brevard serves as a Taekwondo Master for our organization. He holds several 1st place medals from various martial arts competitions.
On Stage Music Academy	Palo Verde Ave Suits H&I, Long Beach, CA 90815	https://www.onstagemusicacademy.com/	(562) 598-0111	Fitness/Gym - "30 minute Workouts"	On Stage At On Stage Music Academy, we're all about community and the transformative power of music. We believe music is for everyone, no matter your age or genre. Located in Long Beach, CA, our academy is a welcoming home where creativity thrives, confidence grows, and passions are realized—both in music and life. Academy, we're all about community and the transformative power of music. We believe music is for everyone, no matter your age or genre. Located in Long Beach, CA, our academy is a welcoming home where creativity thrives, confidence grows, and passions are realized—both in music and life.

Sounds of Color Studio	4th St, Suite F, Santa Ana, CA 92705	https://www.soundsofcolorstudio.com/	(714) 624-8686	Fitness/Gym - "30 minute Workouts"	For 30 years, Sounds of Color Studio has helped Orange County, California families explore their creativity and passion for learning by offering music, art, and the largest variety of visual and performing arts classes in the area!
Kidz Rock La Habra	1101W Whittier Blvd, La Habra,	Kidzrocklahabra.com	562-665-3339	Fitness/Gym - "30 minute Workouts"	In person music lessons for all
The Korean Resource Center (KRC) in Fullerton - Nanta class	620 N Harbor Blvd, Fullerton, CA 92832	Nanta — KRC | Korean Resource Center (krcla.org)	(714) 869-7624	Fitness/Gym - "30 minute Workouts"	Nanta is a Korean musical performance centered on rhythm and beats without any dialogue. It features a vibrant cultural and artistic experience where participants play instruments together based on the traditional Korean rhythm of Samulnori. This exciting performance helps relieve stress and leaves you feeling invigorated through lively rhythms and body movements.
School of Rock	Various locations in Orange County	www.schoolofrock.com	714-975-9116	Fitness/Gym - "30 minute Workouts"	Our Method builds musical proficiency by integrating thrilling stage performance, song based learning, proprietary Method Books and a revolutionary Method App.

Little Chopin Music School	10872 Westminster Ave #222, Garden Grove	https://littlechopin.com	714-636-0836	Fitness/Gym - "30 minute Workouts"	Since 1992 we have helped thousands of students begin and succeed with their musical ambitions. We are the largest piano school in the area, and employ 30 experienced music teachers, capable of teaching all ages and levels
Tustin Music Center	13721 Newport Ave #9, Tustin,	Tustinmusic.com	(714) 730-1766	Fitness/Gym - "30 minute Workouts"	We've been educating and inspiring Orange County musicians since 1991. With 25+ experienced instructors and hundreds of talented students, we're here to help you to learn and grow on the instrument of your choice.
LP Music School	11155 Horizon Way, Tustin CA 92782	https://www.lpmusicschool.com/	714-600-0399	Fitness/Gym - "30 minute Workouts"	Offerring drum, guitar, and bass lessons
Kenny's Music School and Shop	24731 La Plaza, Dana Point CA 92629	http://www.kennysmusicstore.com/	(949) 661-3984	Fitness/Gym - "30 minute Workouts"	Acoustic Guitar Lessons
Symphony 9 School - Music & Art	23708 El Toro Rd. Lake Forest, CA 92630	symphony9school.com	(949) 614-0556	Fitness/Gym - "30 minute Workouts"	Symphony 9 School was founded with a vision to provide innovative and unique music and art teaching with attentiveness and care at all times
Payam Music	2967 Michelson Drive, Irvine, CA 92612	https://www.payammusic.com/get-started/irvine	(949) 202-5688	Fitness/Gym - "30 minute Workouts"	In person piano lessons

Constellation Music Instruments	3701 W. McFadden St. #C Santa Ana,CA, 92704	consetellationmusical.com	714-418-0186	Fitness/Gym - "30 minute Workouts"	Our lessons are given in person, in a clean and creative space. Whether it's your hobby or your career, we'll tailor your lesson to your needs and goals.
Guitar Center	Multiple Locations	https://www.guitarcenter.com/Services/Lessons?source=4GOA5AJBA	n/a	Fitness/Gym - "30 minute Workouts"	Music Lessons Learn any instrument and any music style.
OC Guitars: David's Guitar, Ukulele, and Bass Lessons	440 S. Brea Blvd Unit E, Brea, CA 92821	https://ocguitars.com/	323-327-1709	Fitness/Gym - "30 minute Workouts"	Music lessons for all
Music Around	25431 Trabuco Road, Lake Forest ,CA 92630	www.musicaround.com	www.musicaround.com	Fitness/Gym - "30 minute Workouts"	Music Lessons
DMX Music Center	200 W 1st St Santa Ana, CA 92701	www.diamondmusicexchange.com	714-866-1793	Fitness/Gym - "30 minute Workouts"	Music lessons for all
Irvine Art & Music	15315 Culver Dr. #150, Irvine, CA 92604	https://irvineartandmusic.com/	1-949-559-3069	Fitness/Gym - "30 minute Workouts"	Music Lessons offered for all ages and abilities with different music instruments.
Shekinah Music Academy	Sa-Rang Community Church 2145 W La Palma Ave, Anaheim CA 92801	n/a	714-337-4224	Fitness/Gym - "30 minute Workouts"	Violin Lessons
Seika Harp Lessons - In Person Only	670 Spectrum Center Dr. Irvine, CA 92618	https://www.seikaharp.com/lessons	n/a	Fitness/Gym - "30 minute Workouts"	Harp Lessons in studio for all
Bertrand's Music and Horn Improvement	23851 Via Fabricante #202, Mission Viejo, CA 92691	https://bertrandsmusicrentals.com	(949) 455-4163	Fitness/Gym - "30 minute Workouts"	Music lessons

Cornerstone Academy of Performing Arts - Vocal and Instrument lessons	4905 La Palma Ave., Anaheim, CA 92807	https://www.capaorangecounty.com	(714) 322-2532	Fitness/Gym - "30 minute Workouts"	Cornerstone Academy of Performing Arts (CAPA) is a faith-based performing arts academy founded at the Cornerstone Church. Our vision is to be a Christ centered studio with our main focus of raising a generation of worship leaders
The Guitar Shoppe	1027 N Coast Hwy # B, Laguna Beach, California 92651	https://www.theguitarshoppe.com/	(949) 497-2110	Fitness/Gym - "30 minute Workouts"	Guitar lessons
Ruah Art Center	14545 Valley View Ave. Suite S, Santa Fe Spring, CA 90670	www.ruahartcenter.com	(949) 838-7036	Fitness/Gym - "30 minute Workouts"	Ruah Art Center proudly offers Piano, Violin, and Vocal classes designed to nurture musical skills, confidence, and self-expression in a supportive and inclusive environment.
Music Maker	5701 E Santa Ana Canyon Rd J, Anaheim Hills, CA 92807	https://www.musicmakerinc.com/	714-974-0830	Fitness/Gym - "30 minute Workouts"	Music Maker School of Music offers convenient one-on-one and group instruction for all ages and every level of ability.
Academy of Music for the Blind (AMB)	6548 Newlin Ave, Whittier,	www.ouramb.org	626-358-5379	Fitness/Gym - "30 minute Workouts"	AMB is dedicated to addressing the unique talents and challenges of blind youth by developing their musical, creative, cognitive, physical and social skills through education in music and the performing arts.

Danman's Music School	24699 Del Prado, Dana Point	http://www.danmans.com/	949-496-6556	Fitness/Gym - "30 minute Workouts"	Music Lessons offered for all ages and abilities with different music instruments.
Arabesque Conservatory of Music	1436 S. La Cienega Blvd #212 Los Angeles	Arabesqueconservatory.com	424-284-8444	Fitness/Gym - "30 minute Workouts"	We're dedicated to nurturing your passion for music. Our Los Angeles piano lessons are tailored to inspire students of all ages and skill levels.
Music Vault Academy	26342 Oso Pkwy #203, Mission Viejo CA 92691	https://musicvaultacademy.com/	949-257-2744	Fitness/Gym - "30 minute Workouts"	We offer an array of music classes to students that wish to explore diverse musical styles including classical, jazz, rock, and
OCO Kibou Taiko Class	Tanaka Farms - 5380 3/4 University Dr, Irvine, CA 92612	https://www.ocoyouth.org/page/show/2745871-taiko	n/a	Fitness/Gym - "30 minute Workouts"	New Beginners OCO Kibou Taiko Class
Dr. Lee's Music Consulting & Studio	723 S. Euclid St, Fullerton, CA 92832	https://www.drleesmusic.org/about-1	(714) 240-8131	Fitness/Gym - "30 minute Workouts"	Dr. Lee's Music Consulting & Studio is a music space established to educate people in music and to give people
Yamaha Music Academy of Fullerton	2972 Yorba Linda Blvd. Fullerton	www.yamahamusicacademy.com	714-985-9490	Fitness/Gym - "30 minute Workouts"	Yamaha Music Academy is the first destination for you and your child to experience the universal language of music and to indulge in the joy of music.
Yamaha Music Center - Irvine	4620 Barranca Pkwy, Irvine, CA 92604	irvineyamaha.com	949-559-5440	Fitness/Gym - "30 minute Workouts"	Music Lessons for all **(Consult with AS to ensure 1:1 lessons are appropriate based on needs/ goals of PS)**
The Bear School	9191 Bolsa Ave, Unit 208-209, Westminster, CA, 92683	https://thebearschool.com/english	205-519-2353	Fitness/Gym - "30 minute Workouts"	Bear Music Program is designed to expose your child to the joy and diversity of music
Roos Studios	1030 Calle Sombra Ste A2, San Clemente, CA 92673	https://www.roosstudios.com/	(949) 328-1131	Fitness/Gym - "30 minute Workouts"	Music Lessons offered for all ages and abilities with different music instruments.

Buzzy Mae Music Academy - Group Music Lessons	Multiple Locations	https://buzzymaemusicacademy.com/	(909) 471-6362	Fitness/Gym - "30 minute Workouts"	At Buzzy Mae Music Academy, our mission is to provide the absolute best musical program for each and every one of our students.
Hotel Calidornia Music Studio - Vincent Lombardo	31949 South Coast Hwy., Laguna Beach	n/a	914-760-8734	Fitness/Gym - "30 minute Workouts"	Voice and Piano lessons
Cadenza Music Academy - Piano Explorers	161 Fashion Lane Ste. 101, Tustin Ca 92780	https://www.cadenzamusicacademy.com/piano-explorers/	(949)416-2355	Fitness/Gym - "30 minute Workouts"	Embark on an exciting musical adventure with Piano Explorers! Designed for children ages 4-6, Piano Explorers is a unique program that nurtures your child's love for music while preparing them for future piano lessons.
Tustin Music Center, Inc.	13721 Newport Avenue #9, Tustin CA 92780	www.tustinmusic.com	714-730-1766	Fitness/Gym - "30 minute Workouts"	With hundreds of passionate and talented students, we pride ourselves on our ability to provide people of all ages and abilities with music education tailored to their specific goals, interests and talents.
Joyce Piano Studio	24752 Toledo Way, Lake Forest	https://sites.google.com/site/hhjoice/home	949-232-6575	Fitness/Gym - "30 minute Workouts"	Piano lessons for all
We Play Music	5321 University Dr., Irvine	weplaymusic.com	949-396-6907	Fitness/Gym - "30 minute Workouts"	Piano lessons for kids and adults.
Virtuosos Russian Music Academy	9535 Garden Grove Blvd, Garden Grove	myvrmamusic.com	714-378-0303	Fitness/Gym - "30 minute Workouts"	You will learn how to read, write, and compose your own music in this group class.

Patrick's Music School	649 W Commonwealth Ave, Fullerton	www.patricksmusic.com	714-871-1961	Fitness/Gym - "30 minute Workouts"	Patrick's Music School is an independent co-op of experienced music teachers conducting weekly lessons and classes in all styles of music. All ages and ability levels are invited to learn the joy of making music.
Irvine School of Music	15415 Jeffrey Rd #202, Irvine	IrvineSchoolofMusic.com	949-385-2034	Fitness/Gym - "30 minute Workouts"	The thing that really sets us apart is we specialize in providing the skills necessary for a lifetime enjoyment of music.
Glee Music Academy	20902 Bake Pkway Suite 100, Lake Forest,	https://www.ensembleschools.com/glee-music-academy/	949-309-4640	Fitness/Gym - "30 minute Workouts"	While most young people enjoy our program because of the performing opportunities and social experience, we believe it is our job to offer a superior music education that includes sight singing, harmony, and ear training.
Surf City Music	14340 Bolsa Chica Suite H Westminster	surfcitymusic.com	714-278-3864	Fitness/Gym - "30 minute Workouts"	Offering private lessons in instruments/voice.
Beach Cities Rock Club	73 Via Pico Plaza, San Clemente, CA 92672	http://www.beachcitiesrockclub.com/	949-463-1968	Fitness/Gym - "30 minute Workouts"	At the Rock Club you'll learn from seasoned vocal coaches how to identify your natural singing range, how to expand that range, and what style best suits your voice.
Cypress Recreation & Community Services	5700 Orange Avenue, Cypress,	http://www.cypressrec.org/	714-229-6780	Fitness/Gym - "30 minute Workouts"	Group piano teaching to play piano together.

Music & Arts	504 S State College Blvd, Anaheim, CA	https://www.musicarts.com/lessons	714-999-5051	Fitness/Gym - "30 minute Workouts"	Jam on classic rock or discover the great classical composers: Our enthusiastic teachers and customizable lessons use your musical passions to inspire progress.
Newsong Studio Inc.	1521 E. Orangethorpe Ave Suite A, Fullerton	newsongstudiooc.com	714-614-1383	Fitness/Gym - "30 minute Workouts"	Since opening our doors, we've been committed to helping students pursue MUSIC they love.
The Guy Babusek Vocal Studio	2961 W. MacArthur Blvd Ste. 125 Santa Ana	voice-lessons.com	714-540-5211	Fitness/Gym - "30 minute Workouts"	Offering world-class voice lessons in Orange County.
Spotlight School of Music	12352 Brookhurst St. Garden Grove	spotlightschool.com	855-955-1818	Fitness/Gym - "30 minute Workouts"	Inspire the love of music but also equip the students with life skills they can incorporate into a succesful future.
Let's Play Music - "Foundational Music" and "Piano Skills"	Various Locations	https://www.letsplaymusicsite.com/	(949) 441-1285	Fitness/Gym - "30 minute Workouts"	Play is the way that children learn! Our classes teach serious music theory, piano technique, classical music, and ear training all through play!
Cal Heights Music	1240 E Wardlow Rd Long Beach	calheightsmusic.com	562-528-3118	Fitness/Gym - "30 minute Workouts"	Offers various group lessons for different instrument and ages for all children.
Cedar Tree Music and Performance	2555 Santiago St. Santa Ana	cedartreemusicandperformance.org	714-683-2425	Fitness/Gym - "30 minute Workouts"	Music group lessons begin at age four. Group classes will be divided into instrument class; strings, brass, and precussion.
Westminster Arts Academy	14441 Beach Blvd #100 Westminster	westminsterartsacademy.com	714-902-6036	Fitness/Gym - "30 minute Workouts"	Group piano teaching to play piano together. Classroom is equipped with eight full sized and professiona quality piano/keyboards.

Orange County Children's Therapeutic Center	2215 N Broadway #1 Santa Ana	occtac.org	714-547-5468	Fitness/Gym - "30 minute Workouts"	Piano lessons are offered to assist all and make it possible for all.
VS Music Studio	3303 Harbor Blvd Suite8-9 Costa Mesa	vsmusicstudios.com	714-485-8577	Fitness/Gym - "30 minute Workouts"	Commerical Music, Classic, Broadway, and singing languages.
The Inside Voice	419 E 17th St. #204 Costa Mesa, CA 92627	http://www.ensembleschools.com/the-inside-voice/	949-652-3747	Fitness/Gym - "30 minute Workouts"	Personalized & Engaging Music Lessons for All Skill Levels
OC Musica	13872 Harbor Blvd, Ste 1B. Garden Grove	ocmusica.net	657-200-8717	Fitness/Gym - "30 minute Workouts"	Music lessons for all instruments
OC Music & Dance	17620 Fitch #160, Irvine, CA 92614	ocmusicdance.org	(949) 386-8336	Fitness/Gym - "30 minute Workouts"	Offering music and dance classes for all
Orange County Music Services (OC Music Services)	2652 Michaelson Dr., Irvine CA 92612	ocmusicservices.com	949-624-0164	Fitness/Gym - "30 minute Workouts"	OCMS provides piano, violin, ukulele, and guitar lessons for children, teens, and adults of all levels and needs.
Laguna Niguel School of Music/Dennis Frayne Music Studios	30110 Crown Valley Parkway, Suite 107 Laguna Niguel, CA 92677	https://www.lagunaniguelschooloffmusic.com/	(949) 844-9051	Fitness/Gym - "30 minute Workouts"	We offer music lessons in piano, voice (singing, vocals), guitar (acoustic, electric, bass guitar, ukulele), drums & percussion, strings (violin, viola, cello), woodwind instruments (flute, clarinet, saxophone), brass instruments (trumpet, trombone, tuba, saxophone), early childhood music (pre-piano), concert band, rock band, choir, and musical theater.

Irvine Academy of Music	4200 Trabuco Rd #150, Irvine, CA 92620	https://academiesofmusic.com/	(949) 771-5100	Fitness/Gym - "30 minute Workouts"	Music Lessons for Guitar, Voice, Violin, Viola, Cello, Drums, Piano, Uke, Trumpet, Trombone, Sax, Flute and Clarinet in one place
Olympia Training Center	2600 Walnut Ave # G, Tustin	https://www.olympiatrainingcenter.com/	714-573-2838	Fitness/Gym - "30 minute Workouts"	The Olympia Training Center is Orange County's first academy of Martial Arts, parkour and Freerunning. Our goal is to develop extraordinary physical abilities that can be used in a realistic environment and in our daily lives.
American Ninja Warrior Adventure park	2800 N. Main St #603 Santa Ana	https://americanninjawarrioradventurepark.com	714-760-4374	Fitness/Gym - "30 minute Workouts"	Inspired by the popular TV show, this one-of-a-kind adventure park experience includes truss obstacles such as Monkey Swings, Spider Walls, Tilting Logs, Floating Bridges and of course the famous Warped Wall.
Cypress Recreation & Community Services	5700 Orange Avenue Cypress	www.cypressrec.org	714-229-6780	Fitness/Gym - "30 minute Workouts"	Now’s your chance to learn how to play basketball! Have some fun while learning shooting, dribbling, rebounding, passing, and zone defense. Instruction includes age-appropriate activities and games.
City of Irvine Pickleball Lessons	1 Civic Center Plaza Irvine, CA 92606	www.cityofirvine.org/racket-sports/pickleball-lessons	(949) 724-6617	Fitness/Gym - "30 minute Workouts"	The City of Irvine Pickleball Program offers year-round lessons for all levels and ages.

Agape Academy	16400 Brookhurst St., Fountain Valley,	https://fountainvalley.agapetennisacademy.com/fountain-valley-pickleball-winter-spring-2024/	714-587-0797	Fitness/Gym - "30 minute Workouts"	Learn the skills, strategies, rules, scoring, and develop proper techniques
Courtside Superstores	79 Technology Dr. Irvine	courtsidesuperstores.com	949-989-4520	Fitness/Gym - "30 minute Workouts"	The pickleball champions' destination that starts with excellence, integrity, and sacrifice, surrounded by the support for you the athlete.
ABLE Adaptive Pickleball	**Felipe Tennis Center** 27161 Nogal, Mission Viejo, CA 92692	https://www.cityofmissionviejo.org/departments/recreation/recreation-fitness-tennis/pickleball	N/A	Fitness/Gym - "30 minute Workouts"	Providing a structured and supportive environment to develop pickleball skills for all ABLE athletes. Improve physical fitness and enhance social interactions. This program is suitable for individuals with physical or neurodivergent programming needs. Classes provided in integratee community setting at Felipe Tennis Center
OC Table Tennis Academy	16035 Brookhurst St. Fountain Valley	octabletennisacademy.com	818-468-9201	Fitness/Gym - "30 minute Workouts"	Group table tennis classes allow students to learn the fame with their fellow friends. Classes available for adults and children of all skill levels.
Fullerton Table Tennis Academy	241 E Imperial Hwy #350	https://play.fullerton-tta.com	714-332-9562	Fitness/Gym - "30 minute Workouts"	Table Tennis lessons
Club Pilates	18425 Yorba Linda Blvd, Yorba Linda	https://www.clubpilates.com/	657-363-3663	Fitness/Gym - "30 minute Workouts"	Pilates for all!
Villa Pilates and Yoga	501 31st Street, Newport Beach, CA. 92663	villapilatesandyoga.com	949-673-6800	Fitness/Gym - "30 minute Workouts"	Pilates classes for all

Body Design	210 Newport Center Dr #3, Newport Beach, CA 92660	bodydesignonline.com	n/a	Fitness/Gym - "30 minute Workouts"	Pilates for all!
Blue Moon Pilates	24194 Alicia Pkwy, Suite B Mission Viejo, CA 92691	https://bluemoonpilates.com/	(949) 837-9999	Fitness/Gym - "30 minute Workouts"	In person pilates lessons
Stair Education	27762 Vista del Lago, Ste. 8, Mission Viejo	stairedu.com	n/a	Fitness/Gym - "30 minute Workouts"	We have developed a unique approach allowing us to find and to leverage each student's individual strengths and to help them to use their strengths to build confidence and to fall in love with the magic world of science and technology.
Keep Reaching Adventures	Costa Mesa; Lake Forest	keepreachingadventures.org	N/A	Fitness/Gym - "30 minute Workouts"	Group classes are available for beginner and advanced climbers.
A Hangar 18	Mission Viejo/ Orange/ Long Beach location	cimbhangar18.com	949-454-8043	Fitness/Gym - "30 minute Workouts"	Bouldering facility for climbers of all ability levels.
Sender One Climbing	1411 Villiage Way Santa Ana	senderoneclimbing.com	714-881-3456	Fitness/Gym - "30 minute Workouts"	Climbing, yoga, and youth programs for athletes.
Aesthetic Climbing Gym	26794 Vista Terris, Lake Forest CA 92630	http://www.aestheticclimbinggym.com/	(949) 421-8300	Fitness/Gym - "30 minute Workouts"	Our well-trained staff are there to help reach your goals and maximize your potential so come on down and enjoy a climbing session at Orange County's favorite indoor rock climbing facility!
Movement Fountain Valley - Rock Climibing Gym	18030 Newhope Street Fountain Valley Ca 92708	https://movementgyms.com/fountain-valley/	657 201-5054	Fitness/Gym - "30 minute Workouts"	Rock Climbing Gym

Aesthetic Climbing Gym	26794 Vista Terrace, Lake Forest, CA 92630	https://aestheticclimbinggym.com/	949-716-7116	Fitness/Gym - "30 minute Workouts"	ACG is the premier indoor rock climbing facility in South Orange County. Located in beautiful, Lake Forest, we provide world class bouldering, top-rope, and lead climbing with trained staff equipped to facilitate climbers of every skill level.
Movement Fountain Valley	18030 Newhope St, Fountain Valley, CA 92708	https://movementgyms.com/fountain-valley/climbing/	(657) 201-5054	Fitness/Gym - "30 minute Workouts"	Each class offers a comprehensive curriculum designed to support climbers…every…step…of…the…way. Our knowledgeable, motivating coaches delve into every layer and level of the climbing training journey. Whether a beginner or a pro—welcome the challenge to grow!
National Association of Rocketry	N/A`	www.nar.org	N/A	Fitness/Gym - "30 minute Workouts"	The NAR is all about having fun and learning more with and about sport rockets. We are the oldest and largest sport rocketry organization in the world.
Rocketry Organization of California	Lucerne Dry Lake in Lucerne Valley	www.rocstock.org	N/A	Fitness/Gym - "30 minute Workouts"	ROC serves the Southern California region with monthly high power launches at Lucerne Dry Lake Bed in Lucerne Valley, CA. We are a volunteer run organization that is NAR Section #538, TRA Prefecture #48.

Sewing Lab Los Alamitos	3380 W Cerritos Avenue, Los Alamitos	https://www.sewinglablosalamitos.com/	562-357-4017	Fitness/Gym - "30 minute Workouts"	Weekly classes continue throughout the school year.Each session is 4 weeks long: one 2 hour class per week.
OC Sewing Lessons	3851 S. Bear St., Santa Ana, CA 92704	https://www.orangecountysewinglessons.com/	714-376-2648	Fitness/Gym - "30 minute Workouts"	Show up and "Sew" up! Lessons for the adults and kids, beginners as well as advanced sewing students are available. Enjoy the creative energy in our daily group lessons. Learn how to make unique and attractive clothes that are fitted exactly for you!
Sew Fun And More	622 N Harbor Blvd, Fullerton, CA 92832-1518	https://www.sewfunandmore.com/	(714) 928-0937	Fitness/Gym - "30 minute Workouts"	Sew Fun was created to help kids and adults learn the basic sewing skills.
Fashion Camp	13771 Newport Ave, Tustin, CA 92780	https://createdesignsew.com/	714.259.0946	Fitness/Gym - "30 minute Workouts"	Sewing classes for all
Laguna Beach Community and Recreation Center-U SK8 Skateboarding	30515 Coast Hwy, Laguna Beach CA 92651	https://secure.rec1.com/CA/city-of-laguna-beach/catalog/index/bbc402dc0b5a7ce94dfbb3d828b89105?filter=c2VhcmNoPXNrYXRlYm9hcmRpbmc=	949-715-8620	Fitness/Gym - "30 minute Workouts"	Introduction to skateboarding class for all
City of Huntington Beach	2000 Main Street, 5th Floor Huntington Beach	https://www.huntingtonbeachca.gov/residents/news_publications/sands/index.cfm	714-536-5486	Fitness/Gym - "30 minute Workouts"	Basketball for beginners and intermediate for all abilities!

City of Orange - Biddy Soccer League	701 S. Glassel St. Orange, CA 92866	Homepage (trifyttsports.com)	855-874-3988	Fitness/Gym - "30 minute Workouts"	Our soccer curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Our coaches are knowledgeable, friendly, focused, and committed to giving hands on help.
City of Laguna Beach Recreation	30516 S Coast Highway, Laguna Beach	http://www.lagunabeachcity.net/	949-715-8620	Fitness/Gym - "30 minute Workouts"	Professional training from the Protouch coaches.
Laguna Niguel Youth Soccer Association	30025 Alicia Parkway #188 Laguna Niguel, CA 92677	lnysa.org	877-385-6972	Fitness/Gym - "30 minute Workouts"	Soccer for all
Soccer Stars - Super Soccer Stars	26380 Rancho Pkwy S, Lake Forest CA 92630	Soccerstars.com	n/a	Fitness/Gym - "30 minute Workouts"	Soccer for all
B.E.S.T. 3-Sport Sampler	4001 Carbon Catnon Rd Brea 92821	cityofbrea.gov/Brea-Community-Center	714-990-7100	Fitness/Gym - "30 minute Workouts"	Opportunity to participate in soccer, basketball and track
California Youth Soccer League	Varies (OC Parks)	caliyouthsoccer.com	(657) 600-8303	Fitness/Gym - "30 minute Workouts"	CYSL has created a nurturing environment where children not only develop their soccer skills but also build lasting friendships and learn valuable life lessons. The league's commitment to inclusivity ensures that children of all skill levels and backgrounds have the chance to participate, fostering a sense of unity and community pride.

AC Brea Soccer Club	PO Box 573, Brea	https://www.breasoccer.org	657-345-5869	Fitness/Gym - "30 minute Workouts"	The Brea Soccer Association (known on the field as AC Brea - referring to all levels of play, recreational, club, camps, clinics, futsal, etc.) has a long history of service in and around the community of Brea. We are proud of our past and look forward to meeting the needs of our community.
City of San Clemente Recreation Center - Little Rookies Soccer	109 Avenida San Luis Rey San Clemente, 92672	https://secure.rec1.com/CA/san-clemente-ca/catalog/index/fe0d4debd7a5f61cc8f15f9b90aef0e2?filter=c2VhcmNoPXNvY2Nlcg==	(949) 361-8264	Fitness/Gym - "30 minute Workouts"	Join us for soccer fun! Your little one is sure to have a great time learning soccer fundamentals, burning off energy, and improving motor skills in this class. We introduce dribbling, passing & trapping, and shooting the ball through games and drills
SoCal Reds FC - Boys Academy and Girls Academy	12 Mauchly, Suite P, Irvine, CA, 92618	https://www.socalredsfc.com/academy	(949) 903-8394	Fitness/Gym - "30 minute Workouts"	Our academy is dedicated to providing top-notch training and development for young athletes who are passionate soccer. Our experienced coaches ensure that our players receive the best possible training and support to help them reach their full potential.
Soccer Skills Training by BEST Sports	West Grove Park at 5372 Cerulean Garden Grove	https://ggcity.org/reggister/public/classes/9717	N/A	Fitness/Gym - "30 minute Workouts"	Soccer for all ages
YMCA Mission Viejo	27341 Trabuco Cir, MV	ymcaoc.org/mission-viejo	949-859-9622	Fitness/Gym - "30 minute Workouts"	Soccer for all

Mesa Verde Youth Soccer League	3348 W. Harvard St. Santa Ana CA 92704	mvysoccerleague.com	714-360-2270	Fitness/Gym - "30 minute Workouts"	Soccer League for all
City of Whittier - Parks, Recreation, and Community Services	15390 Lambert Road, Whittier, CA 90604	n/a	562-567-9450	Fitness/Gym - "30 minute Workouts"	Soccer for all
Elite Soccer League	6062 Merit Cir Suite 109, Laguna Hills, CA 92653	https://www.elitesoccerleague.com/	(949) 468-0086	Fitness/Gym - "30 minute Workouts"	Soccer League for all
SoCal Reds FC - Junior Reds League	12 Mauchly, Suite P, Irvine, CA, 92618	https://www.socalredsfc.com/junior-reds	(949) 903-8394	Fitness/Gym - "30 minute Workouts"	Junior Reds is a unique opportunity for both players and coaches. Our players get the opportunity to play with their friends as well as participate in weekly pro skills sessions available with a professional trainer and post-season programs like Center of Excellence and All-Stars.
Kids United	5642 E La Palma Ave unit 102 Anaheim CA 92807	kidsunited.com	714-406-0064	Fitness/Gym - "30 minute Workouts"	Soccer skills classes for children

Irvine Youth Soccer League	PO Box 60184, Irvine, CA 92602	http://www.irvinesocceracademy.com/	(949) 466-3129	Fitness/Gym - "30 minute Workouts"	Irvine Soccer Academy (ISA) is a non-profit organization based in Irvine, CA with over 15 years of dedication to providing soccer development programs for young players of all levels, needs, and aspirations. Beginning with Tiny-tots (2-3yrs old), IYSL Recreational (4-12 yr olds), and IFC Club (top level competitive teams).
South Coast Soccer Academy	4343 Pickwirk Cir, Huntington Beach	https://www.southcoastsocceracademy.com	N/A	Fitness/Gym - "30 minute Workouts"	Welcome to our renowned soccer program, where the art of the game is truly cultivated. We take pride in fostering a dynamic environment that caters to both budding talents and seasoned players seeking to elevate their game to new heights.
Nextars-Tustin	12850 Robinson Dr. Tustin CA 92782	N/A	657-500-5191	Fitness/Gym - "30 minute Workouts"	Soccer Training Group
i9 Sports	Multiple Locations	i9sports.com	714-978-4449	Fitness/Gym - "30 minute Workouts"	Youth learning how to play soccer.
Skyhawks Soccer	Stanton Central Park	The Stanton Express - booklet	714-890-4268	Fitness/Gym - "30 minute Workouts"	Teaching youth to play soccer through the city of Stanton social recreation.

Skyhawks - Tustin - Soccer Tots	Multiple Locations	www.skyhawks.com	(760) 831-6973	Fitness/Gym - "30 minute Workouts"	Skyhawks Sports is the nation's leading provider of multiple youth sports programs for ages 4 - 14 years.
American Youth Soccer Organization (AYSO)	Multiple locations	ayso.org	800-872-2976	Fitness/Gym - "30 minute Workouts"	Teaching youth to play soccer.
Seazon Sports	5965 Village Way San Diego	seazonsports.com	N/A	Fitness/Gym - "30 minute Workouts"	Leaders in youth sport development (basketball, flag football, soccer, and baseball).
B.E.S.T. 3-Sport Sampler	Olinda Ranch Park 4001 Carbon Canyon Road BreaCA92821	https://anc.apm.activecommunities.com/brearec/activity/search/detail/13583?onlineSiteId=0&from_original_cui=true&locale=en-US	(714) 990-7100	Fitness/Gym - "30 minute Workouts"	Introduce your toddler to the basics of soccer, basketball, and track! Through fun games and activities, kids will explore simple skills like dribbling, hitting, and
Pro Touch Soccer	N/A	www.protouchsoccer.com	949-350-0355	Fitness/Gym - "30 minute Workouts"	Soccer for all ages
Soccer Shots	Orange County	soccershots.com	949-572-8995	Fitness/Gym - "30 minute Workouts"	Children's soccer experience.
The Coder School	Mission Viejo and Irvine	www.thecoderschool.com	949-655-0388	Fitness/Gym - "30 minute Workouts"	Founded in 2014 and headquartered in Silicon Valley, theCoderSchool combines a super-small teaching ratio with an individualized immersion style to get your kids learning to code in no time!
Code Ninja	5321 -B university Dr. Irvine, CA	www.codeninja.com	949-679-2633	Fitness/Gym - "30 minute Workouts"	Build video games, learn to code, have a blast!

Code the Spectrum - Python 1 class	930 Roosevelt, Irvine, CA 92620	https://codethespectrum.org/	n/a	Fitness/Gym - "30 minute Workouts"	Program is offered for all persons in the community and not exclusively persons with disabilities. Their goal is to provide integration and have persons of all abilities working together. Persons with developmental disabilities have opportunities for integration with other middle school peers to work on projects together, during instruction.
Magikid Robotics Lab - Python	17395 17TH STREET SUITE D/E, TUSTIN, CA 92780	https://magikidlab.com/Tustin/new/courses	(949)-880-7755	Fitness/Gym - "30 minute Workouts"	After learning Python Turtle and Python Tkinter, we have learned how to make simple animations and develop basic graphical user interface skills, and we can use PyCharm as a Python project development tool more proficiently. Next, we will develop a real game application on Mac or PC together and share it with our friends.
Code Ninja Anaheim Hills	5769 E. Santa Ana Canyon Road Suite P Anaheim, CA	www.codeninjas.my.canva.site	714-363-3567	Fitness/Gym - "30 minute Workouts"	Start building your own games and “obbys” in Roblox Studio! Learn to use Roblox Studio building tools and coding basics!
Shim Healing Center	15026 Imperial HWY, La Mirada	Chcshim.com	714-292-7988	Fitness/Gym - "30 minute Workouts"	Korean Community Center for low to very low income families who want to take art, music, or cooking classes.

The Friendshiphouse of OC	31351 Rancho Viejo Rd, San Juan Capistrano CA	www.thefriendhsipoc.com	949-721-9800	Fitness/Gym - "30 minute Workouts"	At The Friend Ship of Orange County we provide qualitative, comprehensive and individualized social skills training programs for children.
Heritage Park Kids Club (City of Irvine)	Heritage Park Community Center, 14301 Yale Ave, Walnut Ave, Irvine	https://www.cityofirvine.org/parks-facilities/after-school-programs	949-724-6824	Fitness/Gym - "30 minute Workouts"	A place for all kids to gather and have fun!
KIDSTRONG	26741 Rancho Pkwy Lake Forest,	Lakeforest.kidstrong.com	949-393-3039	Fitness/Gym - "30 minute Workouts"	A place where kids can work on physical amental strength with others.
Boys & Girls Club of Buena Park	7758 S. Knott Ave. Buena Park	www.theplaceforkids.org	714-522-7529	Fitness/Gym - "30 minute Workouts"	Enable all young people especially those who need us most, to reach their full potential as productive, caring, responsible citizens.
Boy Scouts	Multiple locations	scouting.org	N/A	Fitness/Gym - "30 minute Workouts"	Scouting experience is divided into five programs according to age and activities.
Girl Scouts	Multiple locations	girlscouts.org	N/A	Fitness/Gym - "30 minute Workouts"	Girl scouts bring their dreams to life and work together to build a better world.
4-H Youth Development Program	University of CA, Cooperative Extension Orang County office., 7601 Irvine Boulevard, Irvine 92618	https://oc4h.org/	n/a	Fitness/Gym - "30 minute Workouts"	In Orange County, 4-H members participate in project-based clubs. Additional opportunities for members include 4-H events, teen council, and member recognition. Ages 5-19

Spirit League	Varies	N/A	varies	Fitness/Gym - "30 minute Workouts"	Spirit League is a sports league for athletes with developmental disabilities. Program has confirmed activities are held within public integrated community settings.
Building Futures and Friends	Various Locations	https://www.futuresandfriends.org/	n/a	Fitness/Gym - "30 minute Workouts"	BFF's enrichment programs create a fun and welcoming space for kids with or without disabilities to socialize, build friendships, and enjoy meaningful hangouts
City of Irvine	15 Sweet Shade, Irvine	https://www.cityofirvine.org/; https://secure.yourirvine.org/CA/city-of-irvine/catalog/index?filter=dGFiJTVCMzAxNSU1RD0xJnNlYXJjaD0=	949-724-6595	Fitness/Gym - "30 minute Workouts"	Seasonal Social provides fun, craft-based seasonal celebrations while encour aging social interaction. Be a part of Irvine Kingpin Bowling. Fee includes bowling shoes and bowling ball rental. Meet at Irvine Lanes.
Los Alamitos Education Foundation (LAEF)	10293 Bloomfield Street Los Alamitos	N/A	562-799-4700	Fitness/Gym - "30 minute Workouts"	An after school program teaching children to use their imagination and build with legos.
Fullerton Community Center	Fullerton Community Center 340 W Commonwealth Ave. m Fullerton	https://schedule.play-well.org/class/details/county/Orange%20County/course_id/91457/type/camp	714-738-6575	Fitness/Gym - "30 minute Workouts"	Let your imagination run wild with tens of thousands of LEGO parts! Build engineer-designed projects.

Mission Viejo Girls Softball	23650 Via Linda Mission Viejo	www.mvgs.org	949-230-6684	Fitness/Gym - "30 minute Workouts"	USA-affiliated Junior Olympic Fastpitch softball recreation league.
Skyhawks - Tustin	12850 Robinson Dr. Tustin, CA	www.skyhawks.com	1-800-804-3509	Fitness/Gym - "30 minute Workouts"	Skyhawks Sports is the nation's leading provider of multiple youth sports programs for ages 4 - 14 years.
Skyhawks - Laguna Beach	21540 Wesley Drive, Laguna Beach CA 92651	www.skyhawks.com	949-464-6645	Fitness/Gym - "30 minute Workouts"	Skyhawks Sports is the nation's leading provider of multiple youth sports programs for ages 4 - 14 years.
Skyhawks - Mission Viejo	Pavion Park, 24051 Pavion, Mission Viejo , CA 92692	www.skyhawks.com	800-804-3509	Fitness/Gym - "30 minute Workouts"	Skyhawks Sports is the nation's leading provider of multiple youth sports programs for ages 4 - 14 years.
Breakthrough Sports LLC	Varies	https://www.breakthroughsports.org/	Varies	Fitness/Gym - "30 minute Workouts"	Youth leagues in basketball, soccer, and volleyball. We offer a competitive and supportive environment for skill
Newport Mesa Family YMCA	2300 University Dr. Newport Beach	ymcaoc.org	949-642-9990	Fitness/Gym - "30 minute Workouts"	Physical exercise that combines rythmic aerobic exercise with stretching abd strength training routines.
Brainbuilders Stem Education	725 El Camino Way Tustin, CA	www.brainbuilders.org/tustin	714-360-1101	Fitness/Gym - "30 minute Workouts"	Opened in 2017, Brain Builder's Tustin STEM Center is a one of a kind place that will excite young minds the moment they enter!

Strategic Kids - LEGO program	26941 Cabot Rd #109, Laguna Hills, CA 92653	https://www.strategickids.com/lego	949-215-6956	Fitness/Gym - "30 minute Workouts"	Boost your child's creativity and imagination with our STEAM-based LEGO programming! Our LEGO programs range from storytelling-themed instruction to instruction about engineering development principles.
Lando- Coding and Game Design class	Varies	https://www.findlando.com	949-691-3736	Fitness/Gym - "30 minute Workouts"	Each class features open ended creative challenges for students to build and share. Learn increasingly more complex
Urban Workshop: Level 1-4 youth programs	Urban Workshop – 365-A Clinton St, Costa Mesa, CA 92626	https://urbanworkshop.net/youthoverview/	949-296-2153	Fitness/Gym - "30 minute Workouts"	Offered in the spring and fall as a 12-week program, it is designed to create a relaxed and pressure-free environment in which
LeXT Robo Academy	4670 Barranca PKWY, Irvine, 92604	https://www.lextroboacademy.com/irvine-camp	949-244-6091	Fitness/Gym - "30 minute Workouts"	We are proud to introduce our dedicated team of experts who are passionate about providing the best robotics education. Get
City of Irvine - VEX AIM Robotics class	14281 Chambers Rd, Tustin, CA 92780	https://secure.youfirvine.org/CA/city-of-irvine/catalog/index/a740a50c382b2d29545a1e57f32445c6?filt	n/a	Fitness/Gym - "30 minute Workouts"	Robotics class
Bytes and Bots - Maker Lab – Robotics	18021 Cowan Suite B, Irvine, CA 92614	https://bytesandbots.com/	(949) 237-2884	Fitness/Gym - "30 minute Workouts"	This program goes beyond the basics, offering a hands-on experience that involves building and coding.
Youth & Government (Model United Nations) MUN through YMCA of	13821 Newport Ave #200 Tustin, CA 92780	https://ymcaoc.org/mun/	(714) 549-9622	Fitness/Gym - "30 minute Workouts"	California YMCA Youth & Government has offered the Model United Nations (MUN) program to middle school

YMCA of Orange County - Swimming Lessons (Adults and Children)	Multuple Locations	ymcaoc.org	949-642-9990	Fitness/Gym - "30 minute Workouts"	At the YMCA of Orange County, we believe everyone should have access and the opportunity to swim throughout the year. Each
City of Costa Mesa Parks & Community Services - small group swim lessons	77 Fair Drive, Costa Mesa, CA 92626	http://www.costamesaca.gov/	(714) 754-5300	Fitness/Gym - "30 minute Workouts"	Group Swimming Lessons
Swim with Phyn	24731 Alicia Pkwy, Suite A, Laguna Hills, CA 92653	https://www.swimwithphyn.com/	805-973-7496	Fitness/Gym - "30 minute Workouts"	Swim With Phyn focuses on teaching babies and young children to swim by “learning through play”, playing games,
City of San Clemente Community Center - Learn to Swim Lessons	987 Avenida Vista Hermosa, San Clemente, CA 92673	https://www.san-clemente.org/recreation-community/aquatics/classes-events/learn-to-swim-lessons	(949) 429-8797	Fitness/Gym - "30 minute Workouts"	The City of San Clemente's Learn-to-Swim Program makes learning to swim affordable and convenient, following American
Patriot Swim Club	3588 Bryan Ave, Irvine, CA 92602	https://patriotswimclub.org/	(949) 226-9534	Fitness/Gym - "30 minute Workouts"	Swimming classes and swimming team for all
San Clemente Aquatics Center - Open Swim	987 Avenida Vista Hermosa San Clemente, CA 92673	https://www.san-clemente.org/recreation-community/aquatics	949-429-8797	Fitness/Gym - "30 minute Workouts"	Recreational Swimming
Bubble Up Swim School	**LA Fitness Fountain Valley** 10115 Talbert Ave Fountain Valley, CA 92708	https://www.bubbleupswim.com/	949-877-7946	Fitness/Gym - "30 minute Workouts"	Swimming Lessons
City of Irvine - Learn to Swim (Angelfish)	William Woollett Jr. Aquatics Center 4601 Walnut Ave, Irvine,CA 92604	http://www.cityofirvine.org/aquatics-centers/learn-swim	949-724-6717	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.

Carrera Innovations, DBA Speed Aquatics	1905 E. 17th ST, Suite #201, Santa Ana CA 92705	https://www.gomotionapp.com/team/caspa/page/home	657-900-2026	Fitness/Gym - "30 minute Workouts"	Our mission is to introduce (beginners) and prepare (intermediate to advanced) swimmers for competition while stressing technique and positive
Swim Team - Coastal Machine Aquatics Club	Costa Mesa High School 2650 Fairview Dr Costa Mesa, CA 92626	https://coastalmachineaquaticsclub.commitswim.com/	714-454-1616	Fitness/Gym - "30 minute Workouts"	Mission to foster an optimal and safe environment for CMAC athletes to reach the highest level of success possible through the pursuit of excellence in swimming
Mission Viejo Nadadores Swim School	27474 Casta Del Sol, Unit 2, Mission Viejo, CA 92692	https://www.mvnswimschool.org/	(949) 380-2550	Fitness/Gym - "30 minute Workouts"	Private and group swim lessons for all levels. Teaching skills for a lifetime of water enjoyment with proven curriculum for progress. Caring and experienced instructors focus on overall development of each swimmer - physically, emotionally and intellectually.
Kayne's instructional Swim School	987 Avenida Vista Hermosa, San Clemente CA. 92673	https://sckiss.webflow.io/	949-429-8797	Fitness/Gym - "30 minute Workouts"	Swimming lessons for all
Speed Aquatics	108 Lamplighter, Irvine, CA 92620	www.speedaquatics.com	949-325-0436	Fitness/Gym - "30 minute Workouts"	Our mission is to introduce (beginners) and prepare (intermediate to advanced) swimmers for competition while
Olympic Swimming School	13052 Kerry St., #1625, Garden Grove	N/A	714-537-6233	Fitness/Gym - "30 minute Workouts"	Swimming for all

CTI Aquatics	605 San Marino, Irvine, CA	https://ctiswim.com/	n/a	Fitness/Gym - "30 minute Workouts"	We offer multiple groups from 3:00-7:30 designed for all skill levels
La Mirada Community Center	13806 La Mirada Blvd, La Mirada	https://www.splashlamirada.com	(562) 902-3191	Fitness/Gym - "30 minute Workouts"	Splash! La Mirada Regional Aquatics Center offers year-round swim lessons for all ages and ability levels. Morning and
Adventures in Aquatics	25291 Vista Del Verde, Coto De Caza CA 92679	n/a	949-858-4100	Fitness/Gym - "30 minute Workouts"	Adventures in Aquatics method will be focusing on the idea that each child has a unique learning style. The goal of the program is to gradually teach each child more advanced movements as they become more comfortable in the water
Freeflow Aquatics	n/a	https://www.freeflowaquatics.com/about	949-619-7220	Fitness/Gym - "30 minute Workouts"	At Freeflow Aquatics, we delve into the core of this philosophy, attributing equal significance to the liberation of movement and the cultivation of a mindful state. Beyond the strokes and laps, we believe in channeling the transformative benefits of
Aqua Duks	160 S. Fairmont Blvd. Anaheim 92808	https://aquaduks.com/	714-637-7090	Fitness/Gym - "30 minute Workouts"	Dive into an enriching experience, where safety, trust, community, growth, and professionalism converge to create a thriving and supportive swim family. Start swim lessons and let's make a splash together!
All Waves Aquatics	19032 Magnolia St, Huntington Beach CA	http://www.allwavesaquatics.com	562-631-3584	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.

Aqua Wave Swim School	27025 Burbank, Lake Forest	www.aquawaveswim.com	949-455-2535	Fitness/Gym - "30 minute Workouts"	Effective teaching methods allow our skilled teachers to gently encourage and guide your child out of their comfort zone and
Happy Swimmers	n/a	happyswimmers.com	562-896-4209	Fitness/Gym - "30 minute Workouts"	Our Mission: To effectively teach children how to survive falls into the water, return to the side, and have fun swimming for life! We
City of Mission Viejo: Youth Aquatic Splash	Sierra Recreation Center 26887 Recodo Lane, Mission Viejo, Ca 92692	https://www.cityofmissionviejo.org/departments/recreation/online-activity-registration	949-470-3062	Fitness/Gym - "30 minute Workouts"	Youth Aqua Splash is designed to engage youth ages 8-14 in a fun active and challenging aquatics program. Participants will move
British Swim School	Various Locations	Britishswimschool.com	844-576-2796	Fitness/Gym - "30 minute Workouts"	We are the premier learn-to-swim provider for people of all ages, offering programs for children ages 3-months through adults.
Evolution Racing Club (EVO)	Mission Viejo and Rancho Mission Viejo	https://evolutionswim.com/	Varies	Fitness/Gym - "30 minute Workouts"	We offer learn-to-swim lessons for every level and our Intro to Gators program acts as a non-competitive transition between swim lessons and a competitive swim team.
Saddleback College Premier Aquatics	2800 Marguerite Parkway, Mission Viejo	College for Kids Swim | Saddleback College	Swim - group and semi private	Fitness/Gym - "30 minute Workouts"	Saddleback College is proud to once again offer swim programming with Premier Aquatics for the 2024 summer season.
Evolution Swim Academy	Multiple Locations	www.evolutionswim.com	949-388-4545	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.

Cal Elite Kids – Rancho Santa Margarita	22982 Avenida Empresa Rancho Santa Margarita, CA 92688	https://calelitekids.com/rancho-santa-margarita/	949-589-1512	Fitness/Gym - "30 minute Workouts"	We are professional teachers, coaches, instructors and educators. We love our work and the children and families that we serve. We are gymnasts, dancers and swimmers.
City of Costa Mesa Parks & Community Services - small group swim lessons	77 Fair Drive, Costa Mesa, CA 92626	http://www.costamesaca.gov/	(714) 754-5300	Fitness/Gym - "30 minute Workouts"	Group swim lessons in community pool
Aloha Swimming	34232 Camino Capistrano, Capistrano Beach, CA, 92624	dpaquatics.com	949-661-0708	Fitness/Gym - "30 minute Workouts"	Our goal is to promote water safety, enjoyment, health and fitness through the avenue of aquatic activities and sports. Our method of teaching and coaching is positive because we believe that aquatic activities should be pleasurable.
Goldfish Swim School	Laguna Woods, Santa Ana, Aliso Viejo, Ladera Ranch	goldfishswimschool.com	949-575-8083	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.
iHeartSwimming	PO Box 1256, Tustin,	www.iheartswimming.net	714-451-2557	Fitness/Gym - "30 minute Workouts"	Group swim lessons in community pools
City of Los Alamitos Recreation and Community Services Department - Aquatics	Los Alamitos	cityoflosalamitos.org	562-430-1073	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.

Water Works Aquatics	Multiple locations	waterworksswim.com	949-450-0777	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.
Australian Swim School	Multiple locations	australianswimschool.com	855-794-6232	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.
Aqua Tots Swim School	Multiple locations	aqua-tots.com	714-597-6227	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.
Tichenor Clinic	1660 Termino Ave Long Beach	tichenorclinic.org	562-597-3696	Fitness/Gym - "30 minute Workouts"	Children with developmental, musculosketetal, and nuerological limitations learn water safety, survival skills, etc.
Watersafe Swim School	3686 Cerritos Ave. Los Alamitos	watersafe.com	562-596-8608	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.
Aquatics Exploration and Safety	10891 Portal Dr. Los Alamitos	aquaticexplorations.com	714-828-7946	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.
Swim Team of Placentia (STOP)	500 N Bradford Ave Placentia	swimplacentia.org	714-528-3184	Fitness/Gym - "30 minute Workouts"	Year round competitive swim team.
Safe Splash Swim School	Fullerton; Brea; Costa Mesa; Buena Park; Yorba Linda; Irvine	safesplash.com	714-509-0652	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.
Elite Aquatics Sports Team	1830 Kellogg Dr Anaheim	teamunify.com	714-402-7166	Fitness/Gym - "30 minute Workouts"	Year round competitive swim team and water polo team.
Big Blue Swim School	18595 Main St. Huntington Beach	bigblueswimschool.com	657-203-8850	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.
Blue Buoy Family Swim School	1702 Nisson Rd. Tustin	bluebuoy.com	714-832-8910	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.

Happy Sports	980 Roosevelt Suite 100 Irvine, CA 92620	happysports.club	949-795-1999	Fitness/Gym - "30 minute Workouts"	Swimming lessons
Nova Swim	17272 Newhope Street Fountain Valley	novaswimschool.org	714-546-7120	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.
Swim Labs Swim School	20918 Bake Parkway, Ste. 100, Lake Forest, CA	swimlabs.com	949-716-6370	Fitness/Gym - "30 minute Workouts"	Provides various swim classes for different levels of need.
William Woollett Jr. Aquatics Center	4601 Walnut Ave. Irvine, CA 92604	https://secure.yourirvine.org/CA/city-of-irvine/catalog/group/3020/76940/2909256ffd-d6306aed549adbfb03504	(949) 724-6705	Fitness/Gym - "30 minute Workouts"	Skills vary by level and may include: water entry, kicking, freestyle, elementary backstroke, breaststroke, and water safety.
OC Swim Academy	Various locations in Orange County	ocswimacademy.com	(949) 414-8326	Fitness/Gym - "30 minute Workouts"	Adaptive Swim Lessons serving individuals with a variety of disabilities.
Swim team Coastal machine aquatics club	2650 Fairview Dr, Costa Mesa CA 92626	https://coastalmachineaquaticsclub.commitswim.com/	714-454-1616	Fitness/Gym - "30 minute Workouts"	CMAC's mission is to foster an optimal and safe environment for CMAC athletes to reach the highest level of success possible through the pursuit of excellence in swimming and character development.
Fullerton Aquatics Sports Team	340 W. Commonwealth Ave., Fullerton, CA 92832	Fullerton Aquatics Sports Team Home (gomotionapp.com)	n/a	Fitness/Gym - "30 minute Workouts"	Competitive swimming program which provides high-quality teaching, coaching and support for athletes of all ages. We guide swimmers to success at every stage of development, from their first full length of the pool to the highest levels of the sport.

Irvine Swim League	14731 Hollyoak Street, Irvine 92606	https://www.irvineswimleague.org/	N/A	Fitness/Gym - "30 minute Workouts"	The Irvine Swim League's goal is to provide the organizational structure for a recreational/developmental summer swim league for youth who live in Irvine or attend schools in Irvine with an emphasis on water safety, stroke instruction, and individual improvement.
Dolphine Aquatics Swim Team	29751 Crown Valley Pkwy, Laguna Niguel CA, 92677	https://www.gomotionapp.com/scsda	949-370-9240	Fitness/Gym - "30 minute Workouts"	Dolphin Aquatics is a USA Swimming year-round competitive swim team offering high-quality professional coaching and technique instruction.
SoCal Surf Therapy	3927 Las Flores Canyon Rd. Malibu (servicing locally in the OC)	www.socalsurftherapy.com	N/A	Fitness/Gym - "30 minute Workouts"	Inclusive surf therapy for children and adults in the Southern CA region.
Epic Surf Skills	San Clemente, CA	https://epicsurfskills.com/	(949) 212-2853	Fitness/Gym - "30 minute Workouts"	Surfing Lessons in San Clemente, CA
Mark Gabriel Surfing Lessons	89 Laurelhurst, Ladera Ranch, CA 92694	n/a	949-283-6456	Fitness/Gym - "30 minute Workouts"	Surfing at Doheny State Beach
Learn to Surf	315 Pacific Coast Hwy., Huntington Beach, CA 92648	learntosurfhb.com	714-313-4577	Fitness/Gym - "30 minute Workouts"	Certified Instructors that teach you how to paddle out, read waves, and ride them.
Laguna Surf & Sport	1088 S Coast Hwy Laguna Beach, CA 92651	https://surfandsport.com/pages/surf-lessons	949-497-7000	Fitness/Gym - "30 minute Workouts"	Learn to surf with local professionals where you get the total surf shop experience in beautiful Laguna Beach! We will teach you the basics, and offer surf coaching to build on your current skills in the water.

Wave Hugger's Private Surf Lessons	Orange County Beaches	http://www.wavehuggers.com/	310-910-9099	Fitness/Gym - "30 minute Workouts"	Surf Lessons in Orange County
City of Orange - Biddy Tee Ball League	Orange, CA	Homepage (trifyttsports.com)	855-874-3988	Fitness/Gym - "30 minute Workouts"	Our tee-ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Our coaches are knowledgeable, friendly, focused, and committed to giving hands on help.
OC Tennis	3124 College Ave Costa Mesa	https://octennis.com/costa-mesa/kids-lessons	949-216-0685	Fitness/Gym - "30 minute Workouts"	Group lessons all year round
VV Tennis Academy	28000 Wolverine Way, Aliso Viejo	https://vvtennisacademy.com/p/about/	(949) 371-1722	Fitness/Gym - "30 minute Workouts"	Our tennis academy is located in Orange County, California. We have two locations at Aliso Niguel High School Courts and Trabuco Hills High School Courts. We run a Junior Tennis Academy, Adult Academy, and LIVEDRILL.
City of Irvine Community Services - Tennis Lessons	Community Services Department 1 Civic Center Plaza, 2nd Floor Irvine, CA 92606	https://www.cityofirvine.org/tennis/lessons-adults	949-724-6610	Fitness/Gym - "30 minute Workouts"	Tennis lessons are offered to players ages 18 and over during the weekday and weekend mornings and evenings.
Serving Advantage	4918 E. Brookside Ave, Orange, CA	https://servingadvantage.org/	714-923-9488	Fitness/Gym - "30 minute Workouts"	Serving Advantage is an adaptive tennis program created for kids of all needs + abilities
City of Laguna Beach Recreation	380 3rd Street, Laguna Beach CA 92651	https://www.lagunabeachcity.net/	949-464-6645	Fitness/Gym - "30 minute Workouts"	Tennis Lessons

Laguna Beach Tennis Academy	1098 Balboa Ave, Laguna Beach, CA 92651	lagunabeachtennisacademy.com	949-534-0457	Fitness/Gym - "30 minute Workouts"	Tennis classes available at different levels.
Team Kiyoshi	La Mirada Regional Park	N/A	657-363-7189	Fitness/Gym - "30 minute Workouts"	Group tennis classes available at different levels.
iTennis	19700 Bloomfield Avenue Cerritos	cerritos.i-tennis.com	562-383-2055	Fitness/Gym - "30 minute Workouts"	Group tennis classes available at different levels.
Seal Beach Tennis & Pickleball Center	3900 Lampson Ave Seal Beach	sealbeachtenniscenter.com	562-598-8624	Fitness/Gym - "30 minute Workouts"	Community Services Tennis classes are offered to the general public through the City of Seal Beach. Classes start at age 4 through adult.
City of Yorba Linda Parks & Recreation	4845 Casa Loma Ave., Yorba Linda CA 92886	https://www.yorbalindaca.gov/766/Classes	714-961-7160	Fitness/Gym - "30 minute Workouts"	The Adult Semi-Private Tennis Lessons are for adult players of all levels that want to work with a total of 2-4 students per coach. Students will train on level appropriate skills from learning great strokes to volleys and serves.
Brea Community Center / TennisAnyone	695 E. Madison Way Brea	https://www.tennisanyone.info/brea/	714-990-7101	Fitness/Gym - "30 minute Workouts"	The focus of the Junior Tennis Academy-for Beginners, is on learning the 4 major strokes of the game in a fun filled, fitness friendly, atmosphere.
Great Park Tennis Center	8242 Great Park Blvd. Irvine	yourirvine.org	949-724-6400	Fitness/Gym - "30 minute Workouts"	Group tennis classes available at different levels.
Costa Mesa Tennis Center	880 Junipero Dr Costa Mesa	https://costamesatopseed.com/	714-557-0211	Fitness/Gym - "30 minute Workouts"	Group tennis classes available at different levels.

Johnny Allen Tennis	Multiple locations	Johnny Allen Tennis	N/A	Fitness/Gym - "30 minute Workouts"	Group tennis classes available at different levels.
Di Tennis Academy	6301 Portola Pkwy, Irvine, CA 92618	n/a	949-232-8522	Fitness/Gym - "30 minute Workouts"	Tennis group class
City of Irvine Community Service - Junior lessons with Coach David	280 Honors, Irvine, CA 92620	https://www.cityofirvine.org/tennis/lessons-juniors	949-724-6610	Fitness/Gym - "30 minute Workouts"	Junior tennis lessons are offered during weekday afternoons and evenings and weekends, ranging from ages 4–17.
Center Stage Theater	20385 Yorba Linda Blvd # 100, Yorba Linda	https://center-stage-theater.com/	N/A	Fitness/Gym - "30 minute Workouts"	Join our Patron Program and support Center Stage Theater today!
MC Studios OC	1501 Corporate Dr. #B-1, Ladera Ranch	mcproductionsOC.com	N/A	Fitness/Gym - "30 minute Workouts"	Mean Girls Musical!
SBG Studios	23561 Ridge Route Dr, Suite U, Laguna Hills 92653	https://www.sbg-studios.com/	(949) 393- 9356	Fitness/Gym - "30 minute Workouts"	In Person music theatre lessons.
Performers Academy	23721 Birtcher Dr., Lake forest, CA 92630	http://www.performersacademy.net/	949-609-1600	Fitness/Gym - "30 minute Workouts"	Theatre and Acting classes for all
SoCa Arts & Events	340 E 1st Street #916, Tustin, CA 92781	https://www.socaarts.com/	714-486-2022	Fitness/Gym - "30 minute Workouts"	Theatre classes

Broadway Star Musical Theater - Peter Pan	3000 Fifth Avenue Newport Beach Ca	anc.apm.activecommunities.com/cnbreg/activity/search/detail/75698?onlineSiteId=0&from_original_cui=true	(714) 566-5874	Fitness/Gym - "30 minute Workouts"	Act, sing, dance and explore the world of Broadway in this fun musical theater class! Students will build valuable performance skills, play theater games and create fun characters all while working together to perform a
Irvine Theatre Company	4782 Karen Ann Ln, Irvine, CA 92604	https://www.irvinetheatreco.com/	949-490-0495	Fitness/Gym - "30 minute Workouts"	We provide personalized guidance to help you shine. Elevate your skills with our classes, workshops, masterclasses led by industry professionals, where you'll gain invaluable insights and
Starlight Theater OC	1215 Baker unit C Costa Mesa	starlighttheateroc.com	714-336-6268	Fitness/Gym - "30 minute Workouts"	Starlight Theatre OC focuses on teaching Kids/Teen Casts, ages 6-17, to draw out their talents & hone their acting & singing skills by rehearsing, then performing Jr. Broadway Musicals.
This Ability Foundation	P.O Box 360906 Los Angeles, CA	thisabilityfoundation.com	N/A	Fitness/Gym - "30 minute Workouts"	We build a new version of the community integration program for the individuals with differing abilities to better understand and enjoy the daily life.
Sinergia Grupo De Teatro - Acting for Youth	2332 West 4th Street Los Angeles, CA 90057	fridakahlotheater.org	(213) 382 -8133	Fitness/Gym - "30 minute Workouts"	Theatre classes
Broadway Arts Studio	20382 Barents Sea Circle Lake Forest, CA 92630	https://www.broadwayartsstudio.com	(949) 237-2929	Fitness/Gym - "30 minute Workouts"	Musical theatre classes.

City of Irvine - Children's Musical Theatre	39 Shady Canyon Dr., Irvine CA 92603	https://secure.yourirvine.org/CA/city-of-irvine/catalog/index/26501b14a8a9d00e760833fc0e66d7fb?filter=c2VhcmNoPWNoaWxkcmVuJ3MlMjBtdXNpY2Fs	949-724-6880	Fitness/Gym - "30 minute Workouts"	Jump into the world of Broadway. Boys and Girls learn dance technique and gross motor skills, choreography, and song lyrics to age-appropriate musicals and play imaginative theatre games.
Norjak Myart School	4545 Myra Ave. Cypress	myart.org	562-216-3305	Fitness/Gym - "30 minute Workouts"	Teaches a special blend of theater and education to young people of ages.
Creative Kids Playhouse	23172 Plaza Pointe Drive, STE 195 Laguna Hills, CA 92653	Creative Kids Playhouse – Quality Theater Education in Orange County	949-297-6257	Fitness/Gym - "30 minute Workouts"	Creative Kids Playhouse Children's Theatre of Orange County is a 501(c)3 federal nonprofit organization dedicated to providing quality theater education in a fun and encouraging atmosphere. Our mission is to provide children the opportunity to experience the exhilaration and educational benefits of performing with an acting troupe
The Center Stage Studio	27101 Aliso Creek Rd, Unit 136, Aliso Viejo, CA 92656	thecenterstagestudio.com	949-305-9758	Fitness/Gym - "30 minute Workouts"	Theatre training studio and classes
Institute of Theatre Arts	1120 Calle Cordillera Suite 102, San Clemente	instituteoftheatrearts.com	949-272-8309	Fitness/Gym - "30 minute Workouts"	To promote and foster an environment focused on education, training, professionalism, and creativity. To merge educational and professional theatre to become one in the same.

The Miracle Project	5870 W Olympic Blvd. Los Angeles	themiracelproject.org	213-793-5495	Fitness/Gym - "30 minute Workouts"	To create a community where the authentic voices, passions, and stories of nuerodiverse individuals and those with and without disabilities are celebrated, elevated, supported and belong.
Get Air Trampoline Park	Huntington Beach	getairsports.com	714-294-0783	Fitness/Gym - "30 minute Workouts"	Wall to wall trampolines, foam pits, dodgeball, slamball, ninja obstacles, and more!
OC Next Act	23986 Aliso Creek Rd #716, Laguna Niguel, CA 92677	ocnextact.com	N/A	Fitness/Gym - "30 minute Workouts"	OC Next Act focuses on empowering youth to apply life skills with creativity, confidence, and concentration through enrichment experiences including the performing arts.
Big Air Trampoline Park	Multiple locations	bigairusa.com	Varies	Fitness/Gym - "30 minute Workouts"	Jumping surfaces include trampoline dodgeball courts, slam dunk courts, ninja-warrior courses, launch pads, foam pits, a massive freestyle court, climbing wall & much more!
Urban Air Trampoline Park	1515 S. Harbor Blvd Unit 10 Fullerton	urbanair.com	714-584-5753	Fitness/Gym - "30 minute Workouts"	Sensory friendly session. Monthly subscription for full access during operating hours.
Sky Zone	Multiple locations	skyzone.com	Varies	Fitness/Gym - "30 minute Workouts"	Little Leapers is a fun, high-energy play adventure created for parents and little ones to enjoy together.

Huntington Beach Park and Recreation	1600 Palm Ave. Huntington Beach	huntingtonbeachca.gov/communityservices	714-960-8884	Fitness/Gym - "30 minute Workouts"	Adult Indoor Vollyball
North County Volleyball	4701 Casa Loma Ave, Yorba Linda, CA ·	www.northcountyvolleyball.org	(714) 308-1344	Fitness/Gym - "30 minute Workouts"	Volleyball League
United States Volleyball Program - Youth Volleyball	Various Locations	https://www.usyvl.org/	310-212-7008	Fitness/Gym - "30 minute Workouts"	The United States Youth Volleyball League's mission is to provide every child between the ages of 7 and 15 a chance to learn and play volleyball in a fun, safe, supervised environment.
Inclusive Sports Foundation - Volleyball	Orange Coast College campus	https://isfathletes.com	951-314-1481	Fitness/Gym - "30 minute Workouts"	Volleyball instruction at Orange Coast College campus
Back Bay Aquatics	UC Irvine (Crawford Hall, 1001 W. Peltason Rd, Irvine, CA 92697	https://www.backbayaquaticsfoundation.org/	N/A	Fitness/Gym - "30 minute Workouts"	Back Bay water polo supports the community by offering a top rated training facility of orange county with the highest level of coaching. We strive to offer a fun and motivating experience for each participant. Our number one goal is to increase the love for the sport while offering a high level of education and competition to the community

SOCAL Water Polo	100 West Main St Suite 11, Tustin, CA 92780	socialwaterpolo.org	n/a	Fitness/Gym - "30 minute Workouts"	At SOCAL Water Polo Foundation, our mission is to nurture and develop student water polo players within the Tustin Unified School District (TUSD) high school areas, including Beckman, Foothill, and Tustin High Schools.
Ohana Water Polo	11200 Lexington Dr. Los Alamitos, CA 90720	http://www.ohanawpa.org/	n/a	Fitness/Gym - "30 minute Workouts"	Ohana Water Polo Academy is more than a club; we're a family-driven community prioritizing safety, skill mastery, character development, and self-confidence. Through teamwork, responsibility, and fun, we cultivate skilled players both in and out of the pool
United States Adaptive Recreation Ceter (USARC)	43101 Goldmine Dr. Big Bear Lake	https://www.usarc.org/winter/	909-584-0269	Fitness/Gym - "30 minute Workouts"	Strength, balance, and range of motion determine the types of stand up skiing options to use. We have plenty of adaptive equipment and techniques that allow you to enjoy the slopes.
Urban Workshop	365-A Clinton Street Costa Mesa	urbanworkhop.net	949-296-2153	Fitness/Gym - "30 minute Workouts"	We strive to offer a fun and motivating experience for each participant. Our number one goal is to increase the love for the sport while offering a high level of education and competition to the community

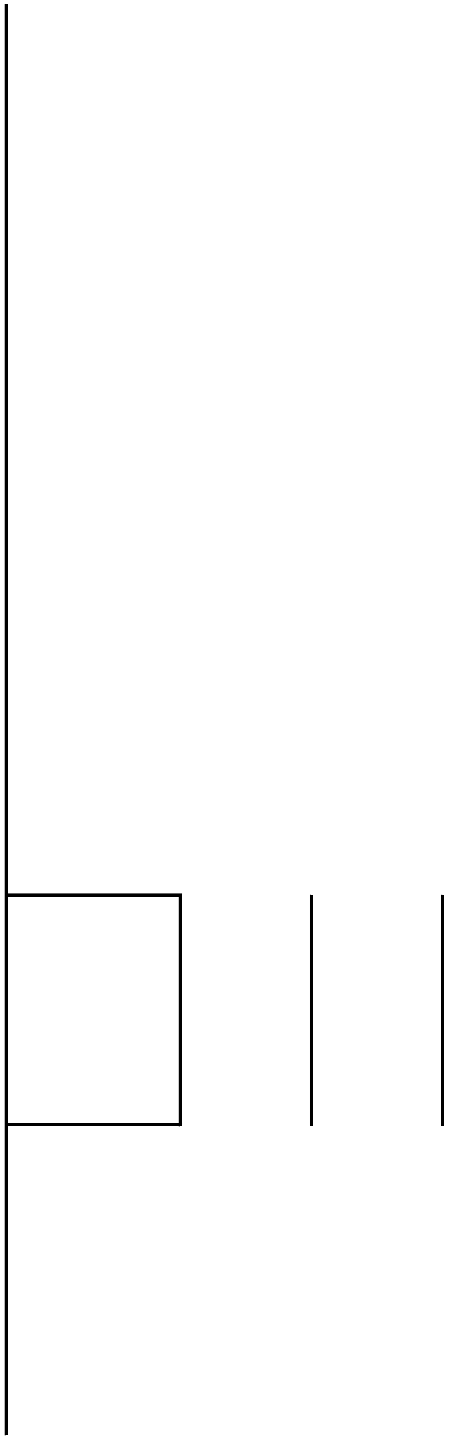
Awaken Sanctuary	505 W 1st St Tustin	https://www.awakensanctuary.com/	714-617-4593	Fitness/Gym - "30 minute Workouts"	The Sanctuary is a complete Holistic Wellness Center and Yoga studio, designed to promote a deep sense of calm in a sacred space.
iHeart Yoga	34485 Golden Lantern Dana Point CA	iheartyoga.com	949-577-6634	Fitness/Gym - "30 minute Workouts"	This class incorporates gentle transition between poses to help ease the body and mind. Even though movements are relaxing and therapeutic for muscles and body systems, this class will still build heat and get the body moving in all directions.
Caffe Yoga	250 El Camino Real Unit 208 Tustin, CA 92780	Caffeyoga.com	714-983-9003	Fitness/Gym - "30 minute Workouts"	Caffe Yoga is an all inclusive boutique yoga studio in Old Town Tustin that was founded in 2015. We offer an experience in wellness that allows each yogi to practice in alignment with themselves and to feel a deep sense of community
Ra Yoga	3077 Bristol St.,St. A, Costa Mesa, CA 92646	rayoga.com	714-708-3060	Fitness/Gym - "30 minute Workouts"	In-person Yoga classes.
Yoga Shakti		https://www.yogashaktistudio.com/	949-856-9642	Fitness/Gym - "30 minute Workouts"	In-person Yoga classes.

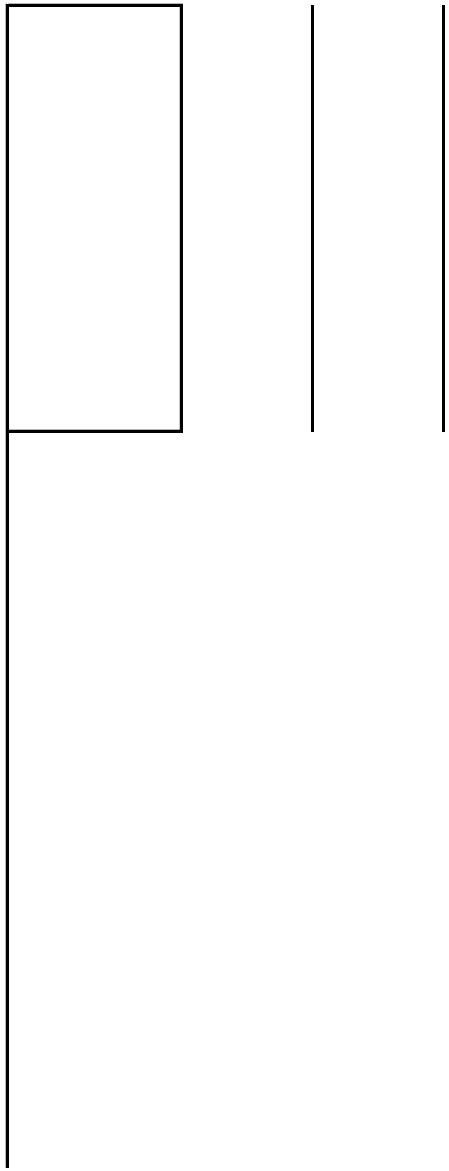
Yoga For All	Aliso Viejo Ranch 100 Park Ave. Aliso Viejo, CA	https://yogajoyforall.com/	n/a	Fitness/Gym - "30 minute Workouts"	We welcome and encourage ALL friends to join as we strive to offer an inclusive and comfortable space for our neurodiverse students and yogis with complex needs to celebrate their uniqueness and shine their inner light!
Soul Yoga	25350 Marguerite Pkwy, Suite C, Mission Viejo, CA 92692	https://www.soulmovementyoga.com/	949-301-6746	Fitness/Gym - "30 minute Workouts"	We are a yoga community specializing in yoga for all; all bodies, abilities, ages, races, sexual identities, sexual orientations, religious beliefs… We envision Soul Movement as a brave and fun space where people can connect with one another and grow mind, body and soul together.
Align Bodywork And Yoga	254 Victoria St . Costa Mesa Ca.92627	https://www.alignbodyworkyoga.com/in-studio	949 258-2653	Fitness/Gym - "30 minute Workouts"	Whether you're entirely new to yoga or have some experience and want to solidify your practice, our Beginners Yoga class offers the perfect foundation for growth at your own pace, with confidence and support every step of the way while our Advanced Beginners will challenge your practice to a new level.
Yoga Shakti	4255 Campus Drive, Unit A235	http://www.yogashaktistudio.com/	949-856-9642	Fitness/Gym - "30 minute Workouts"	In-person Yoga classes.

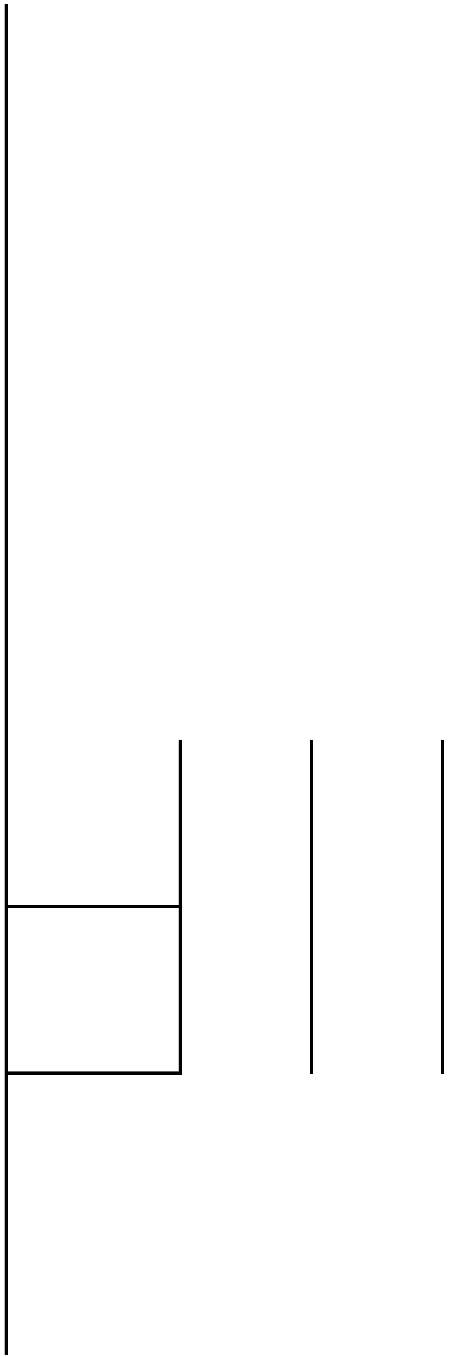
Yoga Center of California	445 E 17th St i, Costa Mesa , CA 92627	https://yogacenter.org/	949-646-8281	Fitness/Gym - "30 minute Workouts"	In-person Yoga classes.
Zumba Mix	12046 West St, Garden Grove, CA 92840	n/a	(714) 566-4729	Fitness/Gym - "30 minute Workouts"	Zumba classes
Garden Grove Parks and Recreation - Zumba	12781 Topaz St, Garden Grove, CA 92845	ggparksandrec.com	714-741-5200	Fitness/Gym - "30 minute Workouts"	Zumba classes
					dance

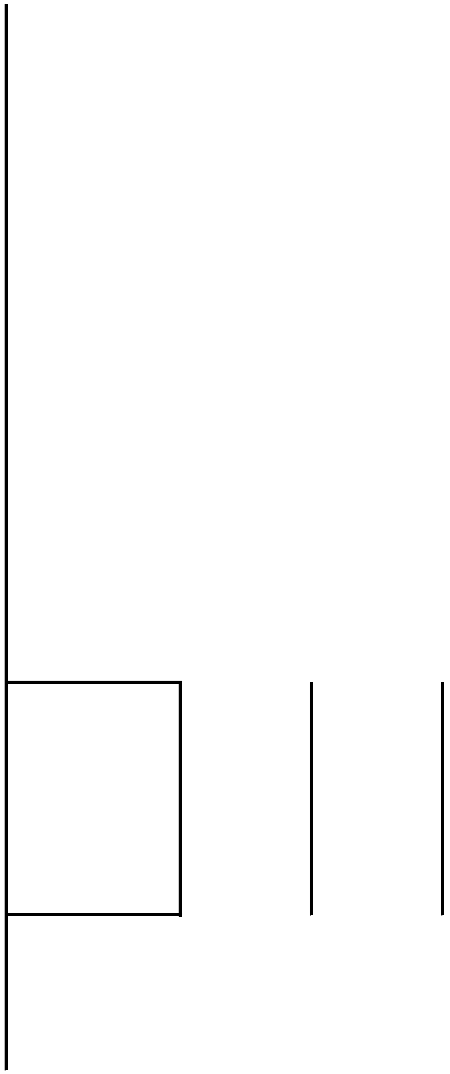


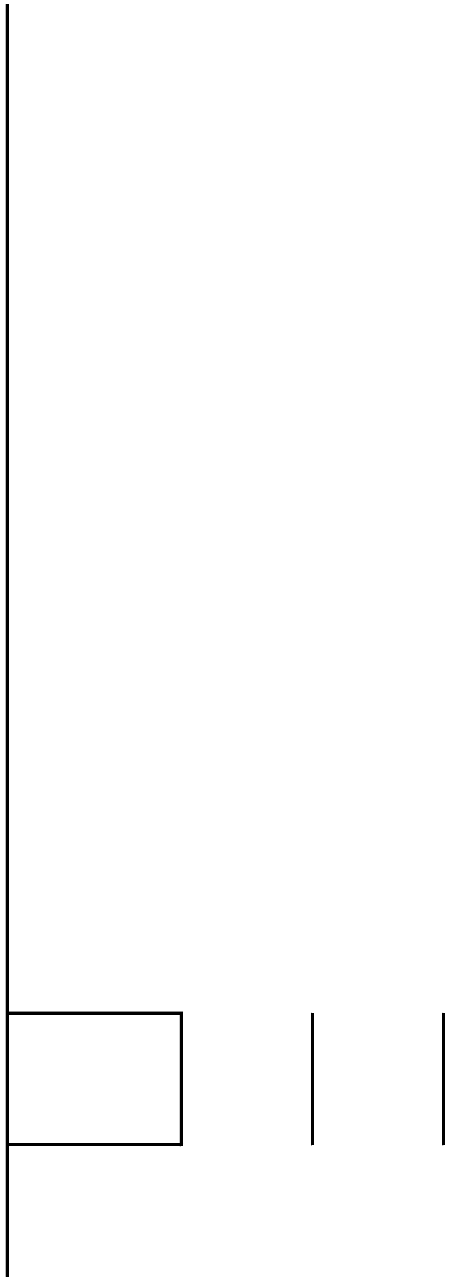




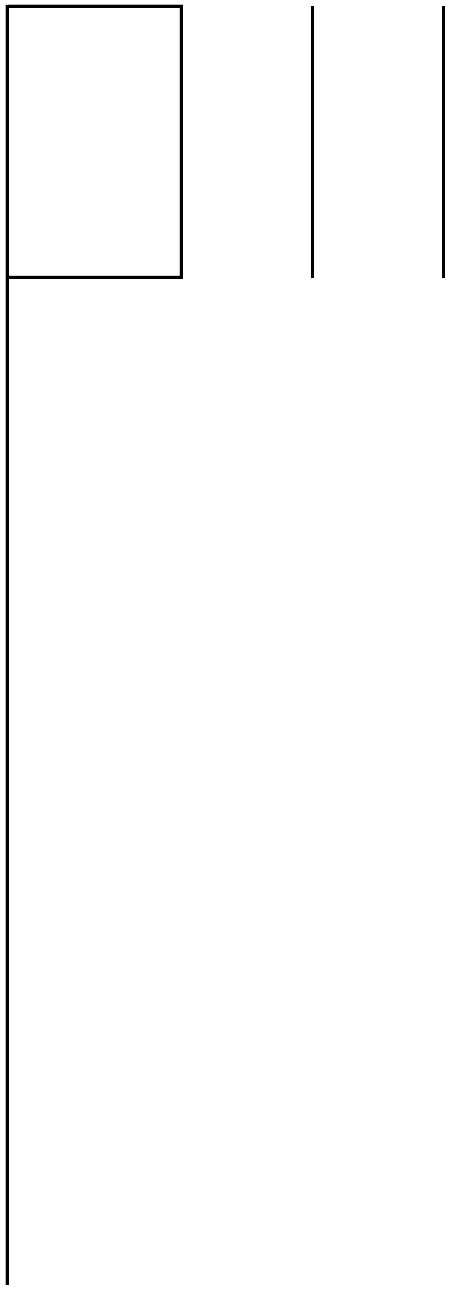


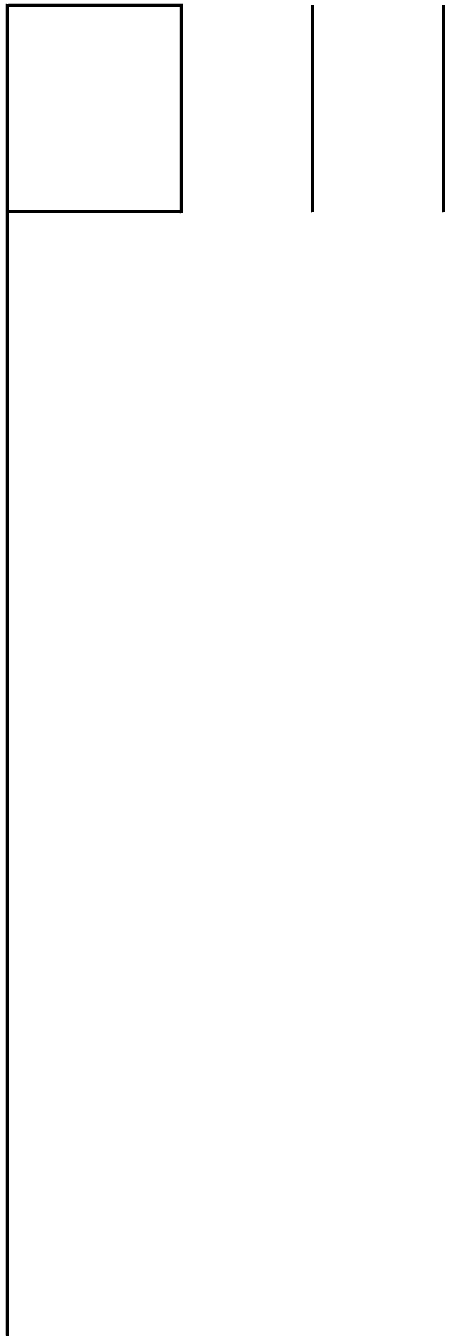


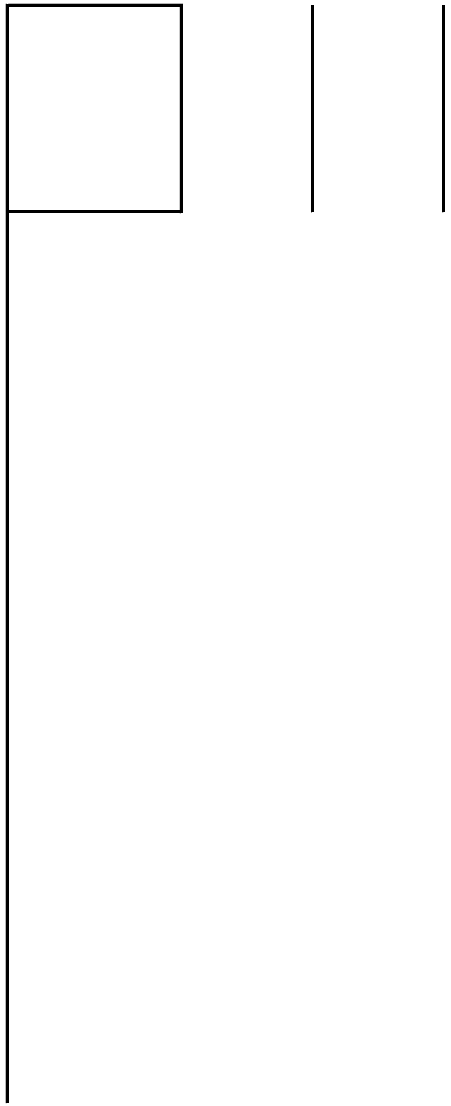


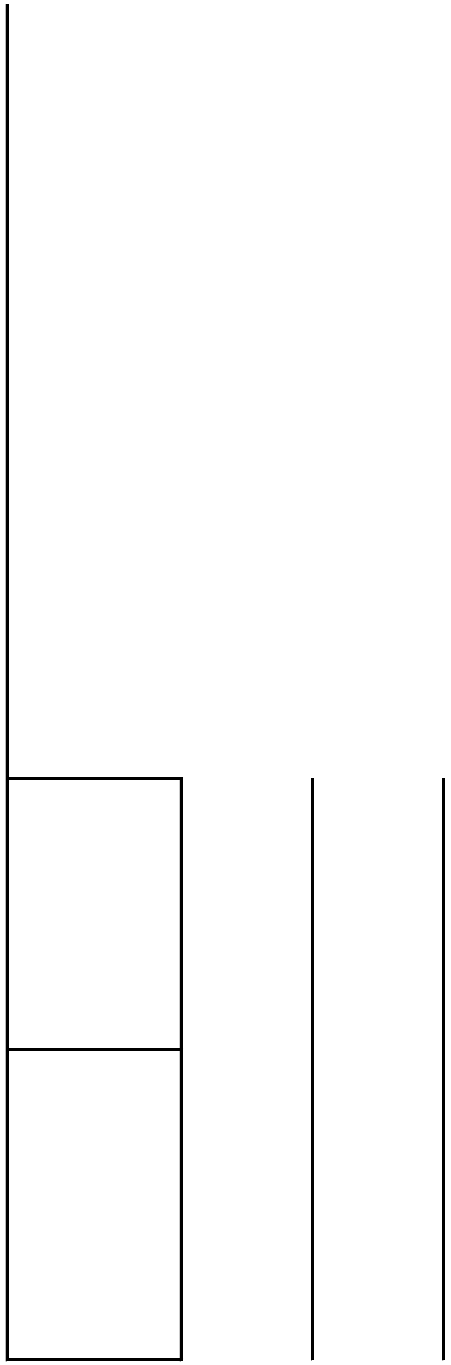


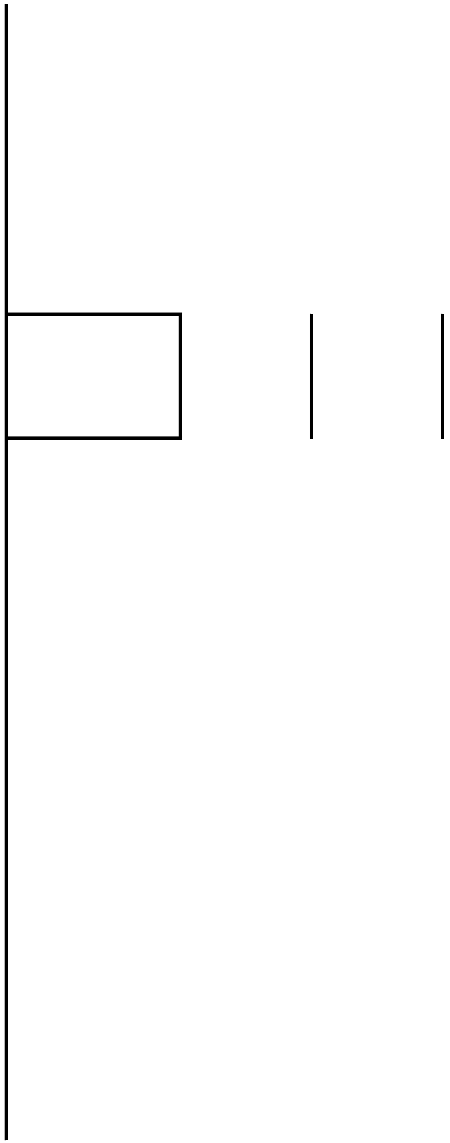


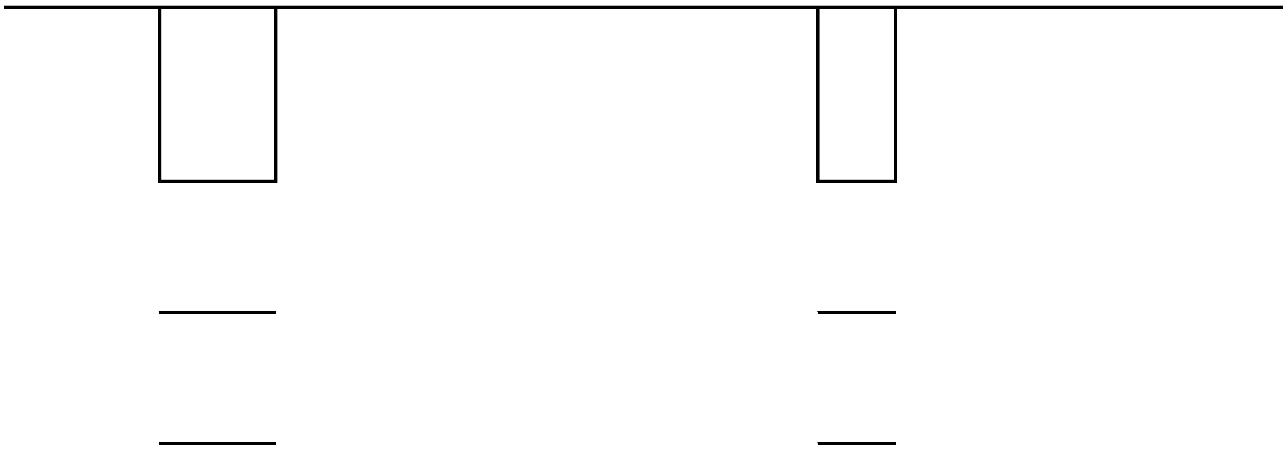




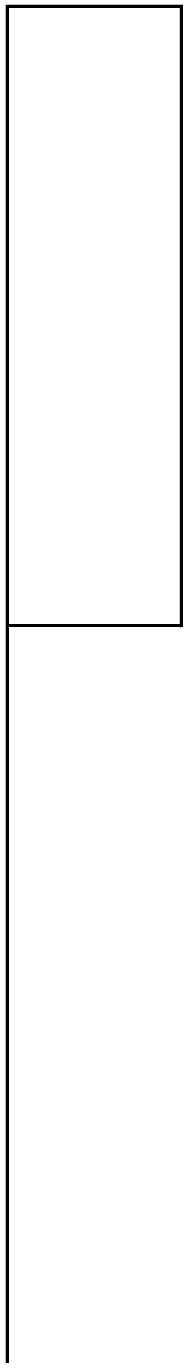


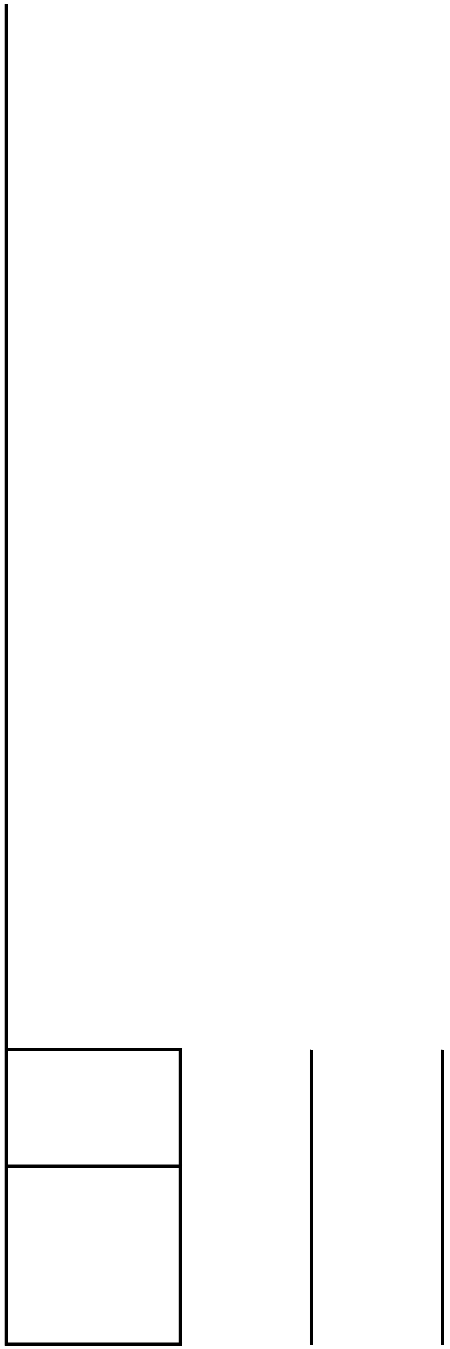




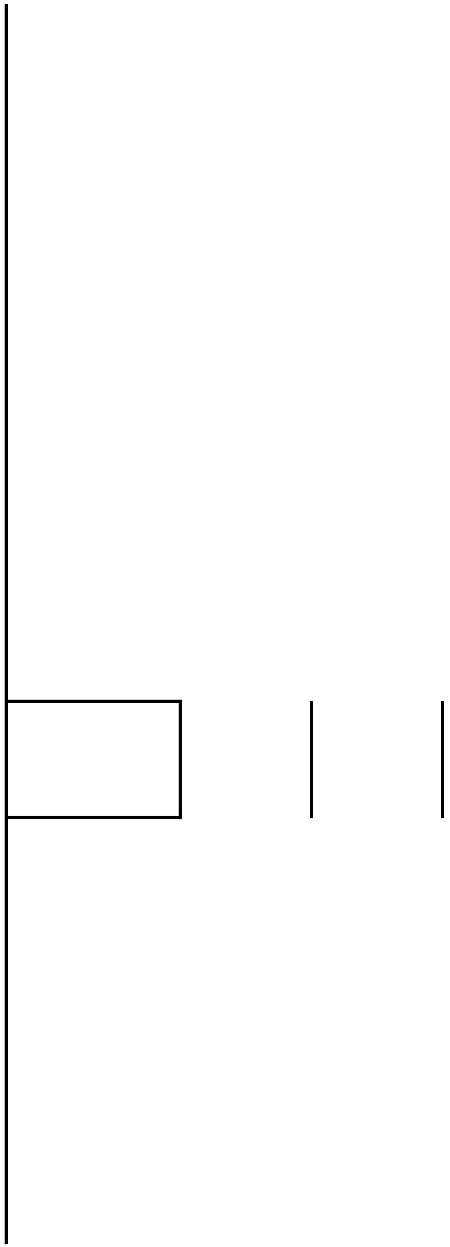


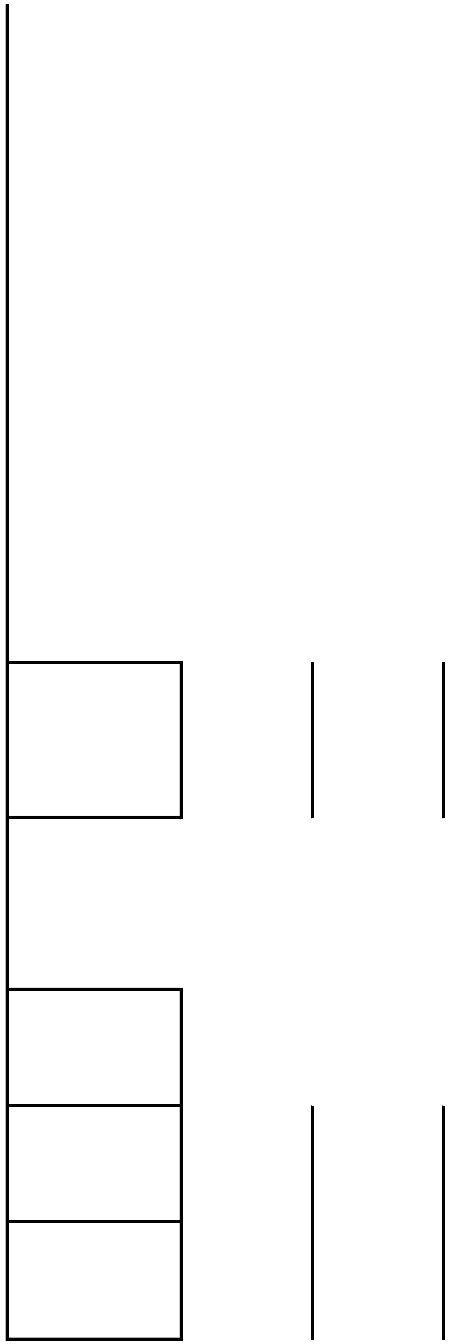


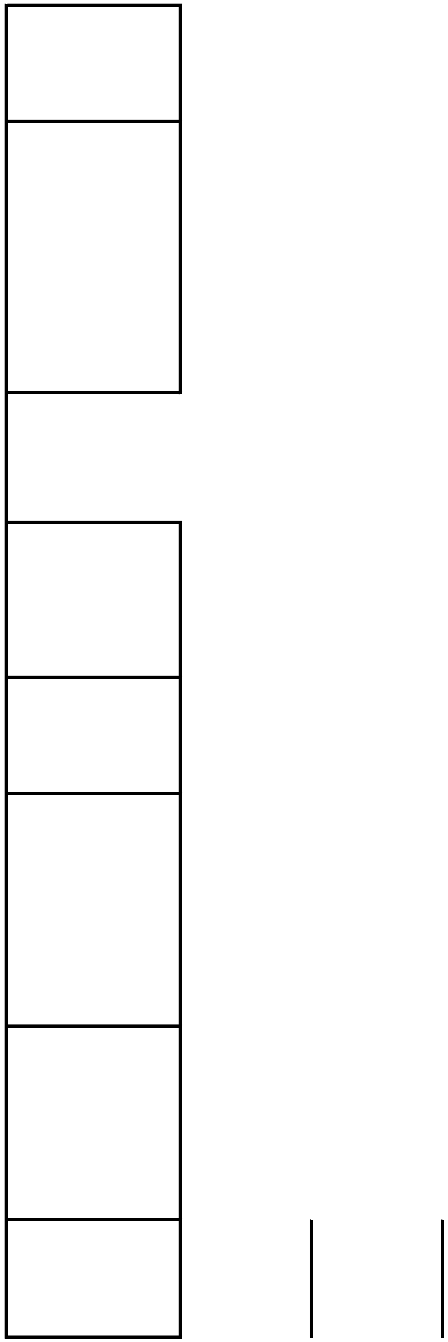


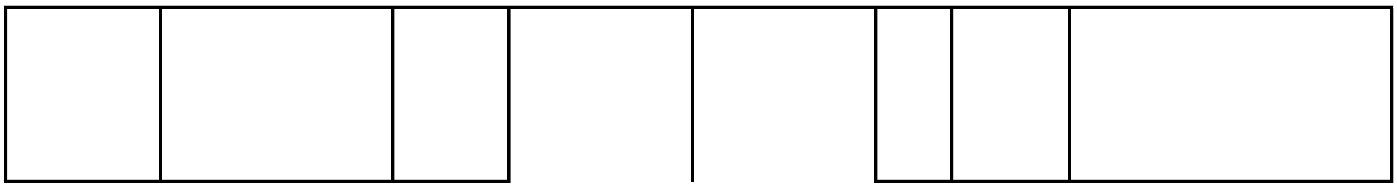


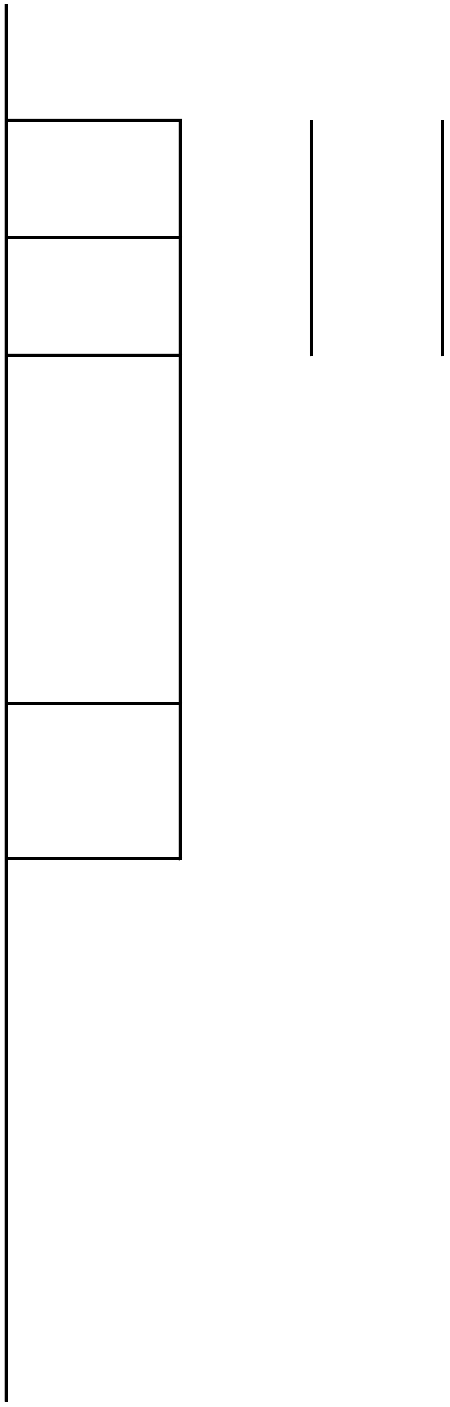


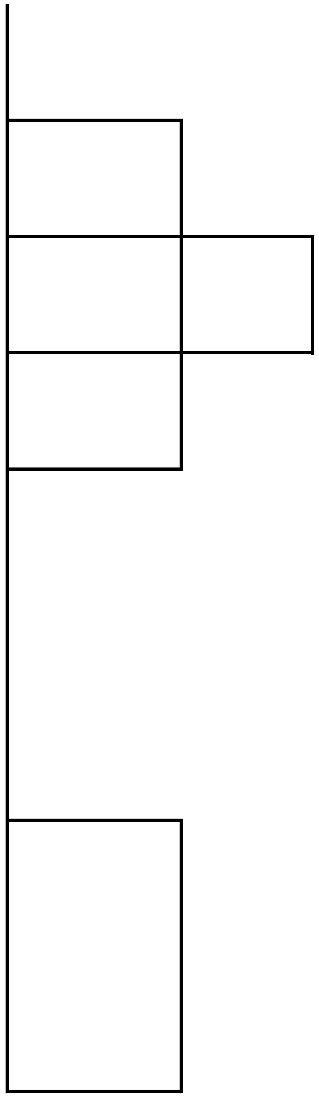


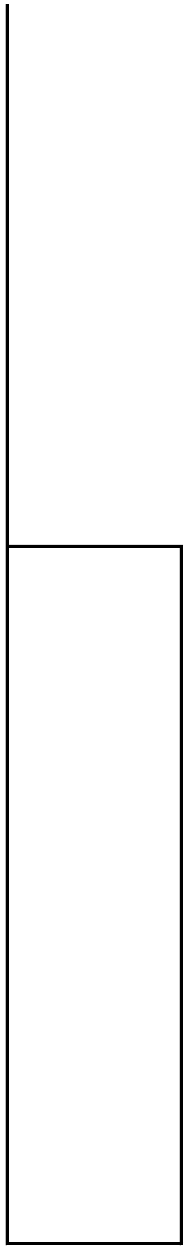


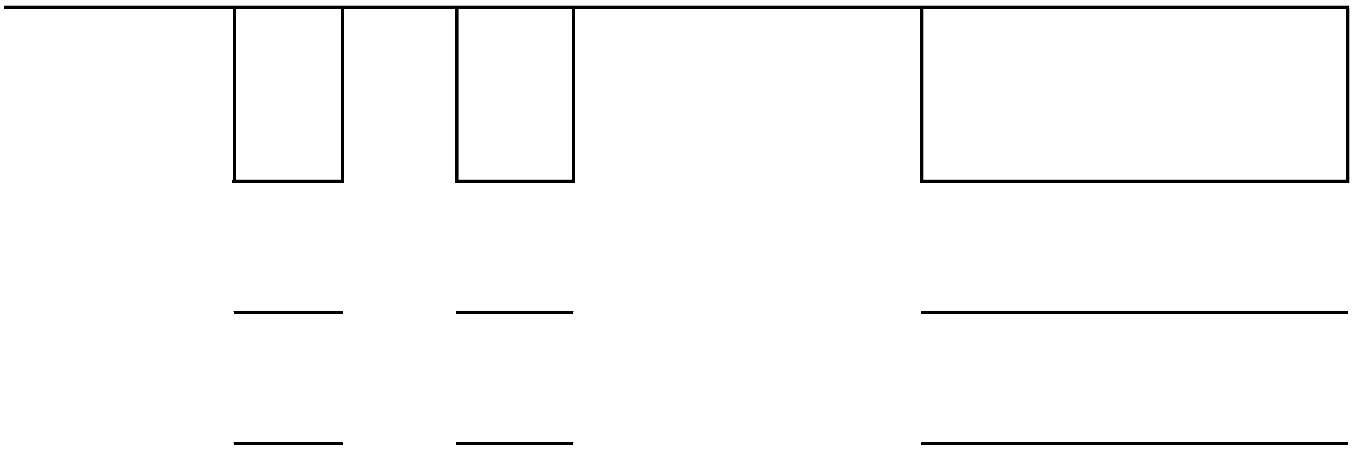


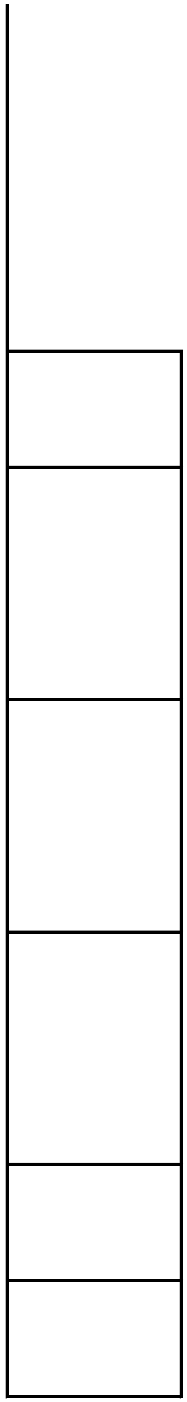


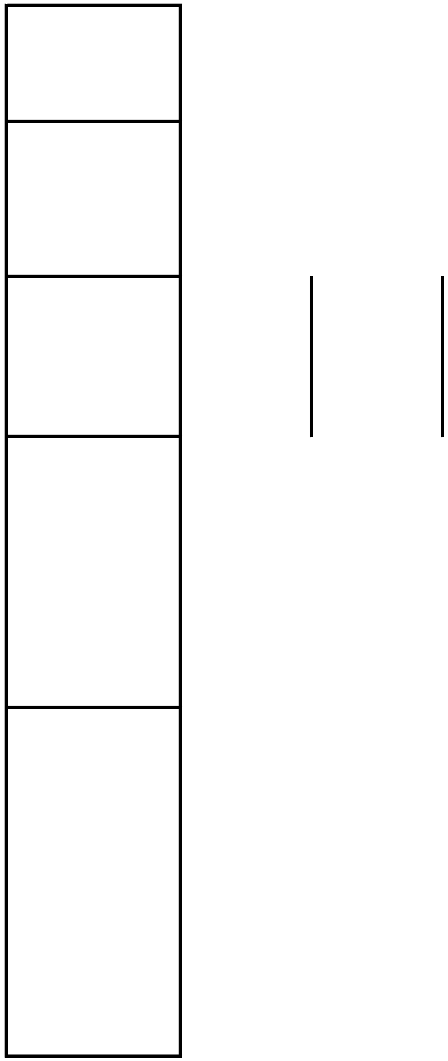




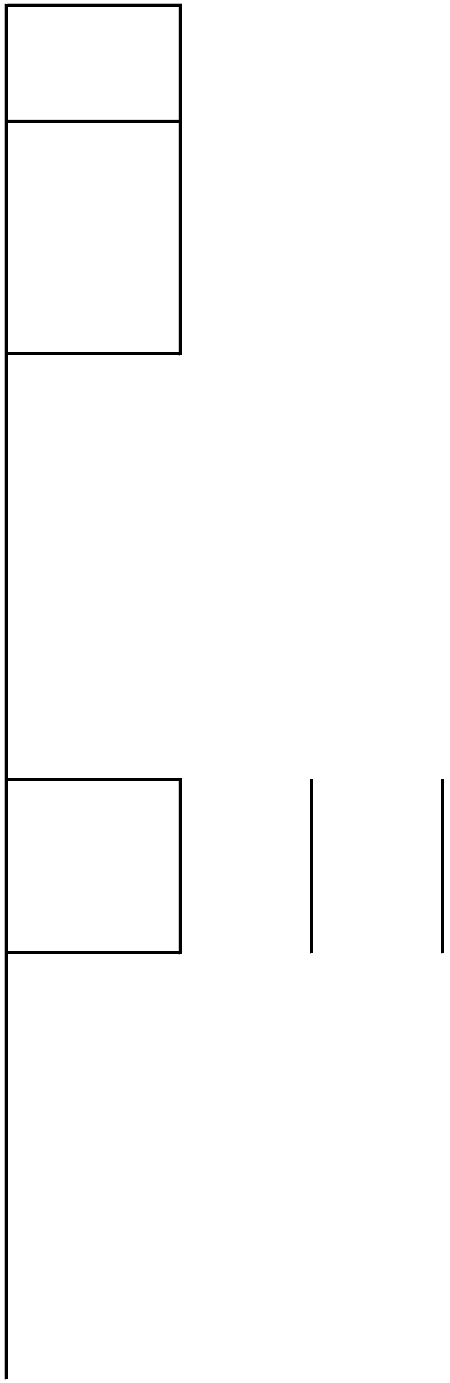








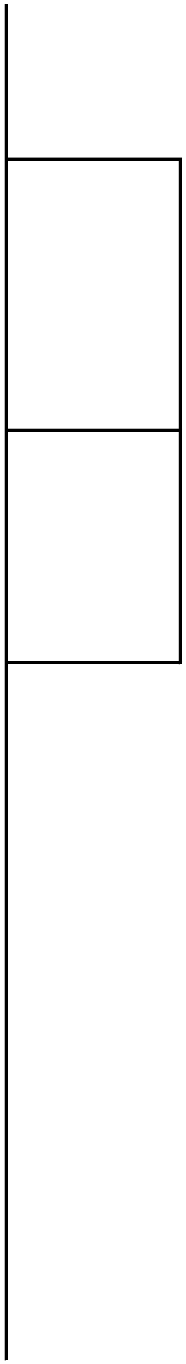


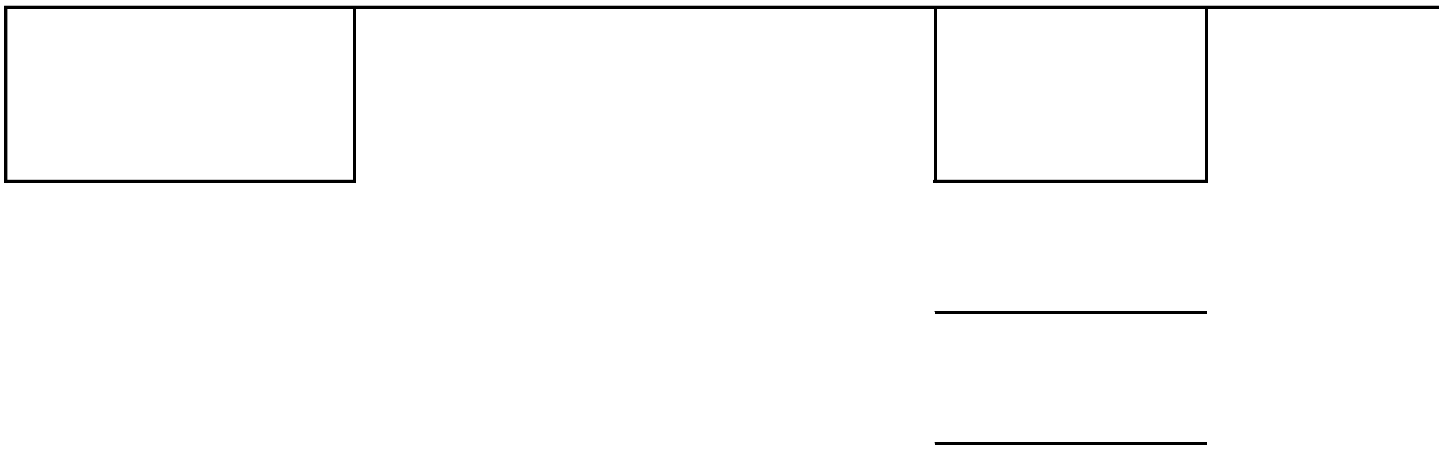


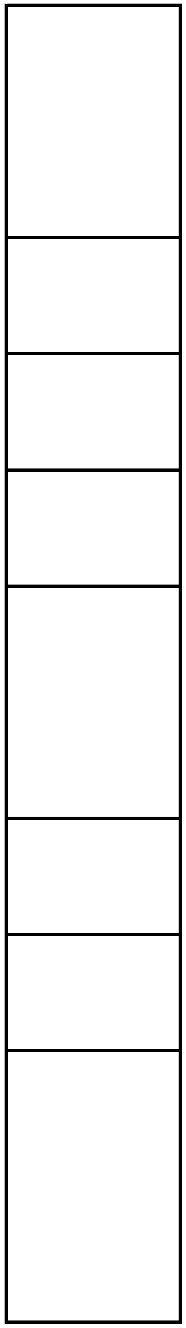


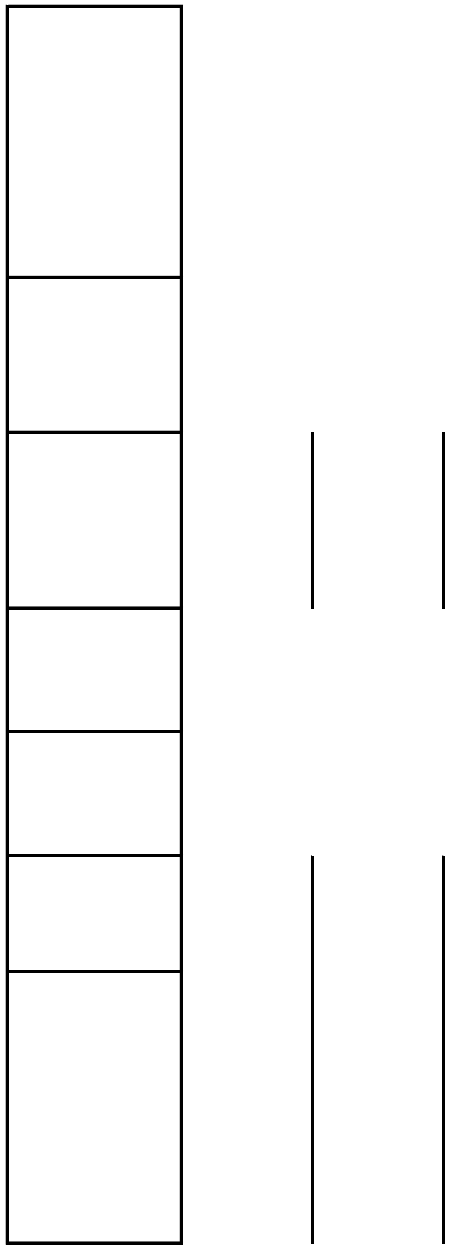


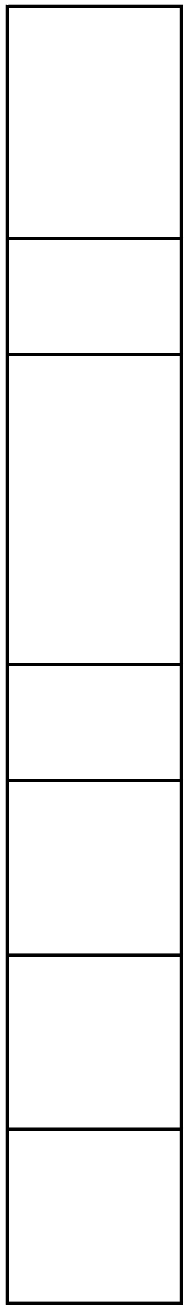


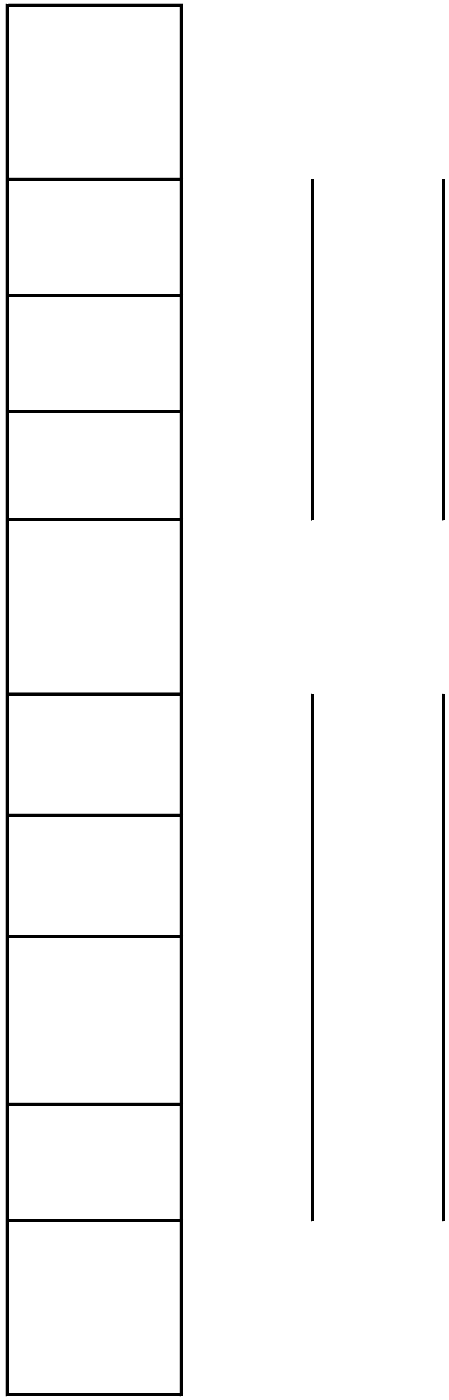


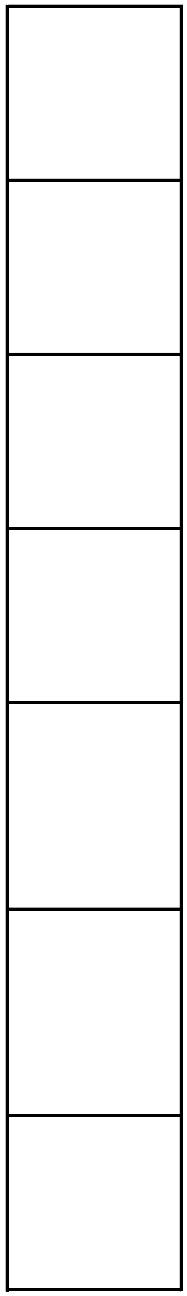


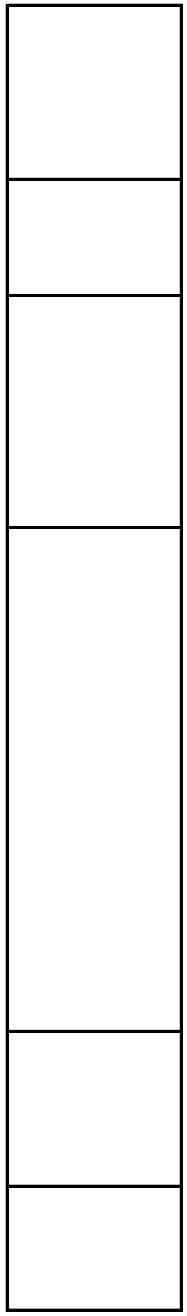


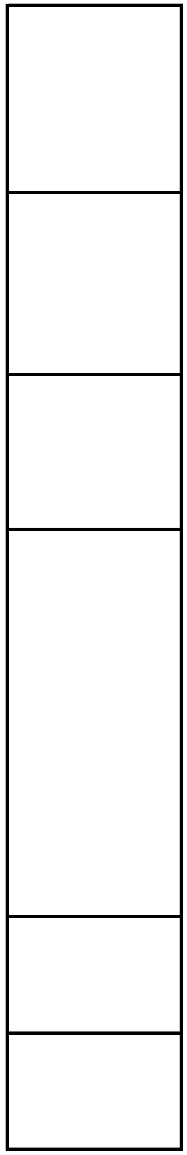


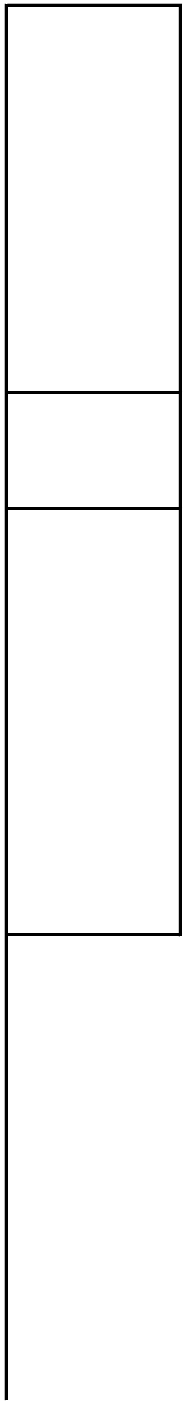






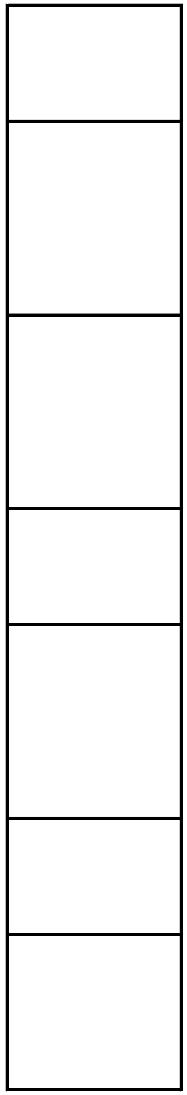


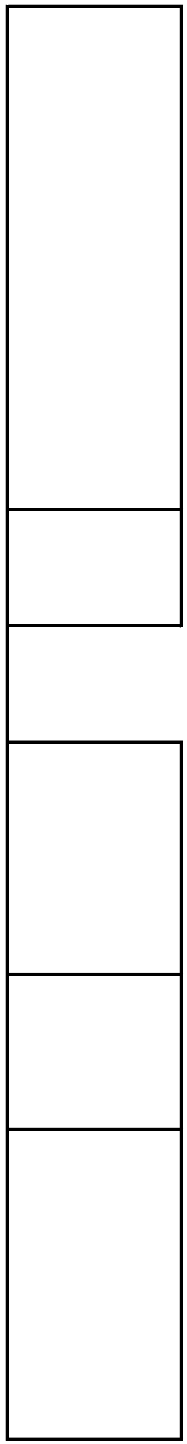


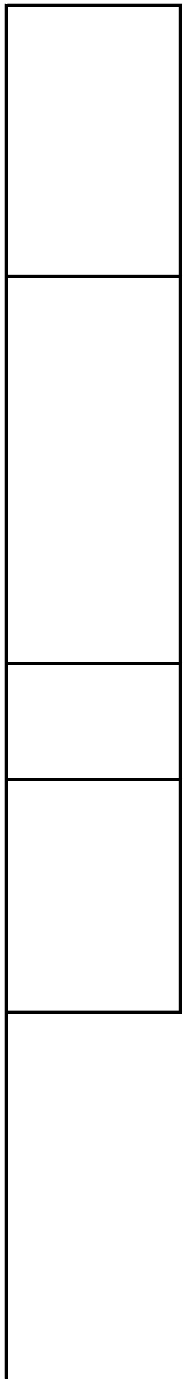


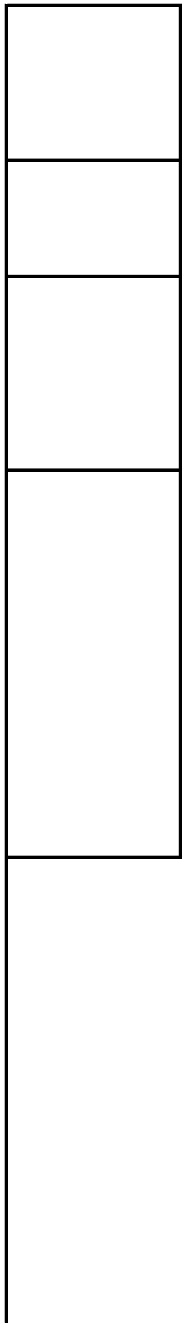




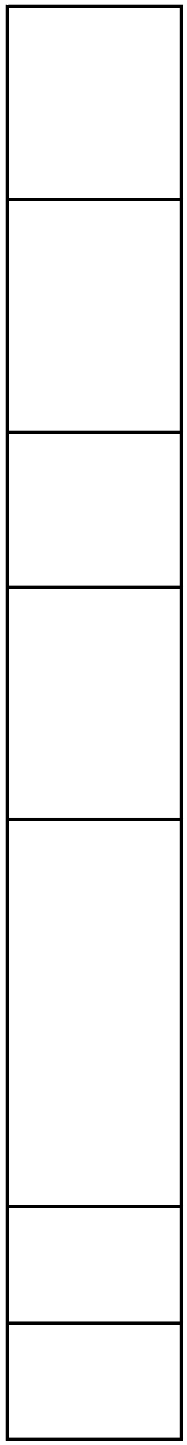


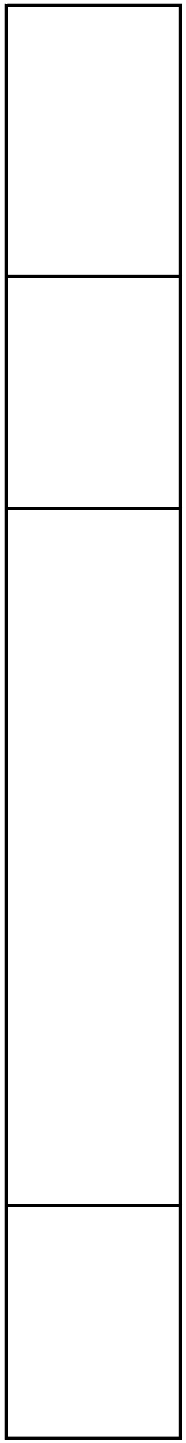




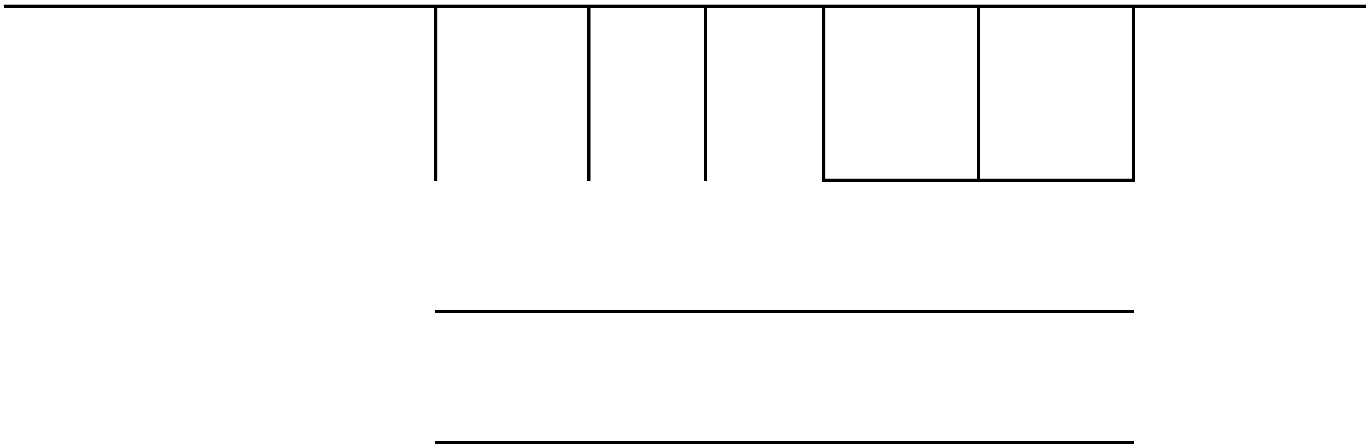




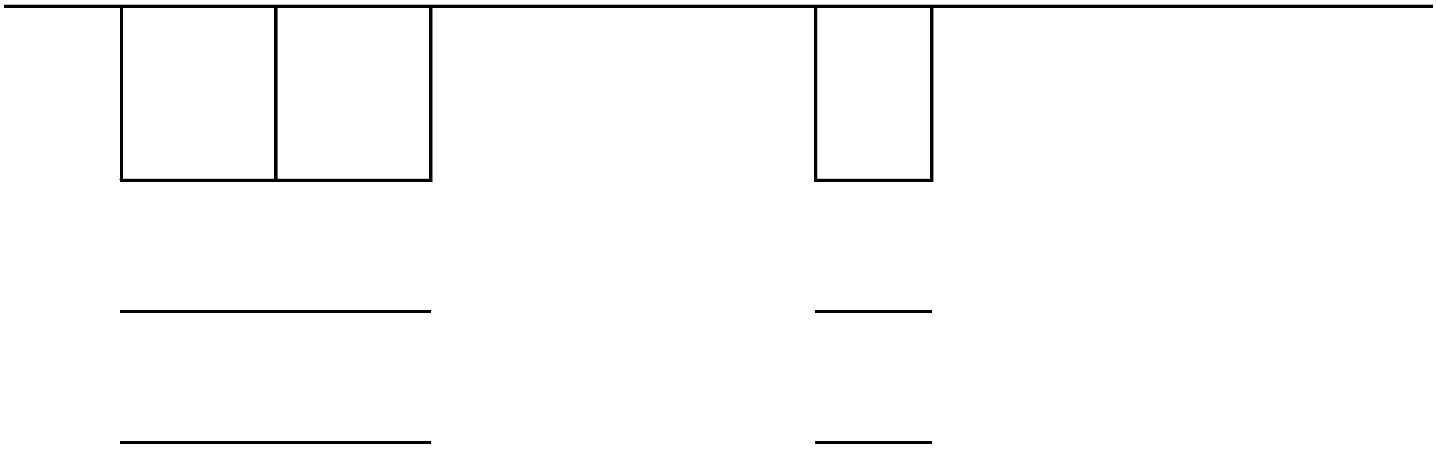


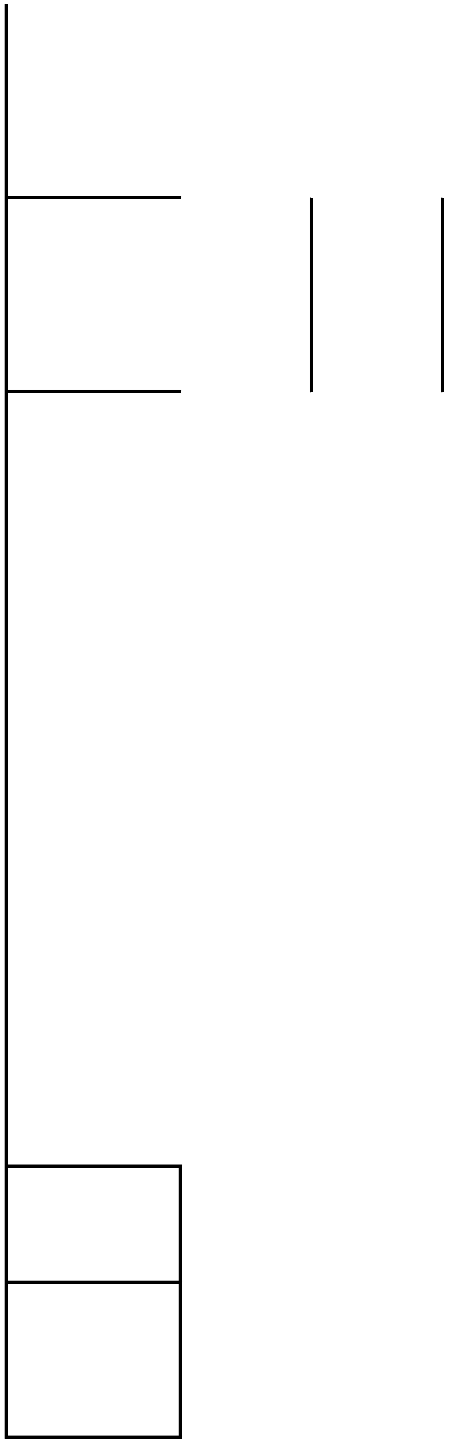


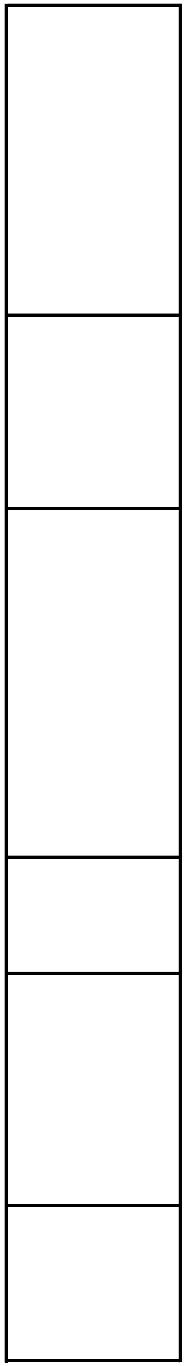


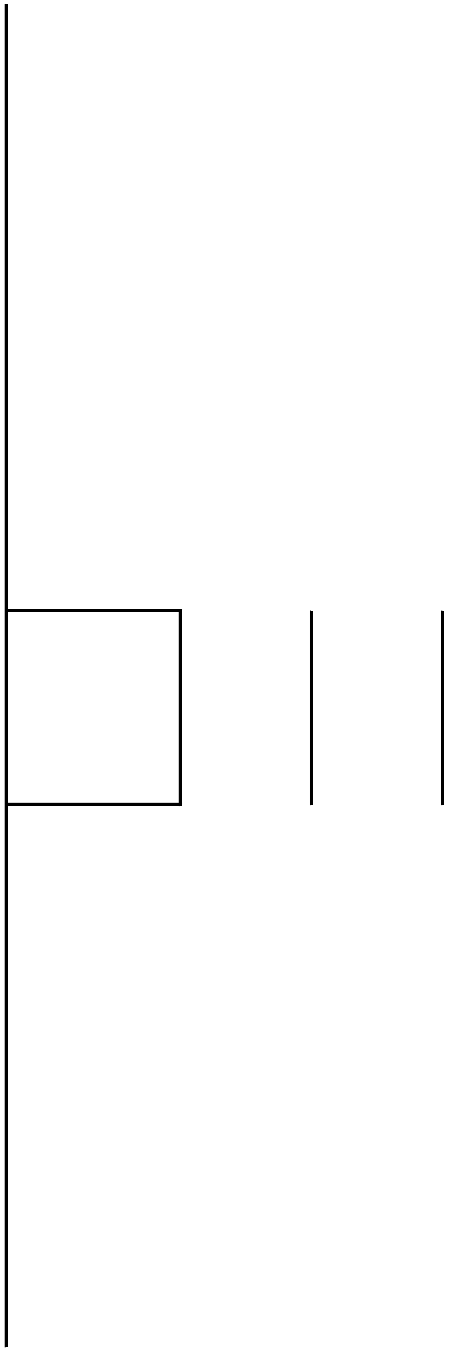


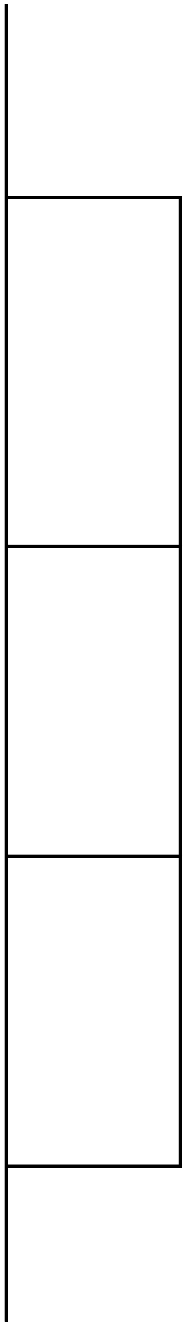
7

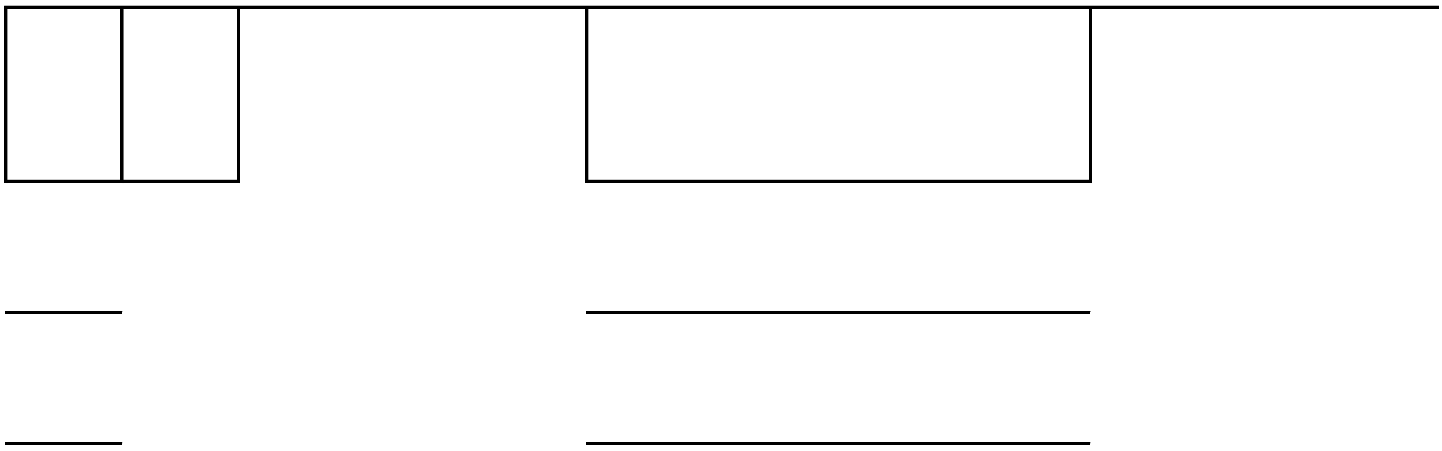


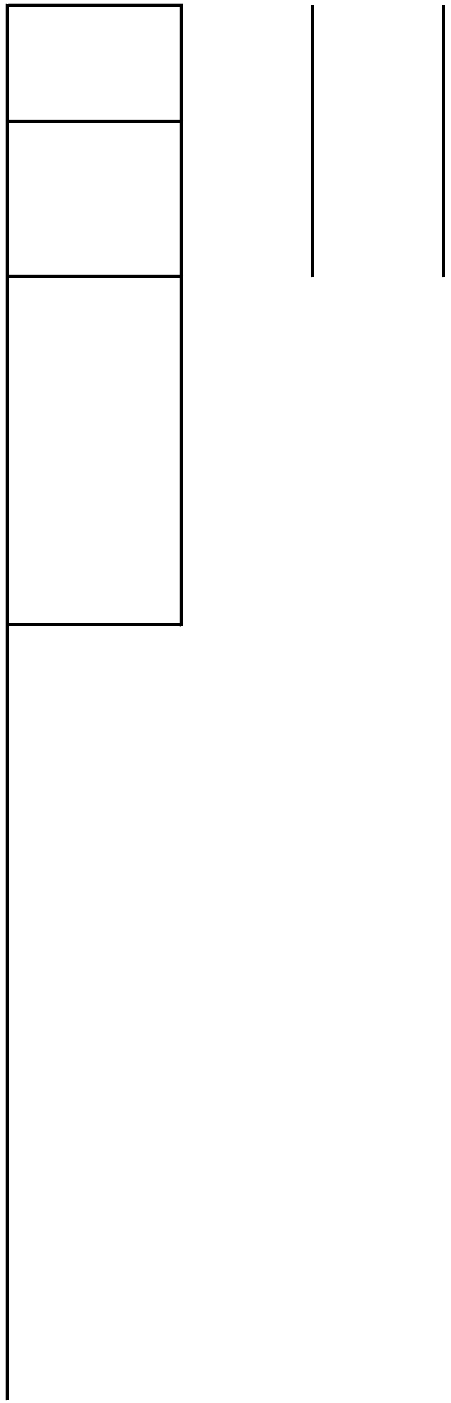






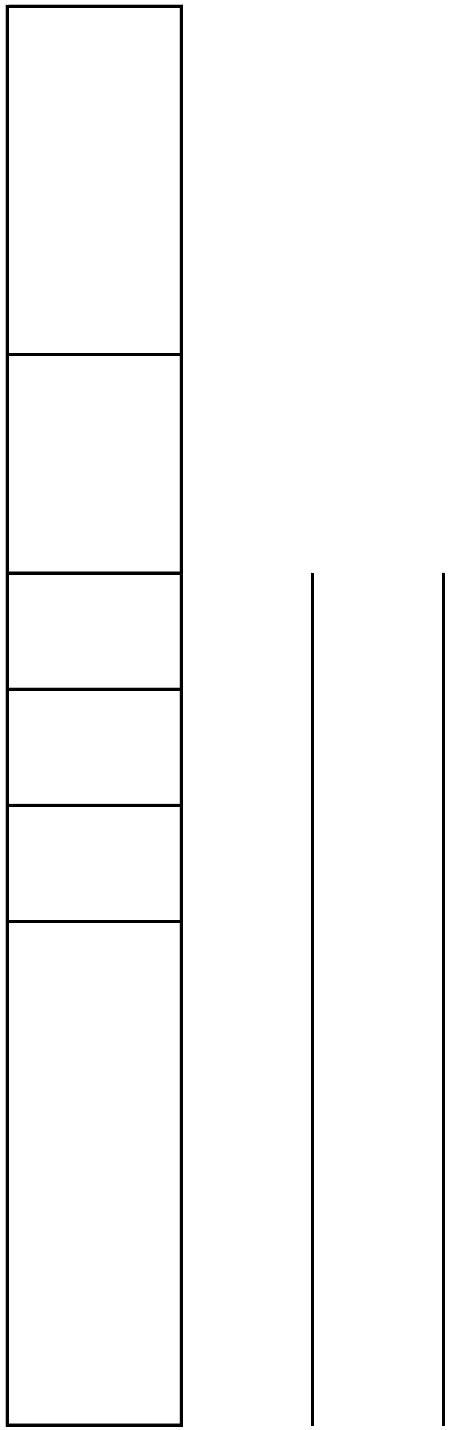


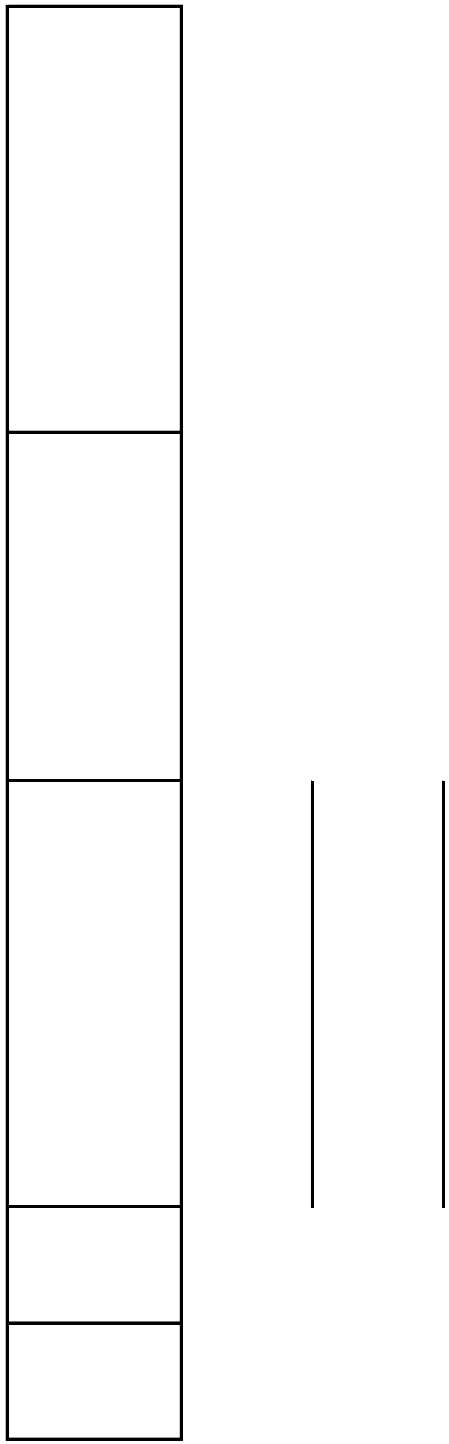


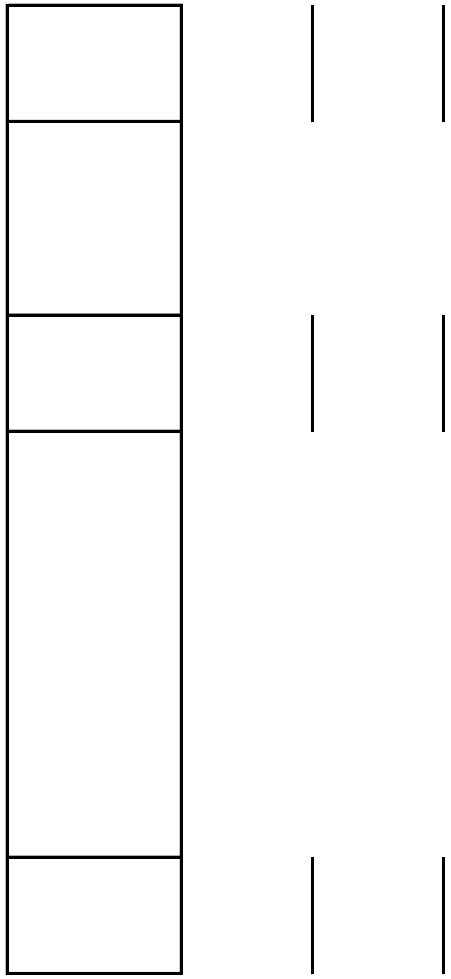


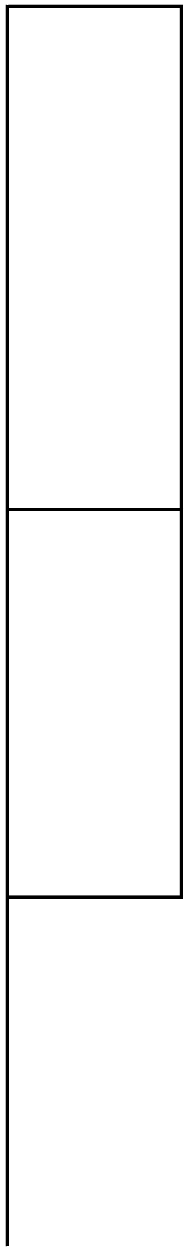


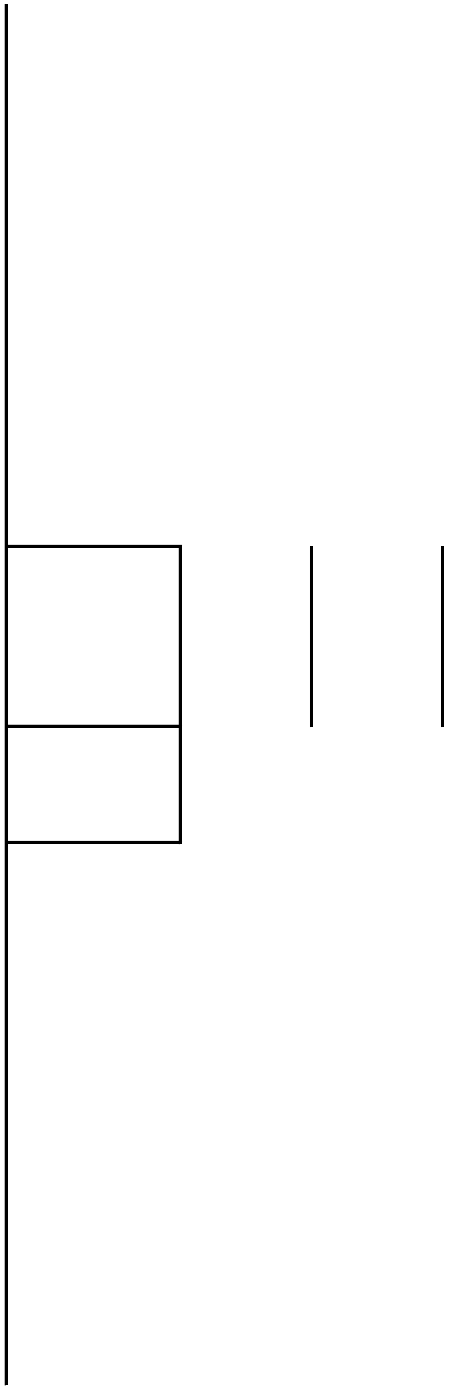




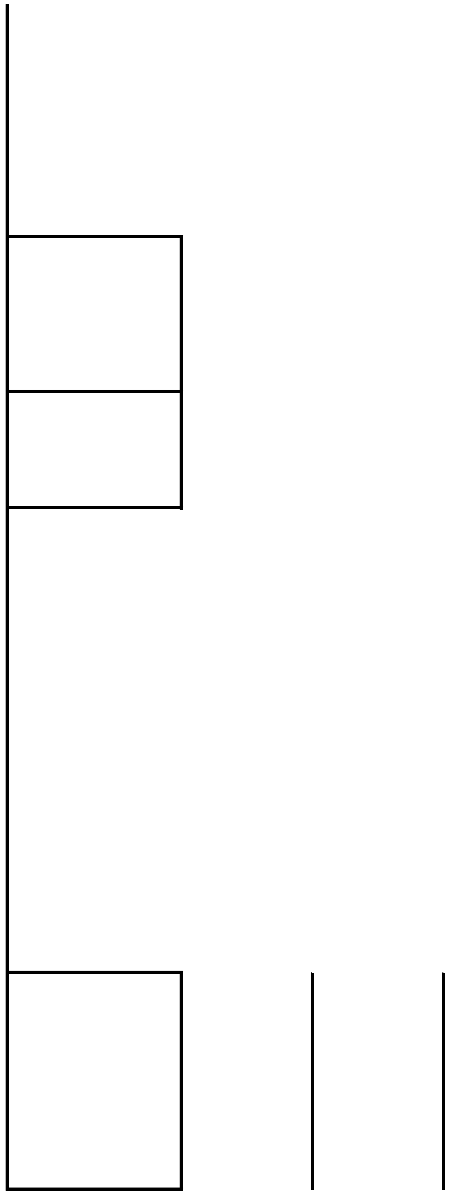


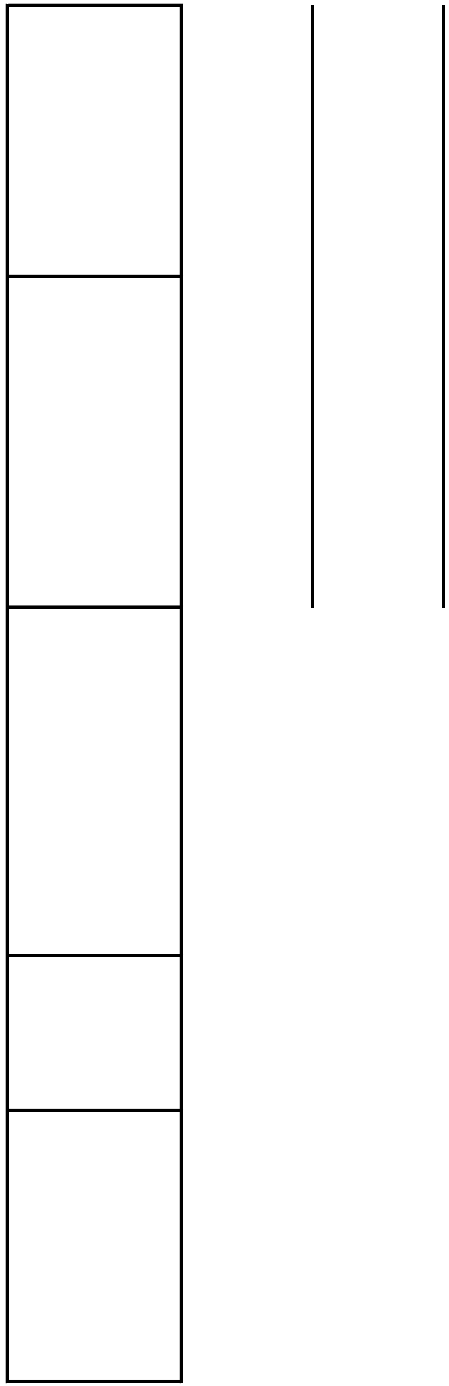


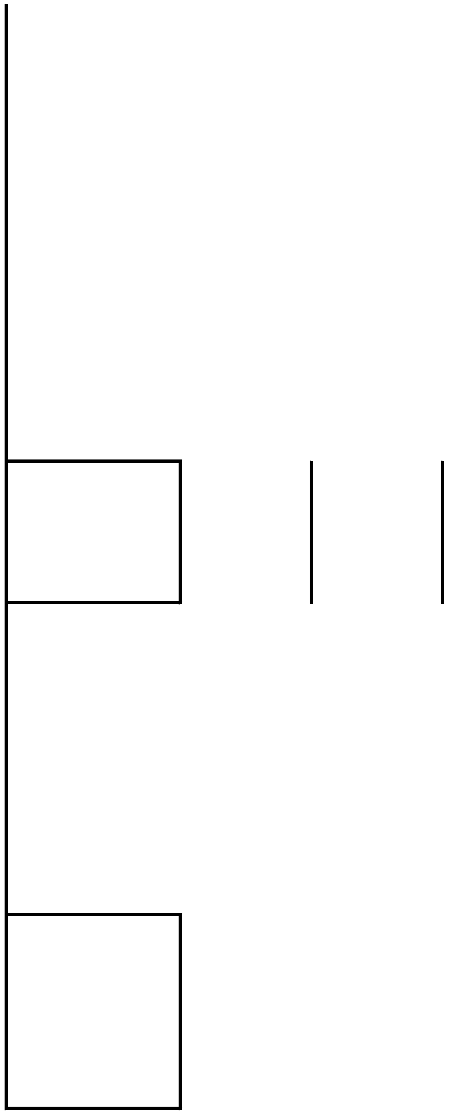


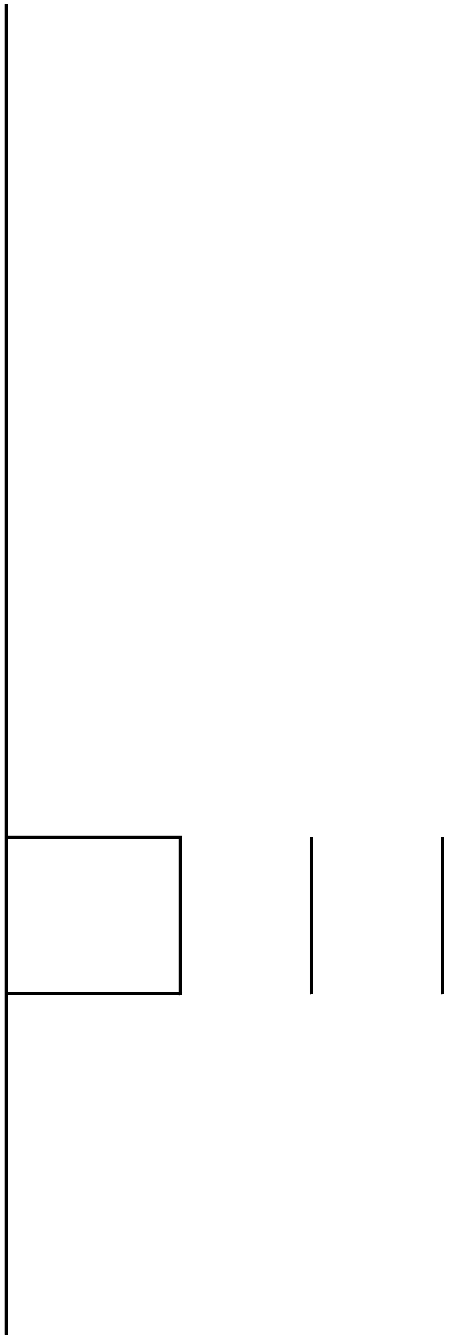


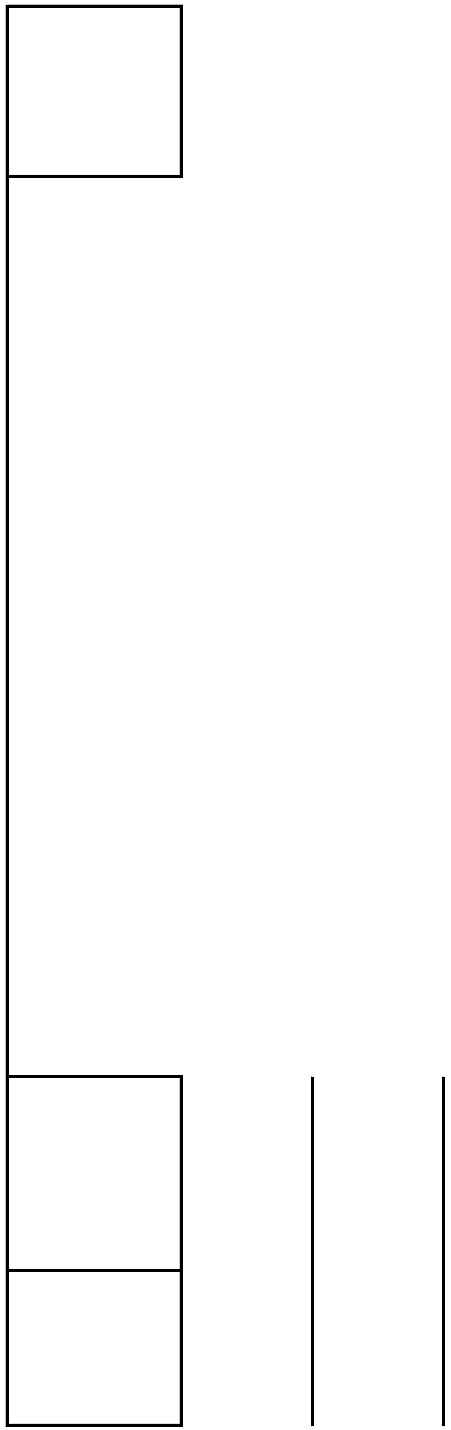


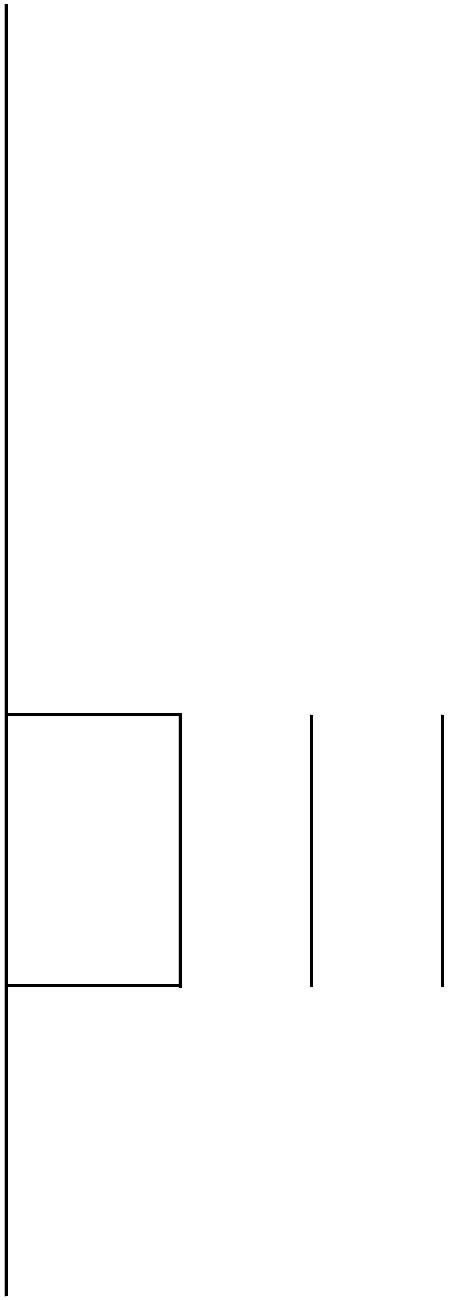






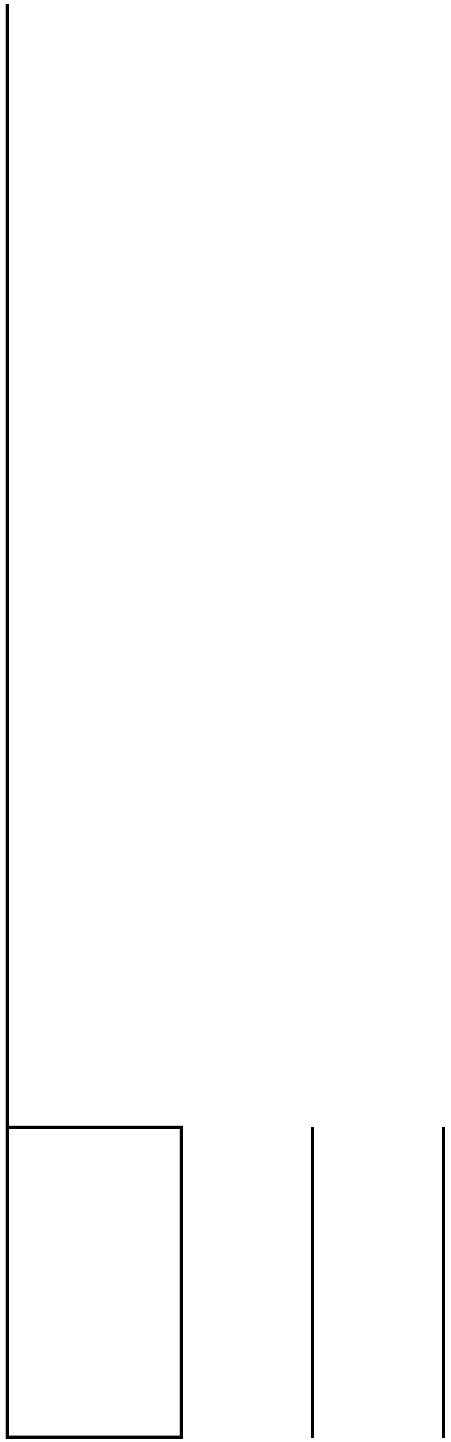


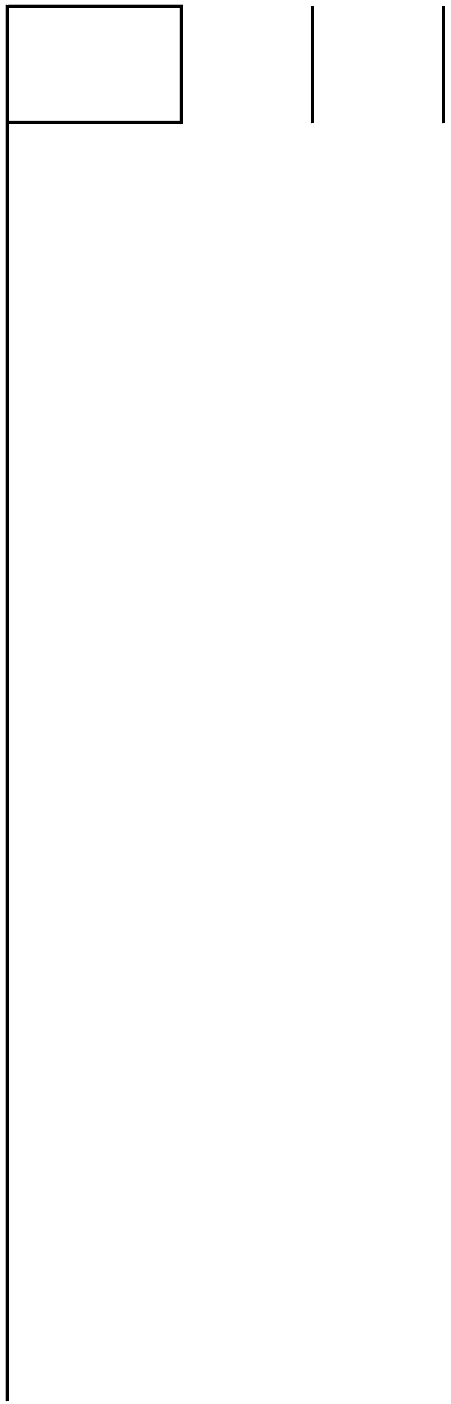




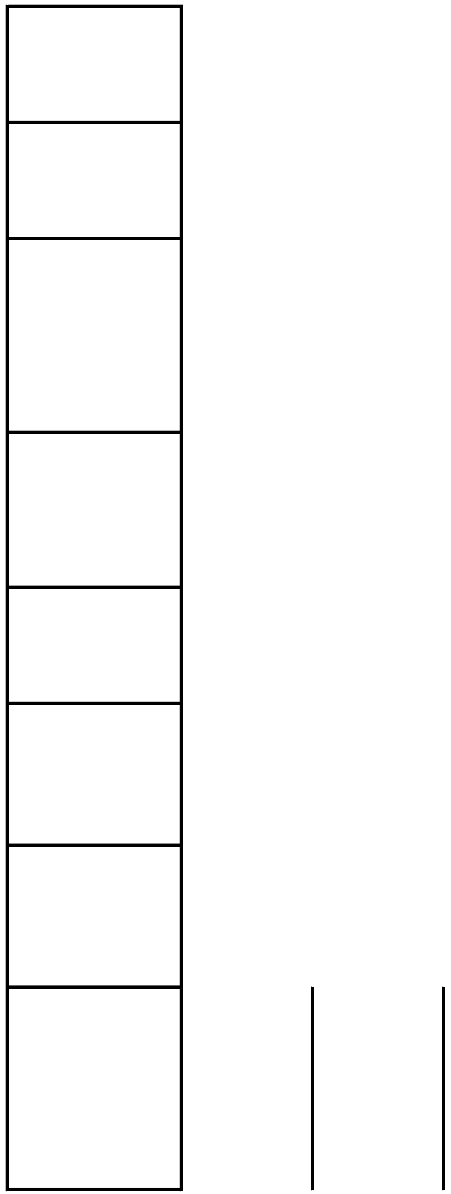


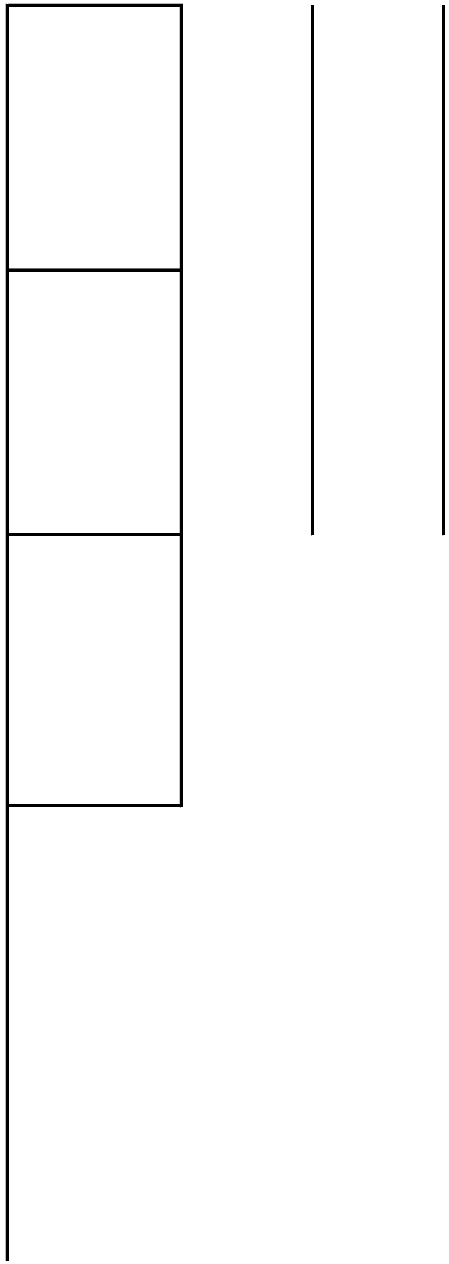




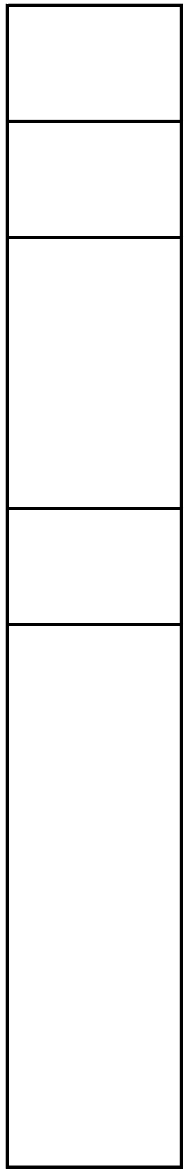


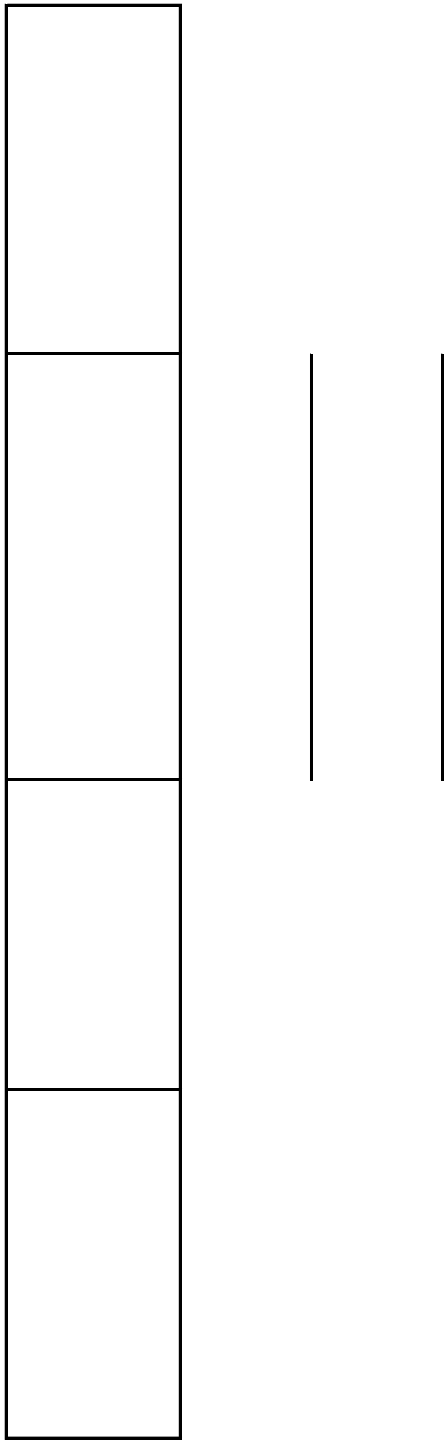


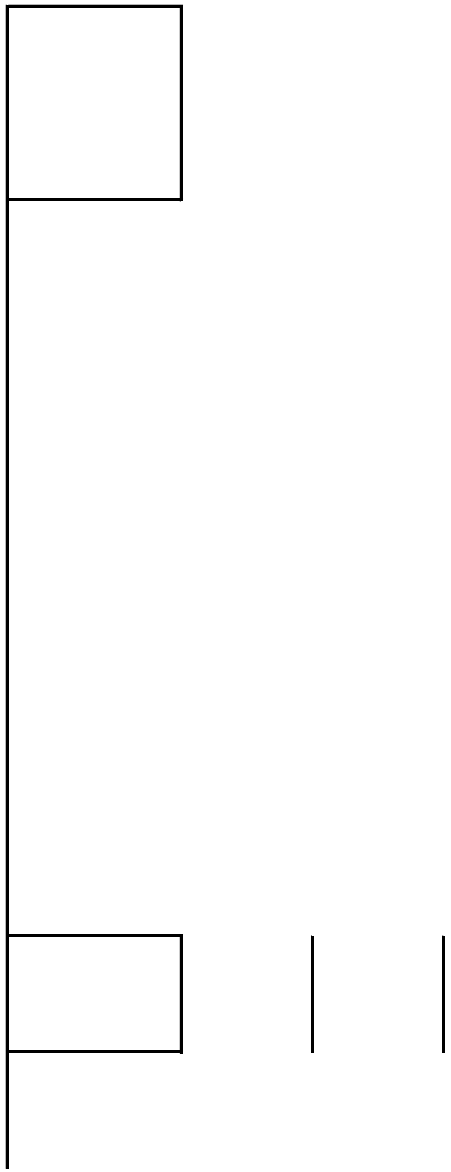


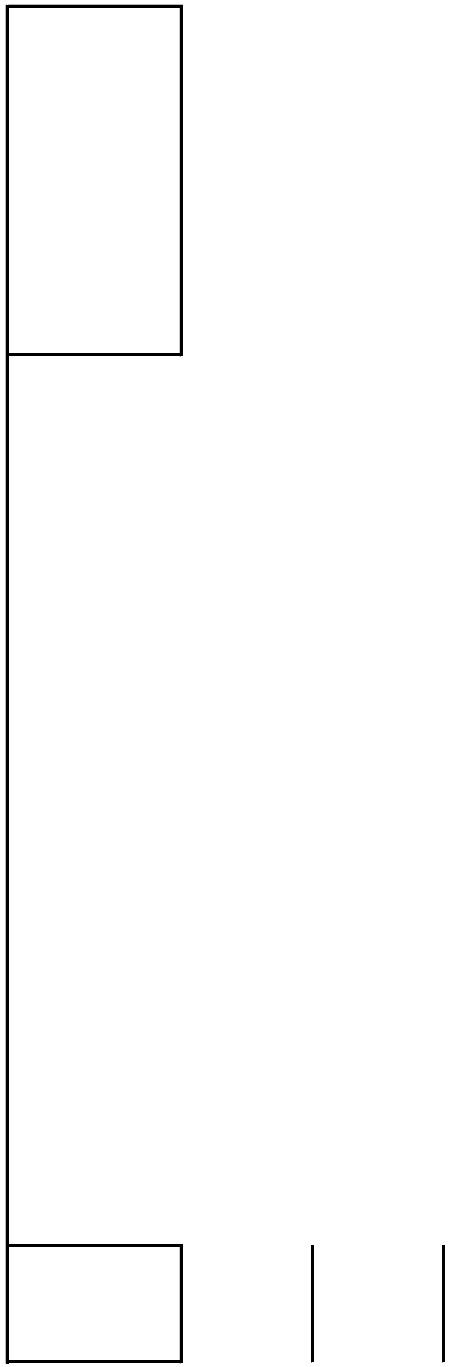












856964