TATEGA

SEPTEMBER/OCTOBER 2023

THE OFFICIAL PUBLICATION OF THE TALEGA LIFESTYLE CORPORATION AND THE TALEGA MAINTENANCE CORPORATION

Fall in Fall in Falega

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General Inquiries, Facility Fobs, and Gate Transponders

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Lead Facility Coordinator Chad Hackworth (949) 361-8466, ext. 100

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Maintenance Manager Isaac Galvan (949) 361-8466, ext. 103 isaac.galvan@fsresidential.com

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Community Events, Talega Today Magazine, Facility Rentals & Reservations, and Programs/Clubs Marcy Maulorico (949) 361-8466, ext. 102 marcy.maulorico@fsresidential.com

Community Website, Homeowner Portal, and E-Blasts Payton Cantrell (949) 361-8466, ext. 111 payton.cantrell@fsresidential.com

Deliquency Matters Bijou Tran (949) 361-8466, ext. 112 bijou.tran@fsresidential.com **Pool Hotline** (949) 361-8466, ext. 105

Automobile Safelisting 14 Nights or Less Patrol One (949) 367-8055 www.patrol-one.com

Automobile Safelisting More than 14 Nights Michelle Shields (949) 448-6241 michelle.shields@fsresidential.com

After-Hours Emergencies (800) 428-5588

Billing Questions and Customer Care Center FirstService Residential (800) 428-5588

Homeowner Portal/Court Reserve info@talegatoday.com



Dear Talega Residents,

As your Board President for Talega Maintenance Corporation, I am writing to engage your support and collaboration on several issues that require our collective attention as a community. Talega is undoubtedly a wonderful place to live, and thanks to the ongoing efforts of both the Talega Lifestyle Corporation and Talega Maintenance Corporation Board of Directors, it stands as one of the most sought-after communities in the area. However, alongside these accomplishments, there are urgent matters that demand our immediate attention. As residents of this vibrant community, your active participation can make a substantial difference. Let us dive into some of the topics that call for collective action:

E-Bike Safety: E-bike riders have become a cause for concern due to irresponsible behavior on the streets and sidewalks. It is essential to report each instance of such activity to ensure the safety of all. Please utilize the non-emergency police line at (949) 770-6011 for reporting such incidents. In case of emergencies, do not hesitate to call 911. Additionally, please be aware that Sur-Ron bikes are <u>not allowed on streets</u>, <u>sidewalks</u>, <u>or parks</u>, and the police will take necessary action to enforce this regulation.

Crime and Safety: Regrettably, some residents have experienced assaults with airsoft guns, water balloons, and even frozen projectiles. Moreover, city parks in Talega are being vandalized, and dog waste bags are being used to create driving hazards on the roads. Such behavior is unacceptable and must come to an end. As a united community, we must take a stand against these actions and actively cooperate in prosecuting those involved in criminal activities.

Speeding and Stop Sign Compliance: Ensuring the safety of our streets is of utmost importance. We have noticed an increase in speeding within the community and neighborhoods. Additionally, it has been noted that an increasing number of drivers are running through the stop signs. This behavior poses a serious threat to all residents, especially children and pedestrians. It is essential for each one of us to obey speed limits and stop completely at all stop signs. By respecting these rules, we can foster a safer environment for everyone.

Burglaries: The South American Theft Group remains active in the United States, and we must remain vigilant. While we have been fortunate to avoid recent incidents, it is crucial that we stay alert and report any suspicious activity promptly. The group's activities in neighboring areas suggest that they may return to Talega, and we must be prepared. By working together and reporting suspicious activity, we can assist with the continued safety of our community.

Community Involvement: The heart of Talega's success lies in the unwavering commitment and passion of our volunteers. Their active participation in committees has been the driving force behind achieving our annual goals and making Talega the vibrant community it is today. As we continue to grow and evolve, I invite each of you to join this remarkable group of volunteers and contribute your time and skills to make Talega an even better place to live.

As we approach the upcoming Board election, I urge all residents to actively engage in the decision-making process. Your voice holds immense value, and your involvement in the election will shape the future of our community. It is essential that we come together as united neighborhoods and ensure that our collective voice is heard loud and clear.

This message marks the first of many regular communications from your Board of Directors, reflecting our commitment to transparent communication and collaborative effort. Together, we can overcome challenges, foster a safer environment, and build an even stronger Talega. Your continued support and dedication to the community are profoundly appreciated.

Sincerely, Dennis Kamp

Talega Maintenance Corporation President

TALEGA SWIM & ATHLETIC CLUBHOUSE (TSAC)

100 Calle Altea, San Clemente, CA 92673 (949) 361-8466 7 days a week, 9:00 a.m. – 5:00 p.m. Weekends closed from Noon – 1:00 p.m.

TMC BOARD OF DIRECTORS

Dennis Kamp, President Andrea Ewell, Vice President Serge Jonnaert, Vice President Phil Harris, Secretary Taylor Florence, CFO

TLC BOARD OF DIRECTORS

Chris Eldridge, President Corey Taylor, Vice President Danitza Pulskamp, Secretary Lori Foster, CFO Jessica Hoogendyk, Director

CONTACTING THE BOARDS

Talega Maintenance Corporation (Community Operations and Maintenance) board@talegatoday.com

> Board of Directors Talega Maintenance Corporation c/o FirstService Residential 15241 Laguna Canyon Road Irvine, CA 92618

Talega Lifestyle Corporation (Community Events and Programs) lifestyle@talegatoday.com

Board of Directors Talega Lifestyle Corporation c/o FirstService Residential 100 Calle Altea San Clemente, CA 92673-6855

ARCHITECTURAL PLAN SUBMITTAL DEADLINES

Friday, September 8 Friday, October 6

TMC BOARD MEETINGS

6:30 p.m. on: Tuesday, September 12 Tuesday, October 10

TALEGA CLUBHOUSE CLOSURE

Monday, September 4, in observance of Labor Day.

QUESTIONS?

Email: info@talegatoday.com

The views and opinions expressed in the articles and advertisements in Talega Today are not necessarily shared by the TLC Board of Directors, FirstService Residential, or the TMC Board of Directors.

Election

Talega Maintenance Corporation Director Election November 14, 2023

The Talega Maintenance Corporation (TMC) Election will be held on Tuesday, November 14, 2023, to elect two (2) members to the TMC Board of Directors for a three- (3) year term. The Board of Directors is comprised of representatives elected by the membership (homeowners). The Board of Director's role is to supervise the properties of the corporation, approve and oversee budgets, and make decisions which strive for the betterment of the corporation in accordance with the legal documents.

How Does the TMC Election Process Work?

A neighborhood delegate system was set in place to assist in achieving quorum for the election. The requirement for quorum is 25% of the voting power of the corporation. State law requires a ballot with a two-envelope system. It is important for members to complete and mail in their ballot in the envelopes provided. There will be a Meet the Candidates Night at the Delegate Meeting on Wednesday, October 18, 2023, and the votes will be counted immediately following the Annual Meeting/Election on Tuesday, November 14, 2023. An election notice and ballot will be sent to all homeowners in advance of the Annual Meeting. We strongly encourage your active participation in this election.

How to Apply

If you are interested in running for a position on the Board of Directors, please complete the Board of Directors Candidacy Statement, which can both be found at **talegatoday.com/ documents** or by scanning the QR code below.

All forms must be submitted and received by **5:00 p.m. on Tuesday, September 5, 2023,** for your application to be considered. Please submit your application either by email to bijou.tran@fsresidential.com or by mail to the following address:

Talega Maintenance Corporation

Attn: Brian Taylor / Bijou Tran 100 Calle Altea San Clemente, CA 92673

Should you have any questions regarding the election process, please contact Executive Director, Brian Taylor, at brian.taylor@fsresidential.com or (949) 361-8466, ext. 104 or Senior Project Coordinator, Bijou Tran, at bijou.tran@fsresidential.com or (949) 361-8466, ext. 112.



Scan the QR code for an application



Facility Amenities & How to Reserve Them

You may already be familiar with the various amenities available to Talega residents! Among these, certain amenities are available for advance reservation through Court Reserve. These include the Sport Court, Bocce Ball Court, and Volleyball Court at the Talega Swim & Athletic Clubhouse, as well as the Pickleball Court at Tierra Grande.

The first step to reserving a court is to create an account through the online reservation system called Court Reserve. If you are not yet set up on Court Reserve, please email **info@talegatoday.com to get started!**

All courts are open from 6:00 a.m. to 10:00 p.m. daily and can be reserved for a maximum of 2 hours per day. Please note that equipment is not provided for the courts, with the exception of bocce ball, cornhole, and ping pong (see details below).

Remember to exercise courtesy when using the Court Reserve system. If you cannot make your court reservation, we ask that you please be mindful about canceling your reservation as soon as possible. This gesture will enable other residents to secure a reservation. To ensure that the court reservation system is being used appropriately, management will be conducting spot checks. Thank you in advance for your proactive courtesy.

You can reserve the following courts through Court Reserve:

- Talega Swim & Athletic Clubhouse:
 - Sports Court (featuring tennis, pickleball, and basketball courts), Bocce Ball Court, and Volleyball Court
- Tierra Grande Pool:
 - Pickleball Court

Use the following link to learn more about reserving courts and amenities: https://talega.today/amenity-reservations/

If you have any questions about reserving courts and amenities, do not hesitate to get in touch with us! You can reach the Talega Swim & Athletic Clubhouse during normal business hours at (949) 361-8466.

The following amenities and equipment are available for use on a first-come, first-serve basis during business hours of 9:00 a.m. - 4:30 p.m., 7 days a week. All rental equipment must always remain on the property. Please visit the front desk to rent equipment.

Bocce Ball Equipment

Talega Maintenance Corporation has (1) bocce ball set.

TSAC Cornhole

Talega Maintenance Corporation has (1) cornhole set.

Ping Pong

Talega Maintenance Corporation has (1) ping pong table and paddle/ball available.



Scan the QR code to learn about reserving courts and amenities.

Cristianitos Trail Update

The litigation by Talega Maintenance Corporation ("TMC") against the Developer (then Standard Pacific—now Lennar Homes) for the damages to the Cristianitos Trail behind the easternmost homes in Miraleste and Farralon Ridge and two storm water drainage structures within Talega has settled.

Although settlement terms were reached several years ago among all parties involved, the litigation could not be finalized until the following issues were resolved:

- 1. Approval by the County of Orange of a modified Regional Trail Plan sufficient to allow the County to accept the easement over the Regional Trails, and assume maintenance obligations therefore;
- 2. The necessary transfer of title or obtaining recorded easements over properties burdened by the modified Regional Trail—which includes at least one parcel now owned by a third party;
- 3. Transfer of certain properties to the City of San Clemente, which are burdened by or adjacent to the modified Regional Trail, in order to either obtain necessary easements or ensure continuity of the trail, as applicable;
- 4. Release of the existing recorded easements over trail portions which will no longer be part of the Regional Trail, as modified, which include the portion of the trail behind the easternmost homes in Miraleste and Farralon Ridge neighborhoods.

Because the trail was burdened by an irrevocable easement in favor of the County of Orange (as part of the original contemplated Regional Trail Plan), the substantial repairs planned could not be performed until those portions of the trail were released from the easement.

The County has accepted the modified Regional Trail that runs along La Pata and has released all claims and easements over the Cristianitos trail section.

With the trail ownership-easement finalized, Talega immediately installed vehicle barriers at the top and bottom of the Cristianitos trail segment that runs behind the homes in the Miraleste and Farralon Ridge neighborhoods to deter unauthorized motorcycles, golf carts and automobiles from accessing the trail. Signage has been added and reflective tape has been placed on the gates to increase visibility during low-light conditions.

Permanent repair plans are currently being finalized and necessary drainage easements secured so the work can be bid during the fall/winter season so the anticipated work can begin summer 2024.

Thank you for your patience and understanding throughout this process. It is the community's shared responsibility to preserve and protect the environment that makes Talega so unique. The culmination of years of effort and the recent enhancements underscore the Board's commitment to preserving and improving Talega.

Updates on this project will be provided through the usual communication channels of emails (only if you are signed up), website, and newsletter. Please contact Executive Director, Brian Taylor, at (949) 361-8466 or brian.taylor@fsresidential.com with any additional questions.

Talega Tot Lot Renovation Project

The Talega Tot Lot Renovation Project at Paseo Vista reached its completion in June, offering the community a transformed play area to enjoy! The park now boasts a state-of-the-art play space for our young residents, featuring upgraded equipment, enhanced safety surfaces, and improved accessibility.

Please take a moment to view the before and after images, or better yet, experience the transformation in person. The selection of the new play structure was guided by input from the community through a survey. Thank you to all residents who took part in the survey!

Paseo Vista Park marks just the beginning of the Board's efforts to refresh the community tot lots. This renovation initiative aims to create inviting spaces where Talega's children can engage in safe and inspiring exploration through running, climbing, and play.





At the Board of Directors Meeting on Tuesday, May 9, approval was also granted for the renovation of tot lots at Avenida Fresas, Calle Alumbrado, Cazadero, and Via Zamora Parks. The choice of structures for these parks was likewise influenced by the community survey results. Visual representations of each design can be accessed through the link provided below. Anticipated commencement for the upcoming tot lot renovation is set for Fall 2023. With updated equipment, enhanced safety surfaces, and improved accessibility, this project aims to inspire Talega's children to embrace the joys of physical activity and exploration in secure and stimulating surroundings.

For further insights into the ongoing projects within Talega, we invite you to explore the Project Updates page on the website. Simply follow the link provided below or scan the QR code to access more information.

https://talega.today/project-updates/



Discover Your New Community New Resident Welcome Page

Did you recently move into the Talega Community? Are you hoping for some guidance on what steps you should take now that you have settled into your new home? The New Resident Welcome Page is just for you!

Congratulations on becoming a new resident within this vibrant community! To ensure your transition is seamless and enjoyable, the New Resident Welcome Page on the website is available to utilize as your ultimate guide to settling in with ease. To access it, simply use the link **talegatoday.com/welcome** or scan the QR code to the right.

What to Expect on the New Resident Welcome Page

As a new resident, you might have questions and need essential information to get started. The New Resident Welcome Page covers everything you will need:

1. Homeowner Portal Setup: Unlock Convenience

The Homeowner Portal is a digital hub designed to make life in Talega more convenient and connected. Discover how to set up your account, access your homeowner information, and utilize features like paying your assessments online!

2. Community Amenities: Your Oasis Awaits

Explore the myriad of amenities Talega offers from sparkling pools and sports courts, to inviting event spaces and tranquil parks. Learn how to access and enjoy these facilities that enrich the community living experience.

3. Facility Information: Unveiling the Treasures

The community facilities are meticulously maintained to cater to your needs. Delve into detailed information about each facility, its operating hours, and any guidelines to ensure an optimal experience.

4. Community Rules and Guidelines: Embracing Harmony

At Talega, understanding and following community rules is crucial for a harmonious living environment. Learn about important information regarding parking enforcement, vehicle safelisting, submitting architectural changes to the exterior of your home, and more.

5. Community Maps: Navigating Your Way

Talega's beauty lies in its thoughtfully-designed streets and green spaces. The community maps will help you find your way around with ease, ensuring you don't miss out on any of the neighborhood's hidden gems.

6. Stay Informed: Subscribe to E-Blasts

To stay up to date with upcoming events, community news, and important maintenance information, don't forget to subscribe to e-blasts! These timely updates will keep you informed and engaged in all that happens in Talega.

7. Get Started on the New Resident Welcome Page Today!

Settling into a new community can be both exciting and overwhelming. The newly-crafted New Resident Welcome Page serves as a onestop destination for all your essential needs. Whether it is accessing amenity information, setting up your Homeowner Portal account, or exploring community events, this page has you covered.

As you embark on this new chapter in your life, remember that Talega is more than just a place to live; it's a community that embraces togetherness, fosters unity, and creates lasting memories. Welcome to Talega, your new home.





Pool Closures

The TSAC Lap Pool and Saluda Pool are open and heated year-round. The TSAC Recreation Pool and Tierra Grande Pools will be closing October 30. The pools will re-open on April 1, 2024. As a reminder, all pool closures are updated on **talegatoday.com/facility-information** or the pool hotline, (949) 361-8466, ext. 105 that can be accessed 24 hours a day.

Street Sweeping

Holidays are approaching and with possible family/ friends visiting, please keep in mind that street sweeping takes place throughout Talega on the first and third Friday of every month.

Remember to move your car on street sweeping days to keep our community streets, gutters, streams, and oceans clean.

TalegaToday.com website contest

Have some free time or want to be entered into a random drawing? Then check out the community website **talegatoday.com**. There is a hidden paintbrush emoji hidden somewhere.

When you locate it, email lifestyle@talegatoday.com with where it was located, along with your name and daytime contact information, and you will be entered into a random drawing for a \$25 Amazon gift card. The contest concludes on Wednesday, October 18, at noon.

Happy hunting!



BLOCK Parties

Don't miss the opportunity to gather your neighbors and have some FUN. Talega Lifestyle offers four (4) block parties per neighborhood annually with a possible \$400 towards cost reimbursement. It's a great way for neighbors to meet and keep in touch with one another.

Check out **talegatoday.com** for an application and guidelines.





Event details a is online only,



Finale 2023 Summer Concert: The Zippers

Date: Saturday, September 9 Time: 6:00 p.m. – 8:00 p.m. Location: Calle Altea Park No registration required.

Join us as we bring a close to our summer concert series. A 7-piece band with an enormous song list from every era including the latest dance and rock hits. Don't forget to pre-order something for dinner with Ball Park Pizza. Umbrellas and Ez-ups are only permitted along the perimeter of the park. No pets, vaping, or smoking allowed.







Movie in the Park: Hotel Transylvania

Date: Saturday, October 7 Time: 6:30 p.m. – 7:00 p.m. Location: Calle Altea Park Registration: Friday, September 8, at 10:00 a.m. online. Popcorn will be provided by TLC while supplies last.

Community Garage Sale

Date: Saturday, October 7 Time: 8:00 a.m. – Noon Registration: Friday, August 25, through Monday, September 25 online. This is a one-time exception to have a second community sale; so mark your calendars. Remember, one man's junk is another man's treasure.

Let's Glow Middle School Madness Pool Party

Date: Friday, October 13 Time: 6:00 p.m. – 8:30 p.m. Location: TSAC Recreational Pool Registration: Friday, September 8, at 10:00 a.m online. You are sure to be glowing at this event. Grab a friend and those swimsuits and head on over to the Talega Swim & Athletic Clubhouse. It's an evening filled with activities, beverages, snacks, and, the best part, no adults allowed. Sorry parents, this event is for middle schoolers only. We will have security, and fully staffed for everyone's safety.



Scan the QR code to visit the website



Scan the QR code to follow us on Instagram



Scan the QR code to sign up for email blasts

talegatoday.com

re on the community website, all registration and must be a Talega resident to attend.

Halloween Decorating Contest

Talega will be having its annual Halloween Decorating Contest. Residents are encouraged to register and make their community ghoulish, haunted, and BOO-ti-ful! Use your imagination and creativity. You must be registered to win. Deadline to enter is Wednesday, October 18, by noon. Visit **talegatoday.com** for guidelines requirements.

Gift cards for winners: 1st place \$200, 2nd place \$125, and 3rd place \$75. Don't miss out on the frightful fun. Register your home.

Harvest/Oktoberfest

Date: Saturday, October 21 Time: 1:00 p.m. – 4:00 p.m. Location: TSAC Facility Registration: Friday, September 15, at 10:00 a.m. online until sold out. **Cost: \$10 per adult and \$5 per child (17 and under)**

This event is for Talega residents only, who reside in the community. If grandparents or adult children live within the household, you will need to get pre-approval for up to two (2) additional adult tickets PRIOR to registering. If you register without pre-approval, immediate refund with no notification will occur. Verification will only be accepted in the form of a photo ID reflecting the Talega address. No exceptions. Plan ahead and get pre-approval, as staff will be unavailable the day registration goes live.

Community Free Shred Day

Date: Saturday, November 4 Time: 10:00 a.m. – 1:00 p.m. OR **until the trucks are full** Location: TSAC parking lot (enter at top entrance to parking lot) No registration required.

A maximum of six (6) banker boxes per vehicle will be accepted.

Kid's Special: Traveling Reptiles

Date: Monday, November 20 Time: 10:00 a.m. – 11:00 a.m. Location: Talega Swim & Athletic Club Registration: Friday, October 27, at 10:00 a.m. online until sold out. ***Space is very limited*** All children must attend the event with an adult.

Due to space restrictions, only one (1) adult per household.







LIGHTS. CAMERA. ACTION.

Wine-n-Cheese HOLLYWOOD GLAM

Saturday, September 23 6:00 p.m. - 9:00 p.m. \$20 per person Talega Swim & Athletic Clubhouse Online registration begins Friday, August 25 at 10:00 a.m., until sold out.

Indulge yourself into a Glam and Glitz poolside evening. Attendees are highly encouraged to dress as if you were walking down the red carpet for an old Hollywood party, The Oscars, Golden Globes, or even the Met Gala. It's your night to shine. There will be raffles for those that dress up. There will be food stations paired with a variety of wines. Must be 21 or older to attend.

A special VIP area for the celebrities that sparkle with the dress attire of the theme.

This event is for Talega residents only, who reside in the community.

If grandparents or adult children live within the household, you will need to get pre-approval for up to two (2) additional adult tickets prior to registering. If registered without pre-approval immediate refund with no notification. Verification will only be accepted in the form of photo ID reflecting Talega address. No exceptions. Staff will be unable to provide approval the first hour registration goes live. To get your required pre-approval before then, contact Marcy Maulorico at marcy.maulorico@fsresidential.com.

PRODUCTION

talegatoday.com

Harvest Oktober

Saturday, October 21 1:00 p.m. - 4:00 p.m. Talega Swim & Athletic Clubhouse Online registration begins Friday, September 15, at 10:00 a.m. **Cost: \$10 per adult and \$5 per child (17 and under) Tickets are per person - Talega residents only.**

**Plan ahead: If you have additional adults living in the household, PRE-APPROVAL is required prior to registering. Verification will be in the form of a photo ID reflecting a Talega address. If no approval was given, registration will be considered a duplicate and refunded without notice. Submit for approval to Event Manager Marcy Maulorico at marcy.maulorico@fsresidential.com.

MUSIC | FOOD | ADULT BEER GARDEN | PETTING ZOO AND SO MUCH MORE

Don't forget to register and then mosey on down. Let's celebrate the fall season together. There is something for everyone to enjoy.

> TLC Partnering with Left Coast Brewery for Beer Garden



talegatoday.com

TALEGA RUN CLUB

Jennifer Bright, (949) 441-1189 talegarunclub@gmail.com

Join your local, family-friendly Talega Run Club every Saturday at 8:00 a.m. at Peet's Coffee in Talega.

Meet other new and avid runners for a 3- to 5-mile loop. All speeds and running levels are welcome and the club is always FREE to join. Drop in for an occasional group run or become a regular!

Photos from each weekend are posted on Facebook, Instagram @talegarunclub, and Strava, so join and follow us. Email your questions to talegarunclub@gmail.com.



HANG LOOSE

Kat Partma, (949) 538-6588 kathypartma@aol.com

Hang Loose is a walking and social group for mature women. We welcome new faces. Come "walk and talk" with us and HANG LOOSE.

Every Monday and Wednesday at 9:00 a.m.

Local meeting locations vary. Please call or email for current schedule.



NEW MRS. STEWART'S MUSICAL ADVENTURES

Paige Stewart, (484) 364-6920 paigenici@gmail.com

Special Orientation. Free meet-and-greet orientation on Friday, August 25

Fridays at 10:00 a.m. Classes begin Friday, September 8 Terrace Room at Talega Swim & Athletic clubhouse 0-4 year olds \$25 per session \$20 prepay for a month \$15 for additional sibling

Be sure to bring your own blanket to sit on

Join Mrs. Stewart for an interactive music class for babies, toddlers, and you. As a mom of 2, Mrs. Stewart knows how important it is to get the little one's out of the house and groovin' to the beat! Sing-along songs will be played on the guitar and shakers will be provided for the kids. So come sing, dance, and make music together with our little ones on Fridays at 10:00 a.m. for a 30-minute class at the Talega Clubhouse.

TALEGA BOOK CLUB

Viv Shaw, (951) 313-1342 vtsteach@cox.net

The Talega Book Club meets on the third Tuesday of the month at 4:00 p.m. at the TSAC Clubhouse fireplace room.

Please contact Sue Cody or Viv Shaw for upcoming book selections and additional information. Everyone is welcome!

SINGERS COMPANY

Erika Johnson, (949) 444-5239 erika@singerscompany.com www.talega.singerscompany.com

Monday's from 3:30 p.m. to 5:00 p.m. at the TSAC Terrace Room. Fall classes start on Monday, September 11, and a one-time registration increase from \$20 to \$25.



Please note: All attendees of any sports or activities must be a Talega resident.

STRETCH. CORE. BALANCE.

Stacy Agosto, Instructor RYT-200, (949) 632-1176 talegayoga@gmail.com www.talegayoga.com

This class is designed to strengthen muscles and core while improving endurance and flexibility. We will combine yoga poses with the use of an exercise ball and Yoga TuneUp balls. The exercise ball will help strengthen the core, lower back, and balance. The Yoga TuneUp balls will be used to relax the muscles and increase circulation. Students will learn techniques to improve posture, strengthen core, and relax.

Thursdays at 9:45 a.m.

\$15 per class

RSVP for class via email or text (5-student minimum; payment is due before session begins). Items to bring: Yoga mat and strap, 2 blocks, 2 Yoga TuneUp balls (or handballs), and a 10" exercise ball.



TALEGA TIGER SHARKS

Mary McLaughlin, Coach, (949) 293-5772 swimtalega@gmail.com

Join the fun and improve your swimming skills with these swim camps and classes. Group and private swim instructions are available.

Stop by the pool or visit us on Facebook to book a class or lesson that meets your swimming goals.

This is the perfect class to prepare for Jr. Guards, surf camp, and summer swim team. Participants must be able to swim independently. Designed to increase overall fitness and confidence in the water.

Registration and fees are taken in-person on the first day of class.

SWIM CONDITION CLASS:

August 28 - October 5

October 9 - November 16

Swim Condition Class is offered Monday/Wednesday OR Tuesday/Thursday from 4:00 p.m. to 5:00 p.m. at Saluda Pool.

This class is for swimmers 6 years and older that are able to swim Freestyle and Backstroke for 25 yards unassisted. This is **not** a learn to swim class. Space is limited and registration will be taken on a first-come, first-serve basis.

Contact Coach Mary McLaughlin for registration dates or visit our Instagram Page for updates @TalegaTigerSharks.

Questions regarding the Talega Swim Program? Contact Coach Mary McLaughlin at (949) 293-5772.



Please note: If you have inquiries for registrations, class schedules, costs, etc., that go beyond what is listed for that specific program, please contact the instructor directly.



100 CALLE ALTEA SAN CLEMENTE, CA 92673





Keep up to date with all the happenings in Talega from news, projects, and events by visiting the community website.

talegatoday.com

THANK YOU TO ALL OUR VENDORS AND VOLUNTEERS WHO MAKE TALEGA LIFESTYLE CORPORATION'S EVENTS POSSIBLE!

