

TALEGA

FEBRUARY/MARCH
2024 ISSUE

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

Today



Spring in Talega

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Talega Swim & Athletic Club (TSAC)
100 Calle Altea San Clemente, CA 92673
(949) 361-8466

9:00 a.m. – 5:00 p.m.
Monday – Sunday

Closed on weekends for lunch from 1:00 p.m. - 2:00 p.m.

For general inquiries:
Talega@ciramail.com

Maintenance:
Talega@ciramail.com

Parking, violations, etc.:
Talega@ciramail.com

Process, deadlines, submittals, and updates:
Talega@ciramail.com

Events, newsletter, and website:
Talega@ciramail.com

Automobile Safelisting: Patrol One
 14 nights or less
 (949) 367-8055
www.patrol-one.com

A Message from the Board of Directors

Happy New Year! We wish you and your families a prosperous year ahead. Talega is entering its 24th year as The Village in the Hills above the Sea and is aging gracefully.

Following the management company change, we understand that you may still have questions about how the monthly HOA Assessments are billed. Make sure that you login to the Ciranet resident portal and check your balance to make sure you are paying the appropriate amount. GrandManors offers the following five methods to pay your monthly assessments: ACH/Auto Debit, eCheck, Credit Card, Check, and your bank's online bill-pay. If you have any questions, please contact the GrandManors Resident Services Center at (855) 947-2636.

As Spring nears, you will see a variety of renewal projects within the community. The Landscape Committee will continue focusing on the renewal of the public facing areas. Providing support to the Landscape Team, the committee is dedicated to using California native foliage where possible and reducing the need for irrigation and pesticide use. Beautification in Talega is continuous, as we are always looking for new and innovative ways to keep Talega one of the premier communities in Southern California.

We continue to work with the Orange County Fire Authority to ensure the community's safety and compliance. Our commitment goes beyond meeting standards—we proactively implement measures to exceed expectations. Emphasizing safety guidelines, we work on initiatives that prioritize residents' well-being, fostering a secure community environment.

Sincerely,

Talega Maintenance Corporation Board of Directors

TALEGA SWIM & ATHLETIC CLUB (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
1:00 p.m. - 2:00 p.m.

TMC BOARD OF DIRECTORS

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

TLC BOARD OF DIRECTORS

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

CONTACTING THE BOARDS

Talega Maintenance Corporation
(Community Operations and Maintenance)
Talega@ciramail.com

Board of Directors
Talega Maintenance Corporation
c/o GrandManors
100 Calle Altea
San Clemente, CA 92673

Talega Lifestyle Corporation
(Community Events and Programs)
Talegalc@ciramail.com

Board of Directors
Talega Lifestyle Corporation
c/o GrandManors
100 Calle Altea
San Clemente, CA 92673

ARCHITECTURAL PLAN SUBMITTAL DEADLINES

Friday, March 8 | Friday, April 5

TMC BOARD MEETINGS

6:30 p.m.
Tuesday, February 13
Tuesday, March 12

DELEGATE MEETING DATES

7:00 p.m.
Wednesday, February 21
Wednesday, April 17


ANNUAL MEETING DATE

Tuesday, November 19

QUESTIONS?

Email: talega@ciramail.com

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



Talega Maintenance Corporation 2024 Board

The Talega Maintenance Corporation (TMC) Election was held on Tuesday, November 14, 2023, to elect two (2) members to the TMC Board of Directors for three year terms. 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.

We would like to congratulate the winners of the Talega Maintenance Corporation Election: Serge Jonnaert as the new Talega Maintenance Corporation President and Andrea Ewell as the Talega Maintenance Corporation Vice President.

2024 Board

Serge Jonnaert – President

Andrea Ewell – Vice President

Taylor Florence – Vice President

Dennis Kamp – CFO

Phil Harris – Secretary

If you have any feedback for the board or have any questions, you can email Talega@ciramail.com or mail correspondence to:

TMC Board of Directors
c/o GrandManors
100 Calle Altea
San Clemente, CA 92673

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, we'd like to bring to your attention that the usage of Sur-Ron bikes is prohibited on streets, sidewalks, and parks within our community. To ensure compliance with this regulation, law enforcement will take necessary action. This measure is in place not only to prioritize pedestrian safety but also to preserve the quality and safety of our public spaces. Your cooperation in adhering to these guidelines and promptly reporting any violations is invaluable and aids in creating a community that prioritizes the safety and comfort of all residents. Together, we can foster an environment where everyone can enjoy the public spaces in our community with confidence and security.



Parking

As a reminder, no vehicles may be parked on the TMC property streets between the hours of 1:00 a.m. and 6:00 a.m. (early morning hours) seven days a week without a safelist. Parking is enforced in Talega by Patrol One. You can contact them directly at (949) 367-8055 or www.patrol-one.com to safelist a vehicle for up to 14 nights within a 30-day period.

- You must create a safelisting profile at www.patrol-one.com for your address to receive a temporary safelist for yourself or visitor/guest. Their license plate will act as their permit to park overnight after they receive their safelist confirmation number (and only for the dates selected).
- You must have an Activation Code in order to create your profile. If you don't know your code, contact Talega@ciramail.com.

Be sure to place the confirmation number on the windshield from the inside of the vehicle. If you live in a sub-association, contact your own management company to find out their particular parking rules and parking patrol vendor. Those communities would be: Carmel, Trinidad, Gallery, Verano, and Talega Village (Alassio/Santalana).

If you require a safelist longer than 14 nights or you need your activation code, contact Talega@ciramail.com.

To learn more about parking, visit <https://talega.today/parking-enforcement/> or scan the QR code below.



TALEGA TURNS

25

YEARS OLD IN 2025

Talega is on the brink of an exciting milestone as the community gears up for its 25th anniversary celebration. If you love the community and know a bit about planning events, consider getting involved. A mix of people—longtime residents and newcomers alike—are sought to bring diverse perspectives to the celebration. The goal is to honor traditions while adding new and exciting ideas.

Volunteering is more than helping plan a big event; it's a chance to connect with neighbors, share skills, and add a personal touch to Talega's story. Whether you've been living here for years or just arrived, everyone is welcome to be part of creating an anniversary celebration that truly reflects the community.

If you're excited about Talega, have event planning experience, and want to be part of something special, apply now. Let's work together to make Talega's 25th anniversary unforgettable!

If you have any pieces of Talega's history—photos, videos, or memorabilia that tell the community's story, please share them at talegalc@ciramail.com

To volunteer, visit <https://talega.today/volunteer/> or scan the QR code below. Contribution is essential to making Talega's 25th anniversary a celebration to remember!



Talega Contact Information

100 Calle Altea San Clemente, CA 92673

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Events, newsletter, and website: Talegalc@ciramail.com

Automobile Safelisting: Patrol One

14 nights or less

[\(949\) 367-8055](tel:(949)367-8055)

www.patrol-one.com

GrandManors Resident Services Center

[\(855\) 947-2636](tel:(855)947-2636)

TalegaToday Instagram: [Talegatoday](https://www.instagram.com/Talegatoday)

Visit <https://talega.today/welcome/> or scan the QR code below to visit the New Resident page on the TalegaToday Community Website.



Meet Your New Team

Since the transition to GrandManors, our new management company, you may have noticed a mix of both new and familiar faces adding a vibrant presence to the Talega community. Please take a moment to learn more about the team and what each member of the team contributes to make Talega a wonderful place to live.



Brian Taylor: Brian is the Executive Director for Talega and has been serving the community for over 15 years.

Michelle Shields: Michelle is the Compliance Coordinator for Talega and has been serving the community for over 10 years.

Payton Cantrell: Payton is the Communications Coordinator for Talega and handles the TalegaToday community website and newsletter. Payton has been with Talega since June 2023.

Noel Schultz: Noel is the Lifestyle Manager for Talega and organizes all of Talega's events. Noel joined Talega in November 2023.

Christine Hulka: Christine is the Community Manager for Talega and handles all day-to-day operations. Christine joined Talega in November 2023.

Rich Smith: Rich is the Facilities Manager for Talega and maintains all of the amenities at the Talega Swim and Athletic Club. Rich joined Talega in November 2023.

Courtney Commeau: Courtney is the Executive Assistant and handles all board matters and administrative duties. Courtney joined Talega in November 2023.

Greg Wittman: Greg is the Maintenance Manager for Talega and handles all maintenance and landscape requests. Greg joined Talega in November 2023.

Shawn Snyder: Shawn is the Resident Services Associate for Talega and handles general resident requests and distributes those requests so they can be solved. Shawn joined Talega in November 2023.

Madison Mitchell: Madison is the Architectural Review Coordinator for Talega and handles all architectural submittal requests. Madison joined Talega in December 2023.

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.

Residents are encouraged to promptly report any suspicious activities to ensure the safety of the community. Collaboration with law enforcement is underway to thoroughly investigate these incidents.

Reaffirming the commitment to a safe and harmonious community sends a strong message that such behavior will not be tolerated in Talega. The aim is to create an environment where everyone feels secure, fostering a community where residents can fully enjoy amenities without fear or disruption.



BURGLARIES

South American Theft Groups remain 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.

As we navigate this potential threat, let us reinforce the importance of a unified front against criminal activities. Staying vigilant, sharing information, and reporting any unusual behavior are essential steps in fortifying the security of our community. By working together, we can contribute to the early detection and prevention of any potential incidents, thereby fostering an environment where residents can feel secure and confident in the continued safety of Talega.

Below are some tips to harden your home against crime & burglaries:

- Secure your doors and windows
- Upgrade your door locks
- Buy a home security system
- Keep your valuables hidden
- Install outdoor lighting
- Lock your garage
- Be smart about your hide-a-key
- Make it look like someone is home
- Consider buying a safe

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 Talega@ciramail.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.



Hey Talega Homeowners!

What's the easiest way to give back, improve this beautiful community, and make a difference? Join a committee. If you have a passion for the community and want to spend time with fellow homeowners on helpful initiatives each month, please consider applying to a committee. **We are currently seeking volunteers!**

COMMITTEES CURRENTLY SEEKING VOLUNTEERS:

Enforcement Committee- Seeking 1 volunteer

If you have additional questions or would like to apply, please contact Michelle Shields at (949) 361-8466 or Talega@ciramail.com.

Committee Details:

- Meets are once per month for 1-2 hours every first Wednesday of the month. Additionally allow 1-2 hours to study the Agenda provided between Friday and Wednesday before the meeting
- Reviews violations and helps conduct hearings with homeowners
- Provides guidance on important homeowner matters in accordance with CC&Rs

Design & Review Committee- Seeking 1 volunteer

If you have additional questions or would like to apply, please email Talega@ciramail.com.

Committee Details:

- Meets are on the third Thursday of each month for 2-3 hours in the evening
- Reviews Homeowner submitted architectural revisions
- Supports the Board of Directors in maintaining an aesthetically harmonious community

In addition to Talega Committees, there are also opportunities to volunteer as a Neighborhood Delegate!

Talega has more than 12,000 residents, spread across 39 unique neighborhoods. Neighborhood Delegates assist with the governance of this large, master-planned community to ensure that every member is properly represented.

If you...

- Care about your community and want to make a meaningful contribution,
- Are actively engaged with your neighbors, observant, respectful, and a good listener,
- Can be a positive voice for the community, can relay perspectives on matters that are relevant to the membership, and can solicit feedback when requested by TMC or its Board of Directors,
- We would like you to consider becoming a Neighborhood Delegate!



If you are interested in volunteering, visit the TalegaToday website at <https://talega.today/volunteer/> or scan the QR code to fill out a volunteer application.



JANUARY

A light blue rounded rectangle containing a string of gold stars and lights, and snowflake illustrations on the left side. The text "HAPPY New Year" is written in a mix of gold and grey fonts.

MARCH

A light green rounded rectangle containing an illustration of a colorful Easter egg on the left side. The text "EGG HUNT" and "SPRING FLING" are centered in bold black font with their respective dates below.

MAY

A light orange rounded rectangle containing an illustration of a smiling sun on the left side. The text "MIDDLE SCHOOL MADNESS", "TAPAS TUESDAY", and "SCHOOL'S OUT POOL PARTY" are centered in bold black font with their respective dates below.

FEBRUARY

A light pink rounded rectangle containing three heart illustrations on the right side. The text "KIDS SPECIAL" and "PAINT N SIP" are centered in bold black font with their respective dates below.

APRIL

A light purple rounded rectangle containing an illustration of three purple tulips on the right side. The text "GARAGE SALE/ SHRED DAY" and "FITNESS SPECIAL" are centered in bold black font with their respective dates below.

JUNE

A light yellow rounded rectangle containing an illustration of a colorful beach ball on the right side. The text "ICE CREAM TRUCK", "CONCERT 1", and "FAMILY FUN DAY" are centered in bold black font with their respective dates below.



JULY

ICE CREAM TRUCK

Jul 6 & 20

CONCERTS 2 & 3

Jul 13 & 27

PAINT N SIP

Jul 17



AUGUST

ICE CREAM TRUCK

Aug 3 & 17

CONCERT 4

Aug 10

LUAU

Aug 24



SEPTEMBER

WINE & CHEESE

Sep 14

MOVIE IN THE PARK

Sep 28



OCTOBER

HAUNT YOUR HOUSE CONTEST

Oct 1-18

MIDDLE SCHOOL MADNESS

Oct 4

OKTOBERFEST

Oct 19



NOVEMBER

PAINT N SIP

Nov 13

KIDS SPECIAL

Nov 25



DECEMBER

LETTERS TO SANTA

Dec 1-11

LIGHT UP THE NIGHT

Dec 1-16

PHOTO WITH SANTA

Dec 7

WINE & WRAP

Dec 12



Spring Ever

Event details are online only, and more



Egg Scavenger Hunt

March 22nd-March 25th from 10:00 a.m. – 4:00 p.m.

Find all 10 eggs for the chance to win an egg-cellent prize!

- Pick up a scavenger hunt map and stickers at the front desk!
- Place the stickers on the map where the eggs are located.
- Bring back the completed map to the front desk to be entered to win a prize!

Winners will be contacted via email to pick up their spring-tacular prize!

https://talega.today/event/egg_scavenger_hunt/



Scan the QR code to visit the website



Spring Fling

Saturday, March 23rd from 11:00 a.m.- 2:00 p.m. at Calle Altea Park

Spring is in full bloom at Talega! Join us at Spring Fling for an egg-cellent time! Festivities include bounce houses, petting zoo, DJ, and more!

Visit the TalegaToday community website for more information. Use the link here to visit the TalegaToday community website:

https://talega.today/event/spring_fling/



Scan the QR code to follow us on Instagram



Spring Fling Egg Hunt

Saturday, March 23rd from 11:00 a.m. – 2:00 p.m. at Calle Altea Park

Hunt Times

11:30 AM | Ages (0-3YRS)

12:30 PM | Ages (4-7YRS)

1:30 PM | Ages (8-11YRS)

Bring your own basket!

Visit the TalegaToday community website for more information.

Use the link here to visit the TalegaToday community website:

https://talega.today/event/spring_fling/



Scan the QR code to sign up for email blasts

Events in Talega

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



Community Garage Sale

Saturday, April 13th from 8:00 a.m. – 12:00 p.m.

Find your next treasure at Talega's community garage sale!

Register today to have your garage sale promoted as a home participating in the event!

Visit the TalegaToday community website for more information. Use the link here to visit the TalegaToday community website:

https://talega.today/event/garage_sale/



Shred Day

Saturday, April 13th from 9:00 a.m. – 12:00 p.m.

Spring into action! Join Talega at shred day! Spring clean to make room for the new!

*For Talega residents only

Visit the TalegaToday community website for more information. Use the link here to visit the TalegaToday community website:

https://talega.today/event/garage_sale/



Block Parties

As we enter the new year, we have new updates to the Block Party program. In 2024, the block party reimbursement opportunities for each community is 4 Block Parties per neighborhood.

Don't miss the opportunity to gather your neighbors and have some FUN. Talega Lifestyle offers (4) block parties per neighborhood annually with a possible \$400 towards cost reimbursements. This program encourages neighbors to socialize and celebrate life's memorable moments with each other!

To have your Block Party application approved, please submit the following documents in one cohesive email submission to Talegalc@ciramail.com:

- Pre-Block Party Application
- Invitation
- Invitation list (names & addresses)

Resident may drop off the completed application documents at the TSAC office daily between 9:00 a.m. and 5:00 p.m. Management will review the application materials and residents will be contact and notified of their Block Party reimbursement application status.

Block Party Ideas:

- Valentine's Day Bake-Off
- Family Recipes Potluck
- Art Party
- Mother's Day Brunch
- Scavenger Hunt
- Carnival Games
- Trivia Night

Check out the community website at talegatoday.com for an application and guidelines.

Purpose & Definition of Block Parties: A gathering of residents in a neighborhood (Lucia, San Rafael, Solana etc.) to build relationships, foster a sense of community and create lasting memories for their community!



How to Register for Events

Moving into 2024, event registrations will be online only, unless noted otherwise. Registration links will be available in weekly e-blasts and on the TalegaToday community website, under the "Events & Programs" tab. TLC highly suggests subscribing to e-blasts because they are the best way to stay updated with event information.

Please review some key information about registering for events:

- Pre-registration is required for all events.*
- Registration typically goes live 4-5 weeks prior to the event at 10:00 a.m. PST.**
- Carefully read all question prompts when registering.
- There is a two (2) adult maximum per household, per event.***
- Events are exclusively for Talega residents. Any individual registered to attend must reside within the community. Visitors from out-of-town are unable to attend Talega events.
- Increasing headcounts after the event has sold out or on the same day is not permitted and will not be accommodated.
- The Cancellation Policy remains in effect for all events with and without registration charges.

Should you have any questions, please contact Lifestyle Manager Noel Schultz at (949) 361-8466.

***With the exclusion of Summer Concerts. See event flyers for more details.**

****Registration links will not allow you to make any selections until 10 a.m. PST. Links are typically available on the website 10 minutes prior to going LIVE.**

*****TLC understands some households have more than two (2) adults who would like to attend events. If this is you, please contact Lifestyle Manager Noel Schultz for further direction prior to registering.**

EVENTS CANCELLATION POLICY

TLC understands that unforeseen circumstances may arise. We ask that those who can cancel in a timely manner please do so. Events are carefully planned and all registrants are accounted and paid for.

Failing to notify of cancellation in a timely manner compromises management. Our wait lists fill quickly, and it is difficult to notify those on the waitlist on the same day of the event. Help management help you and your neighbors.

The policy is as follows:

- Talega Lifestyle Events are for Talega residents only. Guests and family cannot be accommodated.
- Adult events are limited to two (2) adults per household. Additional adult(s) residing in the household require prior approval and verification of Talega residency 48 hours before registering for an event.
- All cancellations must be emailed to talegalc@ciramail.com.
- Cancellations received 14 days or more prior to the event (by 5:00 p.m. on the 14th day) will receive a full refund.
- Cancellations received less than 14 days prior to the event or no-show will not be refunded.
- Cancellations received 48 hours prior to the event will be considered a violation. A notice reminding you of the cancellation policy will be sent to your residency.
- Registering and failing to attend will be considered a violation and will result in a charge equaling the actual unsubsidized cost of attendance per person.
- Upon your third offense, you may be denied registration for one or more future events.
- No balance or ticket transfers will be accommodated.

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.



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 Viv Shaw for upcoming book selections and additional information. Everyone is welcome!



SINGERS COMPANY

Erika Johnson, (562) 318-9454
erika@singerscompany.com
talega.singerscompany.com

Singers Company is a non-competitive performing group for girls age 4 through 3rd grade. Our goal is to provide a fun environment to inspire young girls with confidence through music and dance.



Mondays from 3:10 p.m. - 4:00 p.m. and 4:10 p.m. - 5:00 p.m. in the TSAC Terrace room.

TALEGA MOMS

Membershiptalegamoms@gmail.com

Motherhood is more fun with friends! The Talega Moms Club is a place to build community and lasting friendships with other moms of young kids. Whether you're a stay-at-home mom or working mom, there's something for everyone with daytime play dates, meet-ups, mom's night out events, charitable opportunities and more! Every mom has a place in this supportive group of women looking to build connections as we do motherhood together.



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 8:30 a.m.

All 7 classes for \$105

RSVP for class via email or text info (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.

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.

Conditioning Class:

Feb 5 - March 28

April 8 - May 23

Summer program dates: June 3 - Aug 1, 2024

For updates, give us a follow on Instagram.



SWIM CONDITION CLASS:

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

Swimmers must be 6 years of age and able to complete 25 yards of freestyle. This is not a learn-to-swim class. Swimmers will learn all four (4) swim strokes, turns, starts, (weather permitting) and increase endurance. This is a fun, non-competitive environment to enhance your fitness and stamina. Come join the Tigersharks at the Saluda pool above Liberty Park! Contact Coach Mary for more details at **(949) 293-5772**.

For updates, give us a follow-on Instagram [@TalegaTigersharks](https://www.instagram.com/TalegaTigersharks) and we will see you at the pool!

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.

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

TLC

TALEGA LIFESTYLE CORPORATION

TMC

TALEGA MAINTENANCE CORPORATION

Gm GrandManors
A Division of RealManors, LLC

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