

STAFF REPORT



To: Board of Directors
From: Michelle Lacy, General Manager
Re: Consent Calendar

Consent Calendar items are considered to be routine by the Board of Directors and will be enacted by one motion. By approval of the Consent Calendar the staff recommendation will be adopted. There will be no separate discussion on these items unless a Board member or a member of the public requests removal of the item from the Consent Calendar.

CONSENT CALENDAR FOR NOVEMBER 3, 2016

- A. Approve Bills to be Paid (Exhibit 1)
- B. Approve Resolution 2016-11-03, Authorize District Check Signers (Exhibit 2)

Accounts Payable
Computer Check Register Totals

<u>Check</u>	<u>Date</u>	<u>Vendor No</u>	<u>Vendor Name</u>	<u>Amount</u>	<u>Voucher</u>
23357	11/03/2016	AmFid	American Fidelity	2,648.27	000000
23358	11/03/2016	AmFidAs	American Fidelity Assurance	431.12	000000
23359	11/03/2016	BayAlar	Bay Alarm Company	32.16	000000
23360	11/03/2016	BayBuil	Bay Building Maintenance Inc.	700.00	000000
23361	11/03/2016	BillAce	Bill's Ace Hardware	19.30	000000
23362	11/03/2016	BonaSan	Sandra Bonato	200.00	000000
23363	11/03/2016	Capri	CAPRI	47,029.00	000000
23364	11/03/2016	CCWat	Contra Costa Water District	4,098.06	000000
23365	11/03/2016	CGSgym	CGS Gymnastic Services, Inc	864.00	000000
23366	11/03/2016	ConFeed	Concord Feed & Pet Supply	149.89	000000
23367	11/03/2016	DonDen	Dennis A. Donaghu	200.00	000000
23368	11/03/2016	DownKat	Katelyn Downing	40.00	000000
23369	11/03/2016	Ewing	Ewing Irrigation	149.11	000000
23370	11/03/2016	FarWest	Farwest Sanitation	101.23	000000
23371	11/03/2016	GlovBob	Bobby Glover	200.00	000000
23372	11/03/2016	LahlBil	Bill Lahl	211.20	000000
23373	11/03/2016	LeatSan	Sandra Leathley	600.00	000000
23374	11/03/2016	LeviJul	Julie Levin	60.00	000000
23375	11/03/2016	MillSta	Miller Starr Regalia	1,343.00	000000
23376	11/03/2016	Nextel	Nextel Communications/Sprint	953.04	000000
23377	11/03/2016	PERS	CalPERS	13,164.84	000000
23378	11/03/2016	PG&E	Pacific Gas & Electric Co	17,504.64	000000
23379	11/03/2016	PleaHill	Pleasant Hill Rec & Park Distr	143,816.76	000000
23380	11/03/2016	ShessZac	Zac Shess	200.00	000000
23381	11/03/2016	SocMagic	Society Of American Magicians	688.48	000000
23382	11/03/2016	SterSher	Sherry Sterrett	200.00	000000
23383	11/03/2016	SuppWor	Supply Works	567.30	000000
23384	11/03/2016	USBank	U.S. Bank	2,417.15	000000
23385	11/03/2016	Valic	Valic	600.00	000000
23386	11/03/2016	WhitCas	Casey White	280.00	000000

CHECK TOTAL: \$239,468.55

Accounts Payable

Computer Check Proof List

User: julie
 Printed: 10/27/2016 - 2:41 PM



Pleasant Hill Recreation & Park District

People, Parks & Programs Since 1951

Invoice No	Description	Amount	Payment Date	Acct Number	Reference
Vendor:AmFid	American Fidelity			Check Sequence: 1	ACH Enabled: No
10/2016	American Fidelity 125/Daycare	791.65	11/03/2016	100-0000-21345	
10/2016	American Fidelity 125/Daycare	104.16	11/03/2016	100-0000-21345	
10/2016	American Fidelity 125/Daycare	394.15	11/03/2016	100-0000-21345	
10/2016	American Fidelity 125/Daycare	250.00	10/27/2016	100-0000-21345	
10/2016	American Fidelity 125/Daycare	749.99	10/27/2016	100-0000-21345	
10/2016	American Fidelity 125/Daycare	358.32	10/27/2016	100-0000-21345	
	Check Total:	2,648.27			
Vendor:AmFidAs	American Fidelity Assurance			Check Sequence: 2	ACH Enabled: No
10/2016	Life/Acc/Dis/Can	76.40	10/27/2016	100-0000-21360	
10/2016	Life/Acc/Dis/Can	18.76	10/27/2016	100-0000-21360	
10/2016	Life/Acc/Dis/Can	82.94	10/27/2016	100-0000-21360	
10/2016	Life/Acc/Dis/Can	61.41	10/27/2016	100-0000-21360	
10/2016	Life/Acc/Dis/Can	43.00	11/03/2016	100-0000-21360	
10/2016	Life/Acc/Dis/Can	69.58	11/03/2016	100-0000-21360	
10/2016	Life/Acc/Dis/Can	15.84	11/03/2016	100-0000-21360	
10/2016	Life/Acc/Dis/Can	39.19	11/03/2016	100-0000-21360	
10/2016	Life/Acc/Dis/Can	24.00	10/27/2016	100-0000-21360	
	Check Total:	431.12			
Vendor:BayAlar	Bay Alarm Company			Check Sequence: 3	ACH Enabled: No
3881524161015m	TC	18.93	11/03/2016	100-1255-75515	alarms
394142416105m	SC	13.23	11/03/2016	100-1220-75515	alarms
	Check Total:	32.16			
Vendor:BayBuil	Bay Building Maintenance Inc.			Check Sequence: 4	ACH Enabled: No
50802	PHAC janators	700.00	11/03/2016	100-1280-75515	janatorial serv
	Check Total:	700.00			

Invoice No	Description	Amount	Payment Date	Acct Number	Reference
Vendor:BillAce 434306	Bill's Ace Hardware grease Check Total:	19.30 19.30	11/03/2016	Check Sequence: 5 100-1300-75535	ACH Enabled: No supplies
Vendor:BonaSan 10312016	Sandra Bonato Oct Check Total:	200.00 200.00	11/03/2016	Check Sequence: 6 100-1100-60100	ACH Enabled: No Board
Vendor:Capri 3188	CAPRI installment 16-17 year Check Total:	47,029.00 47,029.00	11/03/2016	Check Sequence: 7 100-0000-15100	ACH Enabled: No work comp
Vendor:CCWat D275846 D275847 D276369 D276427 D277051 D277052 D277056 D277057 D277058 D277059 D277410 D277412	Contra Costa Water District CC fire CC VH 2 VH 5 SC SC fire TC fire TC DO Cleveland Paso Nagal Paso Nagal Check Total:	75.10 523.31 61.22 56.09 447.23 82.32 75.10 324.75 79.69 993.41 325.10 1,054.74 4,098.06	11/03/2016 11/03/2016 11/03/2016 11/03/2016 11/03/2016 11/03/2016 11/03/2016 11/03/2016 11/03/2016 11/03/2016 11/03/2016 11/03/2016	Check Sequence: 8 100-1231-65710 100-1231-65710 300-3000-65710 320-3200-65710 100-1220-65710 100-1220-65710 100-1255-65710 100-1210-65710 100-1300-65710 100-1300-65710 100-1300-65710	ACH Enabled: No water water water water water water water water water water water water
Vendor:CGSgym 6603.101 6605.101	CGS Gymnastic Services, Inc parents & me tiny timblers Check Total:	540.00 324.00 864.00	11/03/2016 11/03/2016	Check Sequence: 9 100-1260-75250 100-1260-75250	ACH Enabled: No instructor instructor
Vendor:ConFeed 1598139 1599137	Concord Feed & Pet Supply oyster shell boots Check Total:	95.66 54.23 149.89	11/03/2016 11/03/2016	Check Sequence: 10 100-1300-75505 100-1280-75530	ACH Enabled: No bocce bocce
Vendor:DonDen 10312016	Dennis A. Donaghu Oct	200.00	11/03/2016	Check Sequence: 11 100-1100-60100	ACH Enabled: No Board

Invoice No	Description	Amount	Payment Date	Acct Number	Reference
	Check Total:	200.00			
Vendor:DownKat 10312016	Katelyn Downing Oct Check Total:	40.00 40.00	11/03/2016	Check Sequence: 12 100-1100-60100	ACH Enabled: No Board
Vendor:Ewing 2337645 2345078	Ewing Irrigation 45 psi scrubber valve Check Total:	41.54 107.57 149.11	11/03/2016 11/03/2016	Check Sequence: 13 100-1300-75511 100-1300-75511	ACH Enabled: No parts & supplie parts & supplie
Vendor:FarWest 180702	Farwest Sanitation CPHS Check Total:	101.23 101.23	11/03/2016	Check Sequence: 14 100-1250-75620	ACH Enabled: No temp RR
Vendor:GlovBob 10312016	Bobby Glover Oct Check Total:	200.00 200.00	11/03/2016	Check Sequence: 15 100-1100-60100	ACH Enabled: No Board
Vendor:LahBil 4608.102	Bill Lahl retirement Check Total:	211.20 211.20	11/03/2016	Check Sequence: 16 100-1240-75620	ACH Enabled: No instructor
Vendor:LeatSan 12072016	Sandra Leathley Elsa & Anna characters Check Total:	600.00 600.00	11/03/2016	Check Sequence: 17 100-1265-75155	ACH Enabled: No Holiday Fest
Vendor:LeviJul 4576.103	Julie Levin compassion Check Total:	60.00 60.00	11/03/2016	Check Sequence: 18 100-1240-75620	ACH Enabled: No instructor
Vendor:MillStia PRPD53132	Miller Starr Regalia Sep fees Check Total:	1,343.00 1,343.00	11/03/2016	Check Sequence: 19 100-1100-70000	ACH Enabled: No legal
Vendor:Nextel 709409312-174 709409312-174	Nextel Communications/Sprint Oct cell phones Oct cell phones	79.42 39.71	11/03/2016 11/03/2016	Check Sequence: 20 100-1280-65365 100-1230-65365	ACH Enabled: No cell phones cell phones

Invoice No	Description	Amount	Payment Date	Acct Number	Reference
709409312-174	Oct cell phones	39.71	11/03/2016	100-1231-65365	cell phones
709409312-174	Oct cell phones	516.23	11/03/2016	100-1300-65365	cell phones
709409312-174	Oct cell phones	39.71	11/03/2016	100-1250-65365	cell phones
709409312-174	Oct cell phones	79.42	11/03/2016	100-1220-65365	cell phones
709409312-174	Oct cell phones	39.71	11/03/2016	100-1100-65365	cell phones
709409312-174	Oct cell phones	119.13	11/03/2016	100-1350-65365	cell phones
	Check Total:	953.04			
Vendor:PERS	CalPERS			Check Sequence: 21	ACH Enabled: No
103116	PERS	4,287.54	11/03/2016	100-0000-21250	
103116	PERS	7,231.95	11/03/2016	100-0000-21250	
103116	PERS	1,645.35	11/03/2016	100-0000-21250	
	Check Total:	13,164.84			
Vendor:PG&E	Pacific Gas & Electric Co			Check Sequence: 22	ACH Enabled: No
10172016	147 gregory	1,563.87	11/03/2016	100-1300-65701	utilities
10172016	viking dr	1,173.05	11/03/2016	100-1250-65701	utilities
10172016	Ball PK 147 Gregory	564.44	11/03/2016	100-1250-65701	utilities
10172016	cliffside dr	13.80	11/03/2016	300-3000-65701	utilities
10172016	falls ct	13.80	11/03/2016	300-3000-65701	utilities
10172016	driftwood ct	16.46	11/03/2016	340-3400-65701	utilities
10172016	Shadowood Pk	11.39	11/03/2016	100-1300-65701	utilities
10172016	viking dr	148.02	11/03/2016	100-1231-65705	utilities
10172016	CC	5,176.89	11/03/2016	100-1231-65701	utilities
10172016	RRanch	32.53	11/03/2016	100-1233-65701	utilities
10172016	School House	75.74	11/03/2016	100-1232-65701	utilities
10172016	heritage meadows	16.46	11/03/2016	340-3400-65701	utilities
10172016	147 gregory	1,563.86	11/03/2016	100-1280-65701	utilities
10172016	147 gregory	431.88	11/03/2016	100-1280-65705	utilities
10172016	PO Pk	21.98	11/03/2016	100-1300-65701	utilities
10172016	Las Juntas	19.85	11/03/2016	100-1300-65701	utilities
10172016	shannon hills	20.57	11/03/2016	100-1300-65701	utilities
10172016	RSmith	138.73	11/03/2016	100-1300-65701	utilities
10172016	hospice	10.19	11/03/2016	100-1300-65701	utilities
10172016	WC	796.69	11/03/2016	100-1230-65701	utilities
10172016	Brookwood	10.29	11/03/2016	100-1300-65701	utilities
10172016	147 gregory	48.00	11/03/2016	100-1300-65705	utilities
10172016	WC	13.00	11/03/2016	100-1230-65705	utilities
10202016	SC	5,233.66	11/03/2016	100-1220-65701	utilities
10202016	SC	389.49	11/03/2016	100-1220-65705	utilities
	Check Total:	17,504.64			

Invoice No	Description	Amount	Payment Date	Acct Number	Reference
Vendor:PleaHill 103116	Pleasant Hill Rec & Park Distr Reimburse Payroll Check Total:	143,816.76 143,816.76	11/03/2016	Check Sequence: 23 100-0000-10410	ACH Enabled: No
Vendor:ShessZac 10312016	Zac Shess Oct Check Total:	200.00 200.00	11/03/2016	Check Sequence: 24 100-1100-60100	ACH Enabled: No Board
Vendor:SocMagic 10142016	Society Of American Magicians Share the Magic Check Total:	688.48 688.48	11/03/2016	Check Sequence: 25 100-1265-75150	ACH Enabled: No magic
Vendor:Stersher 10312016	Sherry Sterrett Oct Check Total:	200.00 200.00	11/03/2016	Check Sequence: 26 100-1100-60100	ACH Enabled: No Board
Vendor:SuppWor 381389238	Supply Works gum remover, mops Check Total:	567.30 567.30	11/03/2016	Check Sequence: 27 100-1231-75515	ACH Enabled: No supplies
Vendor:USBank 103116 103116	U.S. Bank Pars #6746022400 Pars #6746022400 Check Total:	805.74 1,611.41 2,417.15	11/03/2016 11/03/2016	Check Sequence: 28 100-0000-21335 100-0000-21330	ACH Enabled: No ACH Enabled: No
Vendor:Valic 10/2016 10/2016 10/2016 10/2016	Valic Valic Valic Valic Valic Check Total:	25.00 275.00 25.00 275.00 600.00	11/03/2016 11/03/2016 10/27/2016 10/27/2016	Check Sequence: 29 100-0000-21340 100-0000-21340 100-0000-21340 100-0000-21340	ACH Enabled: No
Vendor:WhitCas 2231.101	Casey White watercolor Check Total:	280.00 280.00	11/03/2016	Check Sequence: 30 100-1220-75545	ACH Enabled: No instructor

Invoice No	Description	Amount	Payment Date	Acct Number	Reference
	Total for Check Run: Total Number of Checks:	239,468.55 30			



Board of Directors Resolution

PLEASANT HILL RECREATION & PARK DISTRICT
COUNTY OF CONTRA COSTA, STATE OF CALIFORNIA
BOARD OF DIRECTORS

IN THE MATTER OF RESOLUTION 2016-11-03
AUTHORIZING AN UPDATE OF DISTRICT SIGNATURE LIST OF CHECK SIGNERS

THE PLEASANT HILL RECREATION & PARK DISTRICT BOARD OF DIRECTORS
DOES FIND:

WHEREAS, the Pleasant Hill Recreation & Park District (“District”) is a recreation and park district duly organized and existing under and pursuant to the laws of the State of California; and

WHEREAS, the District needs to make some revisions to the authorized check signers list for all District accounts as follows:

Revised Check Signers

Michelle Lacy
Thomas Bradley
Tina Young
Susie L. Kubota
Kendra Luke
Julie A. Smith
Korey Riley
Mark Blair
Lance Hurtado
Katrina Hunn

THEREFORE, BE IT RESOLVED THAT the Board of Directors of the Pleasant Hill Recreation & Park District has hereby authorized the District to make these changes immediately and submit the authorized forms to appropriate organizations.

PASSED, APPROVED AND ADOPTED this 3rd day of November 2016, by the following vote:

AYES:

NOES:

ABSENT:

Zachary Shess, Chair

I hereby certify that the foregoing resolution was approved by the vote indicated herein above at the regular meeting of the Board of Directors on November 3, 2016.

Michelle Lacy, Clerk of the Board

EXHIBIT 2

STAFF REPORT



To: Board of Directors
From: Michelle Lacy, General Manager
Re: Authorize General Manager to Enter Into an Operators Agreement with Rodgers Ranch Heritage Center for the Operation and Use of the Rodgers Ranch Historical Site

BACKGROUND:

The Land and Facilities Committee has provided input and feedback regarding the draft Operators Agreement for Rodgers Ranch Historical Site. At its regular meeting on October 25, 2016, the Pleasant Hill Recreation and Park District (District) Land and Facilities Committee recommended the Board of Directors consider entering into an Operators Agreement with Rodgers Ranch Heritage Center (RRHC) for the Operation and Use of the Rodgers Ranch Historical Site.

DISCUSSION:

The proposed Operators Agreement with changes from the Committee is attached as Exhibit 1. The intent of the agreement is to 1) formalize the relationship between the Rodgers Ranch Heritage Center and the District, 2) clearly define the roles and responsibilities of each party, and 3) insure Rodgers Ranch remains in good condition.

Some of the Highlights of the Agreement Include:

- RRHC will maintain the Site in good condition as determined by the District.
- RRHC is responsible for major alterations or improvements, but is required to obtain written authorization from the District prior to proceeding.
- RRHC will manage the schedule
- RRHC will produce activities and events
- Ownership of the property is retained by the District
- District will assign a staff liaison to attend the RRHC Board meetings, provide technical assistance and oversee the implementation of the Operator Agreement
- District will assist in promotion, advertising, and registration of activities and events sponsored by RRHC.
- District will be responsible for exterior lighting, fixtures, and parking area
- District will be responsible for repair, maintenance and regulation of main irrigation
- District will be responsible for inspection and maintenance of existing trees
- District will be responsible for trash removal
- District will be responsible for an annual inspection of the Ranch House which will insure property is maintained in good condition.

ATTACHMENT B

I attended the RRHC Board Meeting in September and received positive input regarding the terms of the agreement and the offer of technical and promotional assistance by the District. In addition, representatives from RRHC have attended all of the Land and Facilities Committee meetings.

RECOMMENDATION:

It is recommended the Board of Directors authorize the General Manager to enter into an Operators Agreement with Rodgers Ranch Heritage Center for the operation and use of the Rodgers Ranch Historical Site

Exhibit 1: Proposed Operator Agreement for Rodgers Ranch Historical Site

PLEASANT HILL RECREATION AND PARK DISTRICT
OPERATOR AGREEMENT
RODGERS RANCH HISTORICAL SITE

This Operator Agreement is entered this ___ day of _____, 2016, by and between the Pleasant Hill Recreation and Park District, a California special district ("District"), and Rodgers Ranch Heritage Center ("RRHC"), a California non-profit corporation, in regards to the operation and use of the Rodgers Ranch Historical Site.

RECITALS

A. The District owns the Rodgers Ranch Historical Site, located at 315 Cortsen Road, Pleasant Hill, California 94523, consisting of the Ranch House, a barn, landscaping, other improvements and open space ("Rodgers Ranch" or "Site") and as shown on the Rodgers Ranch Site Plan, which is attached hereto as Attachment A and incorporated herein by reference.

B. RRHC and its community partners, the Contra Costa Succulent Garden Club, the Northern California Unit of the Herb Society of America, Pleasant Hill Historical Society and Rodgers Ranch Urban Farm, have a primary purpose of creating community by preserving history and fostering sustainable living. RRHC, in its use and operation of portions of Rodgers Ranch, intends to work cooperatively with the District to provide for community recreational activities and the public's use and enjoyment of Rodgers Ranch through programs, displays and education of the history of the ranch and its structures and through holding community events and other uses.

C. RRHC has operated and used Rodgers Ranch since approximately 1980, has made certain improvements to the premises and has continuously provided educational and other community events to the public. RRHC intends to continue to make improvements to Rodgers Ranch and to provide educational and other community events.

D. This Operator Agreement is to set forth the understandings of the parties and the terms and conditions by which RRHC will continue to use and operate Rodgers Ranch and to restore, improve and maintain the Site.

NOW, THEREFORE, for good and valuable consideration, and faithful performance of the terms and conditions and covenants contained herein, the parties agree as follows:

1. Operation of the Site. District hereby engages RRHC, subject to the terms and conditions stated herein, to operate, improve and maintain Rodgers Ranch in cooperation with the District. The Site shall be used and operated solely and strictly for community recreation and park purposes as required by the California Public Resources Code (Sections 5780 et seq.). RRHC shall operate, improve and maintain the Site as a

community park, allowing members of the public to enter on to, attend events at and otherwise use the Site during regular park hours for recreational purposes. While RRHC is engaged on a non-exclusive basis to operate, improve and maintain Rodgers Ranch, it shall remain the property of the District and RRHC shall not acquire any ownership rights, title or occupancy rights of any kind to the Site under this Operator Agreement or otherwise.

2. Operator Parties. RRHC shall be responsible for the actions of its community partners and take such actions to ensure that they comply with the duties, terms and conditions contained herein. RRHC shall submit to the District a copy of such agreements that RRHC enters with each of its community partners to assure their compliance with this Operator Agreement. RRHC shall notify the District should any community partner terminate its use of the Site or should a new community partner be added and RRHC shall provide the District with a copy of the agreement with that community partner to assure compliance with this agreement.

3. Condition of Premises. RRHC acknowledges that it has operated and maintained Rodgers Ranch for approximately 36 years prior to the commencement of the term of this Operator Agreement and is aware of the condition of the Site. RRHC agrees to accept the Site in its present condition, "As Is", and that the District is not obligated to make any alterations, additions, betterments or repairs to the Site except as may otherwise be provided in this Operator Agreement.

4. Term. The term of this Operator Agreement shall be for a period of twenty (20) years, effective upon the full execution hereof, unless terminated earlier pursuant to the terms herein ("Term"). The Term may be extended by written agreement of the parties as approved by the District's and RRHC's Board of Directors.

The parties recognize that the capabilities and the interests of RRHC may change and that the needs of the District for recreational facilities and programs may also change during the Term. In an effort to keep this Operator Agreement consistent with those changes in operational needs, development progress and maintenance programs, it is agreed that review of this Operator Agreement will be scheduled at least at five (5) year intervals. Any changes to the Operator Agreement as a result of such review, including an extension of the Term, shall be documented by an amendment hereto.

5. Termination. This Operator Agreement may be terminated by either party upon six (6) months written notice. This Operator Agreement may also be terminated by either party in the event the other party fails to perform any of its duties or obligations hereunder. The party seeking to terminate this Operator Agreement shall give the defaulting party written notice and an explanation of the defaulting party's failure of performance hereunder. Following receipt of such notice, the defaulting party shall have a period of sixty (60) days within which to correct said default. If the defaulting party fails to correct the default within said sixty (60) day period, or to commence correction within said period when the cure will take longer than sixty (60) days, this Operator Agreement shall terminate.

Unless otherwise agreed to by the parties, RRHC shall, within sixty (60) days following the expiration of the Term or the earlier termination of this Operator Agreement, remove all of its personal property and fixtures from the Site, including furniture, office equipment, memorabilia, exhibits, supplies, artifacts, souvenirs, and merchandise. If RRHC fails to remove all of its personal property and fixtures from the Site at the end of the sixty-day period, then the District may dispose of it or use it for its own purposes without any payment to RRHC. RRHC shall leave the Site in good condition and repair as determined by the District. Upon termination of this Operator Agreement, neither party shall have any further obligations to the other, except as stated otherwise herein.

6. Operator Fee. The District shall not pay RRHC an operator fee for its services hereunder. RRHC may charge fees, in amounts approved by the District, for admission to its exhibits and displays and for its educational programming and events. Such fees shall be used to fund RRHC's cost incurred in performing its duties and obligations hereunder. RRHC may also perform fund raising and sell merchandise as further set forth herein.

7. Use of Rodgers Ranch.

a) Use: RRHC shall use the Site to assist the District in providing community recreation activities as allowed under the California Public Resources Code and in a manner consistent with RRHC's Mission Statement, Statement of Purpose and the Master Plan, which are identified as Attachments B, C and D, respectively, and attached hereto and incorporated herein by reference. Specifically, RRHC will use the portions of the Site as follows:

- 1) Farm House
- 2) Gardens
- 3) Parking Lot
- 4) Community Garden

b) Special Events: RRHC may use the Site for four special events per year. RRHC shall request District approval of a special event at least sixty (60) days prior to the proposed date of the event. A special event includes conferences, expositions and festivals and similar events at which fifty (50) or more persons will attend, which could impact parking on the Site and adjacent streets or which could raise health and safety concerns. RRHC shall take the necessary actions for special events to ensure the health and safety of members of the public attending the event. The District may impose additional conditions for the holding of special events at the Site. RRHC may hold additional special events at the Site with the prior written approval of the District.

c) Supervision: RRHC shall be responsible for opening Rodgers Ranch when needed and ensuring that the Site is secured at the close of operation. RRHC shall be responsible for the set-up of the Site for such programs and special events and for the break-down and cleaning of the Site following such programs and special events. RRHC

shall provide adequate supervision and security for all programs and special events to ensure the health and safety of members of the public. ~~PHRPD-District~~ staff liaison will be assigned by the General Manager to attend RRHC board meetings, provide technical assistance, and oversee implementation of this ~~agreement~~Operator Agreement.

d) Signs: RRHC shall not place any signs at Rodgers Ranch without the prior written consent of the District and compliance with all applicable governmental requirements, if any. RRHC shall submit to the District documentation and information showing the sign, its size, materials and location of installation or posting. Any such sign installed or posted shall be removed upon the expiration or termination of this Operator Management Agreement, unless otherwise agreed to by the District.

e) Advertising and Promotions: District ~~PHRPD~~ will assist in the promotion, advertising, and registration of activities and events sponsored by RRHC. Submission for information in the District's Spotlight publication will be considered under the guidelines of the Spotlight production schedule which will be provided annually.

f) Compliance with Laws: RRHC shall comply with all laws, rules and orders of all federal, State and local governments or agencies and the District related to its operation, improvement and maintenance of Rodgers Ranch.

8. Repairs and Maintenance. Except for the duties of the District stated herein, RRHC shall, at its own expense, maintain the Site in good condition, as determined by the District and make all repairs necessary to the Site during the Term. The District shall be responsible for (i) all exterior lighting of the Site, ~~fixtures~~structures, and parking area, (ii) the repair, maintenance, and regulation of the main irrigation system (but not the lateral pipes from the main irrigation system to RRHC's Urban Farm and other gardens and the irrigation equipment), (iii) the inspection and maintenance of existing trees on property, (iv) all trash removal services required at the Site, (v) annual inspection of Ranch House and (vi) the ~~installation~~-maintenance of a natural gas line from the street to the Ranch House.

9. Alterations and Improvements.

a) Major Alterations or Improvements: RRHC shall obtain prior written approval from the District before making any major alterations or improvements to Rodgers Ranch. A major alteration or improvement shall include, but not be limited to, any work of \$5,000 or more. RRHC shall submit to the District the plans and specifications for the major alteration or improvement and any other information or documents requested by the District. RRHC, in its construction of alterations or improvements, shall comply with all applicable laws and obtain all necessary permits and approvals. RRHC understands and acknowledges that the work of alteration or improvement may constitute a "public work" subject to the requirement of the payment of prevailing wages and compliance with certain reporting requirements pursuant provisions of the California Labor Code and other procurement requirements contained in the Public Contract Code and the Public Resources Code.

b) Minor Alterations or Improvements: Minor alterations or improvements may be made without the prior written approval of the District; however, RRHC shall provide prior written notification to the District of any such improvements and comply with the other requirements herein.

c) Ownership: All modifications and improvements to Rodgers Ranch, ~~except fixtures~~ placed on the site by RRHC, resulting from repairs, restoration, alterations and improvements constructed or installed by RRHC shall become a part of the Rodgers Ranch property; RRHC shall have no interest in such alterations and improvements upon termination of this Operator Agreement and shall receive no payment from the District therefor. RRHC's personal property ~~and fixtures~~, including furniture, office equipment, exhibits, supplies, artifacts, souvenirs, memorabilia and merchandise, placed on the site by RRHC shall remain the property of RRHC, and the District shall obtain no right or interest in such personal property and fixtures, except as otherwise provided herein.

d) District Alterations and Improvements: The District may perform any alterations or improvements to the Site, but is not otherwise obligated to do so under this Operator Agreement. In such case, the District will coordinate the performance of such improvements or modifications with RRHC.

10) Utilities. The District shall be responsible for maintaining all utilities for the Site and for external security in keeping with the District's policy for its other properties. The District shall pay for all water, sewer, gas, and electrical services provided to the Site, including that portion of those services which facilitates use of the Site by RRHC.

The District shall provide such telephone and high speed internet services at the Site as may be required for its use and/or public safety at the District's determination. Similarly, RRHC shall provide such telephone and high speed internet services at the Site as may be required for its use.

The District shall provide trash removal services required at the Site. RRHC shall be required to regularly clean up and remove trash from the areas for which it is responsible hereby and place that trash into District provided receptacles.

11. Entry/Use by District. The District and the District's employees, agents, representatives and contractors may enter the Site at any time to inspect the property and determine whether RRHC is in compliance with the terms and conditions of this Operator Agreement and to do other lawful acts that may be necessary to protect the District's interest in Rodgers Ranch. The District shall have immediate access to the Site in emergency situations. The District may, ~~with the consent through coordination with~~ RRHC, use the Site, or portions thereof, for District activities and events, and the parties shall coordinate the scheduling of any such event. Absent negligence or willful misconduct, RRHC shall not be responsible for any injuries, damages or losses occurring at the Site during the District's use of Rodgers Ranch.

12. Fundraising. RRHC may conduct such fundraising activities as may be necessary or desirable to pay expenses incurred by RRHC in meeting its duties and obligations hereunder to operate, improve and maintain Rodgers Ranch. Unless a fundraising activity constitutes a special event for which approval is required pursuant to Paragraph 7(b) above, RRHC shall obtain the District's approval of any fundraising activity at least thirty (30) days prior to the scheduled date of the event. RRHC may also solicit donations of materials, supplies, labor, and technical, architectural, and engineering services necessary for repairs or improvements to the site.

In addition, RRHC may sell souvenirs and merchandise at the Site for fundraising purposes. All monies earned by RRHC through its public fundraising efforts, programs, events, classes, sales of souvenirs and merchandise shall be used by RRHC to pay expenses for the operation, improvement and maintenance of Rodgers Ranch. The District will include the Site in its overall public awareness activities. RRHC shall submit to the District, on an annual basis on a date to be determined by the parties, a financial report detailing all RRHC revenues and expenses.

13. Insurance.

a) **Fire and Casualty Loss Insurance:** RRHC shall maintain fire and casualty loss insurance on all personal property that is contained within the Site's structures. All insurance proceeds paid as a result of damage to or loss of such personal property shall be payable to RRHC. RRHC shall be solely responsible to direct appropriate insurance proceeds to the rightful owners of any such personal property. RRHC shall supply evidence of adequate insurance coverage to the District on an annual basis. The District will not provide insurance on any of the personal property located within the Site's structures.

The District shall maintain fire and casualty loss insurance on any and all Site structures, including all additions and improvements to the Site. All insurance benefits paid as a result of damage to or loss of any Site structures shall be the property of the District. The District will use such insurance proceeds to repair and restore the Site to its condition prior to such casualty loss. If more monies are needed to restore the Site to its prior condition, then RRHC will be responsible for raising them.

b) **Liability Insurance:** RRHC shall obtain and maintain throughout the Term General Liability insurance to protect RRHC and the District against liability for injury or death of any person or damage to the Site in connection with RRHC's operation, improvement and maintenance of the Site and for the indemnity provided hereby. The limits of said insurance shall be in an amount not less than One Million Dollars (\$1,000,000) per occurrence and Two Million Dollars (\$2,000,000) in the aggregate. RRHC's liability shall be primary to the insurance coverage provided by the District and shall include an additional insured endorsement naming the District, its Board members, officers, agents and employees. The District shall insure the Site in the same manner the District insures its other recreational facilities and parks.

c) **Workers Compensation Insurance:** RRHC shall report quarterly to the District the following information: the names of all volunteers, the total hours those volunteers worked during the quarter, and a brief description of the work performed. An annual report with all the above information shall be provided to the District on August 1st. These volunteers will be covered under the District's Workers Compensation program. The District shall supply this information to its worker's compensation insurance provider and/or administrator. All members of RRHC, its partners, and committees must be volunteers of the District unless agreed to in writing between the District and RRHC.

14. **Indemnity.** RRHC agrees to indemnify, defend and hold harmless the District, its Board of Directors, officers, agents, and employees from and against any and all claims, demands, causes of actions, suits, and other damages, costs, and expenses, including attorney and expert fees, for any injury to or death of any person, loss or damage to property and any other loss or damage arising out of or resulting from RRHC's operation, improvement and maintenance of Rodgers Ranch and from RRHC's duties and obligation under this Operator Agreement. RRHC's indemnity obligation shall commence upon the receipt of a demand or claims of injury, damage or loss and the District shall provide any such demand or claim to RRHC's upon receipt. RRHC's indemnity obligation hereunder shall not apply to claims, demands, causes of action, losses, damages, liabilities, costs or expenses which are caused by the sole active negligence or willful misconduct of the District.

15. **Notices.** All notices, statements, demands, consents, approvals, authorizations, offers, designations, requests and/or other communications under this Agreement by either party to the other shall be in writing and either personally delivered and/or sent by mail to the following address:

For the District:
General Manager
Pleasant Hill Recreation and Park District
147 Gregory Lane
Pleasant Hill, CA 94523

For RRHC:
Secretary
Rodgers Ranch Heritage Center
P. O. Bo 23381
Pleasant Hill, CA 94523

16. **Administration of Agreement.** Designated representatives of both the District and RRHC will meet on a regular basis at the District's administrative offices at mutually agreed times and dates that permit RRHC Directors to attend, accommodating the volunteer nature of the positions. The General Manager of the District, or his/her designee, shall be the District's representative with regard to the administration of this Operator Agreement, the District's interpretation hereof, and the coordination of the party's rights and responsibilities hereunder. The General Manager, or his/her designee, may grant such approvals, waivers and extensions of time as may be necessary or desirable to carry out the intent of this Operator Agreement. Further, the General Manager, or its designee, shall be solely responsible for the supervision and scheduling of work and activities on behalf of the District, with regards to the Site and its structures.

17. Integration. The parties understand and agree that the Operator Agreement contains the entire agreement between them and that all prior understandings and agreement, oral or written, of whatsoever nature, regarding the operation, improvement and maintenance of Rodgers Ranch are superseded by this Operator Agreement and are of no further force or effect.

18. Amendments. This Operator Agreement may be amended by a written amendment executed by each of the parties.

19. Governing Law. This Operator Agreement shall be interpreted and enforced pursuant to the laws of the State of California. Any action to interpret or enforce the terms hereof shall be filed in the Superior Court of the County of Contra Costa.

IN WITNESS WHEREOF, this Operator Agreement has been duly executed by the representatives of the District and RRHC as of the date(s) written below.

PLEASANT HILL RECREATION AND PARK DISTRICT

By: _____
General Manager

Date: _____

RODGERS RANCH HERITAGE CENTER

By: _____
Secretary

Date: _____



Rodgers Ranch Heritage Center

315 Cortsen Road

Pleasant Hill CA 94523



STAFF REPORT



To: Board of Directors
From: Michelle Lacy, General Manager
Re: Authorize General Manager to Enter into Contract with CivicPlus for Website Design and Technical Support

BACKGROUND:

The Pleasant Hill Recreation and Park District (District) website has not been significantly updated since 2012 and lacks critical elements to be a modern, central destination for District information. An initial attempt to develop a new District website was made in 2013. The project failed due to inadequate funding and expectation shortfalls. Since that time, the current website has been patched up and updated using the existing design, navigation and platform.

The existing website was built with Dreamweaver, a desktop software program that requires onsite hard coding. The website is still managed using this dated process by a single staff member. The website is hosted on Verio.

The District website is not mobile compatible and has no integration with social media.

The current website navigation is cumbersome and information is often difficult to find. The site also has only basic link integration with ActiveNet, the current third-party registration system. There is no technical support or formal website administration for any of the District websites.

The District website presence is extremely fragmented. Four department websites exist separately from the main District website, each with unique URLs: pleasanthillpreschool.com, phrecsports.com, phteenscene.com and phseniorcenter.com.

The Preschool website was created in 2011 on a non-web-based platform. The Sports, Teen and Senior Center websites were developed in 2013 utilizing the District's first Content Management System (CMS), WordPress, an open-source web-based platform. All four departmental sites have a different look and navigation from the main District site. The departmental websites are hosted on fatcow.com and individual department supervisors manage their individual site content.

In 2015, the board approved funding (\$30,000) for website reconstruction that would modernize the site and integrate all separate department sites plus District's third-party registration system. The project was delayed until a thorough assessment of District website needs be completed.

ATTACHMENT C

In July 2016, the new website reconstruction project gained momentum. A website committee was created to assist with the selection of a website vendor and to provide input during the reconstruction process. The committee is facilitated by Jennifer Thoits and includes Katrina Hunn, Korey Riley, Ryan Herriman, Sheila George, Tina Young, Rich Miller and Michelle Lacy (ad hoc).

The website committee identified the critical components for the District’s website and developed Request for Quote (RFQ) which was posted in September 2016. The District received four proposals.

The website committee selected the top three vendors based on the requirements outlined in the RFQ (see below), type of content-management system (CMS) (open-source vs. proprietary), experience, scalability and price.

Website Critical Elements	aHa! consulting	Civic Live	Civic Plus	Digital Gear
1. Easy to use Graphical User Interface (GUI) and navigation	x	x	x	x
2. Web-based CMS platform	x	x	x	x
3. Seamless registration system integration	x	x	x	x
4. Mobile smart/compatible	x	x	x	x
5. Intuitive, convenient update & administrative capabilities	x	x	x	x
6. Multi-user administrative access	x	x	x	x
7. Social media content integration	x	x	x	x
8. Search functionality	x	x	x	x
9. Board of Directors document organization	x	x	x	x
10.Modular site for increased scalability			x	x

The top three vendors were invited to interview with the website committee and provide actual examples of pages that met at least one RFQ requirements. During the interview process, one vendor rose to the top: CivicPlus.

DISCUSSION:

The website committee recommends CivicPlus as the website vendor to redesign the District website and provide ongoing administrative and technical support.

CivicPlus has a well-defined process and consultative expertise to ensure District website needs are met at each step. CivicPlus’ “CivicEngage” Content Management System (CMS) is a robust proprietary web-based, CMS that includes over 40+ unique modules that offers a wide-range of functionality to meet District website needs outlined in RFQ and beyond. The modules also offer significant future scalability. “CivicEngage” empowers staff to update website content easily, from anywhere, with straightforward

editing tools and permission-based access. This will allow the District to decentralize website updates which will insure more accurate information on the District website.

CivicPlus' site design is full responsive to any device (mobile phone, tablet, etc).

CivicPlus' "CivicSend" offers an integrated e-communication platform that easily sends emails, texts and social media updates with customizable templates through a single interface. Which will eliminate the need for the District to use Constant Contact for its e-newsletters.

CivicPlus has an integrated solution for Agenda and Minute management which will allow the District to more easily manage Agenda, Packets, and Minutes for the Board of Directors.

CivicPlus servers will host District website. Security and maintenance is a top priority. CivicPlus guarantees a 99.7% uptime for website.

CivicPlus' Year 1 price was lower than closest competitor, CivicLive by \$730. CivicPlus' annual web administration, hosting and support (\$3,860), however was \$1,700 per year less than CivicLive (\$5,500). In addition, CivicPlus guarantees a basic website redesign at the end of the fourth year with no further out-of-pocket expense.

CivicPlus's listed references and unlisted clients all had favorable reviews regarding their consulting team and ongoing support. The City of Pleasant Hill's new website is a CivicPlus site.

FISCAL IMPACT:

The District will pay \$23,910 in Year 1 for site design, content migration of all websites, annual service fee, maintenance, support and hosting. Annual website administration, hosting and support is \$3,860 beginning in Year 2. The District budgeted \$30,000 for website redesign in the 2016/17 budget.

RECOMMENDATION:

It is recommended the Board of Directors authorize the General Manager to enter into contract with CivicPlus for the District's website redesign and technical support.

NEXT STEPS:

The District's website committee will develop a draft website design and will return to the Board of Directors for input and review of design in early 2017.

STAFF REPORT



To: Board of Directors
From: Michelle Lacy, General Manager
Re: Presentation of 2017 Winter/Spring Spotlight

On October 18, the Program Committee reviewed the draft 2017 Winter/Spring Spotlight. Staff provided Committee members with information related to new programs included in the upcoming issue. This issue of the Spotlight will be delivered to homes the week of November 28 and registration begins December 5.

The Program Committee Chair Dennis Donaghu will highlight the new program additions for the Board.

Exhibit 1: 2017 Winter/Spring Spotlight

DRAFTv.2

Winter/Spring
2017
Draftv2

the Spotlight



Travel Adventures

page 20-22

Winter/Spring Break Camps

page 27

Adult Enrichment & Fitness

pages 10-19



pleasanthillrec.com



Welcome Michelle Lacy!

Michelle Lacy is quite the celebrity as she jumps into her new role as Pleasant Hill Recreation & Park District General Manager. Since coming on board in late August 2016, Michelle has launched a District-wide tour of departments and programs, including the District's popular Teen After School Program. Like Michelle, the teens seemed to share Michelle's enthusiasm and zest for fun. Michelle has also attended numerous staff meetings, attended District fundraisers and met with community members. At each point on her tour, Michelle solicits input for District improvements. Her goal is to ensure that District parks and recreation offerings continue to meet and exceed the needs of the community for years to come. Michelle welcomes your input too! Contact Michelle at mlacy@pleasanthillrec.com.

Registration Begins December 5.
See page 26.

NO ONLINE REGISTRATION FEES!

The Spotlight, Winter/Spring 2017: Published three times/year; next issue March 2017. Circulation: 68,000 per issue; sent to homes and businesses in Pleasant Hill and surrounding areas. Copies available at District Office, local libraries and businesses.



On the cover: Claire Shigley, Jan Pressler, Gina, Mary Ann Kiser, Leo Barella. Photo by Susan Wood, susanwoodphotography.com

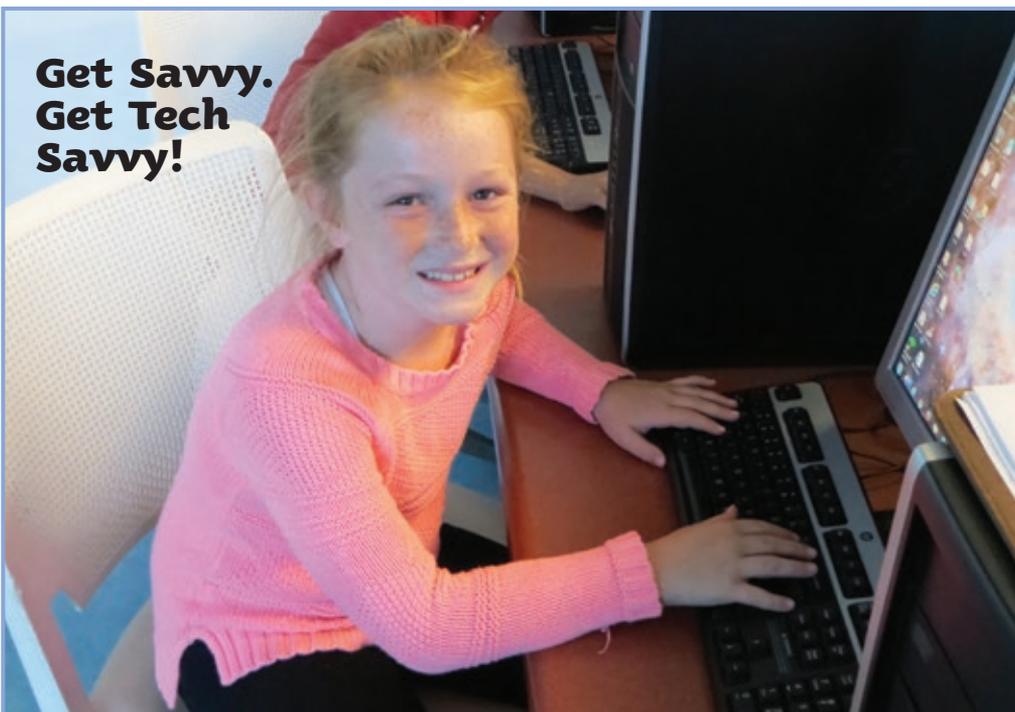
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iHelp for Adults

Need help with your iMac, iPhone or iPad?

Diablo Valley Macintosh Users Group (DVMUG), a District co-sponsored group helps Mac users get the most out of their devices. For more information about DVMUG and other District co-sponsored groups, visit pleasanthillrec.com/clubs.html.



Get Savvy. Get Tech Savvy!

Computer Programming for Youth and Teens, see pages 6 & 8.

34th Annual Dolphins Tree Lot

November 25–December 24

Monday–Saturday, 9:00 am–9:00 pm
Sunday, 12:30–9:00 pm

Winslow Center Parking Lot:

2590 Pleasant Hill Road

Corner of Taylor & Pleasant Hill Road

Proceeds benefit the Pleasant Hill Dolphins Swim Team.

First Thursday Social Club

Thursdays: January 5, February 2, March 2, April 6, 7:00–8:30 pm

Monthly club for adults with developmental disabilities. Held on first Thursday of the month. Open social time plus structured group activities. Pool and air hockey tables available. Snack provided. Emergency Contact Waiver required at first visit. For more information contact Sheila Cotruvo at scotruvo@pleasanthillrec.com.

Teen Center

Drop-In Fee: \$7 (caregivers free)

Special Recreation Dances

Fridays, 7:00–9:00 pm

PH Recreation & Park District, in partnership with City of Concord and City of Walnut Creek, hosts dances specifically designed for adults with development disabilities. For more information contact Sheila Cotruvo at scotruvo@pleasanthillrec.com.

Senior Center: Chateau Room

Admission: \$7 per person (caregivers free)

1/13, 3/10... PH Senior Center

2/10.....Concord Senior Center

4/14.....Walnut Creek Heather Farms

PH Senior Center Crab Feed

Friday, January 27

See page 23.



Monthly Pancake Breakfasts

February 5, March 5, 8:30–10:30 am

See page 23.

My Little Sweetheart ♥ Dinner Dance

Friday, February 10, 7:00–9:00 pm

1–10 yrs (boys & girls)

Enjoy dinner & dancing with your little sweetheart(s)! A lovely way to celebrate Valentine's Day as a family. Dinner included: pasta, salad, bread and dessert.

Senior Center: Chateau Room

Admission: \$10.50/\$9.50 (Dist. Res.)

6163.201 2/10 F 6:00–7:30 pm

Easter Pancake Breakfast & Boutique

April 15, 9:00–11:00 am

Join us for our delicious pancake breakfast! Also enjoy a spring selection of handmade items from the boutique.

Senior Center: Chateau Room

Tickets: Adults 11+: \$5

Children 5–10 yrs: \$3 | 4 & under: Free!

LIVE MUSIC!

Come Together Benefit Concert 7

Friday, February 24, 7:30–10:30 pm

21 yrs & up

Don't miss Come Together 7—An All-Star Benefit Show for PH Teen Center. Be awed by the amazing talent of local musicians. Adult beverages available for purchase. Must be 21 years old to register. Purchase tickets online at cometogether7.eventbrite.com.

Community Center: Perera Pavilion

Tickets: \$20 advance/\$25 at the door

“Egg”citing Egg Hunt!

Saturday, April 15

(RAIN OR SHINE)



PH Park: Basketball Court

Important! Pre-registration is required.

Register by 12:00 pm, March 25. All who attend come away with a goody and a smile. Bring your camera and your Easter baskets. Enjoy visits with the Easter Bunny. Have fun with facepainting and other “egg” citing activities. Catch the Pleasant Hill Express running all morning long. Check-in begins for all age groups at 9:30 am. Activities close at 12:00 pm.

Egg Hunt | \$7.50/\$6.00 (Dist. Res.)

Check-in begins for ALL AGE GROUPS at 9:30 am

6160.201 0–3 yrs 10:30–10:45 am

6160.202 0–3 yrs 10:50–11:05 am

6160.203 4–6 yrs 11:15–11:30 am

6160.204 7–10 yrs 11:30–11:45 am



Sponsored by Pleasant Hill Recreation & Park District and Pleasant Hill Lions Club

Literary Women

Saturday, April 22, 9:30 am–3:00 pm

Bay Area Bluestocking Festival of Authors. For readers and writers! Tickets available January 17 at literarywomen2017.eventbrite.com.

Community Center: Perera Pavilion

Admission: \$49/person

Laugh, Love and Learn

May 5 at the Senior Center

See page 23.

Wine, Women & Shoes Fundraiser

Sunday, May 21,

2:00–6:00 pm

Be there!

Be fabulous!

Buy tickets early

for the most popular luxury fundraiser event of the season. Benefits HomeAid of Northern California and Pleasant Hill Recreation & Park District. Visit www.winewomenandshoes.com/ contracosta to buy tickets or for more information. Follow the action at facebook.com/wwscontracosta.

Community Center: Perera Pavilion





preschool activities

California Gymnastics

California Gymnastic Services offers classes throughout the Bay Area and is structured to bring its innovative instructional program to Pleasant Hill. CGS has been teaching in the Bay Area since 1985.

Instructor: CGS Gymnastic Services, Inc.

Community Center: Soroptimist Room

PARENT AND ME GYMNASTICS

18 months–36 months & parents

This popular class, designed for parents and toddlers, will enhance children's motor development and confidence. Emphasis is placed on movement, basic gymnastics skills, rolling, climbing, hanging and jumping in a fun and social environment. Music games and group activities/circle time are introduced in this class. Parent participation is required.

5 weeks | \$95/\$80 (Dist. Res.)

6603.201 1/13–2/10 F 9:30–10:15 am

6603.202 2/17–3/17 F 9:30–10:15 am

6603.203 3/24–4/28 F 9:30–10:15 am

No class 4/14

TINY TUMBLER GYMNASTICS

3–5 yrs

This class is designed to enhance your child's motor development skills, balance, coordination and confidence. Emphasis is placed on developing beginning gymnastics skills in a fun, non-competitive environment and also introduces children to learn to participate in a structured class without their parents. Music games and group activities are incorporated into each class.

5 weeks | \$95/\$80 (Dist. Res.)

6605.201 1/13–2/10 F 10:20–11:05 am

6605.202 2/17–3/17 F 10:20–11:05 am

6605.203 3/24–4/28 F 10:20–11:05 am

No class 4/14

Let's Make Music with Andrea Gaspari

1–3 yrs

Join this multi award winning teacher and performer in this magical fun filled parent participation music class. You and your child will sing, dance, pretend all while learning to make music together.

Instructor: Andrea Gaspari, over 15 years teaching and performing in the Bay Area

Winslow Center: Room 2

6 weeks | \$125/\$110 (Dist. Res.)

6636.201 1/23–3/6 M 10:30–11:10 am

6636.202 3/13–4/24 M 10:30–11:10 am

\$10 lab fee payable to instructor for at-home materials and CD.

Pre-Ballet

3–4 yrs

The basics of ballet are presented in a fun atmosphere. Teaches grace and the joy of movement in addition to basic ballet technique. Child must be potty-trained and able to participate without parent's presence. Attire: light pink leotard, tights, ballet shoes. No skirts or tutus please.

Instructor: Christie Tomlinson, teacher of preschool/youth dance classes; professional dancer, performer, choreographer

Community Center: Dance Studio 1

7 weeks | \$104/\$89 (Dist. Res.)

6619.201 1/9–3/6 M 3:00–3:45 pm

6619.202 3/13–4/24 M 3:00–3:45 pm

No class 1/16, 2/20

Parent Tot Preschool Prep

22 months–3 yrs

Parents! Come with your little one to enjoy songs, activities, and art while preparing your child to attend a class on his/her own. Children will learn to be with others as parents exchange ideas. Bring snack daily. Enrollment is limited. **Parent participant and registered child only.**

Instructor: Stephanie Carson

Community Center: Preschool Room 3

6 weeks | \$110/\$95 (Dist. Res.)

6655.103 12/16–2/10 F 9:00–10:45 am

No class 12/23, 12/30, 2/3

6 weeks | \$113/\$98 (Dist. Res.)

6655.201 2/24–3/31 F 9:00–10:45 am

6655.202 4/14–5/19 F 9:00–10:45 am

Spanish Immersion Preschool

3–6 yrs

Hola amigos, vamos a divertirnos, aprendiendo Español con Maestra Miriam. Hello friends, let's go and have fun learning Spanish with Maestra Miriam. Miriam offers a fun, hands-on interactive and stimulating environment for your child. He/She will develop social, fine and gross motor skills through singing, creative art, puzzle making and other wonderful fun activities. All class communication is in Spanish.

Instructor: Spanish 4 Children

Winslow Center Rooms 1 & 2

8 weeks | \$284/\$269 (Dist. Res.)

6631.201 1/4–2/22 W 9:00 am–12:00 pm

6631.202 3/1–4/26 W 9:00 am–12:00 pm

6632.201 1/6–2/24 F 9:00 am–12:00 pm

6632.202 3/3–4/28 F 9:00 am–12:00 pm

8 weeks | \$469/\$454 (Dist. Res.)

6633.201 1/4–2/24 W/F 9:00 am–12:00 pm

6633.202 3/1–4/28 W/F 9:00 am–12:00 pm

\$10 supply fee payable to instructor at first class.

No class 4/3–4/7

Tiny Tot Morning Care

12 months–33 months

Give yourself some time off and let US watch your children, 12 months and walking to 33 months. Indoor games, story time, snack time and outdoor playground time. Snack provided. Bring beverage. Registration begins at 8:15 am for .201 on November 16 and February 22 for .301. After initial registration dates, call (925) 676-5200 for registration information. \$30/day/child, space reserved. You will be billed unless your cancellation has been received by **noon** the business day prior to your reservation. New students may register for a maximum of two days per week. Current students may register for a maximum of three days per week. Children must be less than 33 months at the start of the session.

Teachers: Jan Ertola and Stephanie Carson

Community Center: Preschool Room 1

Standard charge: \$30 per day

.201 12/1–2/28 M–F 9:15 am–12:15 pm

.301 3/1–6/2 M–F 9:15 am–12:15 pm

No class 12/7, 12/19–1/2, 1/16, 2/3, 2/20, 4/3–4/7, 5/29

**Barriers to Smart Parenting
& How to Overcome Them**

See page 13.



2nd Annual | **Diablo Valley Preschool Fair**

Saturday, January 21st | 10:00 am-1:00 pm
Pleasant Hill Community Center
 320 Civic Drive | Pleasant Hill

FREE!

Meet local preschools from the Diablo Valley!

For more information | ssmith@pleasanthillrec.com | (925) 771-7626

Priority Preschool 2017–2018 Registration

Saturday, February 25, 2017 | 9:30–10:30 am | Community Center

Registration is on a first come, first serve basis. Birth certificate, immunization records and proof of residency required for discount. Children must be age-appropriate by 9/1/17. For 2017–18 fees and information please contact director, Sarah Smith at (925) 676-5200 ext. 626 or ssmith@pleasanthillrec.com. Visit pleasanthillpreschool.com.

The Pleasant Hill Recreation & Park District Preschool has been encouraging the love of learning since 1973. Our preschool establishes the foundation for a child's future education. Come grow with us! Our Philosophy: A child who is playing is a child who is learning. Our experienced teachers encourage individual confidence, self-esteem, and social skills that children need to be happy and successful.

Classes are in session September–June. Summer camps available.

WEE-TOT (2 yrs 4 mos–3 yrs 7 mos)

- Tu/Th, 9:00–11:30 am, Winslow Center
2016–17: \$310/\$290 (Dist. Res.)
- Tu/Th, 9:00 am–12:00 pm, Winslow Center
2016–17: \$370/\$350 (Dist. Res.)

NEW HORIZONS (3 yrs 3 mos–4 yrs 3 mos)

- Students required to be fully potty-trained.*
- M/W/F, 8:45–11:45 am, Winslow Center
2016–17: \$370/\$350 (Dist. Res.)
 - Tu/W/Th, 9:00 am–1:00 pm, Community Center
2016–17: \$480/\$465 (Dist. Res.)

PRE-K (4–6 yrs) by 9/1/17

- Students required to be fully potty-trained.*
- PM Tu/W/Th, 12:30–3:30 pm, Community Center
2016–17: \$340/\$320 (Dist. Res.)
 - AM M–Th, 8:45 am–11:45 am, Community Center
2016–17: \$480/\$465 (Dist. Res.)



Pleasant Hill
RECREATION
PRESCHOOL

Learn. Play. Grow.
Since 1973.

pleasanthillpreschool.com

youth after school classes

End the school day with creativity, learning new skills, and fun!

Ballet

5–10 yrs

Designed for the budding ballerina! Floor exercises will increase strength and flexibility. Using the barre will teach basic positions, and proper body alignment. Dance steps will be taught to improve coordination and grace. Attire: black leotard, pink tights, pink slippers. (NO skirts or tutus, please, even if attached.)

Instructor: Christie Tomlinson

Community Center: Dance Studio

7 weeks | \$111/\$96 (Dist. Res.)

6042.201 1/9–3/6 M 3:55–4:55 pm

6042.202 3/13–4/24 M 3:55–4:55 pm

No class 1/16, 2/20

Tap

5–8 yrs

Tip tap toe! It's off to tap we go! In this fun, rhythmic, and energetic class, students will learn basic tap steps, such as flaps and shuffles to be combined into a dance routine. Attire: comfortable clothes

Instructor: Christie Tomlinson

Community Center: Soroptimist Room

7 weeks | \$90/\$75 (Dist. Res.)

6045.201 1/9–3/6 M 5:00–5:30 pm

6045.202 3/13–4/24 M 5:00–5:30 pm

No class 1/16, 2/20

Drawing, Painting & Sculpture

5–12 yrs

Draw, paint and sculpt a variety of subjects. Learn about elements of art including line, shape, color, form, space, composition and color mixing.

Instructor: Charlene Elliott

Community Center: Soroptimist Room

4 weeks | \$94/\$79 (Dist. Res.)

6073.201 1/10–1/31 Tu 3:15–4:30 pm

6073.202 2/7–2/28 Tu 3:15–4:30 pm

6073.203 3/7–3/28 Tu 3:15–4:30 pm

\$25 materials fee payable to instructor at first class.

Youth Winter Break Camps & Spring Break Camps!

See page 27.



Arts & Crafts

M.J. Studios presents exciting arts and crafts classes after school.

Instructor: M.J. Studios

M.J. Studios

ART WITH THE MASTERS

6–10 yrs

6 weeks | \$92/\$77 (Dist. Res.)

6049.201 1/20–2/24 F 3:15–4:15 pm

6049.202 3/3–4/21 F 3:15–4:15 pm

6049.203 4/28–6/9 F 3:15–4:15 pm

\$20 lab fee payable to instructor at first class.

No class 3/31, 4/7, 6/2

CARTOONING & POKEMON

Grades K–5

6 weeks | \$92/\$77 (Dist. Res.)

6051.201 1/18–2/22 W 2:00–3:00 pm

6051.202 3/1–4/19 W 2:00–3:00 pm

6051.203 4/26–6/7 W 2:00–3:00 pm

\$20 lab fee payable to the instructor at first class.

No class 3/29, 4/5, 5/31

DRAWING ANIMALS

6–10 yrs

6 weeks | \$92/\$77 (Dist. Res.)

6050.201 1/16–2/20 M 3:15–4:15 pm

6050.202 2/27–4/10 M 3:15–4:15 pm

6050.203 4/17–5/22 M 3:15–4:15 pm

\$20 lab fee payable to instructor at first class.

No class 4/3

WATERCOLOR & COLORED PENCIL

Grades K–5

6 weeks | \$92/\$77 (Dist. Res.)

6052.201 1/18–2/22 W 3:15–4:15 pm

6052.202 3/1–4/19 W 3:15–4:15 pm

6052.203 4/26–6/7 W 3:15–4:15 pm

\$20 lab fee payable to the instructor at first class.

No class 3/29, 4/5, 5/31

Computer Classes

NEW!

MY FIRST VIDEO GAME!

5–10 yrs

Younger Game Developers work in pairs to conceive, design and build their own original 2D “bouncy ball” computer game. Very basic design and coding techniques will be introduced. Students will complete fun activities like creating characters and making them fly and bounce around the game screen, as well as bouncing off of each other!

Instructor: Freshi Films

Community Center: Republic Services Room

8 weeks | \$100/\$85 (Dist. Res.)

6077.201 1/17–3/7 Tu 3:45–4:45 pm

VIDEO GAME CODING & DESIGN

8–13 yrs

Students will work with a partner to learn the basic principles of conditional coding and fundamental video game design elements. Working with Multimedia Fusion software, they will learn how to make video game creations come to life. Students will make characters interact with the game environment, move around the screen and much more!

Instructor: Freshi Films

Community Center: Republic Services Room

8 weeks | \$100/\$85 (Dist. Res.)

6077.202 4/4–5/23 Tu 3:45–4:45 pm



Get Inspired!

Science, Technology, Engineering, Arts & Mathematics (S.T.E.A.M.) inspired Youth Programs provided by Pleasant Hill Recreation & Park District

- Before & After-school Care
- Holiday Break Camps
- Summer Adventure Kids Camp

Come visit & meet our professional staff!

Contact Danny Martinez, Site Director at (925) 680-5298 or via email at dmartinez@pleasanthillrec.com.

Little Veterinarian School **NEW!**

6–10 yrs

Little Veterinarian School encourages students to explore the exciting world of veterinarians. Using interactive demonstrations, crafts and games, kids learn how to take care of a pet and use instruments that real veterinarians use.

Instructor: Kalgold Technologies

Community Center: Republic Services Room
6 weeks | \$125/\$110 (Dist. Res.)

6047.201 1/25–3/1 W 3:30–4:30 pm
 \$20 lab fee payable to instructor at first class.

youth sports

Group Tennis Lessons

6–12 yrs

Classes run four consecutive weeks each month. Classes may be combined or canceled if minimum numbers are not reached. Wear tennis shoes, bring racquet and one can of unopened tennis balls. Beginner/Advanced Beginner: minimal skills and playing experience.

Instructor: Joey Martinez

College Park H.S. Tennis Courts:

320 Civic Drive (adjacent to Community Center parking lot)

4 weeks, Tuesdays | \$68/\$55 (Dist. Res.)

5555.200 1/3–1/24 Tu 6:30–7:30 pm
5555.201 2/7–2/28 Tu 6:30–7:30 pm
5555.202 3/7–3/28 Tu 6:30–7:30 pm
5555.203 4/4–4/25 Tu 6:30–7:30 pm

4 weeks, Wednesdays | \$68/\$55 (Dist. Res.)

5584.200 1/4–1/25 W 6:30–7:30 pm
5584.201 2/1–2/22 W 6:30–7:30 pm
5584.202 3/1–3/22 W 6:30–7:30 pm
5584.203 4/5–4/26 W 6:30–7:30 pm

Private Tennis Lessons

6 yrs & up

Can't make our scheduled classes? Call and tell us when you are available for either one or six hours of instruction. To arrange lessons, call/email (925) 682-0896, sgeorge@pleasanthillrec.com

Instructor: Joey Martinez/Sandra Garcia

PRIVATE LESSONS

Per hour, any age/level: **\$71/\$57 (Dist. Res.)**

Six 1-hour classes, any age/level:
\$292/\$277 (Dist. Res.)

SEMI-PRIVATE LESSONS

See page 19.

After School Youth Tennis Program

Grades 6–8

Learn tennis, a life-long sport, after school! Beginners will be introduced to the game by using fun games that focus on the fundamentals: proper grip, stroke development, movement and hand-eye coordination. Intermediate players will learn proper footwork, strategy, scoring and competition. Wear tennis shoes, bring racket and water.

Instructor: Monica Ruiz-Hiramoto

PH Middle School Tennis Courts:
1 Santa Barbara Road

BEGINNING TENNIS

9 weeks | \$145/\$130 (Dist. Res.)

5550.201 3/13–5/15 M 3:00–4:00 pm
 No class 4/3

INTERMEDIATE TENNIS

9 weeks | \$205/\$190 (Dist. Res.)

5550.202 3/15–5/17 W 3:00–4:30 pm
 No class 4/5

NBA/WNBA Youth Basketball

Co-Ed, Grades 3–8

Hoop it up! Learn skills, coordination, agility, team work, and sportsmanship through practice drills. Games start

January 7 for eight weeks. \$75 refund given to parents interested in coaching and who complete training provided by the District.

Instructor: Rec Staff

8 weeks | \$155/\$140 (Dist. Res.)

5060.201 1/7–2/25 Sa Grades 3–5
5060.202 1/7–2/25 Sa Grades 6–8



Kidz Love Soccer

2–10 yrs

A recreational setting for children to learn soccer through age-appropriate skill demonstrations, games, and instructional scrimmages. All participants will receive a Kidz Love Soccer (KLS) Jersey. KLS Rain-out Hotline number is (888)372-5803. Visit www.kidzlovesoccer.com.

Instructor: Kidz Love Soccer staff

PH Park: 147 Gregory Lane

8-WEEK WINTER SESSION:

Friday, 1/20–3/10 | \$131/\$116 (Dist. Res.)

5030.212 Mom/Dad & Me: 9:00–9:30 am
 2–3.5 yrs
5031.212 Tot/Pre-Soccer: 10:10–10:40 am
 3.5–5 yrs
5031.201 Tot/Pre-Soccer: 5:00–5:35 pm
 3.5–5 yrs
5033.201 Soccer 1: 5–6 yrs 3:30–4:15 pm
5034.201 Skills & Scrimmage: 4:15–5:00 pm
 7–10 yrs

Saturday, 1/21–3/11 | \$131/\$116 (Dist. Res.)

5030.201 Mom/Dad & Me: 8:30–9:00 am
 2–3.5 yrs
5030.202 Mom/Dad & Me: 9:05–9:35 am
 2–3.5 yrs
5033.202 Tot Soccer: 3.5–4 yrs 11:05–11:35 am
5032.201 Pre-Soccer: 4–5 yrs 10:30–11:05 am
5033.202 Soccer 1: 5–6 yrs 9:45–10:30 am
5034.202 Skills & Scrimmage: 11:35–12:20 pm
 7–10 yrs

8-WEEK SPRING SESSION:

Friday, 4/14–6/2 | \$131/\$116 (Dist. Res.)

5030.300 Mom/Dad & Me: 9:30–10:00 am
 2–3.5 yrs
5030.301 Mom/Dad & Me: 5:30–6:00 pm
 2–3.5 yrs
5031.300 Tot/Pre-Soccer: 10:10–10:40 am
 3.5–5 yrs
5031.301 Tot/Pre-Soccer: 4:45–5:20 pm
 3.5–5 yrs
5033.300 Soccer 1: 5–6 yrs 3:15–4:00 pm
5034.300 Skills & Scrimmage: 4:00–4:45 pm
 7–10 yrs

Saturday, 4/22–6/17 | \$131/\$116 (Dist. Res.)

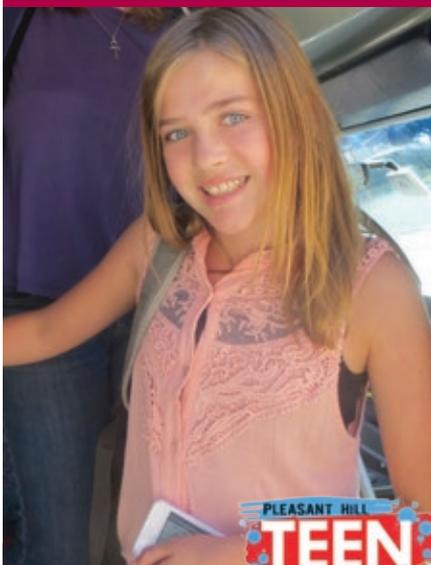
5030.311 Mom/Dad & Me: 8:30–9:00 am
 2–3.5 yrs
5030.321 Mom/Dad & Me: 9:05–9:35 am
 2–3.5 yrs
5031.311 Tot Soccer: 11:05 am–11:35 am
 3.5–4 yrs
5032.311 Pre-Soccer: 4–5 yrs 10:30–11:05 am
5033.311 Soccer 1: 5–6 yrs 9:45–10:30 am
5034.311 Skills & Scrimmage: 11:35–12:20 pm
 7–10 yrs

Sign up for Youth Winter Break & Spring Break Sports Camps
 See page 27.



Teen Scene programs are designed for youth in grades 6–12 unless otherwise noted. Some programs are open to youth and adults. Teen Scene Members receive a 10% discount.

After-School Program



**Monday–Friday
@ the Teen Center
School Dismissal–6:00 pm**

Fall 2017 registration opens
May 1 at 7:00 am

Fees: \$10/day | \$14/day with
transportation from VVMS
& PHMS

**Questions? (925) 691-5645
phteenscene.com**

**Barriers to
Smart Parenting &
How to Overcome Them**
See page 13.



Computer Classes **NEW!**

11 yrs & up

Instructor: TechiesinTraining

CODING, CREATIVITY & CRITICAL THINKING

In this interactive and hands-on course, students will learn the fundamental programming constructs of C#. Students will learn about variables, if statements, loops, arrays, methods, and basic Object-Oriented programming. More importantly, students will apply critical skills and programming concepts they have learned to build personal or custom desktop applications and games.

Senior Center: Computer Room

8 weeks | \$205/\$190 (Dist. Res.)

Teen Scene Members: \$186/\$171.50 (Dist. Res.)

5118.201 1/10–2/28 Tu 4:30–5:30 pm

5118.202 3/7–5/2 Tu 4:30–5:30 pm

No class 4/4

GAME PROGRAMMING & DESIGN

Learn what it takes to code, animate and design a custom 2D game in an industry-level game engine—Unity. Utilize C# code for character movement, spawning game objects and collision recognition. Create custom pixelated 2D sprites. Add special effects such as particle system and audio to provide feedback to the player. Complete an alpha build of your 2D platformer game.

Senior Center: Computer Room

8 weeks | \$305/\$290 (Dist. Res.)

Teen Scene Members:

\$276.50/\$261.50 (Dist. Res.)

5119.201 1/10–2/28 Tu 5:30–6:30 pm

5119.202 3/7–5/2 Tu 5:30–6:30 pm

No class 4/4

Pleasant Hill Chess & Games Club

Grades 5–8

Join us Friday nights with your friends for chess, nightmare chess, circular chess, 3D chess and 4-way chess. Learning and playing chess helps build cognitive and problem solving skills. We also play strategy games like Star Wars stratego and Star Wars miniatures. Chess puzzles, tournaments, contests and prizes.

Instructor: David DeFabio

Winslow Center: Rooms 1 & 2

8 weeks | \$47.50/\$39 (Dist. Res.)

5102.201 1/6–2/24 F 6:00–10:00 pm

5102.202 3/3–4/21 F 6:00–10:00 pm

Babysitting 101 for Beginners

10–18 yrs

Learn the skills needed to be a trusted and responsible babysitter. Learn about child development, bedtime strategies, discipline, how to find jobs, and ways to make babysitting fun for you and the kids. Basic first aid, general safety, and what to do in an emergency is covered. Dress to play; bring a lunch.

Instructor: Jenny Cooper

Senior Center: Classroom 1 & 2

1 class | \$60/\$49 (Dist. Res.)

Teen Scene Members:

\$55.60/\$44.60 (Dist. Res.)

5105.201 3/25 Sa 9:00 am–1:00 pm



Decoration Making **NEW!**

Grade 3–8

Learn how to make fun and creative decorations that can be used for personalizing a bedroom or decorating for a party. Decorations will include paper medallions, tassel garland, yarn chandeliers and dream catchers.

Instructor: Lemon Blossom Creations

Senior Center: Arts & Crafts Room

5 weeks | \$80/\$65 (Dist. Res.)

Teen Scene Members: \$74/\$59 (Dist. Res.)

5128.201 3/24–4/28 F 4:15–5:30 pm

\$15 lab fee payable to instructor at first class.
No class 4/7

**Musical Theater:
S.T.A.G.E. Troupe** **NEW!**

8–13 yrs

This class is designed to teach children of all ages the joys of musical theater. It will be tailored to meet the specific child's needs from beginner to advanced. They will learn about auditioning, singing, dancing, acting and most importantly, how to put it all together. Showcase highlighting what they learned will be held Friday, March 24 at 7:00 pm.

Instructor: Lisa Cosso

Tuesdays—Senior Center: Rooms 1 & 2

Saturdays—Senior Center: Dance Studio

10 weeks | \$185/\$170 (Dist. Res.)

5101.201 1/17–3/21 Tu 5:30–7:30 pm
Sa 1:00–3:00 pm

Online Driver's Ed

15 yrs & up

An interactive, educational online course with the latest in animation, video, and web technology. Class includes: rules of the road, freeway driving, motorcycle and pedestrian safety, major causes of traffic collisions, alcohol/drugs, and more. Teens under 17½ years must obtain a learner's permit and driver's license. Upon completion, receive DMV-approved Driver's Education Certificate of Completion (OL 237). Sign up anytime at safetydriversed.com/affiliates/phrec

Fee: \$59

Public Speaking and Debate

10–14 yrs

This class focuses on teaching delivery and presentation skills but also provides foundation of critical thinking and essentials of debating. With lot of thought-provoking and stimulating topics and exciting activities to write and speak, students learn how to manage public speaking anxiety and to present themselves with confidence.

Instructor: Gurus Education

Community Center: Republic Services Room

10 weeks | \$219/\$204 (Dist. Res.)

Teen Scene Members:

\$199.10/\$184.10 (Dist. Res.)

5114.201 1/17–3/21 Tu 5:00–6:00 pm

**Personal Finance,
Spending and Saving** **NEW!**

Grades 5–10

Middle school is an excellent time to starting learning about money management. With no financial literacy courses in our K–12 curriculum it is a very important skill to have. This class includes how to spend and save wisely, monitor income and expenses, and plan to spend or save for future goals.

Instructor: Gurus Education

Community Center: Republic Services Room

10 weeks | \$219/\$204 (Dist. Res.)

Teen Scene Members:

\$199.10/\$184.10 (Dist. Res.)

5115.201 1/17–3/21 Tu 6:00–7:00 pm

Xtreme Break Camps

Instructor: Teen Center Staff

Teen Center

XTREME WINTER BREAK CAMP

Grades 6 & up, siblings Grade 3 & up

Experience an action-packed week at the Teen Center! Daily on-site activities and local field trips. Register by the day.

Instructor: Teen Center Staff

Teen Center

7:30 am–6:00 pm | \$55/\$45 (Dist. Res.)

Field Trips included

5189.119	12/19	M	Movies
5189.120	12/20	Tu	Bowling
5189.121	12/21	W	Ice Skating
5189.122	12/22	Th	Rock Climbing
5189.127	12/27	M	QZar
5189.128	12/28	Tu	Sky High Sports
5189.129	12/29	W	Movies

XTREME SPRING BREAK CAMP

Grades 6 & up, siblings Grade 3 & up

Go extreme this spring! Enjoy an active, fun-filled week at the Teen Center! Daily local field trips and onsite activities. Register by the day.

Instructor: Teen Center Staff

Teen Center

7:30 am–6:00 pm | \$55/\$45 (Dist. Res.)

Field Trips included

5189.201	4/3	M	Sky High Sports
5189.202	4/4	Tu	Bowling
5189.203	4/5	W	Mt Diablo hike & BBQ
5189.204	4/6	Th	Mall scavenger hunt/ arcade
5189.205	4/7	F	Movies



arts and crafts classes

Art Workshop

This course is for those who have never taken an art class or feel they are lacking in the basic fundamentals of various art applications. Topics include drawing, color theory, composition, light & shadow, perspective, various painting techniques along with info on artists past and present.

Instructor: Mark Jezierny

Senior Center: Arts & Crafts Room

4 weeks | \$120/\$105 (Dist. Res.)

4556.201 1/4-1/25 W 7:00-9:00 pm
4556.202 3/1-3/22 W 7:00-9:00 pm

Drawing: Sketching & Rendering

Learn to draw quickly, accurately and with confidence. Learn how to reduce objects down to their basic shapes and forms and sketch them onto paper. Topics include still life, composition, texture, basic perspective, shading along with landscape and figurative themes. Bring paper, pencils, ruler and eraser. Beginners welcome!

Instructor: Mark Jezierny

Senior Center: Arts & Crafts Room

4 weeks | \$120/\$105 (Dist. Res.)

4556.203 2/7-2/28 Tu 7:00-9:00 pm
4556.204 4/4-4/25 Tu 7:00-9:00 pm



Braided Rug & Basket Making Intro

Learn the basics of this traditional craft while making useful & decorative objects such as rug, seat mat, basket, pet bed and more. All materials provided with \$10 materials fee payable to instructor.

Instructor: Arlene Magarian

Senior Center: Arts & Crafts Room

1 class | \$35/\$29 (Dist. Res.)

4578.201 1/21 Sa 10:00 am-1:00 pm

Watercolor

Have you ever been told that art isn't your forte? Let Trudi transform you into an artist! Beginners will learn basic techniques on watercolor. Advance students work on a project of their choice with instructor's approval. Color theory, composition, and painting techniques are covered in an ongoing lecture series. Materials list at first class.

Instructor: Trudi Edwards

Winslow Center: Rooms 1 & 2

6 weeks | \$94/\$79 (Dist. Res.)

4521.201 1/9-2/27 M 7:00-9:00 pm
4521.202 3/6-4/24 M 7:00-9:00 pm

5 weeks | \$82/\$67 (Dist. Res.)

4521.203 5/1-6/5 M 7:00-9:00 pm

Beginners pay \$30 lab fee to cover all supplies for first project. No class 1/16, 2/20, 4/3, 4/17, & 5/29

Exploring Abstract Acrylics **NEW!**

Would you like to paint with more freedom and feeling? Learn about a variety of artists styles and mark making techniques. Prior painting experience is helpful.

Instructor: Casey Rasmussen White

Senior Center: Arts & Crafts Room

6 weeks | \$165/\$150 (Dist. Res.)

Senior Club Members: \$155/\$140 (Dist. Res.)

2233.201 1/6-2/17 F 1:00-4:00 pm
2233.202 3/3-4/7 F 1:00-4:00 pm

No class on 1/27



Quilting

Supply lists given out at the first class for all sessions.

Instructor: Carol Madsen

Senior Center: Chateau Room

BEGINNING QUILTING

Emphasis on the beginning skills necessary to create your own simple quilt. More experienced quilters welcome to join.

10 weeks | \$70/\$57 (Dist. Res.)

Senior Club Members: \$65/\$52 (Dist. Res.)

2243.201 1/9-3/27 M 12:30-3:00 pm
2243.202 4/3-6/12 M 12:30-3:00 pm

No class 1/16, 2/20, 5/29

QUILTING: BEYOND THE BASICS

Emphasis on quilting patterns using various techniques, some simple and others more complex. Participants should have completed at least one quilt.

10 weeks | \$74/\$60 (Dist. Res.)

Senior Club Members: \$68/\$54 (Dist. Res.)

2244.201 1/9-3/27 M 9:00 am-12:00 pm
2244.202 4/3-6/12 M 9:00 am-12:00 pm

No class 1/16, 2/20, 5/29

QUILTING: BASICS+

Class topics include: use of color, picking out fabrics, piecing techniques, rotary cutting, introduction to machine quilting, basting, binding & more. Beginners work on a lap-sized quilt using basic techniques while more advanced techniques will be taught to those with more experience.

11 weeks | \$74/\$60 (Dist. Res.)

Senior Club Members: \$68/\$54 (Dist. Res.)

2245.201 1/10-3/21 Tu 6:45-9:15 pm
2245.202 3/28-6/6 Tu 6:45-9:15 pm

SATURDAY QUILT-IN

Focus on quilting and related projects. Instructor will be on site for help if needed. Drop in for \$15 or purchase a punch card.

5-class punchcard: \$50 | drop in: \$15

12/10, 1/14, 2/11, 3/11, 4/8, 5/20, 6/10 8:30 am-1:30 pm



Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

Exploring Watercolor

Perfect for the continuing artist who wants a fresh start or needs a gentle push along their way. Students work together in a series of little paintings using the magic of watercolor to create our own Artists Voice.

Instructor: Casey Rasmussen White

Senior Center: Arts & Crafts Room

6 weeks | \$100/\$85 (Dist. Res.)

Senior Club Members: \$91/\$76 (Dist. Res.)



2231.201 1/3–2/21 Tu 9:30 am–12:00 pm

2231.202 2/28–4/18 Tu 9:30 am–12:00 pm

\$25 lab fee payable to instructor at first class for beginners. No class on 1/10, 2/14, 3/14, 4/11

enrichment classes

Birding Contra Costa County

Before the spring foliage camouflages bird activity, join a brisk walk to search out local avian residents and spring migrants. Bring binoculars. March 4: Pacheco Canal; March 11: Fernandez Ranch; March 18: Castle Rock; March 25: Martinez Marina

Instructor: Jan Rae Cook

First class meets at side parking lot of Toys R Us on Chilpancingo Parkway, Pleasant Hill

4 weeks | \$37/\$30 (Dist. Res.)

4739.201 3/4–3/25 Sa 9:00–11:00 am

Creative Writing: Start YOUR Novel or Short Story

Explore innovative ways to create and develop characters. Learn how you can experiment with fiction; create nonfiction pieces by tapping into your own unique narrative voice. Have fun discussing the craft of writing, reading great literature, and sharing with your writing peers.

Instructor: Janice DeJesus

Community Center: Republic Services Room

4 weeks | \$70/\$60 (Dist. Res.)

4510.201 2/4–2/25 Sa 10:00 am–12:00 pm

4510.202 3/4–3/25 Sa 10:00 am–12:00 pm

\$5 lab fee payable to instructor at first class.

February 11 class meets at Senior Center: Arts & Crafts Room.

culinary and wine classes

Cooking Classes **NEW!**

16 yrs & up

Chef Masumi is a chef instructor at Diablo Valley College and Emeritus College. She shared her culinary talents cooking for world-renowned properties including Pebble Beach Resort, The Bellagio Hotel, Amanya Resort, The Modern and The White House. She looks forward to sharing her culinary passion and experience with you. Classes are hands-on and you will work in small groups. The best part: you get to taste everything you make!

Instructor: Masumi Kodama

Senior Center: Kitchen

VALENTINE CHOCOLATE DESSERT

Impress your sweetheart or dinner guests with hot and delicious 'Chocolate Lava Cake' served with creme anglaise and fresh fruits. Chef Masumi will share beautiful plate presentation ideas!

1 class | \$80/\$65 (Dist. Res.)

4570.201 2/7 Tu 6:00–9:00 pm

\$10 lab fee payable to instructor at class.

GIRL'S NIGHT OUT: ELEGANT FLAVOR

Gather your friends for a night of culinary fun! Learn to prepare simple but delicious meals including zucchini and shrimp fritters with roasted garlic and basil aioli, pancetta and wild mushroom risotto and chocolate cupcakes.

1 class | \$80/\$65 (Dist. Res.)

4570.202 3/7 Tu 6:00–9:00 pm

\$10 lab fee payable to instructor at class.



Wine Analysis: A Journey Through A Glass of Wine

Learn to identify and describe the five major components of wine by tasting five very specific wines that exemplify each component of wine's structure. Learn the proper technique for tasting wine in addition to understanding best practices of serving-temperature, stemware, etc. Must be 21 years or older.

Instructor: Bob Becker, *certified sommelier*

Senior Center: Arts & Crafts Room

1 class | \$61/\$50 (Dist. Res.)

4206.201 1/7 Sa 2:00–4:30 pm

4206.202 2/4 Sa 2:00–4:30 pm

4206.203 3/18 Sa 2:00–4:30 pm

4206.204 4/22 Sa 2:00–4:30 pm

Golden Notes Chorus

Have fun singing with this energetic group of men and women. Unison, 2- or 3- or 4-part harmony music including some classical repertoire, old standards, folk songs, show tunes and more. Weekly rehearsals and frequent local, day-time performances. Additional \$10 lab fee payable at the first class to help cover the cost of the accompanist.

Instructor: Meriel Ennik

Senior Center: Chateau Room

12 weeks | \$50/\$40 (Dist. Res.)

Senior Club Members: \$46/\$36 (Dist. Res.)



2350.201 1/3–3/21 Tu 9:30–11:30 am

2350.202 4/4–6/20 Tu 9:30–11:30 am

\$10 lab fee payable to instructor at first class.

The 3 Secrets to Health Excellence **NEW!**

Imagine knowing the secrets to longevity. After attending this workshop you will go beyond avoiding sickness to living up to your highest potential. Join us to gain control of your healthy future.

Instructor: Dr. Tommy Wolf, D.C.

Senior Center: Arts & Crafts Room

1 class | \$25/\$20 (Dist. Res.)

4611.201 2/22 W 7:00–8:30 pm



health & nutrition classes

Retirement Planning Today

Are you prepared for retirement? Learn how to create an informed plan to retirement while integrating your own goals and values with your finances. You will learn to use tax laws to your advantage and to properly allocate your assets while minimizing risks and maximizing returns. Individual situations addressed. 233 page class notebook included in class fee and one copy is provided to each couple or each individual person.

Instructor: Bill Lahl

Community Center: McHale Room

2 weeks | \$61/\$49 (Dist. Res.)

4608.201 1/28-2/4 Sa 9:00 am-12:00 pm

4608.202 1/31-2/7 Tu 6:30-9:30 pm

4608.203 2/11*-2/18 Sa 9:00 am-12:00 pm

4608.204 2/16-2/23 Th 6:30-9:30 pm

*2/11 class meets at Senior Center: Dining Room.

Wills, Trusts & Estate Planning

You need this information for yourself, your parents, or your children. Topics: wills, living trusts, joint tenancies, and tax planning. Learn how to avoid estate taxes and probate fees. Learn about the new estate tax rules and when to update your documents. Major revisions may be required to a married couples' trust due to law changes.

Instructor: Randall Thompson

Community Center: Republic Services Room

1 class | \$25/\$20 (Dist. Res.)

4610.201 2/22 W 7:00 pm-8:30 pm

Healthy Living

Instructor: Janet Franklin

Senior Center: Classroom 2

HEALTHY LIVING SERIES

Includes all six of the Healthy Living Series.

6 weeks | \$140/\$125 (Dist. Res.)

Senior Club Members: \$127/\$112 (Dist. Res.)

2212.207 2/14-3/21 Tu 10:00 am-12:00 pm



WHAT REALLY WORKS FOR WEIGHT LOSS

Have you ever tried to lose weight on a fad diet? Learn why they fail and what really works for sustained weight loss. Is it necessary to count calories? Does fat make you fat? This presentation explains the latest research about metabolism, physical activity, the importance of sleep and stress management, portion distortion versus a healthy plate, and how to successfully keep weight off once lost.

1 class | \$31/\$25 (Dist. Res.)

Senior Club Members: \$28/\$22 (Dist. Res.)

2212.201 2/14 Tu 10:00 am-12:00 pm



HEALTHY EATING: STRATEGIES FOR ONE

For many who are cooking for themselves only, it may seem easier to buy frozen or processed food to heat up, or to eat out and bring home leftovers in a box. Though that sounds convenient, you may be sacrificing your health by unknowingly consuming too much salt, sugar and fat, and too few of the important nutrients. This class will cover strategies and shortcuts to prepare quick, healthy and satisfying meals for one so delicious you'll want to share.

1 class | \$31/\$25 (Dist. Res.)

Senior Club Members: \$28/\$22 (Dist. Res.)

2212.202 2/21 Tu 10:00 am-12:00 pm



SUPERMARKET SAVVY

Did you know 74% of packaged foods in the supermarket contain added sugar? Should you buy organic? Is the layout of your local store arbitrary? Why is it always so cold in there? We'll expose the strategies stores use to make you spend more money as well as marketing gimmicks used on product labels. Learn how to evaluate products based on healthy qualities and value.

1 class | \$31/\$25 (Dist. Res.)

Senior Club Members: \$28/\$22 (Dist. Res.)

2212.203 2/28 Tu 10:00 am-12:00 pm



LIVING WITH DIABETES

If you or a loved one has been recently diagnosed, you'd like an update about Type 2 Diabetes or Pre-diabetes, or you just want to learn about this epidemic, join us for an overview on how to manage this serious disease. Find out what important lifestyle changes can help maintain and improve health and possibly even reduce dependence on medication and insulin.

1 class | \$31/\$25 (Dist. Res.)

Senior Club Members: \$28/\$22 (Dist. Res.)

2212.204 3/7 Tu 10:00 am-12:00 pm



HEALTH AND NUTRITION MYTH BUSTING

So-called experts are constantly touting new products and cures for everything from Alzheimer's to weight loss. What's the story with detox products? Are probiotics beneficial? Which is better, low-fat or low-carb? What about supplements? Is fortifying products with fiber a good idea? We'll set the record straight with evidence-based science. Bring your questions and questionable products to explore.

1 class | \$31/\$25 (Dist. Res.)

Senior Club Members: \$28/\$22 (Dist. Res.)

2212.205 3/14 Tu 10:00 am-12:00 pm



EATING HEALTHY WHILE DINING OUT

Many of us eat out frequently, yet research has shown we eat most healthfully when we prepare food at home. This class will cover strategies and provide many tips to avoid sabotaging your healthy diet at restaurants without sacrificing the fun, ease and sociability of dining out.

1 class | \$31/\$25 (Dist. Res.)

Senior Club Members: \$28/\$22 (Dist. Res.)

2212.206 3/21 Tu 10:00 am-12:00 pm





Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

music classes

Beginning Ukulele

The basics of playing the ukulele. Focus on learning chords, strumming and melodies through playing contemporary and traditional songs. Notes in the open position will be covered as well.

Instructor: Glenn Staller

Senior Center: Game Room

6 weeks | \$110/\$95 (Dist. Res.)

Senior Club Members: \$100/\$85 (Dist. Res.)

2236.201 1/18–2/22 W 11:00 am–12:00 pm
\$20 lab fee payable to instructor at first class.



Drumming Intensive with John Waller

Instructor: John Waller

BEGINNING DRUM CIRCLE

Learn the very basics of rhythm on hand drums, bells and shakers. We start out slowly and get our hands to memorize the motions. Punchcards purchased from instructor.

Winslow Center: Rooms 1 & 2

Drop In: \$8 | 10-class punchcard: \$80*

1/3–2/21 Tu 6:45–7:30 pm
3/7–4/25 Tu 6:45–7:30 pm

INTENSIVE DRUMMING

Intermediate to advanced level drumming.

Winslow Center: Rooms 1 & 2

Drop In: \$11 | 8-class punchcard: \$80*

8 weeks | Standard charge: \$80

1/3–2/21 Tu 7:30–8:30 pm
3/7–4/25 Tu 7:30–8:30 pm

*Punchcard is good for any of John Waller's Adult Drumming Intensives. The punchcards do not expire. The District is not responsible for lost or stolen cards. No class 2/28

Ukulele Strum and Sing

A continuation of the beginning class with focus on songs, various styles and "putting it all together." We'll learn a new song each week and practicing playing together. Guaranteed to be a fun class for everyone.

Instructor: Glenn Staller

Senior Center: Game Room

4 weeks | \$110/\$95 (Dist. Res.)

Senior Club Members: \$100/\$85 (Dist. Res.)

2236.202 3/1–3/22 W 11:00 am–12:00 pm
\$10 lab fee payable to instructor at first class.



self-care classes

Barriers to Smart Parenting & How to Overcome Them

NEW!

Are you struggling or feeling overwhelmed in your parenting role? Do you wish you were less reactive and calm no matter what your child does? Uncover the missing ingredients and learn the essential steps to being a smart parent and how this can increase your sense of control, your confidence and your joy as a mom.

Instructor: Sharon Grossman, PhD

Community Center: Republic Services Room

1 class | \$42/\$35 (Dist. Res.)

4577.201 3/18 Sa 2:00–3:30 pm
4577.202 3/21 Tu 7:30–9:00 pm

Group Meditation

Meditation is a technique used through the ages to help us integrate mind, body and spirit for insight, healing, stress reduction and more energy. As we explore many meditation techniques used around the world, you will have the opportunity to select the method that resonates with you.

Instructor: Tra Boxer

Senior Center: Room Varies

6 weeks | \$74/\$60 (Dist. Res.)

Senior Club Members: \$68/\$54 (Dist. Res.)

2220.201 1/20–2/24 F 10:00–11:00 am
2220.202 3/10–4/14 F 10:00–11:00 am
2220.203 1/19–2/23 Th 6:00–7:00 pm
2220.204 3/9–4/13 Th 6:00–7:00 pm



Mastering the Art of Time Management **NEW!**

Are you feeling overwhelmed by all you have to do? Is it nearly impossible to find time for yourself? By utilizing the art of time management, you can get tasks done in a timely fashion, carve out some personal time, and juggle what is on your plate with grace and without guilt.

Instructor: Sharon Grossman, PhD

Community Center: Republic Services Room

1 class | \$42/\$35 (Dist. Res.)

4577.203 3/14 Tu 7:30–9:00 pm
4577.204 3/18 Sa 10:00–11:30 am

Fearless Writing **NEW!**

We love reading emotionally raw and honest writing. It connects us to ourselves and each other. As writers, though, we often need help to put aside fears of judgement and feelings of vulnerability. This class offers structured exercises and nonjudgemental support to help you write fearlessly.

Instructor: Julie Levin, MFT

Senior Center: Game Room

5 weeks | \$75/\$60 (Dist. Res.)

4576.204 3/6–4/3 M 7:30–9:00 pm

Relief from Stress, Worry and Depression

Come learn techniques from energy psychology, mindfulness and traditional psychology that you can use to feel calmer, stronger and more resilient during periods of stress, worry and depression.

Instructor: Julie Levin, MFT

Senior Center: Game Room

1 class | \$25/\$20 (Dist. Res.)

4576.203 3/11 Sa 10:30 am–1:00 pm

Strong Boundaries for Nice People **NEW!**

Is it hard to say no or set limits with others? Do you end up agreeing to do things and then feel resentful? Come learn the skills you need to set your boundaries in ways that are both kind and effective.

Instructor: Julie Levin, MFT

Senior Center: Game Room

1 class | \$25/\$20 (Dist. Res.)

4576.202 2/11 Sa 10:30 am–1:00 pm



Transforming Your Inner Critic **NEW!**

Befriending your critic will allow you freedom to do what you love and be your truest self. Come learn how to turn your inner critic into your biggest ally and protector.

Instructor: Julie Levin

Senior Center: Game Room
1 class | \$25/\$20 (Dist. Res.)

4576.201 1/28 Sa 10:30 am–1:00 pm

adult dance

A Blast from the Past Dance Series **NEW!**

“THE CHARLESTON” 3-WEEK WORKSHOP SERIES

Come and “Kick Up Your Heels!” The Charleston is a dance named for the Harbor City of Charleston, South Carolina. The Charleston is an 8-beat dance that came before Lindy hop. It was done to lively music and could either be danced in pairs or solo. In this three-week series we will learn a simple, styled routine with a flashy ending! Lesson time is 1½ hours per week, extra practice time is a half hour per week.

Instructor: Alberta Bagneschi

Senior Center: Dance Studio
3 weeks | \$68/\$55 (Dist. Res.)

4116.203 4/12–4/26 W 7:30–9:30 pm

Belly Dance Technique, Level II

Take your dance performance to another level! Focus will be on solo improvisation and choreography covering anything from props and balancing, to cymbals, modern and traditional style of belly dance. Must have mastered beginning level 1 or equivalent, as prerequisite.

Instructor: Sharifa

Senior Center: Dance Studio
5 weeks | \$68/\$55 (Dist. Res.)

4133.201 1/10–2/7 Tu 8:00–9:00 pm
4133.202 2/24–3/21 Tu 8:00–9:00 pm
4133.203 3/28–5/2 Tu 8:00–9:00 pm
No class 4/4

Spring Belly Dance Hafla!

Join the students of Sharifa’s belly dance classes to celebrate Spring. Potluck and bazaar with entertainment by students and special guests. Doors open 7:00 pm, showcase 7:30–9:30 pm.

Senior Center: Chateau Room
\$10 for adults, \$5 for senior over 65, children 12 & under free

4132.204 4/28 F 7:30–9:30 pm

Bollywood/Belly Dance Fusion

16 yrs & up

A fusion mix of both Bollywood Dance and Belly Dance. Top hits of India’s Bollywood dances as well as popular Middle Eastern music will be used to get a great cardio dance workout. Bring your hip scarves and join the fun! No experience necessary.

Instructor: Layla Habib

Community Center: Dance Studio 1
5 weeks | \$68/\$55 (Dist. Res.)

4660.201 2/15–3/15 W 6:25–7:20 pm
4660.202 3/29–4/26 W 6:25–7:20 pm

Spring Fling Dance

Celebrate with the ballroom dance students at their Spring Fling Dance. Everyone is welcome, including former students! Great music, a fun dance lesson, and **special formation show number** included! Bring an hors d’oeuvre to share. Buffet at 7:45 pm.

Senior Center: Chateau Room
Individual Fee: \$6 | Couples fee: \$10

4114.203 4/5 W 7:30–9:30 pm

Let’s Dance: Ballroom

16 yrs & up

Are you looking for a fun hobby, weekly date night or a place to meet new people? Then, our Ballroom Dance Class is the place for you! Let us show you what a great dancer you can become. Bring your favorite partner and learn to dance to the music you’ve always loved. Feel comfortable and confident to join in on the dance floor at parties, cruises, and weddings. This class will provide students with all the easy basics needed in Ballroom & Latin style dancing. **Partner recommended.**

Instructor: Alberta Bagneschi

Senior Center: Chateau Room
5 weeks, Wednesdays | \$68/\$55 (Dist. Res.)

Dance Style	Level			
Fox Trot & Cha, Cha, Cha	Beginning	4114.201	1/18–2/22	7:30–8:30 pm
Fox Trot & Cha, Cha, Cha	Intermediate	4116.201	1/18–2/22	8:30–9:30 pm
Waltz & Swing	Beginning	4114.202	3/1–3/29	7:30–8:30 pm
Waltz & Swing	Intermediate	4116.202	3/1–3/29	8:30–9:30 pm
Tango & Rumba	Beginning	4114.803	4/13–5/11	7:30–8:30 pm
Tango & Rumba	Intermediate	4116.803	4/13–5/11	8:30–9:30 pm

No class 2/15

Line Dance

A combination of country-western, polkas, waltzes and Latin line dances for men and women. Partners not required! Basics: for those brand new to Line Dance. Beginners: must know basic steps. Please refrain from wearing heavy perfumes and scents; instructor experiences perfume allergies.

Instructor: Millie Dusha

Senior Center: Dance Studio
Drop in: 1 class \$5, 2 classes \$8, 3 classes \$10 (same day)

Basics Sa 8:15–9:00 am
Beginners Sa 9:00–10:00 am
Improver Sa 10:00–11:00 am
Intermediate Sa 11:15 am–12:30 pm
No class 12/24, 12/31, 1/7, 4/15

Line Dance Social

A combination of country-western, polkas, waltzes and Latin line dances for men and women. Partners are not required!

Senior Center: Chateau Hall
Admission: \$10 Drop-in

2/19 Su 3:00–6:00 pm





Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

Line Dance: High Beginner/Intermediate Workshop

A combination of country-western, polkas, waltzes and Latin line dances for men and women. Partners are not required!

Instructor: Millie Dusha

Senior Center: Chateau Hall

1 class | \$10 drop in

1/28 Sa 9:00 am-1:30 pm

Salsa Dancing with Soul & Spirit

Learn basic and advanced routines based on choreography from instructor's Salsa Championships (1973-2014). Do not wear sandals or tennis shoes. No alcohol based perfumes/scents due to instructor's allergy.

Instructor: Ron Bermudez

Community Center: Dance Studio

Drop-in Fee: \$10 (past participants)

Tuesdays, 6 weeks | \$74/\$60 (Dist. Res.)

4155.201 Beginning 1/3-2/7 7:30-8:30 pm

4156.201 Intermediate 1/3-2/7 8:30-9:30 pm

Tuesdays, 5 weeks | \$62/\$50 (Dist. Res.)

4155.202 Beginning 2/14-3/21 7:30-8:30 pm

4156.202 Intermediate 2/14-3/21 8:30-9:30 pm

4155.203 Beginning 3/28-4/25 7:30-8:30 pm

4156.203 Intermediate 3/28-4/25 8:30-9:30 pm

No class 2/21

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- Health Care & Medical
- Language & Arts
- Personal Development
- Teaching & Education

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adult health & fitness

Get Fit with Alison

Purchase a multi-fitness punch card and use it for any of the fitness classes offered by Alison Raphael-Klippel such as Barre Plus, Pilates, Stretching for Everyone and Weight Training. Vacation planned? Try a new class, or work out more than once a week. Buy a punch card! Need to bring punchcard to class.

Instructor: Alison Raphael-Klippel

4689 Punch cards (6 classes): \$81

BARRE PLUS

45-minute version of Strengthen from Within-Barre Plus combines the best of the Lottie Berk Method, ballet techniques and Pilates movement principles to provide an energizing, dance-based workout that strengthens, stretches and tones the whole body. It will leave you energized from head to toe. Bring mat, light weights (1-3 lbs) and sneakers.

Community Center: Dance Studio 1

8 weeks | \$125/\$110 (Dist. Res.)

4634.211 1/4-2/22 W 5:30-6:15 pm

4634.212 3/1-4/26 W 5:30-6:15 pm

No class 4/5

PILATES

14 yrs & up

A new challenging workout that's fun and exciting! Bring the mind, body and breathing together while learning the fundamentals of Pilates. Learn muscular control; core awareness, coordination, flexibility and posture. Comfortable clothing; no shorts. Bring padded mat. Ball is optional. All levels welcome.

Community Center: McHale Room

7 weeks | \$90/\$75 (Dist. Res.)

4688.201 1/9-3/6 M 5:30-6:30 pm

6 weeks | \$80/\$65 (Dist. Res.)

4688.202 3/13-4/24 M 5:30-6:30 pm

No class 1/16, 2/20, 4/3

Community Center: Dance Studio

8 weeks | \$100/\$85 (Dist. Res.)

4690.201 1/5-2/23 Th 9:10-10:10 am

4690.202 3/2-4/27 Th 9:10-10:10 am

No class 4/6

STRETCHING FOR EVERYONE

Improve the health of your body by increasing the flexibility of your hips, shoulders, core and hamstrings. Improve the length of your muscles and range of motion in your hands and feet, fingers and toes, ankles and wrists. Open up and loosen your back and neck. Rejuvenate, refresh and re-energize the mind, body and soul. Please bring a mat, pillowcase and water.

Community Center: Dance Studio

8 weeks | \$84/\$69 (Dist. Res.)

4634.201 1/5-2/23 Th 10:15-10:45 am

4634.202 3/2-4/27 Th 10:15-10:45 am

No class 4/6

WEIGHT TRAINING

Sculpt a better and healthier you with this total body workout. Strength training and core training featuring the latest innovative exercise techniques. Wear workout clothes and shoes; bring two sets of hand weights.

Winslow Center: Assembly Room

8 weeks | \$100/\$85 (Dist. Res.)

4643.201 1/6-2/24 F 10:30-11:30 am

4643.202 3/3-4/28 F 10:30-11:30 am

No class 4/7



Team up for Adult Sports!

Basketball • Bocce
Cornhole Bag Toss
Flag Football • Soccer • Softball
Volleyball
See page 19.



Contemporary Self-Defense for the 21st Century **NEW!**

A modern realistic approach to self-defense that teaches you reality-based self-defense for the 21st Century; no traditions, no uniforms, or colored belts. No difficult moves or drills. You'll learn vocal commands, action to take in a variety of scenarios, including prevention, post-traumatic stress and police interaction. The combative instruction is from Israeli martial arts and street wise instruction from the legendary Sargent Jim Wagner (LA SWAT Member/Trainer). The proper use of pepper spray will be included. Wear comfortable clothing and footwear.

Instructor: John Castro

Community Center: Soroptimist Room
5 weeks | \$68/\$55 (Dist. Res.)

4648.201	1/9-2/27	M	7:00-8:00 pm
4648.202	3/6-4/3	M	7:00-8:00 pm
4648.203	4/10-5/8	M	7:00-8:00 pm

No class 1/16, 1/30, 2/20

Dance Mixx Jazzercise

Co-Ed (Ongoing, all levels)

Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training. Fresh pulse-pounding music and body-blasting moves bring the intensity to transform your body, boost your mood and ignite your energy. This is the new jazzercise. Additional formats: Fusion—A circuit workout; Core—Cardio with a crunching core focus; Strike—Cardio kickboxing; Hit—Interval.

Winslow Center: Assembly Room

AM	M-Sa	9:00-10:00 am
PM	M-Th	5:45-6:45 pm

Strength45

Forge the tight, lean body you're looking for while the pulse-pounding playlist distracts you from the burn. Fire up the muscles, all of them, in this 45-minute hard core muscle sculpting strength workout.

Class Owner: Annemieke Howsepan,
please call for fee information
(925) 323-2522

Winslow Center: Assembly Room

M/W/Sa	8:05-8:50 am
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Register at class only.

Fencing: The Ultimate Sport

Fencing is a physical and mental challenge, developing mind and body while improving agility, alertness, balance, coordination, and competitiveness. Foils, plastrons/masks provided; bring equipment if possible. Teen 16-17, welcome with parent.

Instructor: James Parker

Winslow Center: Assembly Room

Experienced Fencers
Drop-in: \$7/per night/person

4630.201	1/9-4/24	M	7:45-10:00 pm
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No class 1/2, 1/16, 2/20

Fit for Life

Does music make you want to move? We use all kinds of music to choreograph a low-impact cardio workout. You'll have lots of FUN while burning calories. Muscle conditioning and stretching are part of the program. Appropriate for all fitness levels.

Instructor: Tari Nicholson

Senior Center: Dance Studio

5 weeks | \$40/\$35 (Dist. Res.)
8-class "anytime" punch card: \$50
Senior Club Members: \$36/\$31 (Dist. Res.)

2214.201	1/3-1/31	Tu/Th	9:00-10:00 am
2214.202	2/2-2/28	Tu/Th	9:00-10:00 am
2214.203	3/2-3/30	Tu/Th	9:00-10:00 am
2214.204	4/4-4/27	Tu/Th	9:00-10:00 am

Flex for Fitness

Stretching and band resistance exercises. All exercises can be done in a chair.

Instructor: Varies

Senior Center: Dance Studio (M); Classroom 1 & 2 (W/F)

12-class "anytime" punch card: \$15
Senior Club Members: \$12

M	1:00-2:00 pm
W/F	9:30 am & 10:30 am

Gentle Pilates with Functional Movements

Stretch and strengthen your body and mind with gentle therapeutic Pilates movements and sequences to help improve balance and coordination, build core strength and maintain muscle tone. Breathing exercises calm the mind, alleviate stress and anxiety and increase mobility and range of motion. Bring light weights, a pillow case and water.

Instructor: Alison Raphael-Klippel

Senior Center: Dance Studio

6-class "anytime" punch card: \$90
8 weeks | \$100/\$85 (Dist. Res.)

Senior Club Members \$92/\$77 (Dist. Res.)

2238.201	1/4-2/22	W	1:00-2:00 pm
2238.202	3/1-4/26	W	1:00-2:00 pm

No class 4/5





Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

Goddess Fitness Workout

A complete workout for any level of fitness, incorporating a cardio belly dance segment for heart health; pilates for strengthening and lengthening; and yoga stretches and poses for balance and well-being. No dance, pilates or yoga training is required! Bring yoga mat, instructor can supply hip scarves.

Instructor: Sharifa

Senior Center: Dance Studio

5 weeks | \$68/\$55 (Dist. Res.)

4132.201	1/10-2/7	Tu	7:00-8:00 pm
4132.202	2/21-3/21	Tu	7:00-8:00 pm
4132.203	3/28-5/2		

No class 4/4

La Blast

16 yrs & up

La Blast was created by Louis Van Amstel of "Dancing with the Stars" and "So You Think You Can Dance." It's Cardio Ballroom disguised as exercise! A variety of dances will be used... Salsa, Cha, Cha, Cha, Rumba, Tango, Swing Waltz as well as other dances to give you a great cardio dance workout. No experience necessary, no partner needed.

Instructor: Lois Davis, Certified LaBlast® instructor

Senior Center: Dance Studio

5 weeks | \$68/\$55 (Dist. Res.)

4662.201	2/16-3/16	Th	7:15-8:10 pm
4662.202	3/30-4/27	Th	7:15-8:10 pm

Living Tai Chi



Strengthen and relax with tai chi and qigong. Healing movement and meditation promote balance and resilience throughout life. \$5 lab fee payable to instructor.

Instructor: Jasmine-rose Kam

FOUNDATIONS

This class is for both beginners and experienced students.

Senior Center: Dance Studio

8 weeks | \$80/\$65 (Dist. Res.)



Senior Club Members: \$73/\$58 (Dist. Res.)

2210.201	1/9-3/13	M	10:00 am-12:00 pm
2210.202	3/27-5/22	M	10:00 am-12:00 pm

No class 1/16, 2/20, 4/10

Nia® Body-Mind-Spirit Exercise

You'll be HOOKED! Get back in shape, maintain, or challenge your fitness level! Nia is cardiovascular fitness blending movements from Dance, Martial Arts, and the Healing Arts. Full-body conditioning to increase flexibility, agility, and strength. Set to music ranging from New Age, Electronic, World Music, and Pop. Optional: towel or mat for cool down.

Instructor: Janet Kaufman & Kathy Bate

Senior Center: Dance Studio

5 weeks | \$68/\$55 (Dist. Res.)

4692.201	1/10-2/7	Tu	5:45-6:45 pm
4692.202	2/14-3/14	Tu	5:45-6:45 pm

6 weeks | \$80/\$65 (Dist. Res.)

4692.203	3/21-4/25	Tu	5:45-6:45 pm
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FOUNDATIONS & FORMS

With gentleness and grace we learn to harmonize mind, body and spirit with the art and discipline of tai chi movement. This class is for experienced students only. Prerequisite: Foundations Class.

Senior Center: Dance Studio

8 weeks | \$108/\$93 (Dist. Res.)



Senior Club Members: \$99/\$84 (Dist. Res.)

2213.201	1/11-3/15	W	9:30 am-12:30 pm
2213.202	3/29-5/24	W	9:30 am-12:30 pm

No class 1/16, 2/22, 4/12

Mindfulness in Motion with T'ai Chi Chih/Qigong

Would you like to feel more calm, relaxed, balanced and alive? These soft, flowing, healing movements are easy to learn and help you face the stresses of daily life with greater peace of mind.

Instructor: Wendy Helms, Ph.D

Senior Center: Classroom 1 & 2

8 weeks | \$108/\$93 (Dist. Res.)



Senior Club Members: \$99/\$84 (Dist. Res.)

2242.201	1/5-2/23	Th	6:15-7:30 pm
2242.202	3/9-4/27	Th	6:15-7:30 pm
2242.204	3/10-4/28	F	9:30-10:30 am

6 weeks | \$86/\$71 (Dist. Res.)

Senior Club Members: \$79/\$64 (Dist. Res.)

2242.203	1/6-2/17*	F	9:30-10:30 am
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No class 1/27

Mixed Martial Arts

Bring out your cat-like attributes of speed, flexibility, endurance, timing, power, coordination, balance, and fluid motion! Non-classical combative martial arts training emphasizes physical fitness and self-defense. Methods incorporated: Kung-Fu, Boxing, Kick Boxing, Karate, and more. Contact is on pads and kicking shields. Wear sweats and running shoes. Plan to purchase 12-ounce boxing gloves (\$25.)

Instructor: John Castro

Senior Center: Classrooms

5 weeks | \$68/\$55 (Dist. Res.)

4652.201	1/11-2/15	W	7:20-8:20 pm
4652.202	2/22-3/22	W	7:20-8:20 pm
4652.203	3/29-4/26	W	7:20-8:20 pm

No class 2/1

FOUNDATIONS & FORMS PACKAGE

Students attend Monday and Wednesday. Five hours a week of supervised practice provide ideal conditions to jump start your own personal daily practice. Memory and homework involved.

Senior Center: Dance Studio

4 weeks | \$94/\$79 (Dist. Res.)



Senior Club Members: \$86/\$71 (Dist. Res.)

2218.201	1/9-2/8	M/W	10:00 am-12:00 pm
2218.202	2/13-3/15	M/W	10:00 am-12:00 pm
2218.203	3/27-4/26	M/W	10:00 am-12:00 pm
2218.204	5/1-5/24	M/W	10:00 am-12:00 pm

\$5 lab fee payable to instructor at first class. Exception dates apply.



Stretch and Be Fit with a Smile

Designed to help maintain important life skills and general fitness. A variety of exercises to improve balance, strength, flexibility and overall coordination including brain cognitive skills. Includes floor exercises, simple yoga poses and dance moves with an emphasis on proper breathing and body alignment. Class will end with soothing relaxation to allow the body to release tension and return to a peaceful calm state.

Instructor: Darlene Roth

Senior Center: Dance Studio

8-class "anytime" punch card: \$68

Tu 11:00 am–12:00 pm

No class on 2/7, 3/7, 4/4

Total Fitness: The Way to Energize & Vitalize

Work your body from head to toe, inside and out! Ten-minute warm-up, 30-minute aerobic (cardiovascular) segment, then toning and strength training. Last, a cool down/stretch. Modifications given so every BODY can work at its own pace! Bring mat/towel, water bottle, hand weights.

Instructor: Christie Tomlinson

Community Center: Dance Studio 1

7 weeks | \$111/\$96 (Dist. Res.)

4636.201 1/9–3/6 M 5:45–7:15 pm

4636.202 3/13–4/24 M 5:45–7:15 pm

No class 1/16, 2/20

Zumba® Gold

A low-impact version of this wildly popular dance-fitness program. With easy-to-follow moves and exhilarating Latin rhythms, we dance our way to improved cardiovascular fitness, balance and agility. We add toning elements using weighted toning sticks (provided by instructor) to enhance rhythm, build strength and tone up! All fitness levels are welcome. No dance experience necessary. Wear shoes without a heavy tread. First time? Try it out for \$5!

Instructor: Barbara Ward, licensed Zumba® Instructor

Senior Center: Dance Studio

8-class "anytime" punch card: \$68

Mondays 9:00–9:50am

Fridays 10:00–10:50 am

No class 12/23, 12/26, 12/30, 1/16, 1/20, 2/20

Weight & Strength

A combination of low impact training and strengthening in one fun session. Improve flexibility, strength, balance and well being. All fitness levels! Students should bring their own weights and floor mats. Try it!

Instructor: Debbie Murdock

Senior Center: Varies

6-class "anytime" punch card: \$60

7 classes | \$70/\$56 (Dist. Res.)

Senior Club Members: \$64/\$50 (Dist. Res.)

2201.201 1/5–1/30 M/Th 8:15–9:15 am

2202.201 1/5–1/30 M/Th 9:30–10:30 am

2205.201 1/5–1/30 M/Th 5:30–6:30 pm

2201.202 2/2–2/27 M/Th 8:15–9:15 am

2202.202 2/2–2/27 M/Th 9:30–10:30 am

2205.202 2/2–2/27 M/Th 5:30–6:30 pm

2201.203 3/2–3/30 M/Th 8:15–9:15 am

2202.203 3/2–3/30 M/Th 9:30–10:30 am

2205.302 3/2–3/30 M/Th 5:30–6:30 pm

No class 1/16, 2/20, 3/9, 3/13

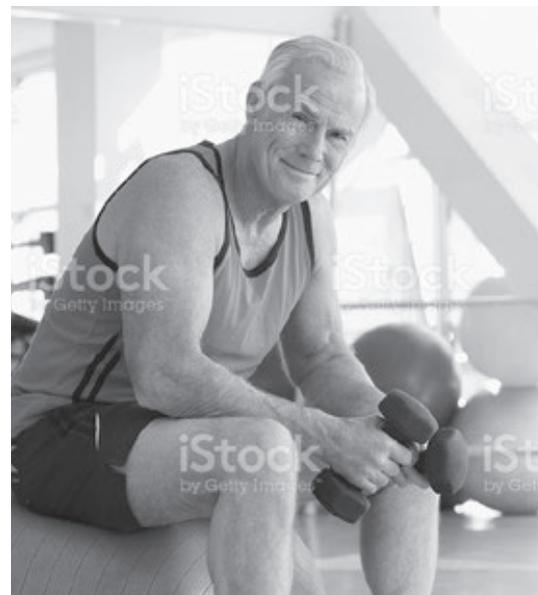
6 classes | \$60/\$48 (Dist. Res.)

Senior Club Members: \$55/\$43 (Dist. Res.)

2201.204 4/10–4/27 M/Th 8:15–9:15 am

2202.204 4/10–4/27 M/Th 9:30–10:30 am

2205.204 4/10–4/27 M/Th 5:30–6:30 pm



Yoga

GENTLE YOGA

Get a complete workout of all your muscles while promoting healthy joint movement and challenging your balance. Regular Yoga practice builds strength, improves flexibility, balance and promotes a sense of calm. Bring a yoga mat and a light blanket, wear loose clothing.

Instructor: Maxine Davis

Senior Center: Dance Studio

5-class "anytime" punch card: \$75

8 classes | \$105/\$90 (Dist. Res.)

Senior Club Members: \$96/\$81 (Dist. Res.)

2235.201 1/5–2/23 Th 10:30–11:30 am

SUGI YOGA/GENTLE YOGA & MOVEMENT

Anyone can do Sugi Yoga! This non-traditional Yoga style is a combination of Hatha Yoga and the Feldenkrais technique of movement. Gentle Yoga postures, breathing exercises, and deep relaxation help relieve stress on three levels: spirit, mind, and body. Wear comfortable clothing; bring Yoga mat and pillow.

Instructor: Nancy Guzzaldo

Winslow Center: Assembly Room

5 week session | \$68/\$55 (Dist. Res.)

4 week session | \$55/\$45 (Dist. Res.)

6-class punch cards: \$72

Drop-ins welcome: \$12

4637 1/3–4/29 M/Tu/W/Th/Sa 10:30–11:45 am

See website to review each session date.

Sessions begin 1/3. No class 1/2, 1/16, 2/20, 4/16–22



Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.



adult sports and leagues

Get league registration packets, schedules, standings, roster addition forms, field conditions and more on PHRec's Sports Center website.

pleasanthillrecsports.com

Leagues

- Basketball (3 on 3)
- Basketball (5 on 5)
- Bocce
- Cornhole Bag Toss
- Flag Football
- Soccer (5 on 5)
- Softball
- Volleyball

For details, visit pleasanthillrecsports.com, call (925) 682-0896 or email sgeorge@pleasanthillrec.com

Drop in Adult Sports

Basketball | \$5 per person

Pleasant Hill Education Center Gym:
1 Santa Barbara Road

- Monday 6:00–8:00 pm
- Friday 6:00–8:00 pm
- Sunday 8:00–10:00 am

Badminton | \$5 per person

Pleasant Hill Education Center Gym:
1 Santa Barbara Road

- Sunday 10:00 am–12:00 pm

Cornhole | \$5 per person

Winslow Center: 2590 Pleasant Hill Road

- Tuesday 7:00–9:00 pm

Badminton: Learn to Play Clinic for Beginners

Learn the correct basic skills and techniques of badminton: Basic gripping, footwork, strokes, serve and stance. Bring your own racket and feather birds required. Following the clinic time, feel free to participate at Badminton's Open Gym time from 11:00 am–12:00 pm.

Instructor: Randy Piona

PH Education Center Gym:
1 Santa Barbara Road

8 weeks | \$61/\$50 (Dist. Res.)

- | | | | |
|----------|----------|----|----------------|
| 5720.102 | 1/8–2/26 | Su | 10:00–11:00 am |
| 5720.201 | 3/5–4/30 | Su | 10:00–11:00 am |
- No class 4/16

Group Tennis Lessons

13 yrs & up

Classes run four consecutive weeks per month. Classes may be combined or canceled if minimum numbers are not reached. Wear tennis shoes, bring racquet and one can of unopened tennis balls.

Instructor: Joey Martinez

College Park High School: Tennis Courts

BEGINNER/ADVANCED BEGINNER

Minimal skills and playing experience.

4 weeks | \$68/\$55 (Dist. Res.)

5565.200	1/5–1/26	Th	6:30–7:30 pm
5565.201	2/2–2/23	Th	6:30–7:30 pm
5565.202	3/2–3/23	Th	6:30–7:30 pm
5565.203	4/6–4/27	Th	6:30–7:30 pm

INTERMEDIATE

Must be able to serve and maintain a slow rally. Improve consistency, learn placement and spin.

4 weeks | \$68/\$55 (Dist. Res.)

5566.200	1/5–1/26	Th	7:30–8:30 pm
5566.201	2/2–2/23	Th	7:30–8:30 pm
5566.202	3/2–3/23	Th	7:30–8:30 pm
5566.203	4/6–4/27	Th	7:30–8:30 pm

Private and Semi-Private Tennis Lessons

6 yrs & up

Can't make our scheduled classes? Call and tell us when you and/or your partner are available for either one or six hours of instruction. To arrange lessons, call/email (925) 682-0896, sgeorge@pleasanthillrec.com.

Instructor: Joey Martinez/Sandra Garcia

PRIVATE LESSONS

Per hour, any age/level: **\$71/\$57 (Dist. Res.)**

Six 1-hour classes, any age/level:

\$292/\$277 (Dist. Res.)

SEMI-PRIVATE LESSONS

Two per/same level; must register together.

Per person, per hour: **\$38/\$30 (Dist. Res.)**

Per person,

six 1-hour classes: **\$155/\$140 (Dist. Res.)**

For Youth Tennis, see page 7.

HATHA YOGA

Hatha Yoga is a path toward creating balance and uniting opposites. This class will offer powerful tools for self-transformation. Focus on breathing to still the fluctuations of the mind and be more present. All welcome. Great for beginners and advanced students.

Instructor: Linda Burkard

Senior Center: Dance Studio

5 weeks | \$74/\$60 (Dist. Res.)

4656.201	1/11–2/8	W	6:00–7:15 pm
4656.202	2/15–3/15	W	6:00–7:15 pm

6 weeks | \$86/\$71 (Dist. Res.)

4656.203	3/22–4/26	W	6:00–7:15 pm
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YOGA GENTLE STRETCH

You are as old as your spine is flexible. A regular yoga practice will improve and maintain flexibility, improve posture, prevent injury and relieve stress. Integrate basic yogic principles with modifications given to accommodate all levels. All abilities and beginners welcome. Wear loose clothing and bring a mat.

Instructor: Maxine Younger

Community Center: Dance Studio 1

5 week sessions | \$68/\$55 (Dist. Res.)

4649.201	1/5–2/9	Th	6:00–7:10 pm
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4 week sessions | \$55/\$45 (Dist. Res.)

4649.202	2/16–3/9	Th	6:00–7:10 pm
4649.203	4/6–4/27	Th	6:00–7:10 pm

2/16 class in Soroptimist Room. No class 1/19

Explore your world with us!

Pleasant Hill Recreation & Park District Travel Services offer a variety of exciting adventures that allow you to experience unique cultures, gain broader perspectives and make new friendships in amazing, beautiful places in our great big world. We make traveling easy for all with all-inclusive, organized trips that optimize your travel experience.

No planning. No hassles. Just adventure.

Where in the world do you want to go?

Call our Travel Coordinator who will be happy to help you with your next travel adventure.

TRAVEL OFFICE INFORMATION:

Travel Coordinator: Cassie Eternal

Phone: (925) 771-7636

Location: Senior Center, 233 Gregory Lane

Hours: Monday, Tuesday, Friday, 9:30 am–3:30 pm

Wednesday & Thursday, 9:30 am–12:30 pm



Once-in-a-Lifetime Events

Three spectacular vacations worthy of anyone's bucket list! **NEW!**



Canadian Rockies by Train

All aboard VIA Rails' The Canadian! An extraordinary journey awaits you! Depart from the lush green Pacific coast of Vancouver and into the sheer unspoiled Canadian wilderness. Experience breathtaking panoramic views of snow-capped mountains, glacial lakes and pristine rushing rivers while relaxing in the dome train car. Arrive in Jasper and see the dramatic Maligne Canyon and its picture-perfect lake. Enjoy breakfast with a stunning view! Journey along the Icefields Parkway. Feel like royalty during your stay at the fabulous Fairmont Chateau Lake Louise and Banff Springs Hotel, where you have your choice of inclusive dinner venues. Discover the natural beauty of Moraine Lake, the powerful Bow Falls and impressive Hoodoos.

May 27–June 4, 2017

Cost: \$4,934 pp/double; \$5,834 pp/single

100th Birthday of JFK on Cape Cod

Celebrate John F. Kennedy's 100th birthday in one of his favorite places! Enjoy only the very best of East Coast must-see spots including JFK Museum, Cape Cod National Seashore Center, JFK Presidential Library Tour and a Whale Watching in Provincetown. Stay four nights at the one-of-a-kind Cape Codder Resort. Enjoy a birthday dinner in JFK's honor at Hyannis, the historical location where JFK accepted the 35th Presidential Nomination and where he delivered his acceptance speech. *Cost includes: At-home pickup, round-trip airfare, hotel accommodations, four breakfasts and four dinners, admission fees, taxes and gratuities, step-on guides, baggage handling & the option of travel protection.*

May 20–25, 2017

Cost: \$2,660 pp/double; \$3,065 pp/single

North American Solar Eclipse

Want to see something truly phenomenal in one of the best locations on earth? Look no further! Experience a solar eclipse while exploring Yellowstone and Grand Teton National Parks. Witness bubbling geysers, mud pools, towering peaks and a range of unique wildlife. The very best of nature is on display. Whether you are a budding astronomer or a person who wants a unique travel experience, this trip is for you! *Single? This trip includes our Roommate Match and if we can't find you a roommate, you will enjoy your trip without the single supplement!*

August 16–24, 2017

Cost: \$3,099 pp/double; \$4,178 pp/single

Tulip Time on the Rhine

Special 2-for-1 airfare! Explore a new European city or country every day aboard the MS Emerald Star. History and architectural delights line the banks as you travel down the rivers of Europe—a veritable feast for the eyes. You will enjoy many surprises along the way including a narrated cruise on the canal in Amsterdam, visit to Keukenhof Gardens at the height of Tulip Time, shore excursions to Cologne, Cochem, Strasbourg & Lucerne, a visit to Lorelei Rock, and a tour of Reichsburg Castle. Partake in all meals and afternoon tea aboard the ship. Enjoy 2-post nights in Lucerne after your cruise. *Single? This trip includes our Roommate Match and if we can't find you a roommate, you will enjoy your trip without the single supplement!*

April 18–29, 2017

Cost: Starting at \$4,128 pp/double; \$6,027 pp/single





Magnificent Malta

Experience an island nation that has been at the crossroads of civilization for 500 years. Malta's Mediterranean climate has welcomed travelers, poets, and conquerors since the crusades and has transformed into a modern European nation with unparalleled hospitality. Visit St. John's Cathedral the 16th Century church that was built by the knights of Malta and houses the piece "The Beheading of St John." Explore Mdina, the town featured in Game of Thrones and home to some of Malta's current nobility.

May 8-16 2017

Cost: \$4628 pp/double; \$5657 pp/single

Washington's Waterways and National Parks

The Pacific Northwest coast has some of the best National Parks in the country. Take your time and explore them thoroughly on this wonderful Washington trip. Spend time in Mount Reiner, Olympic and Butchart Gardens. Enjoy views and unique activities like the Mt. Reiner Scenic Railway with a BBQ dinner and a trip in an open air tram in Northwest Wildlife Park that will offer opportunities to catch glimpses of Bison, Elk and Moose in their natural habitat. Experience Hoh Rainforest. If that wasn't enough, you will also visit the Museum of Glass, LeMay-America's Car Museum and a chance to visit Victoria, British Columbia by ferry.

June 22-July 1, 2017

Cost: \$3,119 pp/double; \$4,188 pp/single

Iceland the Land of Fire & Ice

Iceland, a magical island of dramatic contrasts, is a landscape forged by fire and ice. Steaming lava fields and hot pools reflect its volcanic nature, while massive glaciers continue to sculpt the mountains and valleys, leaving thundering waterfalls and plunging fjords. Travel the "Golden Circle" where many natural scenic wonders await you. Enjoy an overnight stay in a local fishing village and a scenic bay cruise. Discover the spectacular landscapes and proud people of this small island nation during this fascinating journey. *Included in your price is the choice to visit the Blue Lagoon or Whale Watching.*

August 13-21, 2017

Cost: \$5,159 pp/double; \$5,759 pp/single

Brandywine & The Poconos

Kick off this sweet trip in Philadelphia with a 4-night stay in the Brandywine Village, tour the DuPont mansions, Independence Hall, the Liberty Bell and Elfreth's Alley. Spend the day at Hershey's where you will delight in a factory tour and city tour of all of the things Milton Hershey who built the town dedicated to his love of chocolate. Just when you thought it couldn't get better than chocolate, take a tour of the QVC shopping network studios. The whip cream and cherry on top is the visit the beautiful Poconos during the autumn color change. A perfect opportunity for stunning photos! *At-home pickup and drop off included in this tour!*

October 7-13 2017

Cost: \$2995 pp/double; \$3395 pp/single



The Fun Advisor

Every day on the job for Cassie Eternal, our Travel Coordinator, is a new adventure—literally. She is responsible for developing, coordinating and implementing exciting new travel adventures for adults in our community. Cassie and her volunteer team of trip advisors help people check off their travel bucket list. Wherever you want to go, Cassie and team will get you there. They offer once-in-a-lifetime all-inclusive air, sea, land trips for adults of all ages and fresh and exciting local one-day trips for 50+ adults. After three years with the District, Cassie is now known in the Senior Center as the "Fun Advisor," sprinkling fun into the lives of all her honorary grandmas and grandpas through travel and adventure. Cassie is well-loved for her outstanding travel coordination, enthusiasm, creativity and contagious, effervescent fun spirit.



50+ travel

Pleasant Hill Recreation & Park District Travel Services offer special day trips and excursions for 50+ seniors. Meet new friends and have fun as you explore Northern California in the company of fellow travel enthusiasts. Non-Senior Club Members pay an additional \$10 for daytrips. **Not a Senior Club member yet? Stop by the Senior Center and sign up!**

Senior Trip Meeting

Want to learn more about senior trips? Attend a monthly Senior Trip Meeting to get a first look at our upcoming day trips, casino excursions and all-inclusive Air & Sea Travel Adventures. Many day trips and excursions sell out at the trip meeting! Meetings are the first Tuesday of the month, unless noted. We love suggestions to improve our travel program; bring your ideas to the meeting so we can continue to offer exciting adventures. *We offer our daytrips for any type of mobility and we do not charge the Non-Member fee for caretakers. Special Accommodations can be made for Electric Wheelchairs, Special Dietary Requests and Service Dogs with advance notice and as long as the trip venues are ADA accessible.*

Senior Center: Chateau Room
First Tuesday of the month, 1:00 pm

50+ Day Trips & Excursions

Here are some of our upcoming trips—call (925) 798-8747 to sign up! Trip times are approximate.

TOUR OF USS HORNET

The USS Hornet is a piece of our U.S. history. She was commissioned in November 1943, and after three months of training joined the U.S. forces in the Pacific War. She played a major part in the Pacific battles of World War II. Hornet was finally decommissioned in 1970 and is now a museum with 15 historic aircraft, restored Officer's Staterooms, Pilot ready room and several more exhibits. For those brave enough, bring \$6 cash for a chance to try the Flight Simulator. Lunch included. *Tickets available 10/10/16.*

January 12, 2017, 9:20 am–5:00 pm

Cost: \$70/\$65 (Dist. Res.)

CHINATOWN TOUR WITH CRAIG SMITH

Spend the day in Chinatown on a guided tour through the oldest, most beautiful and largest Chinatown in North America. You will visit some amazing historical buildings which are ornately decorated with Ancient Chinese symbols and remain significant to our American culture as well as Chinese culture. On this trip you will visit the Pacific Heritage Museum, Chinese Cultural Center, Portsmouth Square, Pagoda Gate, Mary's Square, the Fortune Cookie Factory, with shopping time in the unique shops. Lunch included. *Tickets available 10/10/16.*

January 18, 2017, 8:40 am–4:30 pm

Cost: \$90/\$85 (Dist. Res.)

GHOST THE MUSICAL: LESHNER CENTER, WALNUT CREEK

Adapted from the hit film by Academy Award-winning screenwriter Bruce Joel Rubin, Ghost the Musical follows Sam and Molly, whose connection takes a shocking turn after Sam's murder. Trapped between two worlds, Sam refuses to leave Molly when he learns she is in grave danger. Desperate to communicate with her, he turns to storefront psychic, Oda Mae Brown, who helps him protect Molly and avenge his death. With music and lyrics from multi-Grammy winning pop music icons Dave Steward and Glenn Ballard, Ghost will reach into your heart and help you believe in the power of love. Lunch included at Bridges restaurant in Danville before the show. *Tickets available 11/7/16.*

February 12, 2017, 10:00 am–5:00 pm

Cost: \$119/\$116 (Dist. Res.)

GRAND ISLAND MANSION BRUNCH & TOUR

The delta's historic Grand Island Mansion is a uniquely spectacular Italian Renaissance style villa. The Mansion is the largest private estate in northern California, and embodies the finest features of classical architecture and European craftsmanship. The four-story, 24,000 square foot, 58-room villa is centrally located on Grand Island in the lush delta region east of the San Francisco Bay. Brunch included. *Tickets available 11/7/16.*

February 23, 2017, 8:45 am–4:30 pm

Cost: \$96/\$92 (Dist. Res.)

JACKSON RANCHERIA

Set in the Sierra foothills, this laid-back casino hotel is 3.8 miles from the quaint shops and antique stores in downtown Jackson. Amenities include 36 gaming tables, 1,600 slot and video machines, and a 24-hour poker room, plus a heated outdoor pool and 2 hot tubs, a gym and a lobby coffee bar. Among the on-site dining options are a casual steakhouse and bar, a buffet, a cafe/bakery, and a fast-food eatery serving grilled Asian and California cuisine. *Tickets available 11/14/16.*

March 6, 2017, 9:40 am–5:30 pm

Cost: \$42/\$37 (Dist. Res.)

GENTLEMAN'S GUIDE TO LOVE & MURDER

Getting away with murder can be so much fun... and there's no better proof than the knock-'em-dead hit show that's earned unanimous raves and won the 2014 Tony Award® for best musical! Gentleman's Guide tells the uproarious story of Monty Navarro, a distant heir to a family fortune who sets out to jump the line of succession by—you guessed it—eliminating the eight pesky relatives. Lunch on own. *Tickets available 8/8/16.*

March 9, 2017, 8:35 am–6:30 pm

Cost: \$95/\$90 (Dist. Res.)



All senior enrichment, fitness and dance classes have been moved to the Adult section. See pages 10–19. Look for classes with this symbol for “senior friendly” classes that qualify for a Senior Club Member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788 to sign up.



senior programs & events

FREE!

Care Management Series

The Care Management Series brings a variety of topics from experts in our community. This series is sponsored by the Chateaus of Pleasant Hill. Presentations are free, however space is limited so please reserve your spot by calling 798-8788.

January 12: Aging in Place, *presented by Hillendale Home Care.*

February 9: What is a Captioned Telephone, *presented by Hamilton Relay.*

March 9: Veterans Benefits, *presented by Shelter, Inc.*

April 13: Which Assisted Living Community is Right for Me, *presented by Carlton Senior Living*

2nd Thursday of each month from 2:00–3:30 pm at the Senior Center

Pancake Breakfasts

Our monthly pancake breakfasts feature pancakes or French toast, eggs, sausage, orange juice and coffee. All ages welcome!

1st Sunday of the month, 8:30–10:30 am
February 5, March 5

Tickets: Adults 11+: \$5

Children 5–10 yrs: \$3 • 4 & under Free!

Senior Club Members can purchase a 5-Pancake Breakfast Punch Card for only \$20!

Senior Center: Chateau Room

Special Easter Pancake Breakfast

April 15, 9:00–11:00 am

See page 3.

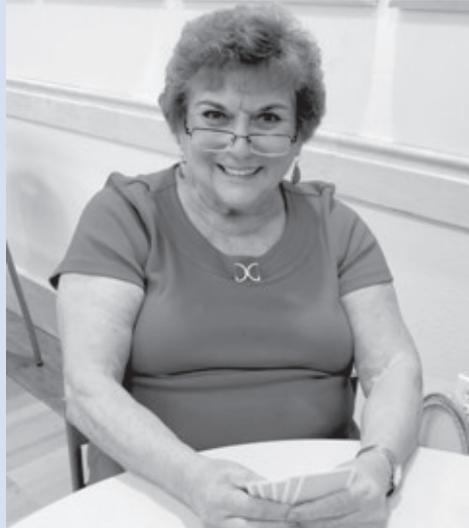
Mardi Gras Social

No need to go to New Orleans for Mardi Gras! Join us for our local version of this fun Cajun celebration. Enjoy wine and food. Non-alcoholic beverages available. Sponsored by Carlton Senior Living.

Tuesday, February 28, 3:00–5:00 pm

Tickets: \$12/\$15 same day
(sold based on availability)

Senior Center: Chateau Room



Fundraisers! Save the Dates!

Crab Feed

Friday, January 27, 6:00 pm

Tickets go on sale December 19 at Senior Center. Advance ticket sales only.

No tickets available at the door.

Senior Center: Chateau Room

Laugh, Love & Learn

Friday, May 5, 9:30 am–1:00 pm

Senior Live Well Forum: A day full of educational and uplifting speakers, plus lunch. All funds raised benefit the Senior Center Care Management Program. For registration and more information, call the Senior Center at (925) 798-8788.

Come early for the Free Ultimate Senior Resource Fair from 8:30 am–1:00 pm.

Over 50 vendors from the local area and free giveaways!

Senior Center

Pleasant Hill Senior Center
233 Gregory Lane • (925) 798-8788
www.phseniorcenter.com

The award-winning Pleasant Hill Senior Club, sponsored by the Pleasant Hill Recreation & Park District, operates as a non-profit organization with an elected Board of Directors. Annual membership is open to men & women 50 years and over for \$20. Members receive a monthly newsletter and discounts on numerous classes and special events.

For more details on dates and times of the following services and activities please visit the website at www.phseniorcenter.com and download a copy of the *Senior Sounds* monthly newsletter.

Senior Services:

- Advance Health Care Directives Program
- Care Management Program
- Consult an Attorney Program
- County Nutrition Program (CC Café/Meals on Wheels)
- iHelp (help for Mac, iPad, iPhone users)
- County Connection Bus Tickets
- Medicare & Supplemental Insurance Policy Counseling (HICAP)
- Memory Screening
- Movie Library
- Notary Service
- Open Computer Lab
- Senior Peer Counseling
- Simple Wills Clinic

Senior Center Activities:

- Amistad—Spanish Resource Group
- American Mah Jongg
- Boutique Group
- Bingo
- Book Club
- Bunco
- Chef's Lunches
- Explorers Hiking Group
- Friday Flicks
- Marathon Bridge
- Men's Corner—men's discussion group
- Pathfinders Walking Group
- Pinochle
- Senior Bridge
- Spanish Book Club
- Tea Dance
- Tuesday Talkers—co-ed discussion group
- Wisdom Circles

aquatic fitness

Lap Swim

15 yrs & up

Stay fit, improve stroke technique, build endurance and energize your mind/body through lap swim. Visit pleasanthillrec.com for schedules and information.

Water Aerobics

18 yrs & up

Adding water to aerobics gives you the ultimate low-impact workout by cushioning body from impact and providing resistance. This co-ed class emphasizes cardiovascular exercise, muscles toning, and slimming the body. Swimming skills not required.

Instructors: Bryce Halliday,
MaryBeth McCarthy

PH Education Center Pool:
1 Santa Barbara Road

Year-round Classes | Drop-in: \$8

Water Aerobics Punch Card: \$50 (8 classes)

Mary Beth	W	7:20-8:20 am
Mary Beth	Tu/Th	8:30-9:30 am
Mary Beth	Tu/Th	6:00-7:00 pm
Bryce	M/W/F	8:30-9:30 am

No class on legal holidays and instructor scheduled vacations. Modified class schedule during the Nov/Dec holiday break.

aquatic classes

High School Pre-Season

Grades 9-12

Clinic open to all high school swimmers who want to prepare for their upcoming season with aerobic base training, central conditioning, dry land and nutrition. This is not a learn to swim clinic.

Instructor: Vicky Dewey

PH Education Center Pool:
1 Santa Barbara Road

5 weeks | \$195/\$180 (Dist. Res.)

8215.201 1/3-2/2 M-Th 3:30-5:00 pm
No class 1/16

Note: Pools are subject to closure without warning, based on attendance, weather, emergencies and training, maintenance or safety issues.

Pre-Swim Team

Designed for swimmers who want to join a swim team. Students must be able to take breaths on their own while "swimming." Repeat students welcome. There will be a parent meeting and try-outs on the first day.

Instructor: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

2 weeks | 4-5 years | \$75/\$60 (Dist. Res.)

8208.201 4/10-4/20 M/Tu/Th 4:00-4:30 pm

2 weeks | 6-8 years | \$92/\$77 (Dist. Res.)

8209.201 4/10-4/20 M/Tu/Th 4:30-5:15 pm

For those without swim team experience who would like to learn the skills to be on a swim team or to further develop their skills. Focus will be in developing the four competitive strokes, starts and turns.

Instructor: Carol Madsen

2 weeks | 9-13 years | \$92/\$77 (Dist. Res.)

8210.201 4/10-4/20 M/Tu/Th 5:15-6:00 pm

Spring Swim Clinics

7-13 yrs

For summer recreation swimmers. Focus on stroke technique and drill progressions for competitive swimming. Not training sessions; must have prior competitive experience. This clinic does not conflict with County guidelines for Recreation Swim Teams.

Instructor: Talli Pitcher

PH Education Center Pool:
1 Santa Barbara Road

2 weeks | \$75/\$60 (Dist. Res.)

8727.201 2/7-2/16 Tu/Th 6:00-6:45 pm

8727.202 2/21-3/2 Tu/Th 6:00-6:45 pm

8727.203 3/7-3/16 Tu/Th 6:00-6:45 pm

8727.204 3/21-3/30 Tu/Th 6:00-6:45 pm

8727.205 4/11-4/20 Tu/Th 6:00-6:45 pm

Triathlon Training Camp

8 yrs & up

A triathlon training program designed for the novice athlete filled with fun, exercise, camaraderie and a great learning experience. Participants will receive instruction in swimming, cycling, and running.

Instructor: Michael Kyle, *Ozone Fitness, Inc.*

PH Education Center Pool:
1 Santa Barbara Road

10 weeks | \$245/\$230 (Dist. Res.)

8250.201 1/7-3/11 Sa 8:00 am-12:00 pm



Cali Suns Water Polo

A USA Water Polo (USAWP) team, Cali Water Polo offers swimmers a positive, encouraging and competitive environment to learn about the sport of water polo and develop new skills. Must be able to swim 50 yards freestyle, with a strong stroke. Registration includes Nor Cal League Tournaments (schedule TBD, weekends) and a t-shirt for each player. All players must be registered with USAWP (minimum Bronze Level) at www.usawaterpolo.org by the first day of practice (this fee is not included in your registration).

Head Coach: Kelly McCabe

PH Education Center:
1 Santa Barbara Road

NEW!

12U Co-Ed, 8 weeks | \$340/\$325* (Dist. Res.)

8747.201 11/28-2/3 M/W 5:00-6:30 pm

No practice 12/19-1/2, 1/16

14U & 16U Boys, 8 weeks

NEW!

\$400/\$385* (Dist. Res.)

8748.201 11/28-2/3 M/W 5:00-7:00 pm

No practice 12/19-1/2, 1/16

14U & 16U Girls, 8 weeks

\$400/\$385* (Dist. Res.)

8749.201 11/29-2/3 Tu/Th 5:00-7:00 pm

No practice 12/19-1/2

Sibling Discount: \$25.00

Water Safety Instructor (WSI)

16 yrs & up

The American Red Cross WSI class provides training needed to teach courses in the ARC Swimming and Water Safety Program. \$35 must be paid online to the American Red Cross prior to first class.

Instructor: Korey Riley

PH Education Center:
1 Santa Barbara Road

Teen Center: 147 Gregory Lane

6 weeks | \$230/\$215 (Dist. Res.)

8716.201 1/18-2/22 M/W 5:30 pm-8:30 pm
1/20 F 5:30 pm-8:30 pm

No class 2/20

Lifeguard Training

15 yrs & up

Learn how to save a life and become an American Red Cross certified Lifeguard! After completion, the American Red Cross will issue certificates in Lifeguarding/First Aid/CPR/AED and Administering Emergency Oxygen. Bring lunch each day. Visit pleasanthillrec.com for the required pre-requisites, which must be successfully completed on the first day of class.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

1 week | \$230/\$215 (Dist. Res.)

8715.201 4/3-4/6 M-Th 9:00 am-5:00 pm

3 weeks | \$230/\$215 (Dist. Res.)

8715.202 4/14-4/29 F 5:00-8:00 pm
Sa 9:00 am-5:00 pm

8715.203 5/5-5/20 F 5:00-8:00 pm
Sa 9:00 am-5:00 pm

Lifeguard Training Review

16 yrs & up

For those who have taken a lifeguard training course and need to renew their certifications. Course includes lecture and video review, skills practice and testing (written and skills). Upon successful completion the American Red Cross will issue certificates in Lifeguarding/First Aid/CPR/AED. Bring lunch. Must provide proof of current certification.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

\$165/\$150 (Dist. Res.)

8717.201 4/7-4/8 F 5:00-9:00 pm
Sa 9:00 am-5:00 pm



swim lessons

Spring Swim Lessons

Pleasant Hill Recreation & Park District offers a wide variety of swim lessons from 6-month tots to adults! Private and group lessons available.

LESSON SCHEDULES and REGISTRATION NOW ONLINE!

Visit pleasanthillrec.com/aquatics/swimlessons.html

Questions?

Contact (925) 682-0896



pleasant hill dolphins swim team

Have Fun! Swim Fast! Founded in 1964, the Pleasant Hill Dolphins is a summer recreational swim team. Daily practice with instruction in all four competitive strokes, racing starts and turns and swim meets in the summer. The team also offers special activities for swimmers and their families. Swimmers must be able to swim 25 yards of freestyle (face in the water with rhythmic breathing).

Head Coach: Talli Pitcher

Tryouts: Thursday, March 9, 5:00 pm at PH Education Center Pool, 1 Santa Barbara Road or **Friday, April 21, 4:00 pm** at PH Aquatic Park, 147 Gregory Lane
For new 8 & under swimmers ONLY.

Practice Schedule (Season runs 4/24-8/7)

Spring practice held at PH Aquatic Park: 147 Gregory Lane;
Summer practice at PH Education Center Pool: 1 Santa Barbara Road

Age as of 6/15/17	Activity Code	Spring: 4/24-6/8 M-Th	Summer: 6/12-8/7 M/Tu/Th/F
6 & under	8223.301	3:30-4:00 pm	2:30-3:15 pm
7-8	8224.301	4:00-4:45 pm	3:15-4:00 pm
9-10	8225.301	4:45-5:45 pm	4:00-5:00 pm
11-12*	8226.301	6:00-7:00 pm*	9:30-10:30 am or 5:00-6:00 pm
13-14*	8227.301	6:00-7:00 pm*	8:00-9:30 am or 5:00-6:00 pm
15-18*	8228.301	6:00-7:00 pm*	8:00-9:30 am or 5:00-6:00 pm

*For 11-18 swimmers: all practices are at PH Education Center Pool. In the summer, their primary practice is in the morning. The evening practice is designed for novice 11-18 swimmers or those who cannot make the morning practice.

No practice May 29, July 3-7. County meet qualifying swimmers practice through August 11.

Registration: January 3-May 22, 2017 at the District Office (M-F, 9:00 am-5:00 pm) or online at www.pleasanthillrec.com. For more information, call 682-0896. Priority registration 1/3-2/14 for returning Dolphins & siblings. Registration for new members to the team opens 2/15.

Registration Fees (14 & under):

1/3-2/28 \$365/\$350 (Dist. Res.)

3/1-3/31 \$390/\$375 (Dist. Res.)

4/1-4/30 \$415/\$400 (Dist. Res.)

After 4/30 \$445/\$430 (Dist. Res.)

High School . . . \$265/\$250 (Dist. Res.)

Fee includes team t-shirt. Register early to take advantage of the optional payment plan.

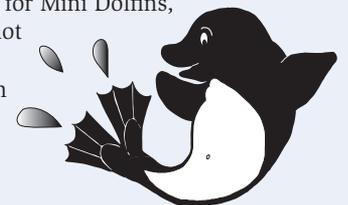
Work Assignments:

Parents/families play a vital role in the success of this program and parent participation is required. \$200 Family Fee (per family) must be paid by check at the time of registration to the Pleasant Hill Dolphins Parent Club. Family Fees will be returned in the fall if all work assignments were completed. See pleasanthilldolphins.com for more information.

Mini Dolphins:

7 yrs & under

Registration for Mini Dolphins, swimmers not quite ready for the swim team, will begin in March 2017.





Dear Friends of Pleasant Hill Recreation & Park District,

This is the time of year for celebrating and vowing to make lasting changes. This issue of our Spotlight includes many opportunities to celebrate with your family, friends, and neighbors. I am particularly looking forward to celebrating at our Wine, Women &

Shoes Fundraiser in 2017. Last year, I attended the event with five of my friends and we all can't wait to go again. We had an amazing time shopping, sipping wine, spending carefree time together and raising funds for two amazing causes. Just before the event last year, I had submitted my General Manager application with the District. My friends announced during the event that when I became General Manager I was required to buy a table so they could have better seats for the fashion show, shoe guy performance and live auction. Looks like I'm on the hook for a V.I.P. table. Please join my friends and I at Wine, Women & Shoes on May 17, 2017. I highly recommend that you purchase your tickets or table early. This is a sell-out event! Tickets now available online. See the back cover.

It is also the time of year to evaluate and make lasting changes to improve your health and general wellness. One effective way to make positive changes for the whole family is to learn how to prepare healthy meals. Check out page 12 for our new health and nutrition classes to help you make better food choices and ditch the drive-thru. Also see our new culinary classes on page 11 to jumpstart your kitchen creativity and spice up your cooking repertoire. Lastly, we have a variety of adult self-care classes, from smart parenting, meditation, time management to stress relief strategies that will improve your general wellness and outlook on life. I will definitely check out one of these classes as I balance my new responsibilities at Pleasant Hill Rec and home life.

I look forward to celebrating with you at one of our special events (on page 3) in the new year.

Cheers,
Michelle Lacy, General Manager

Mission Statement

In order to serve the diverse recreational needs of individuals and families and to enrich the quality of life for all residents, the Pleasant Hill Recreation & Park District is committed to providing park facilities, open space, programs, and activities.

BOARD OF DIRECTORS

Zac Shess, <i>Chair</i>	212-6572
Dennis Donaghu, <i>Vice Chair</i>	937-8283
Bobby Glover, <i>Secretary</i>	954-7070
Sandra Bonato, <i>Member</i>	938-5433
Sherry Sterrett, <i>Member</i>	687-2888

Board Meetings: 2nd & 4th Thursdays, 7:00 pm
Administration Office, Conference Room,
147 Gregory Lane

3 Ways to Register Now!



Online at www.pleasanthillrec.com

Visa/MasterCard/American Express accepted.
No convenience fees for online registration!



Phone: 682-0896 M-F, 9:00 am-5:00 pm,

VISA/MasterCard/American Express accepted.



Walk-in:

Administration Office, 147 Gregory Lane, M-F, 9:00 am-5:00 pm.

Registration Begins December 5

See class listings for exceptions to registration dates. **For refund info, visit pleasanthillrec.com.**

ADMINISTRATIVE STAFF

Michelle Lacy, *General Manager*
Mark Blair, *Accounting Supervisor*
Tom Bradley, *Park Superintendent*
Katrina Hunn, *Recreation Supervisor*
Lance Hurtado, *Recreation & Parks Manager*
Susie Kubota, *Executive Secretary*
Kendra Luke, *Senior Services Supervisor*
Carrie Miller, *Building Maintenance Superintendent*
Korey Riley, *Aquatics Supervisor*
Tina Young, *Recreation Superintendent*

CO-SPONSORED CLUBS & ORGANIZATIONS

For club information, visit pleasanthillrec.com/clubs.html

- American Legion #331
- Contra Costa Camera Club
- Diablo Valley Track & Field
- Diablo Valley Macintosh User Group
- East Bay Artists Guild
- Friends of PH Library
- Las Juntas Artists
- Onstage Theatre
- PH Baseball Association
- PH DOG Owners Group
- PH 4th of July Commission
- PH Garden Study Club
- PH Historical Society
- PHMSA-AYSO Soccer
- PH Tennis Club
- Rodgers Ranch Heritage Center
- Society of Young Magicians
- Treadles to Threads
- Veterans of Foreign Wars

FACILITY & PARK LOCATIONS

Administration: 147 Gregory Lane
M-F, 9:00 am-5:00 pm
682-0896 • Fax 682-1633

Community Center: 320 Civic Drive
M-F, 9:00 am-4:30 pm
676-5200 • Fax 246-9842

Senior Center: 233 Gregory Lane
M-Th, 9:00 am-4:00 pm; F, 9:00 am-3:00 pm
798-8788 • Fax 798-8837

Teen Center: 147 Gregory Lane • 691-5645

Park Maintenance Operations:
310 Civic Drive • M-F, 6:30 am-3:00 pm
671-4649 • Fax 676-7628

Paso Nogal Off-Leash Dog Park:
on Paso Nogal Road

Rodgers Ranch Heritage Center:
315 Cortsen Road • www.rodgersranch.org

Winslow Center: 2590 Pleasant Hill Road

Map of District Parks & Facilities available at pleasanthillrec.com.



The Pleasant Hill Community Foundation

was founded in 1987 to promote and support educational, recreational, cultural and other activities for people living and working in the Pleasant Hill area. In addition to its other funds, the Foundation created the "Park Development Fund" to provide the Pleasant Hill Recreation & Park District monies to develop, protect, restore, and conserve our parks. It is organized under section 501(c)(3) of the Internal Revenue Code. Contributions are tax-deductible.

Details: info@phcommunityfoundation.org



AMERICANS WITH DISABILITIES ACT (ADA)

5% of rental fees and \$1 per person per class will be designated for facilities improvements and services to comply with the ADA. PHR&PD welcomes persons with disabilities. For information, call 682-0896.

Winter & Spring Break Camps

Adventure Kids Camps

Grades K-5

Adventure Kids Camps offer a full range of activities for your child including science, crafts, art, structured play, music, LEGO building, sports, outdoor games and so much more! Get a preview of our Adventure Kids Summer Camp by going on two field trips if you attend any of these camps! Call KIDSTOP at (925) 680-5298 for more information.

Instructor: KIDSTOP Staff



Children's Center

WINTER BREAK

1 week, Mon-Fri | \$315/\$300 (Dist. Res.)

6060.101 12/19-12/23 7:00 am-6:00 pm

4 days, Tue-Fri | \$255/\$240 (Dist. Res.)

6060.103 12/27-12/30 7:00 am-6:00 pm

No camp 12/26

SPRING BREAK

1 week, Mon-Fri | \$315/\$300 (Dist. Res.)

6060.201 4/3-4/7 7:00 am-6:00 pm

Sports Camps

Winter Break Tennis Camp

6-12 yrs

Activities and games are age-appropriate and the campers are sure to have fun learning a lifetime sport. Wear tennis shoes, bring racket, one unopened can of tennis balls and a snack. Lunch is not provided.

Instructor: Joey Martinez

College Park High School Tennis Courts: 320 Civic Drive (adjacent to Community Center Parking Lot)

Mon-Fri, 1 week | \$145/\$130 (Dist. Res.)

5589.101 12/26-12/30 9:00 am-12:00 pm

Spring Break Tennis Camp

6-12 yrs

Activities, games and drills are age-appropriate and the campers are sure to have fun learning a lifetime sport! Each camper will need to bring a tennis racquet, one unopened can of tennis balls, wear tennis shoes, and bring water and a snack.

Instructor: Joey Martinez

College Park High School Tennis Courts: 320 Civic Drive (adjacent to Community Center Parking Lot)

Mon-Fri, 1 week | \$145/\$130 (Dist. Res.)

5589.300 4/3-4/7 9:00 am-12:00 pm

Spring Break Soccer Camp

4.5-10 yrs

Spend a week learning soccer skills including: dribbling, passing, receiving, and shooting. Everyone is a winner as the week's fun culminates in an age-appropriate "World Cup" tournament. All campers will receive a Kidz Love Soccer jersey and soccer ball. Campers should bring a full water bottle, a healthy snack and sunscreen is recommended.

Shin-guards are required.

Instructor: Kidz Love Soccer Staff

PH Park: 147 Gregory Lane

1 week | \$164/\$149 (Dist. Res.)

Monday-Friday, 9:00 am-12:00 pm

5039.300 Level 1: 4.5-6 yrs 4/3-4/7

5039.301 Level 2: 7-8 yrs 4/3-4/7

5039.302 Level 3: 9-10 yrs 4/3-4/7



Xtreme Break Camps

Xtreme Winter Break Camp

Grades 6 & up, siblings Grade 3 & up

Experience an action-packed week at the Teen Center! Daily on-site activities and local field trips. Register by the day.

Instructor: Teen Center Staff

Teen Center

7:30 am-6:00 pm | \$55/\$45 (Dist. Res.)

Field Trips included

5189.119	12/19	M	Movies
5189.120	12/20	Tu	Bowling
5189.121	12/21	W	Ice Skating
5189.122	12/22	Th	Rock Climbing
5189.127	12/27	M	QZar
5189.128	12/28	Tu	Sky High Sports
5189.129	12/29	W	Movies

Xtreme Spring Break Camp

Grades 6 & up, siblings Grade 3 & up

Go extreme this spring! Enjoy an active, fun-filled week at the Teen Center! Daily local field trips and onsite activities. Register by the day.

Instructor: Teen Center Staff

Teen Center

7:30 am-6:00 pm | \$55/\$45 (Dist. Res.)

Field Trips included

5189.201	4/3	M	Sky High Sports
5189.202	4/4	Tu	Bowling
5189.203	4/5	W	Mt Diablo hike & BBQ
5189.204	4/6	Th	Mall scavenger hunt/ arcade
5189.205	4/7	F	Movies



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Pleasant Hill, CA 94523

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Pleasant Hill Recreation & Park District • (925) 682-0896 • The Spotlight Winter/Spring, Volume 22, Issue 1



Take Care of Yourself in 2017!

Enroll in a variety of NEW self-care classes that promote a healthier and more balanced life.

- **Barriers to Smart Parenting**
- Group Meditation
- Mastering the Art of Time Management
- Fearless Writing
- Relief From Stress, Worry & Depression
- Strong Boundaries for Nice People
- Transforming Your Inner Critic

See pages 13–14 for class information.



Bollywood/Belly Dance Fusion

16 yrs & up

A fusion mix of both Bollywood Dance and Belly Dance—get a great cardio workout! Bring your hip scarves and join the fun! No experience necessary.

See pages 14 for class information.



Wine, Women & Shoes

Sunday, May 21, 2:00–6:00 pm
Community Center: Perera Pavillion

Be there! Be fabulous! Sip fine wines, savor delicious food, shop the latest in designer shoes and fashion, bid on exciting auction prizes and enjoy an incredible fashion show... all while supporting two great causes! Don't miss an afternoon of friendship, fashion and fun! **Buy Tickets Now!**

Wine, Women & Shoes is the most popular luxury fundraiser event of the season. Benefits HomeAid of Northern California and Pleasant Hill Recreation & Park District.

Follow the action:
[facebook.com/wwscontracosta](https://www.facebook.com/wwscontracosta)

Tickets and information:
winewomenandshoes.com/contracosta

