



MEMORANDUM

TO: Board of Directors
FROM: General Manager
DATE: October 28, 2015
RE: November 5, 2015 Board Meeting

Consent Calendar (ACTION)

- a. To Approve Bills to be Paid
- b. To Approve Minutes of August 13, 2015

<u>Check</u>	<u>Date</u>	<u>Vendor No</u>	<u>Vendor Name</u>	<u>Amount</u>	<u>Voucher</u>
22029	11/05/2015	Absolute	Absolute Plumbing & Drain	997.00	000000
22030	11/05/2015	Aflac	Aflac	24.10	000000
22031	11/05/2015	AmerSta	American Stage Tours	4,325.00	000000
22032	11/05/2015	AmFid	American Fidelity	2,239.96	000000
22033	11/05/2015	Antai	Antai Solutions LLC	8,324.00	000000
22034	11/05/2015	ATT CC	AT & T	109.96	000000
22035	11/05/2015	ATT3	ATT CALNET 2	110.07	000000
22036	11/05/2015	BayADeb	Bay Area Debate Club	758.40	000000
22037	11/05/2015	BayAlar	Bay Alarm Company	370.15	000000
22038	11/05/2015	BayArGo	Bay Area Golf & Industrial Ve	94.12	000000
22039	11/05/2015	BayBuil	Bay Building Maintenance Inc.	700.00	000000
22040	11/05/2015	BerBob	Robert B. Berggren	400.00	000000
22041	11/05/2015	BillAce	Bill's Ace Hardware	76.66	000000
22042	11/05/2015	BonaSan	Sandra Bonato	200.00	000000
22043	11/05/2015	CaUsss	California USSSA	238.00	000000
22044	11/05/2015	CCCFireP	Contra Costa County Fire Prote	627.00	000000
22045	11/05/2015	CCWat	Contra Costa Water District	4,117.95	000000
22046	11/05/2015	Cintas	CINTAS Fire Protection # F44	177.96	000000
22047	11/05/2015	Cole	Cole Supply Co., Inc.	782.57	000000
22048	11/05/2015	CommPool	Commercial Pool Systems, Inc.	927.90	000000
22049	11/05/2015	ConSoft	Concord Softball Umpires	3,774.00	000000
22050	11/05/2015	Cyber	Cybercopy	460.49	000000
22051	11/05/2015	Deluxe	Deluxe For Business	662.60	000000
22052	11/05/2015	DonDen	Dennis A. Donaghu	200.00	000000
22053	11/05/2015	EBMUD	East Bay Mud	904.02	000000
22054	11/05/2015	Ed2go	Education To Go	403.50	000000
22055	11/05/2015	EDD	Employment Development Dept.	2,610.54	000000
22056	11/05/2015	Elavon	Elavon	239.70	000000
22057	11/05/2015	Ewing	Ewing Irrigation	83.02	000000
22058	11/05/2015	FranTx	Franchise Tax Board	105.00	000000
22059	11/05/2015	Furber	Furber Saw, Inc.	79.21	000000
22060	11/05/2015	GlovBob	Bobby Glover	200.00	000000
22061	11/05/2015	Guttmann	Guttmann & Blaevoet	6,750.00	000000
22062	11/05/2015	HurdAss	Hurd & Associates	6,375.00	000000
22063	11/05/2015	Imperial	Imperial Sprinkler Supply	244.78	000000
22064	11/05/2015	INKEM	INKEM	1,070.36	000000
22065	11/05/2015	JMFast	J & M Fasteners	52.87	000000
22066	11/05/2015	KiddCur	Law Office of Curtis S. Kidder	2,376.00	000000
22067	11/05/2015	LeviJul	Julie Levin	72.00	000000
22068	11/05/2015	LincEqu	Lincoln Aquatics	1,530.27	000000
22069	11/05/2015	MejiMar	Mario Mejia	1,050.00	000000
22070	11/05/2015	Muir	Muir/Diablo Occupational Medic	100.00	000000
22071	11/05/2015	NaccAll	Allie Naccara	40.00	000000
22072	11/05/2015	OneWork	One WorkPlace	128.77	000000
22073	11/05/2015	PacCoas	Pacific Coast Seed, Inc.	1,790.25	000000
22074	11/05/2015	PERS	CalPERS	15,810.81	000000
22075	11/05/2015	PG&E	Pacific Gas & Electric Co	20,498.83	000000
22076	11/05/2015	PhSen	Pleasant Hill Seniors Club	978.00	000000
22077	11/05/2015	PleaHill	Pleasant Hill Rec & Park Distr	133,144.20	000000
22078	11/05/2015	R-Comput	R-Computer	3,126.96	000000
22079	11/05/2015	RossRec	Ross Recreation Equipment	1,708.18	000000
22080	11/05/2015	ShessZac	Zac Shess	200.00	000000
22081	11/05/2015	ShieCons	Shields Consulting Group, Inc	279.70	000000
22082	11/05/2015	SocMagic	Society Of American Magicians	454.95	000000
22083	11/05/2015	Spanish	Spanish 4 Children	1,069.20	000000
22084	11/05/2015	SterSher	Sherry Sterrett	200.00	000000

<u>Check</u>	<u>Date</u>	<u>Vendor No</u>	<u>Vendor Name</u>	<u>Amount</u>	<u>Voucher</u>
22085	11/05/2015	SuppWor	Supply Works	1,074.35	000000
22086	11/05/2015	Travel	Travel Center, Trust Account	8,975.50	000000
22087	11/05/2015	UNIVAR	UNIVAR USA Inc	734.01	000000
22088	11/05/2015	USBank	U.S. Bank	1,841.90	000000
22089	11/05/2015	Valic	Valic	1,200.00	000000
22090	11/05/2015	WhitCas	Casey White	200.00	000000
22091	11/05/2015	YeeDenn	Dennis Yee	570.00	000000

CHECK TOTAL: \$248,969.77

**Board of Directors Meeting Minutes
August 13, 2015
DRAFT**



The August 13, 2015 meeting of the Pleasant Hill Recreation & Park District Board of Directors was called to order by Board Vice Chair Shess at 6:30 p.m. in the Conference Room at the Administrative Office.

The Board and Staff adjourned to a Closed Session at 6:30 p.m.

The regular Board Meeting reconvened at 7:00 p.m. at which point Vice Chair Shess reported that the Board had met in Closed Session and has given the General Manager direction on the item involved.

PLEDGE OF ALLEGIANCE

Board Member Sterrett led the Pledge of Allegiance.

ROLL CALL

BOARD PRESENT: Shess, Donaghu, Sterrett, Glover

ABSENT: Bonato

STAFF PRESENT: Berggren, Young, Luke, Cotruvo

PUBLIC COMMENT

None

CONSENT CALENDAR (ACTION)

- a. To Approve Bills to be Paid
- b. To Approve Minutes of April 9, 2015 and June 11, 2015

Upon motion of Board Members Sterrett & Donaghu the Board approved the consent calendar with corrections to the June 11, 2015 minutes.

REPORT FROM EAST BAY ARTISTS GUILD

The General Manager reported that the representative from the Guild was unable to attend this meeting, but will give a report at a future meeting.

REPORT FROM PLEASANT HILL SENIOR CLUB

Senior Club President Ron Quinn was present to update the Board on the Senior Club's membership and activities at the Senior Center facility. Quinn invited the Board to the 60th Anniversary Celebration of the Senior Center on September 25, 2015. He highlighted the volunteer program and the upcoming fundraisers at the Senior Center.

The Board thanked Quinn and the Senior Club for everything they provide for the Senior Center.

TO CONSIDER REHABILITATION SERVICES OF NORTHERN CALIFORNIA (RSNC) FOR PARTNER IN WINE WOMEN & SHOES 2016 (ACTION)

Recreation Superintendent Tina Young introduced the representatives present at the meeting from the Rehabilitation Services of Northern California. Young introduced the group and the highlights of the Wine Women & Shoes 2016 event with the Board. Young commented that after much research

the Wine Women & Shoes Committee is recommending the RSNC group as the partner for the 2016 Wine Women & Shoes event. She said the Committee was very pleased to have RSNC located in Pleasant Hill.

Representatives of RSNC led by Debbie Toth were present. Toth stated that the group was very excited about the prospect of partnering with the event and the District.

All the Board Members said that they were very impressed with the RSNC organization. Staff also commented on the hard work and dedication to the community the RSNC organization has done.

Board Member Shess commented that it is important for the participants of the Wine Women & Shoes event to realize this is a County event and not just for Pleasant Hill.

Upon motion of Board Members Glover & Donaghu the Board approved the Rehabilitation Services of Northern California for partnership in the 2016 Wine Women & Shoes event. The Board also added to make sure the Committee organizers advertise the event so that participants are more aware of why they are attending.

CONTRA COSTA SPECIAL DISTRICT'S QUARTERLY REPORT

- a. LAFCO Election**
- b. Meeting Report**

Board Member Sterrett reported on the Contra Costa Special District's quarterly meeting on July 20, 2015. She commented that after recruitment for a meeting quorum, Stan Caldwell was elected as the new seat alternate for LAFCO.

Sterrett reported that the chapter meeting was held after the election. She commented that it was a very informative meeting with information on the West Nile Virus and a guest speaker discussing defibrillators. She updated the Board on the new scholarship committee through CSDA. She commented that the next Chapter meeting will be October 18, 2015.

The General Manager reported that the annual CSDA Conference will be in Monterey in September. He asked if any of the Board Members would like to attend as Sterrett will not be available. Vice Chair Shess said he may be available.

REPORT ON DISTRICT'S CAPITAL PROJECTS FOR FISCAL YEAR 2015-16

The General Manager distributed the final budget and the updated Capital Projects list for fiscal year 2015-16 to the Board. He reviewed each item on the Capital Projects list which are:

1. Pleasant Hill Park Pathway replacement project.
2. Pleasant Hill Aquatic Pool Deck replacement.
3. Pleasant Hill basketball court resurfacing.
4. Shade structures at the Teen Center.
5. Aerator & Top dresser machines.
6. Rodgers- Smith restroom.
7. Website upgrade.
8. Community Center Curved Bench Tile replacement.

REPORTS AND TO SET BOARD COMMITTEE MEETING DATES

- a. **Land and Facility Development Committee**
- b. **Personnel Committee**
- c. **Budget & Finance Committee**
- d. **Program Committee**

Land and Facility Development Committee: They will be meeting with the District legal counsel on Thursday August 20, 2015 at 4:00 p.m. Vice Chair Shess commented that they will have a report at the next Board Meeting.

Personnel Committee: Nothing to report at this time.

Budget & Finance Committee: Nothing to report at this time.

Program Committee: The most current issue of the Spotlight has been distributed.

BOARD ANNOUNCEMENTS AND REQUESTS TO STAFF

Sterrett made the following announcements/questions:

- She updated the Board on the last Library Task Force meeting held on August 10, 2015.
- She thanked the General Manager and District staff for producing the new KIDSTOP logo.
- She enjoyed the pictures of the District Staff on the new Catwalk on the Community Center roof.

Donaghu made the following announcements/questions:

- He attended the National Night Out event. He said it was a great event.

Glover made the following announcements/questions:

- He is proud to announce he is going to be an uncle. His sister Kimmy Torres is expecting.

Shess made the following announcements/questions:

- He attended the Traffic Safety Commission meeting regarding Paso Nogal Park.
- He requested a Blues and Brews wrap up report

STAFF ANNOUNCEMENTS

The General Manager made the following announcements:

- He shared a nice note regarding the Jean Hambleton bench.
- He requested Board input on the Rodgers Ranch Heritage signage.

ADJOURNMENT

Vice Chair Shess adjourned the meeting at 8:41 p.m.

Robert B. Berggren, Clerk of the Board



MEMORANDUM

TO: Board of Directors
FROM: General Manager
DATE: October 28, 2015
RE: November 5, 2015 Board Meeting

To Consider Resolution 2015-11-05, Approving the Appropriation Limit for Fiscal Year 2015-16 (ACTION)

Attached to your packet is the calculations for the Appropriation Limit for Fiscal Year 2015-16, plus attached is the resolution to approve the Appropriation Limit.

The General Manager is recommending approval by the Board of the Appropriation Limit for Fiscal Year 2015-16.



Board of Directors RESOLUTION

PLEASANT HILL RECREATION & PARK DISTRICT

147 Gregory Lane
Pleasant Hill, CA 94523
(925) 682-0896
(925) 682-1633 fax
pleasanthillrec.com

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

IN THE MATTER OF **RESOLUTION 2015-11-05**
APPROVING APPROPRIATION LIMIT (ARTICLE XIII B) FOR FISCAL YEAR 2015 - 16

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

THAT California Revenue and Taxation Code, Section 2228, requires the District to establish an annual appropriations limit and that it use the estimate of percentage change in population for the District annually provided to it by the California Department of Finance; and

THAT the District uses this estimated percentage change in population factor, in conjunction with a change in the cost of living, or price factor, to calculate its appropriations limit for each fiscal year; and

THAT pursuant to Article XIII B of the state of California Constitution and Section 7900 through 7913 of the Government Code, the District adopted procedures and determined an appropriations limit for a **base year** in the amount of **\$676,640**; and

THAT Article XIII B of the state of California Constitution was amended by the voters in the General Election in November of 1988, by which the District was authorized to include the percentage change in California per capita personal income in calculating the formula for the appropriations limit; and

THAT a weighted average population percentage change in the City of Pleasant Hill and unincorporated areas of the District is used; and

THAT the combined accumulative California per capita personal income and population change factor is to be adjusted to **8.235**.

NOW, THEREFORE, BE IT RESOLVED THAT pursuant to this Resolution 2013-08-08A and established District procedures in having officially adopted the 1988 amendment to Article XIII B of the state of California Constitution to utilize the California per capita personal income in the District's calculation, the Board of Directors does hereby establish the appropriations limit for all property taxes and augmentation funds received for fiscal year 2015 - 2016 as **\$5,325,157 and any other tax proceeds received**. (See Exhibit "A").

PASSED AND ADOPTED on November 5, 2015, by the following vote:

AYES:
NOES:
ABSENT:

Sandra Bonato, 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 5, 2015.

Robert B. Berggren, Clerk of the Board

Exhibit "A"

BUDGET

FY 2015-16

Tax Proceeds

Non Tax Proceeds

Fund Balance		10,000	
Property Taxes	2,920,000		
Augmentation Fund			
Assessment Districts	-	649,000	
State Grant			
Park Bond Act		-	
Proceeds from other agencies		260,000	
Measure E Bond proceeds		-	
Civic Center Authority		-	
Parkland in-lieu fees		-	
Miscellaneous Fees		85,000	
Fees & Charges		3,446,450	
Interest from Fees & Charges		7,000	
Project Funding & ADA/Energy Revenue		363,000	
Insurance Dividends		-	
Sub-Totals	2,920,000	4,820,450	
Grand Total		7,740,450	
Percentage	38%	62%	

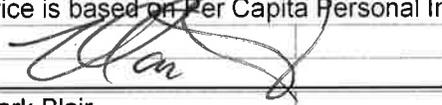
Adjustment

Weighted Population Average			
2014/15 Price x Population	0.9977	1.00698	1.0047
2014/15			7.870
Base Year Limits (1978/1979)			676,640
Factor Through 2014/2015			7.87
2015/16 Price x Population	1.0382	1.00784	1.0463
2015/16	Factor		8.235

2015/2016 TAX LIMIT

\$ 5,325,157

Population = City of PH 4x + Unincorporated County 1x 1.00784
 Price is based on Per Capita Personal Income as received from the State of Ca. Dept. of Finance



Mark Blair
 Accounting Supervisor Oct 20, 2015



MEMORANDUM

TO: Board of Directors
FROM: General Manager
DATE: October 28, 2015
RE: November 5, 2015 Board Meeting

Report on the Teen Center Program

The Program Committee members Sherry Sterrett and Dennis Donaghu requested that a report be given on the Teen Center Program.

Recreation Supervisor Katrina Hunn will be on hand to talk about the success of the Teen Program. She also indicated that officially the Teen Center has turned 3 years old and we decided that we should also give the District some credit and have a press release on the success of the Teen Center Program and facility. Marketing Director Jen Thoits is working on a press release on the success of the Teen Center. Katrina Hunn will also be introducing Teen Center staff, highlighted by Teen Center Coordinator Jenny Cooper.



MEMO

To: Bob Berggren, General Manager
From: Katrina Hunn, Teen & Special Events Supervisor II

Date: October 26, 2015

Re: The Teen Center Turns 3

The Teen Center opened for business November 5, 2012. Three years later the Teen Center is booming. There are currently 152 members of the Teen Center. The Afterschool Program Registration averages 85 students for Monday, Tuesday, Thursday and Friday and 100 for Wednesday's. The staff has done a great job keeping up with constant changing trends and interests our participants as well as issues affecting our teens and their families. In celebration of our success I have prepared a presentation for the Board for November 5, 2015 and I have invited our Center staff to attend.

NFL Youth Flag Football

Co-Ed, Grades 3-8

Hut! Hut! Hike! Join our spring Youth Flag Football program sponsored by the National Football League. Season begins play April 18 for six weeks. Games are always on Saturdays. Practices are not predetermined, coaches will coordinate w/ families. All participants receive sports jersey and football.

Instructor: Rec Staff

**Pleasant Oaks Park:
2 Santa Barbara Road**

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

5050.800 4/16-5/21 Sa 10:00 am-2:00 pm

Youth Tennis

6-12 yrs

Top-quality classes run four consecutive weeks through the end of the month.

Wear tennis shoes, bring racquet and one unopened can of tennis balls.

Beginner/Advance Beginner: minimal skills and playing experience.

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

Instructor: Joey Martinez

College Park H.S. Tennis Courts:

320 Civic Drive (adjacent to Community Center parking lot)

4 weeks, Tuesdays | \$64/\$52 (Dist. Res.)

5555.800 1/5-1/26 Tu 6:30-7:30 pm

5555.801 2/2-2/23 Tu 6:30-7:30 pm

5555.802 3/1-3/22 Tu 6:30-7:30 pm

5555.803 4/5-4/26 Tu 6:30-7:30 pm

4 weeks, Wednesdays | \$64/\$52 (Dist. Res.)

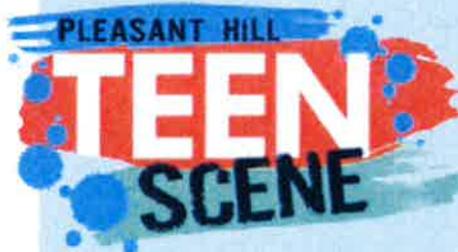
5584.800 1/6-1/27 W 6:30-7:30 pm

5584.801 2/3-2/24 W 6:30-7:30 pm

5584.802 3/2-3/23 W 6:30-7:30 pm

5584.803 4/6-4/27 W 6:30-7:30 pm

**Sign up for Youth
Winter Break + Spring Break
Tennis and Soccer Camps,
see page 2.**



Teen Scene programs are designed for youth in grades 6-12 unless otherwise noted. Some programs are open to youth and adults. REGISTER AT LEAST ONE WEEK PRIOR to start date to avoid cancellations. A signed MEDICAL WAIVER for all minor participants must be on file in our office by the day prior to start of program. Teen Scene Members receive a 10% discount on all enrichment classes.



Pleasant Hill Chess & Games Club

Grades 3-7

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 strategy and Star Wars miniatures. Chess puzzles, tournaments, contests and prizes.

Instructor: David DeFabio

Winslow Center: Rooms 1 & 2

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

5102.801 1/29-3/18 F 6:00-10:00 pm

5102.802 3/25-5/13 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

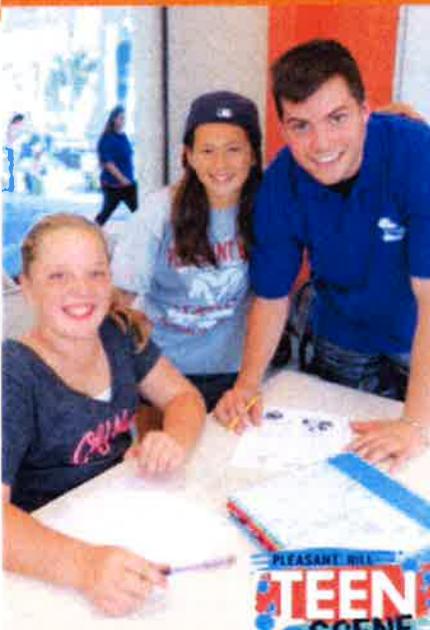
1 workshop | \$60/\$49 (Dist. Res.)

Teen Scene Members:

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

5105.801 3/19 Sa 9:00 am-1:00 pm

After-School Program



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

Fall 2016 registration
opens May 1.

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

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 & Debate Level 1

9-15 yrs

This class is a combo course of Public Speaking with Confidence and Essentials of Debating. It is an excellent course to take, as it not only 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, present themselves with confidence, how to make strong arguments by providing reasoning and evidence. It improves their confidence, communication and general knowledge

Instructor: Gurus Education

Community Center: Republic Room

7 weeks | \$160/\$145 (Dist. Res.)

5114.801 1/14-2/25 Th 5:30-6:30 pm

Public Speaking & Debate Level 2

Grades 4-8

This class is a combo course of Advanced Public Speaking and Speech Writing and Debates. It is an excellent course to take as it prepares students on both aspects of public speaking and debates. The aim is to have each participant write a well-structured and engaging speech. The participants debate on a variety of their age-appropriate topics in various formats.

Instructor: Gurus Education

Community Center: Republic Room

8 weeks | \$175/\$160 (Dist. Res.)

5114.802 3/3-4/21 Th 5:30-6:30 pm

Personal Finance & Money Management **NEW!**

9-15 yrs

This is the foundation course in the series that teaches student the essentials of financial literacy. Provides an overview of the personal finance skills and money management concepts needed in life and may inspire students to pursue careers in finance and business.

Instructor: Ritu Khurana

Senior Center: Arts & Crafts Room

7 weeks | \$175/\$160 (Dist. Res.)

5115.801 1/14-2/25 Th 5:30-6:30 pm

5115.802 3/3-4/21 Th 5:30-6:30 pm

Teen Guitar—All Levels

11-18 yrs

Attention current and future guitar players! Whether you are just beginning or have been playing for years, this class will cover it all. From fundamentals like chords and strumming to advanced skills like improvisation and songwriting, this is your opportunity to progress your guitar skills while learning the music you love!

Instructor: Chris Chegia

Community Center: Soroptimist Room 1 & 2

6 weeks | \$173/\$158 (Dist. Res.)

5122.801 2/3-3/9 W 3:00-4:00 pm

Winter and Spring Break Teen Camps! See page 2.
Grades 6 and up, plus siblings grades 3 and up

Pleasant Hill Teen Council: Now Accepting Applications

Grades 6-12

The PH Teen Council is now accepting applications for the 2016-2017 school year. Teen Scene programs are for teens by teens. Teen Council representatives from local middle and high schools plan activities, classes, dances, sports and trips for students in grade 6 through college. Teen Council meetings are held the 1st and 3rd Monday of each month mid-September-June. Application deadline is April 22. Candidates will be interviewed in early May. Download applications at phteenscene.com Questions? Call (925) 691-5645.



Teen Dedication

It takes true dedication and a whole lot of patience to willingly take responsibility for over a hundred middle and high school students every day after school. Jenny Cooper, Pleasant Hill Recreation & Park District Teen Specialist, not only has this special dedication but she also truly enjoys working with the teens who attend our popular After-School Program, serve on Teen Council and participate in our variety of teen specific activities.

Jenny encourages teens to create goals for the future and surround themselves with positive people who support and help them reach their potential. Jenny is one of these people with tremendous positive impact, serving as a positive adult role model, mentor and sounding board for teens in our community.





MEMORANDUM

TO: Board of Directors

FROM: General Manager

DATE: October 28, 2015

RE: November 5, 2015 Board Meeting

Program Committee

- a. Review Winter/Spring Spotlight**
- b. Update on Class Cancellations**

The Program Committee, consisting of Board Members Dennis Donaghu and Sherry Sterrett, met on October 21 to review the 2016 Spotlight and will give an update on class cancellations. The Program Committee Agenda is attached to your board packet.



Board of Directors AGENDA

PLEASANT HILL RECREATION & PARK DISTRICT

147 Gregory Lane
Pleasant Hill, CA 94523
(925) 682-0896
(925) 682-1633 fax
pleasanthillrec.com

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, and programs and activities for all ages.

**Pleasant Hill Recreation & Park District
Board of Directors
Program Committee
Wednesday, October 21, 2015
4:00 p.m.
Administration Office
147 Gregory Lane, Pleasant Hill**

Chair: Dennis Donaghu
Member: Sherry Sterrett

1. Public Comment
Five minutes may be allotted to each speaker and a maximum of twenty (20) minutes to each subject matter. The public may speak regarding agenda items at the time the matter is taken up. Non-agenda items can be addressed under Public Comment.
2. Winter 2016 Spotlight Review

Adult, Seniors and Trips	Frates/Luke
Youth Activities and KIDSTOP	Young/Lischeske
Youth/Adult Sports and Fitness	Hurtado/Kubota
Aquatics	Riley
Teen Activities and Special Events	Hunn
Preschool Activities	Young
Front and Back Covers	Thoits/Young
3. Update on Class Cancellations
Young

Documents that are disclosable public records required to be made available under California Government Code Section 54957.5 (b) (1) and (2) are available to the public for inspection at no charge during business hours at our administrative office located at 147 Gregory Lane, Pleasant Hill, California.

The Pleasant Hill Recreation & Park District will provide reasonable disability-related modification or accommodation to a person with a disability who requires a modification or accommodation in order to participate in the meeting of the Board of Directors. Please contact Susie Kubota (925) 682-0896 at least 48 hours before the meeting if you require such modification or accommodation.

the Spotlight

Winter/Spring
2016



**Come Together 6
Benefit Concert**

page 3

**Winter/Spring Break
Camps**

page 2

Recreation Preschool

pages 5, 27



pleasanthillrec.com

winter & spring camps

winter break camps and workshops

KIDSTOP Winter Camp

Grades K-5

Science, crafts, art, structured play, music, LEGO building and so much more.

Instructor: Staff Rec

KIDSTOP Children's Center

1 week | \$220, Full Day

6060.804 12/28-12/31 M-Th 7:00 am-6:00 pm

1 week | \$180, Rec Day

6060.803 12/28-12/31 M-Th 6 hours or less

Sciensational Workshops

Instructor: Sciensational Workshops for Kids

MODEL AIRPLANES, BRIDGE BUILDING, ELECTRONICS WORKSHOP

6-11 yrs

Build your own rubber-powered model airplane to learn about aerospace. Build and design model bridges and six electronic projects.

Community Center: Republic Room

1 week | \$240/\$225 (Dist. Res.)

6077.801 12/28-12/29 M/Tu 9:00 am-4:30 pm

HOVERCRAFT-DESIGN YOUR OWN VEHICLE: EGG DROP CAR WORKSHOP

6-11 yrs

Build an air-powered Hover Craft, a super car powered by multiple energy sources and a gravity egg drop car. Learn Laws of Motion, Energy, Air Pressure, Friction, Lift, Speed and Acceleration.

Community Center: Soroptimist Room

1 week | \$240/\$225 (Dist. Res.)

6078.802 12/30-12/31 W/Th 9:00 am-4:30 pm

CHEMICAL MAGIC, MAGICAL MICROSCOPE: ROCKS & MINERALS WORKSHOP

6-11 yrs

We make science fun! Make batteries from fruits or potatoes. Make a mystical crystal tree. Explore different rocks and minerals. Learn how to use microscope. Be a chemical detective and much more!

Community Center: Soroptimist Room

1 week | \$240/\$225 (Dist. Res.)

6078.803 12/21-12/22 M/Tu 9:00 am-4:30 pm

Xtreme Winter Break

Grades 6 & up

(and siblings Grade 3 & up)

Experience an action-packed week at the Teen Center! Daily on-site activities and local field trips. Camp runs 12/21-12/23 and 12/28-12/31. Registration by the day. Visit phteenscene.com.

Teen Center

1 Day | \$50/\$40 (Dist. Res.)

Winter Break Tennis Camp

6-12 yrs

Have fun learning this lifetime sport. Visit phrecsports.com.

Instructor: Joey Martinez

College Park High School: Tennis Court
320 Civic Drive (adjacent to Community Center parking lot)

1 week | \$135/\$120 (Dist. Res.)

5589.701 12/28-1/1 M-F 9:00 am-12:00 pm

spring break camps and workshops



KIDSTOP Spring Camp

Grades K-5

Enjoy a one-week spring adventure.

Activities include sports camp, science club, recreation club, Lego building, electronics and much more.

Instructor: Rec Staff

KIDSTOP Children's Center

1 week | \$275/week, Full Day

6060.801 3/28-4/1 M-F 7:00 am-6:00 pm

1 week | \$225/week, Rec Day

6060.802 3/28-4/1 M-F 6 hours or less

Sciensational Workshops

Instructor: Sciensational Workshops for Kids

Community Center: Soroptimist Room

EGYPTIAN DIG

6-11 yrs

Discover the amazing science of Archaeology! Excavate with archaeology tools and find exciting artifacts like a scarab (what's that?). Learn about Egyptian life and more!

Community Center: Soroptimist Room

1 week | \$240/\$225 (Dist. Res.)

6076.801 3/28-3/29 M/Tu 9:00 am-4:30 pm

ELECTRONIC LAB

7-12 yrs

Discover the fascinating world of electronics! Create 30 different electronic projects and experiments with your own take-home electronic kit.

1 week | \$240/\$225 (Dist. Res.)

6076.802 3/30-3/31 W/Th 9:00 am-4:30 pm

Xtreme Spring Break

Grades 6 & up

(and siblings Grade 3 & up)

Keep kids active and engaged over Spring Break for Teens (and younger siblings Grade 3 and up). Visit phteenscene.com for more information.

Instructor: Rec Staff

Teen Center

1 week | \$240/\$225 (Dist. Res.)

5189.801 3/28-4/1 M-F 7:45 am-6:00 pm

Youth Spring Break Tennis Camp

6-12 yrs

Have fun learning this lifetime sport. Visit phrecsports.com for details.

Instructor: Joey Martinez

College Park High School: Tennis Court
320 Civic Drive (adjacent to Community Center parking lot)

1 week | \$135/\$120 (Dist. Res.)

5589.800 3/28-4/1 M-F 9:00 am-12:00 pm

Soccer Camp

4½-10 yrs

Learn dribbling, passing, receiving, and shooting. All campers receive jersey and soccer ball. See website for details.

Instructor: Kidz Love Soccer Staff

Rodgers-Smith Park, 736 Grayson Rd.
(Turf behind Bocce Courts & Blacktop area)

1 week | \$162/\$147 (Dist. Res.)

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

5039.800 Level 1: 4½-6 yrs 3/28-4/1

5039.801 Level 2: 7-8 yrs 3/28-4/1

5039.802 Level 3: 9-10 yrs 3/28-4/1

Lifeguard Training Camp

15 yrs & up

March 29-April 1

See page 21.

Registration Begins December 7. See page 26.

NO ONLINE REGISTRATION FEES!

The Spotlight, Winter/Spring 2016:

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On the cover: Alexa Heine, 15-year-old performer at *Come Together 6*. Photo by Susan Wood, www.susanwoodphotography.com

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Dolphins Tree Lot Open November 27-December 24

See page 20.

New Year's Eve Celebration with Fog5

Thursday, December 31

Visit pleasanthillrec.com for details.

Monthly Family Pancake Breakfasts

January 3, February 7,
March 6

See page 25.

Special Recreation Dances

Friday, January 8
& April 8, 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 developmentally disabled adults.

Senior Center: Chateau Room

Admission: \$7 per person (caregivers free)

2/19 Concord Senior Center
3/11 Walnut Creek Heather Farms

Pleasant Hill Senior Center Crab Feed

January 22, 6:00 pm

See page 25.

My Little Sweetheart Dinner Dance

Friday, February 12

1-10 yrs (boys & girls)

A sweet way to celebrate Valentine's Day as a family! Dinner includes pasta, salad, bread and dessert. Kids under 1 year free.

Senior Center: Chateau Hall

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

6163.801 2/12 F 6:00-7:30 pm

LIVE MUSIC! Come Together 6 Benefit Concert

Friday, February 26

21 yrs & up

An all-star benefit show for PH Teen Center. Be awed by talented local musicians, like Alexa Heine, 15-year-old singer featured on the Spotlight cover. Adult beverages available for purchase. Must be 21 years old to register. Tickets online at cometogether6.eventbrite.com.

Community Center: Perera Pavilion

Tickets: \$20 per person

2/26 F 7:30-10:30 pm



Breakfast with Bunny

Saturday, March 19

1-10 yrs

Pancake breakfast and crafts with Bunny! Bring your camera for photos. All attending (parent & child) must register. Pre-register by March 18. Children under 12 months in a stroller/backpack are free; no need to register to attend with a parent or sibling.

Senior Center: Dining Room

Admission: \$9.50/\$8.50 (Dist. Res.)

6150.701 3/19 Sa 8:30-9:30 am

Easter Pancake Breakfast & Boutique

Saturday, March 26, 9:00-11:00 am

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

Senior Center: Chateau Room

Tickets: Adults 11+: \$5

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

Literary Women

Save the Date! Saturday, April 16

Bay Area Bluestocking Festival of Authors. For readers as well as writers! Check our website in January for registration info.

Community Center: Perera Pavilion

4/16 Sa 9:30 am-3:00 pm

Wine, Women & Shoes Fundraiser

Sunday, May 15,
2:00-6:00 pm

Be there! Be fabulous! See back cover.



Laugh, Love and Learn May 6 at the Senior Center

See page 25.

"Egg"citing Egg Hunt!

Saturday, March 26 (RAIN OR SHINE)

Pleasant Hill Park • 147 Gregory Lane 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. Find the GOLDEN TICKET in your hunt area to win a special prize! All activities close at noon. Activities begin at 9:30 am and close at 12:00 pm. Free entertainment starts at 9:30 am.



Dana Smith, Juggler
Music by Strawberry Fields

Egg Hunt | \$6 per child
Check-in begins for ALL AGE GROUPS
at 9:30 am

6160.801 0-3 yrs 10:30-10:45 am

6160.802 0-3 yrs 10:50-11:05 am

6160.803 4-6 yrs 11:15-11:30 am

6160.804 7-10 yrs 11:30-11:45 am

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

preschool activities

Parent and Me Gymnastics

18 months–36 months & parents

This popular class, designed for parents and toddlers, will enhance your child'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.

Instructor: CGS Gymnastic Services Inc.

Community Center: Soroptimist Room
6 weeks | \$110/\$95 (Dist. Res.)

6603.801	1/8–2/12	F	9:30–10:15 am
6603.802	2/19–3/25	F	9:30–10:15 am
6603.803	4/1–5/6	F	9:30–10:15 am

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.

Instructor: CGS Gymnastic Services, Inc.

Community Center: Soroptimist Room 1 & 2
6 weeks | \$110/\$95 (Dist. Res.)

6605.801	1/8–2/12	F	10:20–11:05 am
6605.802	2/19–3/25	F	10:20–11:05 am
6605.803	4/1–5/6	F	10:20–11:05 am



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
8 weeks | \$116/\$101 (Dist. Res.)

6619.801	1/4–3/7	M	3:00–3:45 pm
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7 weeks | \$104/\$89 (Dist. Res.)

6619.802	3/14–4/25	M	3:00–3:45 pm
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No class 1/18, 2/15

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. Join Miriam in this hands-on interactive and stimulating environment. In this class your child will develop social, fine and gross motor skills. Your child will have fun singing, doing creative art, making puzzles and other wonderful activities about Fall. All the activities are in Spanish.

Instructor: Spanish 4 Children

Community Center: Preschool Room 3
6 weeks | \$218/\$203 (Dist. Res.)

6631.801	1/8–2/12	F	9:00 am–12:00 pm
6631.802	2/19–3/25	F	9:00 am–12:00 pm

\$6 supply fee payable to instructor at first class.

"Acting Out" Musical Theater

3–6 yrs

"Leprechaun's search for happiness." Andrea's musical adventure presents musical theater. Does your child like to sing, pretend and play dress-up, then they will love this class. Acting out games, four types of storytelling and a performance for family and friends on the last class.

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

Community Center: Preschool Room 1
11 weeks | \$200/\$185 (Dist. Res.)

6633.801	1/7–3/17	Th	1:00–1:45 pm
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Let's Make Music with Andrea Gaspari

18 months–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
5 weeks | \$105/\$90 (Dist. Res.)

6636.801	1/4–2/8	M	10:30–11:10 am
6636.802	2/22–3/21	M	10:30–11:10 am

\$15 lab fee payable to instructor for at home materials and CD. No class 1/18

Musical Babies

6 months–18 months

Explore the wonders of the musical language with your baby. Moms, Dads and Caregivers will love spending time watching their baby play with instruments, dance and sing their first songs.

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

Winslow Center: Room 2
5 weeks | \$105/\$90 (Dist. Res.)

6637.801	1/4–2/8	M	11:15 am–12:00 pm
6637.802	2/22–3/21	M	11:15 am–12:00 pm

\$15 lab fee payable to instructor for at home materials and CD. No class 1/18

Parent Tot Preschool Prep

22 months–3 yrs

Family fun! 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 2
6 weeks | \$110/\$95 (Dist. Res.)

6655.801	2/5–3/11	F	9:00–10:45 am
6655.802	3/18–4/29	F	9:00–10:45 am
6655.803	5/6–6/10	F	9:00–10:45 am

No class 4/1

Raising Emotionally Secure Kids Workshop, see page 14.



Preschool 2016–17 Registration

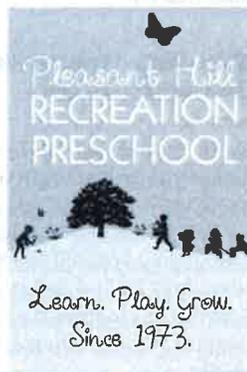
March 5, 2016 | 9:00 am | Community Center

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 September 1, 2016. For 2016-17 fees and information please contact director, Sarah Smith at (925) 676-5200 ext. 626 or ssmith@pleasanthillrec.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. We offer programs to promote the social, emotional, physical, and cognitive development of each child. 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.

Tuition is divided into nine monthly payments due by the 15th of each month.



Tiny Tot Morning Care

Walking–2 yrs, 9 months

Parents! Give yourself some time off. Let US watch your children walking to 33 months. Indoor games, story time, snack time and outdoor playground time. Snack provided. Bring beverage. Registration begins at 8:45 am on November 3 for .702 and February 10 at 8:15 am for .801 at the Community Center. After initial registration dates, call (925) 676-5200 for registration information. \$27/day/child, space reserved. You will be billed unless your cancellation has been received by NOON the business day prior to your reservation. NEW families may register for a maximum of two days per week. Current families may register for a maximum of three days per week.

Teachers: Jan Ertola and Stephanie Carson

Community Center: Preschool Room 1
14 weeks | Standard charge: \$27 per day

.702 12/1–2/29 M–F 9:15–12:15 pm

.801 3/1–6/3 M–F 9:15–12:15 pm

No class 12/21–1/1, 1/18, 2/15, 3/28–4/1, 5/30

WEE-TOT (2 yrs 6 mos–3 yrs 6 mos)

- Co-op Tu/Th, 9:30 am–12:00 pm, Winslow Center
Current Fee: \$220/\$200 (Dist. Res.)
- Tu/Th, 9:30 am–12:00 pm, Winslow Center
Current Fee: \$295/\$275 (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
- Tu/W/Th, 9:00 am–12:00 pm, Community Center
Current Fee: \$340/\$320 (Dist. Res.)

PRE-K (4–6 yrs)

Students required to be fully potty-trained.

- M/W/F, 12:45–3:45 pm, Community Center
- Tu/W/Th, 8:45 am–11:45 am, Community Center
Current Fee: \$340/\$320 (Dist. Res.)

Registration Fee: \$100 per family



pleasanthillpreschool.com

youth classes

Ballet

5-8 yrs

This class is 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**8 weeks | \$124/\$109 (Dist. Res.)**

6042.801 1/4-3/7 M 3:55-4:55 pm

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

6042.802 3/14-4/25 M 3:55-4:55 pm

No class 1/18, 2/15

Family Yoga

5-10 yrs

A class designed for a parent and up to two kids. The sequences entail breathing, meditation, poses and games to help inspire, have fun, and bond as a family. Comfortable clothing and a Yoga mat is required. Parents are encouraged to participate in the games to help motivate children.

Instructor: Sherry Shifteh Ellingson

Senior Center: Dance Studio**5 weeks | \$82.50/\$67.50 (Dist. Res.)**

6043.801 1/5-2/2 Tu 5:00-6:00 pm

6043.802 2/9-3/8 Tu 5:00-6:00 pm

6043.803 3/15-4/12 Tu 5:00-6:00 pm

Kids Yoga

5-11 yrs

Just breathe! The class is designed to motivate kids to learn different Yoga breathing (pranayama), poses, and meditation through playing games. Weekly topics/themes covered in class such as friendship, bullying, health, respect and more. Comfortable clothes are required as well as a Yoga mat.

Instructor: Sherry Shifteh Ellingson

Senior Center: Dance Studio**6 weeks | \$92/\$77 (Dist. Res.)**

6044.801 1/5-2/9 Tu 4:00-5:00 pm

6044.802 2/16-3/22 Tu 4:00-5:00 pm

Tap

5-8 yrs

TIP TAP TOE! ITS OFF TO TAP WE GO! In this fun rhythmic 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: Dance Studio**8 weeks | \$100/\$85 (Dist. Res.)**

6045.801 1/4-3/7 M 5:00-5:30 pm

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

6045.802 3/14-4/25 M 5:00-5:30 pm

No class 1/18, 2/15

Beginning, Intermediate, Advanced Guitar

Grade 3-5

Attention current and future guitar players! Whether you are just beginning or have been playing for years, this class will cover it all. From fundamentals like chords and strumming to advanced skills like improvisation and songwriting, this is your opportunity to progress your guitar skills learning the music you love! Guitar not provided.

Instructor: Christopher Chegia

Community Center: Soroptimist Room**10 weeks | \$275/\$260 (Dist. Res.)**

6046.801 1/20-3/30 W 2:15-3:00 pm

No class 1/27

Little Medical School NEW!

Grade 1-5

Calling all future doctors! Little Medical School brings medicine, science, and the importance of health to children in an entertaining, exciting, and fun way. Our after school program encourages children to explore the exciting and inspiring world of medicine. Using interactive demonstrations and games, kids learn how the body and organs work, how to use instruments that real doctors use, administer first aid, and even tie knots like a real surgeon. Each child gets their own stethoscope that really works.

Instructor: Kalgold Staff

Community Center: Republic Services Room**6 weeks | \$150/\$135 (Dist. Res.)**

6047.801 1/7-2/11 Th 3:30-4:30 pm

6047.802 2/18-3/24 Th 3:30-4:30 pm

\$20 lab fee payable at first class.

Art with the Masters

6-10 yrs

Students will work in several mediums to create works by Van Gough, Matisse, Monet and Picasso. This class will cover techniques, composition, color and history.

Instructor: Pat Moseuk

M.J. Studios**6 weeks | \$92/\$77 (Dist. Res.)**

6049.801 1/29-3/4 F 3:15-4:15 pm

6049.802 3/11-4/22 F 3:15-4:15 pm

6049.803 4/29-6/3 F 3:15-4:15 pm

\$20 lab fee payable at first class. No class 4/1

Learn to Draw Animals

6-10 yrs

Students will learn to draw by using simple shapes. Explore different medium including graphite, pen & ink, pastels, and charcoal.

Instructor: Pat Moseuk

M.J. Studios**6 weeks | \$92/\$77 (Dist. Res.)**

6050.801 1/11-2/15 M 3:15-4:15 pm

6050.802 2/22-4/4 M 3:15-4:15 pm

6050.803 4/11-5/16 M 3:15-4:15 pm

\$20 lab fee payable at first class. No class 3/28

Cartooning & Pokemon

6-10 yrs

The basics of cartooning are discussed including history, types of cartooning humor, storytelling and creating your own personal style. Hands-on learning, fun guaranteed!

Instructor: Pat Moseuk

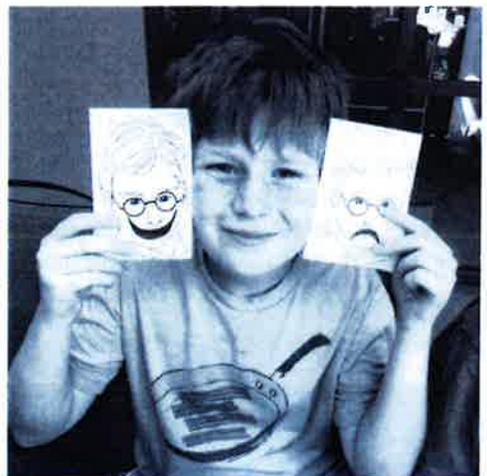
M.J. Studios**6 weeks | \$92/\$77 (Dist. Res.)**

6051.801 1/6-2/10 W 2:00-3:00 pm

6051.802 2/17-3/23 W 2:00-3:00 pm

6051.803 4/6-5/11 W 2:00-3:00 pm

\$20 lab fee payable at first class.



Watercolor & Colored Pencil

6-10 yrs

Learn to draw and have fun using watercolor and colored pencil. Create a color wheel; learn technique, texture and value.

Instructor: Pat Moseuk

M.J. Studios**6 weeks | \$92/\$77 (Dist. Res.)**

6052.801 1/6-2/10 W 3:15-4:15 pm

6052.802 2/17-3/23 W 3:15-4:15 pm

6052.803 4/6-5/11 W 3:15-4:15 pm

\$20 lab fee payable at first class.

Drawing, Painting & Sculpture

5-12 yrs

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

Instructor: Charlene Elliott

Community Center: Republic Services Room**4 weeks | \$94/\$79 (Dist. Res.)**

6073.801 1/12-2/2 Tu 3:15-4:15 pm

6073.802 2/16-3/8 Tu 3:15-4:15 pm

6073.803 3/22-4/12 Tu 3:15-4:15 pm

\$25 materials fee payable at first class.

Public Speaking

Grades 1-3

To learn more, visit www.guruseducation.com.

Instructor: Gurus Education

LITTLE MASTERS OF PUBLIC SPEAKING

Little masters will build upon the skills of communicating effectively and confidently. They will begin to understand and demonstrate the 'oomph' and expressions in their speeches, memorize and recite poems, and learn how to tell funny stories and scary stories. Students put up a play at the end!

Senior Center: Classroom 2**7 weeks | \$180/\$165 (Dist. Res.)**

6072.801 1/14-2/25 Th 4:30-5:30 pm

Spanish for School Age Children NEW!

5-10 yrs

Explore a new language. Miriam teaches Spanish in a hands-on environment using role-play games, bingo, activity pages, scavenger hunts and more. Children will learn pronunciation, grammar, and everyday conversation. Miriam uses age-appropriate games, with songs and art.

Instructor: Spanish 4 Children

Community Center: Republic Services Room**6 weeks | \$133/\$118 (Dist. Res.)**

6075.801 1/6-2/10 W 2:00-3:30 pm

6075.802 2/17-3/23 W 2:00-3:30 pm

INTRODUCTION TO SPEECH WRITING

Improve writing skills while learning to write speeches in six easy steps. Learn the importance of writing like you talk, making it personal, creating interesting openings and memorable finishes. Props, stories, jokes and pictures are encouraged. Learn to structure thoughts and express them with confidence. We make learning easy and fun!

Senior Center: Classroom 1**8 weeks | \$180/\$165 (Dist. Res.)**

6072.802 3/3-4/21 Th 4:30-5:30 pm

youth sports**Kidz Love Soccer**

2-10 yrs

This soccer "school" is a recreational setting for children to learn soccer through age-appropriate skill demonstrations, games, and instructional scrimmages. Shin guards are required by the second meeting. All participants receive a Kidz Love Soccer jersey. KLS Rain-out Hotline: (888) 372-5803. For information, visit www.kidzlovesoccer.com.

Instructor:

Kidz Love Soccer staff

PH Park: 147 Gregory Lane

8-WEEK WINTER SESSIONS:**Friday, 1/22-3/11 | \$129/\$114 (Dist. Res.)**

5033.720 Soccer 1/Techniques & Teamwork: 5-6 yrs 3:30-4:15 pm

5031.720 Tot/Pre-Soccer: 3½-5 yrs 5:00-5:35 pm

Saturday, 1/23-3/12 | \$129/\$114 (Dist. Res.)

5030.721 Mom/Dad & Me: 2-3½ yrs 8:30-9:00 am

5030.722 Mom/Dad & Me: 2-3½ yrs 9:05-9:35 am

5033.721 Soccer 1/Techniques & Teamwork: 5-6 yrs 9:45-10:30 am

5032.720 Pre-Soccer: 4-5 yrs 10:30-11:05 am

5031.721 Tot Soccer: 3½-4 yrs 11:05-11:35 am

8-WEEK SPRING SESSIONS:**Friday, 4/8-5/27 | \$129/\$114 (Dist. Res.)**

5030.800 Mom/Dad & Me: 2-3½ yrs 9:30-10:00 am

5030.801 Mom/Dad & Me: 2-3½ yrs 5:30-6:00 pm

5031.800 Tot/Pre-Soccer: 3½-5 yrs 10:10-10:45 pm

5031.801 Tot/Pre-Soccer: 3½-5 yrs 4:45-5:20 pm

5033.800 Soccer 1/Techniques & Teamwork: 5-6 yrs 3:15-4:00 pm

Saturday, 4/9-6/4 | \$129/\$114 (Dist. Res.)

5030.811 Mom/Dad & Me: 2-3½ yrs 8:30-9:00 am

5030.821 Mom/Dad & Me: 2-3½ yrs 9:05-9:35 am

5031.811 Tot Soccer: 3½-4 yrs 11:05-11:35 am

5032.811 Pre-Soccer: 4-5 yrs 10:30-11:05 am

5033.811 Soccer 1/Techniques & Teamwork: 5-6 yrs 9:45-10:30 am

Kidz Love Soccer: Skills & Scrimmage

7-10 yrs

Enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages where kids develop team tactics, positions and strategic play. All levels welcome. All participants receive a Kidz Love soccer jersey. KLS Rain-out Hotline number is (888) 372-5803. For information, visit www.kidzlovesoccer.com.

Instructor: Kidz Love Soccer Staff

PH Park: 147 Gregory Lane**8 weeks | \$129/\$114 (Dist. Res.)**

5034.720 1/22-3/11 F 4:15-5:00 pm

5034.721 1/23-3/12 Sa 11:35 am-12:20 pm

5034.800 4/8-5/27 F 4:00-4:45 pm

5034.801 4/9-6/4 Sa 11:35 am-12:20 pm

No class 5/28

NFL Youth Flag Football

Co-Ed, Grades 3-8

Hut! Hut! Hike! Join our spring Youth Flag Football program sponsored by the National Football League. Season begins play April 16 for six weeks. Games are always on Saturdays. Practices are not predetermined, coaches will coordinate w/ families. All participants receive sports jersey and football.

Instructor: Rec Staff

**College Park High School, Softball Field:
201 Viking Drive**

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

5050.800 4/16-5/21 Sa 10:00 am-2:00 pm

Youth Tennis

6-12 yrs

Top-quality classes run four consecutive weeks through the end of the month.

Wear tennis shoes, bring racquet and one unopened can of tennis balls.

Beginner/Advance Beginner: minimal skills and playing experience.

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

Instructor: Joey Martinez

College Park H.S. Tennis Courts:

320 Civic Drive (adjacent to Community Center parking lot)

4 weeks, Tuesdays | \$64/\$52 (Dist. Res.)

5555.800 1/5-1/26 Tu 6:30-7:30 pm

5555.801 2/2-2/23 Tu 6:30-7:30 pm

5555.802 3/1-3/22 Tu 6:30-7:30 pm

5555.803 4/5-4/26 Tu 6:30-7:30 pm

4 weeks, Wednesdays | \$64/\$52 (Dist. Res.)

5584.800 1/6-1/27 W 6:30-7:30 pm

5584.801 2/3-2/24 W 6:30-7:30 pm

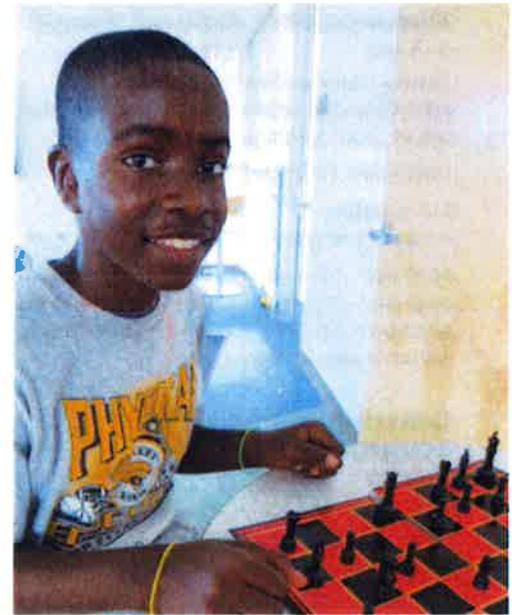
5584.802 3/2-3/23 W 6:30-7:30 pm

5584.803 4/6-4/27 W 6:30-7:30 pm

Sign up for Youth
Winter Break + Spring Break
Tennis and Soccer Camps,
see page 2.



Teen Scene programs are designed for youth in grades 6-12 unless otherwise noted. Some programs are open to youth and adults. REGISTER AT LEAST ONE WEEK PRIOR to start date to avoid cancellations. A signed MEDICAL WAIVER for all minor participants must be on file in our office by the day prior to start of program. Teen Scene Members receive a 10% discount on all enrichment classes.



Pleasant Hill Chess & Games Club

Grades 3-7

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

5102.801 1/29-3/18 F 6:00-10:00 pm

5102.802 3/25-5/13 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

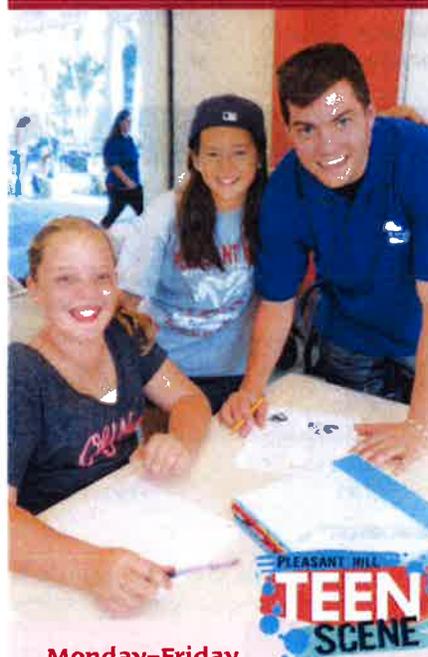
1 workshop | \$60/\$49 (Dist. Res.)

Teen Scene Members:

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

5105.801 3/19 Sa 9:00 am-1:00 pm

After-School Program



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

Fall 2016 registration
opens May 1.

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

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 & Debate Level 1

9-15 yrs

This class is a combo course of Public Speaking with Confidence and Essentials of Debating. It is an excellent course to take, as it not only 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, present themselves with confidence, how to make strong arguments by providing reasoning and evidence. It improves their confidence, communication and general knowledge

Instructor: Gurus Education

Community Center: Republic Room

7 weeks | \$160/\$145 (Dist. Res.)

5114.801 1/14-2/25 Th 5:30-6:30 pm

Public Speaking & Debate Level 2

Grades 4-8

This class is a combo course of Advanced Public Speaking and Speech Writing and Debates. It is an excellent course to take as it prepares students on both aspects of public speaking and debates. The aim is to have each participant write a well-structured and engaging speech. The participants debate on a variety of their age-appropriate topics in various formats.

Instructor: Gurus Education

Community Center: Republic Room

8 weeks | \$175/\$160 (Dist. Res.)

5114.802 3/3-4/21 Th 5:30-6:30 pm

Personal Finance & Money Management **NEW!**

9-15 yrs

This is the foundation course in the series that teaches students the essentials of financial literacy. Provides an overview of the personal finance skills and money management concepts needed in life and may inspire students to pursue careers in finance and business.

Instructor: Gurus Education

Senior Center: Arts & Crafts Room

7 weeks | \$175/\$160 (Dist. Res.)

5115.801 1/14-2/25 Th 5:30-6:30 pm

5115.802 3/3-4/21 Th 5:30-6:30 pm

No class 4/7

Teen Guitar—All Levels

11-18 yrs

Attention current and future guitar players! Whether you are just beginning or have been playing for years, this class will cover it all. From fundamentals like chords and strumming to advanced skills like improvisation and songwriting, this is your opportunity to progress your guitar skills while learning the music you love!

Instructor: Chris Chegia

Community Center:

Soroptimist Room 1 & 2

6 weeks | \$173/\$158 (Dist. Res.)

5122.801 2/3-3/9 W 3:00-4:00 pm

Winter and Spring Break
Teen Camps! See page 2.
Grades 6 and up, plus siblings
grades 3 and up

**Pleasant Hill Teen Council:
Now Accepting Applications**

Grades 6-12

The PH Teen Council is now accepting applications for the 2016-2017 school year. Teen Scene programs are for teens by teens. Teen Council representatives from local middle and high schools plan activities, classes, dances, sports and trips for students in grade 6 through college. Teen Council meetings are held the 1st and 3rd Monday of each month mid-September-June.

Application deadline is April 22. Candidates will be interviewed in early May. Download applications at phteenscene.com Questions? Call (925) 691-5645.



Teen Staff Dedication

It takes true dedication and a whole lot of patience to willingly take responsibility for over a hundred middle and high school students every day after school. Jenny Cooper, Pleasant Hill Recreation & Park District Teen Specialist, not only has this special dedication but she also truly enjoys working with the teens who attend our popular After-School Program, serve on Teen Council and participate in our variety of teen specific activities.

Jenny encourages teens to create goals for the future and surround themselves with positive people who support and help them reach their potential. Jenny is one of these people with tremendous positive impact, serving as a positive adult role model, mentor and sounding board for teens in our community.





adult classes

Art Journals

NEW!

Art Journals are a private place to explore art making (& maybe some thoughts too). Play and experiment. Try new art materials or new ways to use familiar materials. Perfect for artists and non-artists alike—drawing skills not necessary. Bring a journal and your favorite art supplies.

Instructor: Jeka Lambert

Community Center: Soroptimist Room 2
4 weeks | \$100/\$85 (Dist. Res.)

4577.805 3/3-3/24 Th 1:00-3:00 pm

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.)

4556.803 2/1-2/29 M 2:00-4:00 pm

4556.804 4/4-4/25 M 2:00-4:00 pm

No class 2/15

Braided Rug & Basket Making Intro

Learn the basics of this traditional craft while making useful & decorative objects: rug, seat mat, basket, pet bed and more.

Instructor: Arlene Magarian

Senior Center: Arts & Crafts Room
1 week | \$35/\$29 (Dist. Res.)

4578.801 2/20 Sa 10:00 am-1:00 pm

\$10 materials fee payable to instructor.

Creative Art

Get your creative juices flowing using a variety of materials and techniques. Learn about art supplies, experiment and have fun. Different projects each week. Includes slide lectures, demos and hands-on. All levels welcome, drawing skills not required. Bring your favorite supplies to first class.

Instructor: Jeka Lambert

Community Center: Soroptimist Room 2
4 weeks | \$100/\$85 (Dist. Res.)

4577.801 2/4-2/25 Th 1:00-3:00 pm

4577.802 4/7-4/28 Th 1:00-3:00 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, and 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.)

4556.801 2/2-2/23 Tu 7:00-9:00 pm

4556.802 4/5-4/26 Tu 7:00-9:00 pm

Exploring Watercolor

Perfect for the continuing artist who wants a fresh start or needs a gentle push along their way. Students will 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 classes | \$98/\$85 (Dist. Res.)

Senior Club Members: \$89/\$76 (Dist. Res.)

2231.801 1/5-2/23 Tu 9:30 am-12:00 pm

2232.801 1/7-2/11 Th 12:15-2:45 pm

2231.802 3/1-4/19 Tu 9:30 am-12:00 pm

2232.802 3/3-4/7 Th 12:15-2:45 pm

Beginners pay additional \$25 lab fee to instructor.

No class on 1/12, 2/9, 3/8, 4/12

Oil Painting or Watercolor

16 yrs & up

Have you ever been told that art isn't your forte? Let Trudi transform you into an artist! Beginners learn basic techniques on one painting (oil or watercolor). Advanced students work on a project of their choice with instructor's approval. Lecture series includes: color theory, composition, and painting techniques for each medium. Materials list at first class.

Instructor: Trudi Edwards

Winslow Center: Rooms 1 & 2
6 weeks | \$72/\$62 (Dist. Res.)

4521.801 1/11-2/29 M 7:00-9:00 pm

4521.802 3/7-4/18 M 7:00-9:00 pm

Beginners pay \$30 lab fee to cover all supplies for first project. No class 1/18, 2/15, 3/28

Seed Bead Jewelry

Use tiny glass beads like those used in Native American Beadwork, tiny needles and thread to create beautiful beaded jewelry. Ever-changing projects, various stitches and lots of techniques will be taught. Students provide their own materials. All levels. This class does not teach bead stringing or wired jewelry.

Instructor: Jeka Lambert

Community Center: Soroptimist Room 2
4 weeks | \$100/\$85 (Dist. Res.)

4577.803 2/4-2/25 Th 10:00 am-12:00 pm

4577.804 4/7-4/28 Th 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.

Quilting

Instructor: Carol Madsen

BEGINNING QUILTING

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

Senior Center: Chateau Room 

10 classes | \$65/\$57 (Dist. Res.)

Senior Club Members: \$60/\$52 (Dist. Res.)

2243.801 1/4-3/21 M 12:30-3:00 pm

2243.802 4/4-6/13 M 12:30-3:00 pm

No class on 1/18, 2/15, 5/30

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.

Senior Center: Chateau Room 

10 classes | \$75/\$65 (Dist. Res.)

Senior Club Members: \$69/\$59 (Dist. Res.)

2244.801 1/4-3/21 M 9:00 am-12:00 pm

2244.802 4/4-6/13 M 9:00 am-12:00 pm

No class on 1/18, 2/15, 5/30

QUILTING: BASICS +

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

Senior Center: Chateau Room 

11 classes | \$74/\$65 (Dist. Res.)

Senior Club Members: \$68/\$59 (Dist. Res.)

2245.801 1/5-3/15 Tu 6:45-9:15 pm

2245.802 3/22-5/31 Tu 6:45-9:15 pm

SATURDAY QUILT-IN

Join fellow quilters to focus on your quilting and other related projects. Instructor will be on site for help if needed.

Senior Center: Classroom 1 & 2

5-class punch card: \$50

Saturday Drop-In: \$15

1/16, 2/20, 3/12, 4/16 8:30 am-1:30 pm

Creative Writing: Start YOUR Novel or Short Story

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

Instructor: Janice DeJesus

Community Center: Republic Services Room
4 weeks | \$70/\$60 (Dist. Res.)

4510.801 1/9-1/30 Sa 10:00 am-12:00 pm

4510.802 2/13-3/5 Sa 10:00 am-12:00 pm

4510.803 3/19-4/9 Sa 10:00 am-12:00 pm

African Storytelling & Instruments **NEW!**

16 yrs & up

Experience the pulsating rhythm and high energy of traditional West African music through playing various instruments and songs. Try some traditional dancing that goes with the stories. Learn Ghanaian instruments like xylophones, agogo bells, talking drums and much more. Wear loose clothing; gym or yoga clothes.

Instructor: Aisha Sibiri

Winslow Center: Rooms 1 & 2
6 weeks | \$68/\$55 (Dist. Res.)

4148.801 2/18-3/24 Th 7:30-8:30 pm

4148.802 3/31-5/5 Th 7:30-8:30 pm

Drumming Intensive with John Waller

Instructor: John Waller

INTENSIVE DRUMMING

Intermediate to advanced level drumming.

Winslow Center: Rooms 1 & 2

Drop-in: \$11 | 8-class Punch card: \$80

1/5-5/3 Tu 7:30-8:30 pm

No class 3/1

BEGINNING HAND DRUMMING

Basic drumming and rhythm skills will get your hands dancing in no time. Focus is on building the basics for new beginners on hand drums, bells, shakers with African and Latin rhythms. Fun and energetic!

Winslow Center: Rooms 1 & 2

Drop-in: \$11 | 8-class Punch card: \$80*

1/5-5/3 Tu 8:30-9:30 pm

No class 3/1

Beginning Ukulele

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

Instructor: Glenn Staller

Senior Center: Game Room 

6 classes | \$109/\$95 (Dist. Res.)

Senior Club Members: \$100/\$86 (Dist. Res.)

2236.801 2/3-3/9 W 11:00 am-12:00 pm

Additional \$20 lab fee will be collected in class for a book with CD.

Ukulele II

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. Pre-requisite: Beginning Ukulele.

Instructor: Glenn Staller

Senior Center: Game Room 

6 classes | \$109/\$95 (Dist. Res.)

Senior Club Members: \$100/\$86 (Dist. Res.)

2236.802 3/16-4/20 W 11:00 am-12:00 pm

Additional \$20 lab fee will be collected in class.

Birding Contra Costa County

Welcome spring with four brisk bird walks in local areas. Bring binoculars. Meeting locations: February 27, old Pleasant Hill Kmart parking lot; March 5, McNabney Marsh; March 12, Castle Rock Regional Park; March 19, Martinez Marina.

Instructor: Jan Rae Cook

Community Center: Parking Lot

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

4739.801 2/27-3/19 Sa 9:00-11:00 am

iPad For Beginners **NEW!**

Learn the basics of your iPad including but not limited to tips, techniques useful accessories and a complete tour of your iPad! Class material applicable to iPhones as well.

Instructor: Leo Vardas

Senior Center: Computer Lab 

4 classes | \$33/\$29 (Dist. Res.)

Senior Club Members: \$30/\$26 (Dist. Res.)

2304.801 1/13-1/22 W/F 10:00-11:00 am



Finding Meaning in our Retirement Years

What gives our lives meaning in retirement years? This four-week course delves into the unique characteristics of retirement years, and the skills and attitudes that can help us become fully the person we've had the potential to be all along. The time is now! This course is highly experiential and interactive. The text is not a book—it's your life!

Instructor: Mark Batenburg

Senior Center: Classrooms
4 classes | \$52/\$45 (Dist. Res.)



Senior Club Members: \$47/\$40 (Dist. Res.)

2261.801 1/7-1/28 Th 10:00 am-12:00 pm

Taking the Inner Journey **NEW!**

Learn about taking the inner journey to find fulfillment in this stage of life. Over eight weeks, come to know yourself in a new and powerful way, and discover within the source of meaning that we crave.

Prerequisite: must have taken Finding Meaning in our Retirement Years and commit to spending an hour a day on coursework.

Instructor: Mark Batenburg

Senior Center: Classrooms
8 classes | \$98/\$85 (Dist. Res.)



Senior Club Members: \$89/\$76 (Dist. Res.)

2261.802 2/4-3/24 Th 10:00 am-12:00 pm

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; one copy is provided to each couple or individual.

Instructor: Bill Lahl

Community Center: McHale Room
2 weeks | \$61/\$49 (Dist. Res.)

4608.801 2/2-2/9 Tu 6:30-9:30 pm

4608.802 2/16-2/23 Tu 6:30-9:30 pm

4608.803 1/30-2/6 Sa 9:00 am-12:00 pm

4608.804 2/13-2/20 Sa 9:00 am-12:00 pm

Resume & Professional Skill Enhancement

This class will cover topics that will enhance your personal and professional skills while getting in touch with your inner self and strengths. Topics covered in class include how to write affirmations, writing SMART goals, how to find and get a job and developing a sense of purpose. Bring a notebook, pen, and folder and if possible wear business casual attire.

Instructor: Sulastrri Carr

Senior Center: Dining Room
5 weeks | \$85/\$75 (Dist. Res.)

4753.801 3/1-3/29 Tu 6:30-9:30 pm

Speaking with Confidence for Adults

Communicating effectively and confidently benefits professional, social and family life. We cannot escape from the occasions of speaking to a large group. Participants will learn how to manage public speaking anxiety, present themselves with confidence and connect with their audience through effective body language.

Instructor: Gurus Education

Community Center: Republic Services Room
7 weeks | \$175/\$160 (Dist. Res.)

4579.801 1/14-2/25 Th 6:30-8:00 pm

4579.802 3/3-4/14 Th 6:30-8:00 pm

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.

Instructor: Randall Thompson

Senior Center: Arts & Crafts Room
1 workshop | \$15/\$12 (Dist. Res.)

4610.801 2/29 M 7:00-8:30 pm

Wine Tasting Analysis **NEW!** Workshop

21 yrs & up

Learn to identify the five major components of wine by tasting five very specific wines that exemplify each component of wine's structure. Students will be shown the proper five-step technique for tasting a glass of wine and will learn about proper serving temperatures and glassware.

Instructor: Bob Becker, *certified sommelier*

Senior Center: Arts & Crafts Room
1 workshop | \$61/\$50 (Dist. Res.)

4206.801 2/20 Sa 3:00-5:00 pm

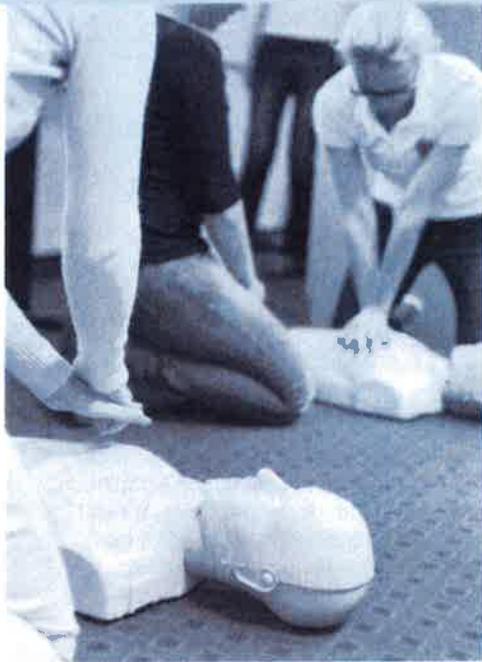
4206.802 3/19 Sa 3:00-5:00 pm

4206.803 4/23 Sa 3:00-5:00 pm





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



CPR/AED: Adult & Pediatric

Learn CPR & AED use for adults, children and infants as well as choking relief. Ideal for the general public including fitness trainers, teachers and those in most general workplaces, not for healthcare workers or those needing EMSA certs. Card available upon successful completion of class.

Instructor: Joshua Sauberman

Community Center: Republic Services Room 1 workshop | \$70/\$60 (Dist. Res.)

4701.801 2/9 Tu 9:00 am-12:30 pm
\$15 required fee payable to instructor for two-year certification card and book covering course content.

First Aid

Be prepared! Learn how to respond to most common medical, injury and environmental emergencies, including heart-attacks, strokes, seizures, asthma, allergies, bleeding, bites and stings, poisoning, heat stroke and many more. Ideal for hunters, coaches, scouts and troop leaders, hikers anyone able to respond in an emergency. Card available upon successful completion of class.

Instructor: Joshua Sauberman

Community Center: Republic Services Room 1 workshop | \$70/\$60 (Dist. Res.)

4701.802 3/29 Tu 9:00 am-12:30 pm
\$10 required fee payable to instructor for two-year certification card and book covering course content.

First Aid & CPR/AED

This comprehensive American Heart Association course covers CPR, AED use and general first aid for adults, children and infants. Great for coaches, troop leaders, outdoor enthusiasts, babysitters and anybody wanting to be prepared for emergency situations. Card available upon successful completion of class. Bring lunch.

Instructor: Joshua Sauberman

Community Center: Republic Services Room 1 workshop | \$140/\$125 (Dist. Res.)

4701.803 3/1 Tu 9:00 am-3:00 pm
\$15 required fee payable to instructor for two-year certification card and book covering course content.

Pediatric First Aid & CPR/AED

Licensed child care providers who need the EMSA certification for Title 22/AB243, foster care, or anyone else who wants to learn CPR and first aid tailored for children. Optional module includes adult CPR (no additional cost). Great for daycare workers, babysitters, nannies, or preschool staff. Card available upon successful completion. Bring lunch.

Instructor: Joshua Sauberman

Community Center: Republic Services Room 1 workshop | \$140/\$125 (Dist. Res.)

4701.804 1/28 Th 9:00 am-5:00 pm
\$15 required fee payable to instructor for two-year certification card and book covering course content.



COURSE TOPICS INCLUDE:

- Accounting & Finance
- Business
- College Prep
- Computer & Technology
- Health Care & Medical
- Language & Arts
- Personal Development
- Teaching & Education

Just a click away!
www.ed2go.com/pleasanthillrec

Pediatric First Aid & CPR/AED Essentials NEW!

Ideal for new/expecting parents or anyone who wants to learn CPR and basic first aid for common pediatric and infant emergencies, including drowning, choking, asthma, seizures, bites/stings, cuts/bruises and much more. Non-certification course; questions encouraged!

Instructor: Joshua Sauberman

Senior Center: Classrooms 1 workshop | \$95/\$85 (Dist. Res.)

4701.805 4/16 Sa 9:00 am-12:00 pm

BLS for Healthcare Providers

This course is for healthcare professionals who need to know how to perform CPR, as well as other lifesaving skills, in a wide variety of in-hospital and out-of-hospital settings. Ideal for EMTs, nurses, dental, RTs, MAs and more. Two-year AHA certification and card available upon successful completion. Bring lunch.

Instructor: Joshua Sauberman

Community Center: Republic Services Room 1 workshop | \$75/\$65 (Dist. Res.)

4701.806 4/20 W 9:00 am-1:30 pm
\$15 fee payable to instructor if current student manual is needed.

Pepper Spray Clinic

Protect yourself! Learn how to safely use pepper spray with equipment and drills. This clinic teaches awareness, prevention, dealing with verbal confrontation and physical assault. Legal information provided.

Instructor: John Castro

Community Center: Soroptimist Room 1 workshop | \$30/\$25 (Dist. Res.)

4684.804 5/9 M 7:00-8:10 pm

Online Learning
anytime, anywhere...

PHRPD has teamed up with Ed2Go to offer you exceptional online educational opportunities.

The classes offered can enhance your performance at work, school and home. Printable certificate of completion included. Visit www.ed2go.com/pleasanthillrec for more information and to register.



Healing through Chronic Pain

NEW!

Chronic pain can lead to feelings of hopelessness, fears and depression. Learn six ways to bring hope and healing to the body and heart. In this course we will explore light movements, meditations, writing exercises, breathing, stuck emotions, self-compassion and more.

Instructor: Destiny Eurkus

Senior Center: Dance Studio

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

4721.802 2/22-3/28 M 6:30-7:30 pm

How to Say No to Difficult People

Saying "no" is an essential life skill, but sometimes, we don't say "no" out of fear that we will hurt someone or make them angry. Come learn strategies for setting limits without guilt or fear.

Instructor: Julie Levin

Senior Center: Arts & Crafts Room

1 workshop | \$20/\$15 (Dist. Res.)

4576.803 2/11 Th 7:00-9:00 pm

Positive Psychology Workshop

Learn how to lead with your strengths, find the good in life. Turn around negative thinking by understanding why you discourage yourself, and what to do instead.

Instructor: Julie Levin

Senior Center: Arts & Crafts Room

1 workshop | \$20/\$15 (Dist. Res.)

4576.801 4/7 Th 6:30-8:30 pm

Raising Emotionally Secure Kids

Learn about the three pillars of emotional security from the field of Attachment Psychology. Learn how you can apply this research to foster emotional security in your own kids.

Instructor: Julie Levin

Senior Center: Arts & Crafts Room

1 workshop | \$20/\$15 (Dist. Res.)

4576.802 1/28 Th 7:00-9:00 pm

Reiki Level 1 **NEW!**

A powerful hands-on technique that assists the body's natural ability for self-healing. It is effective in easing injuries, disease, chronic pain, and harmonizing emotional stress. Bring pen and wear comfortable clothing.

Instructor: Destiny Eurkus

Senior Center: Classroom 1

1 workshop | \$195/\$180 (Dist. Res.)

4721.801 3/5 Sa 10:00 am-3:00 pm
\$15 lab fee payable to instructor at class.

Self Care Classes

Instructor: Julie Levin

Senior Center: Game Room

FOR CHRONIC ILLNESS OR PAIN

Create the best life you can while honoring (and sometimes grieving) your limits. Learn mind-body techniques for stress reduction and pain relief, and practice setting limits with others compassionately.

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

Senior Club Members: \$23/\$18 (Dist. Res.)

2262.801 3/10 Th 6:30-8:30 pm

FOR PEOPLE WHO TAKE CARE OF OTHERS

Learn strategies to ensure your physical and emotional wellness while you care for others, including how to recruit effective help, set kind but firm boundaries, maintain your sense of humor and avoid burnout.

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

Senior Club Members: \$23/\$18 (Dist. Res.)

2262.802 4/21 Th 6:30-8:30 pm

Sudoku for Fun & Mind Exercise

NEW!

Have fun as you learn how to use Sudoku for regular mental exercise and the essentials for solving ANY Sudoku puzzle. The American Alzheimer's Association has endorsed Sudoku as a "brain game" that may help reduce the risk of Alzheimer's Disease, and some researchers believe that playing games/puzzles like Sudoku may be a good way to reduce risk of dementia. Start with easy puzzles and work up to techniques for solving difficult puzzles.

Instructor: Vern Van Vlear

Senior Center: Game Room

3 classes | \$13/\$11 (Dist. Res.)

Senior Club Members: \$12/\$10 (Dist. Res.)

2221.801 1/13-1/27 W 9:30-11:30 am



Serenity Bubble

Pleasant Hill Recreation & Park District in collaboration with the Madrone Foundation, Kindred at Home Hospice of Pleasant Hill and landscape contractor Chris Danton, recently completed an artful labyrinth nestled in a stand of majestic oak trees at the District's best-kept secret park, Brookwood Park in Lafayette. The labyrinth, with a shallow jewel-tone mosaic bowl shining in the center, creates a maze-like circular journey for individuals on its path to commune with nature, enjoy light physical activity and perhaps, reflect on their lives and loved ones. Visit Brookwood Park in the northwest corner of Taylor Blvd and Withers in Lafayette and discover how this labyrinth provides a small bubble of serenity in a hectic, fast-paced world.

Touch for Health: Accupressure Self Care **NEW!**

Optimize your body's natural capacities to heal yourself and stay healthy. Touch for Health empowers individuals to be productive in their own wellness without replacing any branch of health care. This is a hands on interactive class. You will learn: How to heal your body by activating its natural healing energies, exercises to stabilize and maintain your energies, how to protect yourself from negative energies (pollution, etc.), how to stay grounded and how to increase your vitality by improving your energy, balance, posture, attitude, awareness and presence to truly appreciate and enjoy what is happening in your life.

Instructor: Tra Boxer

Senior Center: Game Room

8 classes | \$98/\$85 (Dist. Res.)

Senior Club Members: \$89/\$76 (Dist. Res.)

2220.801 2/22-4/11 M 6:00-7:15 pm

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

adult dance

Belly Dance Classes

Instructor: Sharifa

Senior Center: Dance Studio

BELLY DANCE I

Belly dance is fun, good for cardio health, balance, and flexibility. Learn the beginner techniques and short choreographies.

Includes warm-up and stretching. Wear loose exercise clothing, bring slippers or go barefoot. Bring or borrow a hip scarf.

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

4132.801	1/12-2/16	Tu	7:00-8:00 pm
4132.802	3/1-4/5	Tu	7:00-8:00 pm

BELLY DANCE II

Must have level I or previous instruction. More advanced techniques and choreographies, cymbals, veil, props and various styles of cabaret or folkloric dance are possible. Opportunity to perform at the Spring Hafla and live music dancer nites!

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

4133.801	1/12-2/16	Tu	8:00-9:00 pm
4133.802	3/1-4/5	Tu	8:00-9:00 pm

Spring Belly Dance Hafla!

Join the belly dance students and celebrate Spring. Potluck, bazaar, and 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 Seniors over 65, children 12 & under free

4132.803	4/15	F	7:00-9:30 pm
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Let's Dance: Ballroom

16 yrs & up

Are you looking for a fun hobby, weekly date night or a place to meet new people? This 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. Learn all the easy basics needed in Ballroom & Latin style dancing. PARTNER RECOMMENDED.

Instructor: Alberta Bagneschi

Senior Center: Dance Studio

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

Dance Style	Level			
Waltz & Cha, Cha, Cha	Beginning	4114.801	1/20-2/24	7:30-8:30 pm
Waltz & Cha, Cha, Cha	Intermediate	4116.801	1/20-2/24	8:30-9:30 pm
Fox Trot & Swing	Beginning	4114.802	3/9-4/6	7:30-8:30 pm
Fox Trot & Swing	Intermediate	4116.802	3/9-4/6	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 2/10

Bollywood/Belly Dance Fusion

16 yrs & up

A fusion mix of Bollywood Dance and Belly Dance. Top hits of Indian'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 | \$62/\$50 (Dist. Res.)

4660.801	1/13-2/17	W	6:25-7:20 pm
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No class 1/27

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

4660.802	3/9-4/13	W	6:25-7:20 pm
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Salsa Dancing with Soul & Spirit

Learn the Soul and Spirit of Salsa with 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)

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

4155.801	Beginning	1/5-2/2	7:30-8:30 pm
4156.801	Intermediate	1/5-2/2	8:30-9:30 pm

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

4155.802	Beginning	2/9-3/15	7:30-8:30 pm
4156.802	Intermediate	2/9-3/15	8:30-9:30 pm
4155.803	Beginning	3/22-4/26	7:30-8:30 pm
4156.803	Intermediate	3/22-4/26	8:30-9:30 pm



Line Dance

A combination of country-western, polkas, waltzes and Latin line dances for men and women. Partners are not required! Basics: for those brand new to Line Dance.

Beginners: must know basic steps. Note: please refrain from wearing heavy perfumes and scents due to instructor perfume allergies. Basics: for those brand new to Line Dance. Beginner/Intermediate: must know basic steps.

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 1/2, 1/9, 1/23, 1/30, 3/26, 4/30

Line Dance

High Beg./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 workshop | \$10 Drop-in

1/30	Sa	9:00 am-1:30 pm
4/30	Sa	9:00 am-1:30 pm

Line Dance Social

A great afternoon of dancing and socializing! Partners are not required!

Instructor: Millie Dusha

Senior Center: Chateau Hall

Admission: \$10 Drop-in

2362.802	3/20-3/20	Su	3:00-6:00 pm
2362.901	5/22-5/22	Su	3:00-6:00 pm

**First Dance: Wedding First Dance**

Marrying soon? Videotaping your wedding reception? Turn the first dance from plain and commonplace to a styled and flared event! Using very basic Fox Trot and Waltz dance steps with special attention to the beginning and ending of your dance, you can look terrific! PRE-REGISTRATION REQUIRED, register early.

Instructor: Alberta Bagheschi

Senior Center: Dance Studio

2-Hour Workshop | \$43/\$35 (Dist. Res.)

4114.804 3/2 W 7:30-9:30 pm

Capoeira NEW!

Capoeira is Afro-Brazilian Martial Arts that combines music, fitness, acrobatics and self-defense. This is a fun way to get fit and learn a new culture. No experience necessary. Wear comfortable clothes and bring water.

Instructor: Uriel Arauz

Community Center: Dance Studio

8 weeks | \$112/\$97 (Dist. Res.)

Drop-in: \$15 per class

4631.801 1/6-3/2 W 7:30-8:45 pm

4631.802 3/9-4/27 W 7:30-8:45 pm

No class 1/27

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 including Barre Plus, Pilates, Stretching for Everyone and Weight Training listed below. 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, *certified instructor in Barre, Pilates, Weight Training, Zumba and Group X*

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 | \$127/\$112 (Dist. Res.)

4634.811 1/6-3/2 W 5:30-6:15 pm

4634.812 3/9-4/27 W 5:30-6:15 pm

No class 1/27

STRETCHING FOR EVERYONE NEW!

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

4634.801 1/7-2/25 Th 10:15-10:45 am

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

4634.802 3/3-4/28 Th 10:15-10:45 am

1/28 class in McHale Room

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

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

4688.801 1/4-3/7 M 5:30-6:30 pm

4688.802 3/14-5/2 M 5:30-6:30 pm

No class 1/18, 2/15

Community Center: Dance Studio 1

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

4690.801 1/7-2/25 Th 9:10-10:10 am

1/28 class in McHale Room

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

4690.802 3/3-4/28 Th 9:10-10:10 am

WEIGHT TRAINING

Sculpt a better and healthier you with this total body workout. Wear workout clothes and shoes; bring two sets of hand weights.

Winslow Center: Assembly Room

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

4643.801 1/8-2/26 F 10:30-11:30 am

4643.802 3/4-4/22 F 10:30-11:30 am

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.

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.

Instructor: Annemieke Howsepian, *please call for fee information (925) 323-2522*

Winslow Center: Assembly Room

M/W/Sa 8:00-8:45 am

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. Teens (16-17 years) welcome with parent.

Instructor: James Parker

Winslow Center: Assembly Room

Experienced Fencers

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

4630.804 1/4-4/25 M 7:45-10:00 pm

No class 1/18, 2/15



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

Fit for Life

Low impact easy dance moves for a good 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

8 class "anytime" punch card: \$50

8 classes | \$40/\$35 (Dist. Res.)

Senior Club Members: \$36/\$31 (Dist. Res.)



2214.801	1/5-1/28	Tu/Th	9:00-10:00 am
2214.802	2/2-2/25	Tu/Th	9:00-10:00 am
2214.803	3/1-3/31	Tu/Th	9:00-10:00 am
2214.804	4/5-4/28	Tu/Th	9:00-10:00 am

Flex for Fitness: Winter/Spring Punch Card

Stretching and band resistance exercises. Can be done in a chair.

Instructor: Varies

Senior Center: Classroom 1 & 2

12-class "Anytime" Punch card: \$15

Senior Club Members: \$12



Wednesdays & Fridays	9:30-10:25 am
Wednesdays & Fridays	10:30-11:30 am

Gentle Pilates

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.

Instructor: Alison Raphael-Klippel

Senior Center: Dance Studio

8 classes | \$97/\$85 (Dist. Res.)

Senior Club Members: \$89/\$77 (Dist. Res.)



2238.801	1/6-2/24	W	1:00-2:00 pm
2238.802	3/2-4/27	W	1:00-2:00 pm

No class on 3/30

Kick Boxing for Women

Focus is on fitness and correct form. Learn stance, punch, kick, parry, and block techniques. Contact is on focus gloves, pads, and air-shields only. Includes stretching, shadow boxing, and drills. Plan to purchase 12-oz. boxing gloves (\$35) at first class. Wear sweats/running shoes; NO perfumes.

Instructor: John Castro

Community Center: Soroptimist Room

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

4648.801	1/4-2/8	M	6:40-7:40 pm
4648.802	2/22-3/21	M	6:40-7:40 pm
4648.803	3/28-5/2	M	6:40-7:40 pm

No class 1/18, 2/15, 4/25

Living Tai Chi

Instructor: Jasmine-rose Kam

Senior Center: Dance Studio



FOUNDATIONS

For both beginners and experienced students. Strengthen and relax with tai chi and qigong. Healing movement and meditation promote balance and resilience throughout life.

8 classes | \$86/\$75 (Dist. Res.)

Senior Club Members: \$78/\$67 (Dist. Res.)

2210.801	1/4-3/7	M	10:00 am-12:00 pm
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No class 1/18, 2/15

FOUNDATIONS & FORMS

Strengthen and relax with tai chi and qigong. Healing movement and meditation promote balance and resilience throughout life. With gentleness and grace we learn to harmonize mind, body and spirit with the art and discipline of tai chi movement. Prerequisite: Foundations Class.

8 classes | \$119/\$104 (Dist. Res.)

Senior Club Members: \$109/\$94 (Dist. Res.)

2213.801	1/6-3/9	W	9:30 am-12:30 pm
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No class 1/20, 2/17

FOUNDATIONS & FORMS PACKAGE

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

4 weeks | \$105/\$91 (Dist. Res.)

Senior Club Members: \$96/\$82 (Dist. Res.)

2218.801	1/4-2/3	M/W	see times above
2218.802	2/8-3/9	M/W	see times above

No class 1/18, 1/20, 2/15, 2/17

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 or partner needed.

Instructor: Lois Davis

Senior Center: Dance Studio

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

4662.801	1/14-2/18	Th	7:15-8:10 pm
4662.802	3/10-4/14	Th	7:15-8:10 pm

Mixed Martial Arts

This class is for physical fitness, self-development, cultural experiences and self-defense. Learn Bruce Lee's JKD Concepts and Mixed Martial Arts. Learn the moves and techniques of Arts of Boxing. Wing Chun Gung-Fu, Savate French Kick Boxing, Muay-Thai Boxing, Indonesian Silat, the Arts of Filipino Kali and Eskrima, Choy Lay Fu Kung Fu, Tai-Chi, Hapkido and more. Contact is on Focus Mitts. Must have 12-ounce boxing gloves to participate; purchase them at class (\$35.)

Instructor: John Castro

Senior Center: Chateau Room

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

4652.801	1/6-2/10	W	7:20-8:20 pm
4652.802	2/17-3/23	W	7:20-8:20 pm

1/20 & 1/27 class in Senior Center, Classrooms 1 & 2.

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

4652.803	3/30-5/4	W	7:20-8:20 pm
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No class 4/27

Moving Meditation with Qigong

Learn slow, easy Qigong movements for calmness and balance. This moving meditation is an excellent form of stress management.

Instructor: Wendy Helms

Senior Center: Classroom 1 & 2

8 classes | \$115/\$101 (Dist. Res.)

Senior Club Members: \$105/\$91 (Dist. Res.)

2242.801	1/7-2/25	Th	6:15-7:30 pm
2242.802	3/10-4/28	Th	6:15-7:30 pm



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



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

Community Center: Dance Studio

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

4692.801 1/5-2/9 Tu 6:00-7:00 pm
4692.802 2/16-3/22 Tu 6:00-7:00 pm

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

4692.803 3/29-4/26 Tu 6:00-7:00 pm

Stretch and Be Fit... with a Smile!

This class is designed to improve your balance and coordination with a wide variety of exercises including floor warm ups, resistance bands, simple yoga poses and dance moves. Energize your body, improve flexibility while developing mind-body concentration and releasing stress. Class ends with peaceful relaxation.

Instructor: Darlene Roth

Senior Center: Dance Studio

8-class "anytime" punch card: \$66

8 classes | \$66/\$57 (Dist. Res.)

Senior Club Members: \$60/\$51 (Dist. Res.)

2230.801 1/12-3/22 Tu 11:00 am-12:00 pm
2230.802 3/29-5/31 Tu 11:00 am-12:00 pm

No class 2/2, 3/1, 3/15, 4/5, 5/3



Total Fitness

THE WAY TO ENERGIZE & VITALIZE

Work your body from head to toe, inside and out! A ten-minute warm-up; a 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

8 weeks | \$124/\$109 (Dist. Res.)

4636.801 1/4-3/7 M 5:45-7:15 pm
4636.802 3/14-5/2 M 5:45-7:15 pm
No class 1/18, 2/15

Weight & Strength

Enjoy the best combination of low impact training and strengthening all in one fun session. Improve your flexibility, strength, balance and well being. Appropriate for all fitness levels! Students should bring their own weights and floor mats. Try it out!

Instructor: Debbie Murdock

Senior Center: Room Varies

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

7 classes | \$64/\$56 (Dist. Res.)

Senior Club Members: \$58/\$50 (Dist. Res.)

2201.801 1/4-1/28 M/Th 8:15-9:15 am
2202.801 1/4-1/28 M/Th 9:30-10:30 am
2205.801 1/4-1/28 M/Th 5:30-6:30 pm
2201.802 2/1-2/25 M/Th 8:15-9:15 am
2202.802 2/1-2/25 M/Th 9:30-10:30 am
2205.802 2/1-2/25 M/Th 5:30-6:30 pm

No class 1/18, 2/15

5 classes | \$46/\$40 (Dist. Res.)

Senior Club Members: \$42/\$36 (Dist. Res.)

2201.803 3/17-3/31 M/Th 8:15-9:15 am
2202.803 3/17-3/31 M/Th 9:30-10:30 am
2205.803 3/17-3/31 M/Th 5:30-6:30 pm

8 classes | \$74/\$64 (Dist. Res.)

Senior Club Members: \$68/\$58 (Dist. Res.)

2201.804 4/4-4/28 M/Th 8:15-9:15 am
2202.804 4/4-4/28 M/Th 9:30-10:30 am
2205.804 4/4-4/28 M/Th 5:30-6:30 pm

Gentle Yoga

Regular Yoga practice builds strength, improves flexibility, balance and promotes a sense of calm. The breathing naturally becomes deeper, slower and more regular, benefiting the cardiovascular and immune system. Bring a yoga mat and a light blanket, wear loose clothing.

Instructor: Maxine Davis

Senior Center: Dance Studio

5 class "anytime" Punch Card: \$75

5 classes | \$72/\$63 (Dist. Res.)

Senior Club Members: \$66/\$57 (Dist. Res.)

2235.801 1/14-2/11 Th 10:30-11:30 am
2235.802 2/18-3/17 Th 10:30-11:30 am
2235.803 3/24-4/21 Th 10:30-11:30 am



Hatha Yoga

Hatha Yoga is a path toward creating balance and uniting opposites. In our physical bodies we develop a balance of strength and flexibility. We also learn to balance our effort and surrender in each pose. This class will offer powerful tools for self-transformation. Learn to bring attention to our breath, which helps us to still the fluctuations of the mind and be more present in the unfolding of each moment. All welcome; beginner & advanced students.

Instructor: Linda Burkard

Senior Center: Chateau Room

5 weeks | \$75/\$61 (Dist. Res.)

4656.801 1/6-2/3 W 6:00-7:15 pm
1/20 & 1/27 class in Senior Center, Dance Studio.

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

4656.802 2/10-3/16 W 6:00-7:15 pm
4656.803 3/23-4/27 W 6:00-7:15 pm

Yoga (Sugi/Gentle)

Anyone can do Sugi Yoga, even you! 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 sessions | \$68/\$55 (Dist. Res.)

Punch cards: \$72 (6 classes)

Drop-ins welcome: \$12

4637 1/4-4/30 M-Th, Sa 10:30-11:45 am
See website to review each session date.

No class 1/16, 1/18, 2/13, 2/15, 3/26, 3/28-4/2





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

Yoga Stretch

14 yrs & up

You are as old as your spine is flexible. A regular yoga practice will improve/maintain flexibility, improve posture, prevent injury and relieve stress. Integrate basic yogic principles with modifications given to accommodate all levels. Yoga balances body, mind and spirit to reach optimal health and well-being. All abilities and beginners welcome. Wear loose clothing and bring a mat.

Instructor: Maxine Younger

Community Center: Dance Studio 1

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

4649.801 1/14-2/18 Th 6:00-7:10 pm

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

4649.802 2/25-3/24 Th 6:00-7:10 pm

4649.803 3/31-4/28 Th 6:00-7:10 pm

Zumba® Dance Fitness

Let the music move your body for a super fun workout! We will use dance as well as fitness moves for a total body toning and cardio workout to rhythms from around the world as well as current pop hits! No previous experience required.

Instructor: Elaine Price, AFAA Certified Personal Trainer and Zumba® Licensed Instructor

Community Center: Dance Studio

Punch card: \$50 (6 classes); Drop-in: \$10

4694 1/8-4/29 F 10:00-11:00 am

No class 2/26

Zumba® Gold

Zumba® Gold is the 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 by using weighted toning sticks (provided by instructor) to enhance rhythm, build strength and tone up! All levels welcome, including beginners! No dance experience necessary. Wear shoes without heavy tread.

Instructor: Barbara Ward, licensed Zumba®, Zumba® Gold & Zumba® Toning instructor

Senior Center: Dance Studio

8-class "anytime" Punch card: \$60

1st timers trail class: \$5

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Mondays 9:00-9:50 am
Fridays 10:00-10:50 am
No class 1/18, 2/15, 5/30

adult sports and leagues

Visit Sports Center Website:

pleasanthillrecsports.com

Get league registration packets, schedules, roster addition forms, field conditions, etc. from our sports website.

Leagues

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



Cornhole Bean Bag Toss Drop-in: \$5 per person

Winslow Center, 2590 Pleasant Hill Road (corner of PH Road & Taylor)

- Tuesday, 7:00-9:00 pm

Open Gym

PH Education Center Gym, 1 Santa Barbara Road

Basketball Drop-in: \$5 per person

- Monday 6:00-8:00 pm
- Friday 6:00-8:00 pm

Badminton Drop-in: \$5 per person

- Sunday 2:00-4:00 pm

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

Tennis: Adult/Teen

13 yrs & up

Top-quality classes begin on the first day of the month and run four consecutive weeks through the end of the month. Wear tennis shoes, bring racket and one unopened can of tennis balls.

Instructor: Joey Martinez

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

BEGINNER/ADVANCED BEGINNER

Minimal skills and playing experience.

4 weeks | \$64/\$52 (Dist. Res.)

5565.800 1/7-1/28 Th 6:30-7:30 pm

5565.801 2/4-2/25 Th 6:30-7:30 pm

5565.802 3/3-3/24 Th 6:30-7:30 pm

5565.803 4/7-4/28 Th 6:30-7:30 pm

INTERMEDIATE

Must be able to serve and maintain a slow rally. Improve consistency, learn placement and spin, then finish up with a friendly competitive match to develop match toughness.

4 weeks | \$64/\$52 (Dist. Res.)

5566.800 1/7-1/28 Th 6:30-7:30 pm

5566.801 2/4-2/25 Th 6:30-7:30 pm

5566.802 3/3-3/24 Th 6:30-7:30 pm

5566.803 4/7-4/28 Th 6:30-7:30 pm

Private Tennis Lessons

All Ages

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

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 8.

water exercise

Lap Swim

15 yrs & up

Monthly Pass gives you unlimited access to Lap Swim hours during the calendar month. Stay fit, work on your stroke technique, improve your endurance; rejuvenate and energize your mind/body while you swim your way to a healthier life! To purchase online, search "Membership."

Instructors: Staci Lindsay, Carol Madsen

PH Education Center: 1 Santa Barbara Road

Monthly Swim Pass: \$62/\$50 (Dist. Res.)

Senior 55+ Monthly Pass: \$48/\$38 (Dist. Res.)

8-swim "Anytime" Punch card: \$50

Lap Swim Hours*:

M/W/F 6:00–7:00 am, 8:30–9:30 am, 1:00–2:00 pm

M/Tu/Th 7:00–8:00 pm

Holidays: 12/21–1/1, 1/18, 2/8, 2/15

*Visit www.pleasanthillrec.com for a calendar to confirm hours and location.



Water Aerobics

The ultimate in low-impact aerobics for men & women! Classes offer all the benefits of land aerobics while cushioning the body from impact and providing resistance during exercise. Emphasis is on cardiovascular workout while toning muscles and slimming the body. Swimming skills are not required.

Instructors: Mary Beth McCarthy, Bryce Halliday

PH Education Center:

1 Santa Barbara Road

Year-round classes | Drop-in \$8

Punch Card: \$45 (8 classes)

Mary Beth Tu 8:30–9:30 am

Mary Beth W 7:20–8:20 am

Bryce M/W/F 8:30–9:30 am

Mary Beth Tu/Th 6:00–7:00 pm

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

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 15 yards of freestyle (face in the water with rhythmic breathing).

Coaches: Head Coach Talli Pitcher, Assistant Head Coach Vicky Dewey, Kenan Tugcu, Beth Heinen, Carol Madsen, Clare Alden, Andrew Ibarra

Tryouts: Friday, April 22, 4:00 pm at PH Aquatic Park, 147 Gregory Lane
For new 8 yrs & under swimmers ONLY.

Practice Schedule (Season runs 4/25–8/1)

Spring practice held at PH Aquatic Park: 147 Gregory Lane;

Practice moves to PH Education Center Pool: 1 Santa Barbara Road on May 16;

Summer practice at PH Education Center Pool: 1 Santa Barbara Road

Age as of 6/15/16	Activity Code	Spring: 4/25–6/9 M–Th	Summer: 6/15–8/5 M/Tu/Th/F
6 & under	8223.901	3:30–4:00 pm	2:30–3:15 pm
7–8	8224.901	4:00–4:45 pm	3:15–4:00 pm
9–10	8225.901	4:45–5:45 pm	4:00–5:00 pm
11–12*	8226.901	6:00–7:00 pm*	9:30–10:30 am or 5:00–6:00 pm
13–14*	8227.901	6:00–7:00 pm*	8:00–9:30 am or 5:00–6:00 pm
15–18*	8228.901	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 for 11–18 swimmers is offered for those who cannot make the morning practice.

No practice May 30, June 30–July 4. Practice for County meet qualifying swimmers, August 1–12.

Registration: January 4–May 20, 2016 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 1/4–2/21 for returning Dolphins & siblings. Registration for new members to the team opens 2/22.



Registration Fees:

1/4–2/29: \$315/\$300 (Dist. Res.)

3/1–4/8: \$330/\$315 (Dist. Res.)

4/9–5/20: \$375/\$360 (Dist. Res.)

High School Swimmers:

\$215/\$200 (Dist. Res.)

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

Registration & Suit Try On Day:

Saturday, March 12,

10:00 am–12:00 pm

Teen Center: 147 Gregory Lane

New families are encouraged to attend.

Coaches and board members will be present to answer questions. Team suit fitting and order details also available.

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 at the time of registration to the Pleasant Hill Dolphins Parent Club. Family Fees will be refunded in the fall if all work assignments were completed. See www.pleasanthilldolphins.com for more information.

Information on Mini Dolphins:

For swimmers not quite ready for the Dolphins Swim Team—will be available in the Spring/Summer 2016 Spotlight.



special event

33rd Annual Dolphins Tree Lot NOVEMBER 27–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.

classes

Pre-Swim Team

4–13 yrs

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 Education Center:

1 Santa Barbara Road

3 weeks | 4–5 years | \$65/\$52 (Dist. Res.)

8208.801 4/5–4/21 Tu/Th 4:00–4:30 pm

3 weeks | 6–8 years | \$80/\$65 (Dist. Res.)

8209.801 4/5–4/21 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 swimming skills. Focus will be in developing the four competitive strokes, starts and turns.

Instructor: Carol Madsen

3 weeks | 9–13 years | \$80/\$65 (Dist. Res.)

8210.801 4/5–4/21 Tu/Th 5:15–6:00 pm

Private Aquatic Park Parties

Reserve the pool for your own private party! Minimum two-hour rental includes lifeguards. No alcohol or smoking permitted in the pool area. Fees are based on the parts of the facility used. Call the District Office at 682-0896 or visit www.pleasanthillrec.com for more information.

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, *College Park High School Head Swim Coach*

PH Education Center Pool:

1 Santa Barbara Road

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

8215.701 1/4–2/4 M–Th 3:30–5:00 pm
No class 1/18



Lifeguard Training

15 yrs & up

Become an American Red Cross certified Lifeguard! After successful completion, the American Red Cross will issue certificates in Lifeguarding/First Aid/CPR/AED and Administering Emergency Oxygen. Bring lunch. Visit www.pleasanthillrec.com for the required pre-requisites, which must be successfully completed on the first day.

Instructor: Aquatics Staff

PH Education Center:

1 Santa Barbara Road

1 week | \$225/\$210 (Dist. Res.)

8715.801 3/29–4/1 Tu–F 9:00 am–5:00 pm

PH Aquatic Park

1 week | \$225/\$210 (Dist. Res.)

8715.802 5/6–5/21 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

1 week | \$145/\$130 (Dist. Res.)

8717.801 4/29–4/30 F 5:00–9:00 pm
Sa 9:00 am–5:00 pm

8717.802 6/3–6/4 F 5:00–9:00 pm
Sa 9:00 am–5:00 pm

Spring Swim Clinics

6–13 yrs

For the summer recreation swimmer. Focus is 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

2 weeks | \$66/\$53 (Dist. Res.)

8727.801 2/2–2/11 Tu/Th 6:00–6:45 pm

8727.802 2/16–2/25 Tu/Th 6:00–6:45 pm

8727.803 3/1–3/10 Tu/Th 6:00–6:45 pm

8727.804 3/15–3/24 Tu/Th 6:00–6:45 pm

8727.805 4/5–4/14 Tu/Th 6:00–6:45 pm

swim lessons

Note: An Aquatic Waiver of Liability must be signed before any class participation.

Plan your schedule carefully; there are no make-ups/refunds for missed classes. See the lesson manager if you have any special requests/information regarding your child's swim lessons. Lesson Managers supervise lessons on the pool deck; they will assist with your concerns.

PARENT/TOT (6 MOS-4 YRS)—Parent and child participate and receive instruction in water adjustment, swim readiness skills, and water safety. Swim attire: tight-fitting "swim pants" and swimsuit. No disposable or cloth diapers.

TINY TOT (3-4 YRS)—Child must be ready to learn without parent participation. Skills: water adjustment, basic aquatic skills and water safety. Ratio 3:1

PRESCHOOL (4-6 YRS)—Child must be ready to learn without parent participation. Skills: water adjustment, elementary aquatic skills, stroke development and water safety. Abilities may vary. Ratio 4:1

YOUTH (6-12 YRS)—Students will learn a variety of strokes, personal safety skills and diving techniques, starting with basic aquatic skills and water adjustment. More advanced students will refine their skills. Ratio 5:1

ADULT/TEEN (12+ YRS)—New strokes and techniques for stroke improvement will be taught. Skills: floating, kicking, crawl stroke, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke, diving and turns. Ratio 6:1

PRIVATE (3.5 YRS-ADULT)—One-on-one swim instruction for all ability levels and ages.



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

Winter Swim Lessons—PH Education Center Pool

Tuesday/Thursday Private: 2 weeks, (4) 20-min classes | \$90/\$75 (Dist. Res.)

	11/10-11/19	12/1-12/10	1/5-1/14	1/19-1/28
6:00 pm	8616.705	8616.706	8616.707	8616.708
6:20 pm	8617.705	8617.706	8617.707	8617.708
6:40 pm	8618.705	8618.706	8618.707	8618.708

Tuesday/Thursday Private: 2 weeks, (4) 20-minute classes | \$95/\$80 (Dist. Res.)

	2/2-2/11	2/16-2/25	3/1-3/10	3/15-3/24	4/5-4/14	4/19-4/28
6:00 pm	8616.801	8616.802	8616.803	8616.804	8616.805	8616.806
6:20 pm	8617.801	8617.802	8617.803	8617.804	8617.805	8617.806
6:40 pm	8618.801	8618.802	8618.803	8618.804	8618.805	8618.806

Spring Swim Lessons—PH Aquatic Park

Tuesday/Thursday Private:
2 weeks, (4) 20-minute classes
\$95/\$80 (Dist. Res.)

	5/3-5/12	5/17-5/26	5/31-6/9
5:00 pm		8613.808	8613.809
5:20 pm		8614.808	8614.809
5:40 pm		8615.808	8615.809
6:00 pm	8616.807	8616.808	8616.809
6:20 pm	8617.807	8617.808	8617.809
6:40 pm	8618.807	8618.808	8618.809

Tuesday/Thursday Group: 2 weeks
(4) 28-minute classes | \$60/\$48 (Dist. Res.)
Parent/Tot: \$50/\$40 (Dist. Res.)

Time	Age	5/31-6/9
5:00 pm	Tiny Tot	8533.809
5:30 pm	Parent/Tot	8501.809
6:00 pm	Preschool	8546.809
6:30 pm	Youth	8574.809

Saturday & Sunday Group:
4 weeks, (4) 28-minute classes
\$60/\$48 (Dist. Res.) | Parent/Tot: \$50/\$40 (Dist. Res.)

		SATURDAY	SUNDAY
Time	Age	4/30-5/21	5/1-5/22
10:00 am	Adult/Teen	8591.803	8591.804
10:30 am	Youth	8575.803	8575.804
11:00 am	PreSchool	8656.803	8656.804
11:30 am	Tiny/Tot	8526.803	8526.804
12:00 pm	Parent/Tot	8510.803	8510.804

Saturday & Sunday Private:
4 weeks, (4) 20-minute classes | \$95/\$80 (Dist. Res.)

	SATURDAY	SUNDAY
Time	4/30-5/21	5/1-5/22
10:00 am	8620.803	8620.804
10:20 am	8621.803	8621.804
10:40 am	8622.803	8622.804
11:00 am	8623.803	8623.804
11:20 am	8624.803	8624.804
11:40 am	8625.803	8625.804
12:00 pm	8626.803	8626.804



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



Not Too Far Away Trips **NEW!**

These fun trips are just right for the local adventure lover—they aren't too far from home and you won't be gone too long. Travel by motor coach to these exciting destinations.

Whale of a Good Time—Whale Watching Overnight (MONTEREY/MOSS LANDING)

If you're a big 'gentle giants of the deep' fan, you will want to be on board for this trip. Travel down to Monterey and spend the afternoon shopping and exploring Cannery Row before checking in to Embassy Suites, your home for the night. Enjoy the evening at a dinner spot of your choice. In the morning, breakfast at the hotel and then be whisked away to the Sea Goddess Luxury Yacht. Depart from Moss Landing on your thrilling adventure to see the majestic whale pods. *This whale watching area has been populated for the last five years and has recently been featured on PBS.*

June 1–2, 2016

Cost: \$352 pp/double; \$458 pp/single; \$100 due at signup

Solvang Charm—Two Nights in Little Denmark

Enjoy a two-night stay in charming Solvang. This little town has all the magic of Denmark including quaint shops and a replica statue of The Little Mermaid. Explore and enjoy the little details while touring the town in a horse drawn buggy. The next day, visit an Ostrich farm, where you will learn about raising ostriches and the many benefits of their natural oils.

May 16–18, 2016

Cost: \$600 pp/double; \$800 pp/single

New York City

New York, New York—it's a beautiful town and full of delightful surprises. This trip will take you through the best parts of New York City including a visit to the Metropolitan Museum of Art, Lady Liberty and Ellis Island. Enjoy two spectacular Broadway productions. Your hotel will be located right in Times Square so you won't miss a New York minute!

April 28–May 3, 2016

Cost: \$3029 pp/double;
\$3929 pp/single

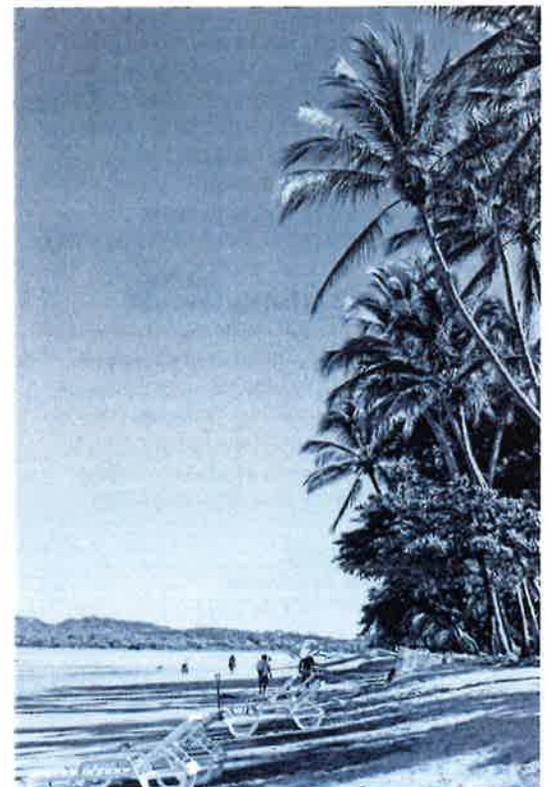


Tropical Costa Rica **NEW!**

Costa Rica is a popular travel destination! Not only is it a tropical paradise but the price is right! Enjoy a 9-day adventure where you will walk across a rope bridge, enjoy fresh coffee at a coffee plantation and watch the butterflies float by in a nature preserve. Learn all about Costa Rica's native cuisine in a cooking demonstration. Be surrounded in beautiful scenery you just can't experience anywhere else but in tropical, lush Costa Rica.

October 29–November 6, 2016

Cost: \$2959 pp/double; \$3309 pp/single





Islands of New England **NEW!**

Your leisurely tour of the East Coast begins in Rhode Island. Visit a cranberry bog, Plymouth Rock, Martha's Vineyard and Plymouth Plantation. Choose between visiting the sand dunes or whale watching. Enjoy an authentic fresh lobster dinner! Limited re-packing required—stay in only two hotels along the way.

September 29–October 6, 2016
Cost: \$2,999 pp/double; \$3,499 pp/single

Spring Training **NEW!**

Take me out to the ballgame! Arizona here we come for the Spring Training game. Enjoy reserved shaded seats for the game where you root on the Giants and the A's before their season starts in their home towns. Get a sneak peak at the starting lineup and enjoy that American classic, baseball!

March 6–10, 2016
Cost: \$2,242 pp/double
 (call for single rate)

Mackinac Island—Holland Tulip Festival

Spend one night in downtown Chicago with a guided sightseeing tour of the "Windy City." Travel to Grand Rapids for a two-night stay where you will visit the Veldheer-DeKlomp Tulip Garden and enjoy reserved seating at Muziekparade "Music Parade." Next, experience Mackinac Island where you will spend two nights at The Grand Hotel and enjoy a horse-drawn carriage tour. The last night will be in Frankenmuth, "Little Bavaria" with time to shop at Bronner's Christmas Wonderland, the world's largest Christmas store.

May 12–18, 2016
Cost: \$3009 pp/double; \$3888 pp/single

Hawaiian Islands Cruise

Feel the Aloha as you venture on this relaxing 16-night Princess cruise. Your vessel to paradise departs from San Francisco and will take you to four Pacific gems: Maui, Oahu, Kauai and Hilo, on the way home enjoy a stop in Ensenada, Mexico. Enjoy the Aloha Spirit programs onboard the ship. Learn to play ukulele on your way. Aloha!

April 2–17, 2016
Cost: prices start @ \$3849 pp/double

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! A waiting list is available in case of additional accommodations or cancellations. 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.

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

Please call Travel office at (925) 798-8747 (TRIP) to confirm dates.

50+ Day Trips & Excursions

Trips will be announced @ Trip Meeting, tickets go on sale three months before trip.

- 1/6 Levi's Stadium Superbowl 50 Experience
- 1/10 Cache Creek Casino
- 1/13 Hawaiian Feather Work Exhibit
- 1/20 High Tea and Art
- 1/26 Mystery Trip
- 2/14 Frank Sinatra Tribute—That's Life
- 2/18 SF Symphony Rehearsal—Cinderella
- 3/16 Wicked—Balcony & Rear Orchestra Available

Mystery Trips and Casino Trips are monthly.

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

Pancake Breakfasts

Bring family and friends to our monthly breakfasts and enjoy pancakes or French toast, eggs, sausage, orange juice and coffee. All ages welcome!

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

January 3, February 7, March 6

Tickets: Adults 11+: \$5

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

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

Senior Center: Chateau Room

Easter Pancake Breakfast & Boutique

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

Saturday, March 26, 9:00–11:00 am

Tickets: Adults 11+: \$5

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

Senior Center: Chateau Room

Mardi Gras Social

No need to go to New Orleans for Mardi Gras! Join us for our local version of this fun Cajun celebration. Dance to live music by Elite Jazz Band, an authentic New Orleans style jazz band. Enjoy wine and food. Non-alcoholic beverages available. Sponsored by The Chateaus of Pleasant Hill.

Tuesday, February 9, 3:00–5:00 pm

Tickets: \$12 pre-sale; \$15 at the door

Senior Center: Chateau Room

Vagabond Players

The Vagabond Players are back! Grab lunch before the play at our Chef's Lunch (not included in ticket price), then watch this award-winning live theater group put on a show.

March 4: “On Borrowed Time”

Fridays, 1:30 pm

Tickets: Pre-sale: \$10; Day of: \$15

Senior Center: Chateau Room

Taste of the Vine

Sip a glass of wine with friends and relax. A variety of red and white wines available for you to choose from plus light hors d'oeuvres will be served. Non-alcoholic beverages available. Sponsored by The Chateaus of Pleasant Hill.

Friday, April 22, 4:00–6:00 pm

Tickets: Pre-sale \$10;

Day of \$15 (based on availability)

Senior Center: Chateau Room

Save the Dates!

Pleasant Hill Senior Center Crab Feed

Friday, January 22, 6:00 pm

Tickets go on sale December 14 at Senior Center. Advance tickets sales only. No tickets available at the door.

Laugh, Love & Learn

Friday, May 6

Free Senior Vendor Fair

Friday, May 6

Senior Center

Over 40 vendors with free giveaways!

Senior Men's Corner Discussion Group



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 \$15. Members receive a monthly newsletter and discounts on numerous classes and special events.

For more details on days 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:

- Blood Pressure Screening
- Care Management Program
- Consult an Attorney Program
- Consult a Financial Advisor
- County Nutrition Program (CC Café/Meals on Wheels)
- iHelp (help for Mac, iPad, iPhone users)
- Medicare & Supplemental Insurance Policy Counseling (HICAP)
- Memory Screening
- Movie Library
- Notary Service
- Open Computer Lab
- Transportation Ticket Sales: Bart/County Connection

Senior Center Activities:

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



Dear Friends of Pleasant Hill Recreation & Park District,

On behalf of the District, I hope you and your family are having a wonderful holiday season. We look forward to providing you with exciting and engaging recreation classes, programs and community events throughout the New Year.

Get moving in 2016! From preschoolers to over 50 and fabulous, we offer a wide variety of health and fitness classes for everyone in your family to keep active and healthy. I encourage you to sign up for that yoga or Zumba class you have wanted to try.

On February 26th, we are pleased to present the Come Together 6 Fundraiser Concert at our Community Center. If you have not attended this all-star live music concert, make sure you put this event on your calendar. Proceeds benefit the Pleasant Hill Teen Center programs. A special thanks to Paul Cotruvo for all his efforts to secure the talented musicians, and for performing in the show.

I encourage you to visit one of the best-kept secret parks in Pleasant Hill, Brookwood Park and check out the new labyrinth there. The District, in collaboration with Hospice Group of Kindred at Home Health Care, created this small oasis of serenity for community members to reflect and find peace in their day. See the article on page 14.

Want to keep your children engaged over school breaks? We offer Winter and Spring Break camps and workshops for youth and teens. See page 2.

Thank you for your ongoing support and participation in our programs. Best wishes for a happy and prosperous New Year!

Sincerely,

Robert B. Berggren

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

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

Board Meetings: 2nd & 4th Thursdays (except in December 12/10); 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 7

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

ADMINISTRATIVE STAFF

Bob Berggren, *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*
 Corey 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
- Guild of Quilters
- 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
- P.H./W.C. Mothers' Club
- Rodgers Ranch Heritage Center
- Society of Young Magicians
- 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.



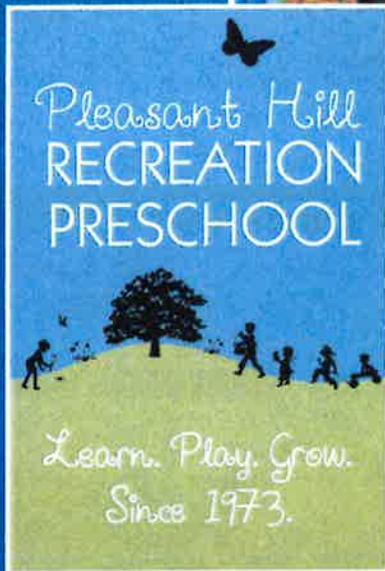
The Pleasant Hill Community Foundation

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.



Building Brighter Futures

Programs

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.

We offer programs to promote the social, emotional, physical, and cognitive development of each child. Our experienced teachers encourage individual confidence, self-esteem, and social skills that children need to be happy and successful.



2016-17 Registration Opens March 5, 2016, 9:00 am at the 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 September 1, 2016.

For 2016-17 fees and information please contact Preschool Director, Sarah Smith: (925) 676-5200 ext. 626 | ssmith@pleasanthillrec.com



PRESCHOOL LOCATIONS:

PH Community Center: 320 Civic Drive, Pleasant Hill
Winslow Center: 2590 Pleasant Hill Road, Pleasant Hill

Classes are in session September-June. Tuition is divided into nine monthly payments due by the 15th of each month.

WEE-TOT

2 yrs 6 mos-3 yrs 6 mos

- Co-op Tuesday/Thursday
9:30 am-12:00 pm, Winslow Center
Current Fee: \$220/\$200 (Dist. Res.)
- Tuesday/Thursday,
9:30 am-12:00 pm, Winslow Center
Current Fee: \$295/\$275 (Dist. Res.)

NEW HORIZONS

3 yrs 3 mos-4 yrs 3 mos

Students required to be fully potty-trained.

- Monday/Wednesday/Friday
8:45-11:45 am, Winslow Center
- Tuesday/Wednesday/Thursday
9:00 am-12:00 pm, Community Center
Current Fee: \$340/\$320 (Dist. Res.)

PRE-K

4-6 yrs

Students required to be fully potty-trained.

- Monday/Wednesday/Friday
12:45-3:45 pm, Community Center
- Tuesday/Wednesday/Thursday
8:45-11:45 am, Community Center
Current Fee: \$340/\$320 (Dist. Res.)
Registration Fee: \$100 per family



147 Gregory Lane
Pleasant Hill, CA 94523

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Pleasant Hill Recreation & Park District • (925) 682-0896 • The Spotlight Winter/Spring, Volume 21, Issue 1



Get Powerful in 2016!

We offer an exciting variety of power-building health, aquatic and fitness classes to energize you through the year.

- Extensive class offerings for both mind and body
- Knowledgeable instructors
- Economical fees
- Convenient times & locations
- FUN!

Visit pleasanthillrec.com to enroll in your fitness classes and turn on your power.



Get into the Quilting Craze!

Join fellow quilting enthusiasts to learn this beautiful traditional craft. Quilting skill classes for beginners and more advanced quilters are now available. Learn techniques to create your own quilt masterpiece for future generations to enjoy.

See page 11 for class information.



wine
women & shoes

Wine, Women & Shoes

Sunday, May 15, 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 auction exciting 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 Rehabilitation Services of Northern California and Pleasant Hill Recreation & Park District.

Tickets and information:
winewomenshoes.com/contracosta

Follow the action: facebook.com/wwscontracosta





MEMORANDUM

TO: Board of Directors
FROM: General Manager
DATE: October 28, 2015
RE: November 5, 2015 Board Meeting

To Consider Options for Reducing Speed on Paso Nogal Road (ACTION)

City Manager June Catalano responded to our letter regarding the road and speed issues along Paso Nogal Road adjacent to Paso Nogal Park. The Board Chair requested that this item to be agendaized for further discussion.

At this time, the General Manager is requesting that we set up a meeting with the officials of the City of Pleasant Hill to further discuss various options to help keep Paso Nogal Road safe.



MEMORANDUM

TO: Board of Directors
FROM: General Manager
DATE: October 28, 2015
RE: November 5, 2015 Board Meeting

To Review and Consider Board Policies (First Reading)

- **3025 - Financial Management**
- **3030 - Financial Controls**
- **3035 - Fixed-Asset Accounting Control**
- **3040 - Fixed-Asset Capitalization**
- **3050 - Purchasing**

As, you did at the last board meeting, the Board will review policies 3025 - 3050. This is the first reading, so any additions, deletions or revisions can be added at this time.

Mark Blair

From: curtis kidder [curt@cskidderlaw.com]
Sent: Wednesday, October 14, 2015 10:25 AM
To: Mark Blair
Cc: Bob Berggren
Subject: Policy Manual Revisions: Policy Nos. 1500, 1505, 3005, 3010, 3015, 3020, 3025, 3030, 3035, 3040 and 3050
Attachments: PH - Policy No. 1500.docx; PH - Policy No. 1505.docx; PH - Policy No. 3005.docx; PH - Policy No. 3010.docx; PH - Policy No. 3015.docx; PH - Policy No. 3020.docx; PH - Policy No. 3025.docx; PH - Policy No. 3030.docx; PH - Policy No. 3035.docx; PH - Policy No. 3050.docx; PH - Policy No. 3040.docx

Mark: Please find attached red-lined versions of the above-cited District policies that show my suggested revisions to each. Note that I need to spend a little more time with Policy Nos. 3000 (Asset Protection) and 3045 (Investment of District Funds), but should be able to forward red-lined versions early next week.

A summary of the proposed substantive changes to each of the policies is as follows:

1) Policy No. 1500:

1500.1: Changed to state that the GM may be appointed as the Clerk to the Board so as to be consistent with Policy No. 1175 and to provide the Board with discretion in appointing a clerk.

1500.2: Added that the GM is an at-will employee that may be dismissed at any time. This clarifies that the GM may not necessary serve out the term identified in the GM's contract.

2) Policy No. 1505:

1505.1: Deleted the first sentence since it is now stated in Policy No. 1500.2.

1505.3: Deleted the second sentence since it is essentially duplicative of the first sentence.

1505.4: Deleted inclusion of a compensation adjustment in the closed session discussion, since that is prohibited by the Brown Act. Replaced it with "areas of needed improvement."

3) Policy No. 3005:

3005.4: Section 5788 of the Public Resources Code sets forth various requirements for the adoption of the annual budget. The first one is that a preliminary budget must be approved by July 1 of each year. That requirement is specified here.

3005.5: The PRC also requires the publishing of a notice related to the approval of the preliminary budget and the final budget, which must be done by August 30 of each year. Those requirements were added here.

3005.7: Presumably the Board reviews the budget on a quarterly basis, so that is specified here. If that is not accurate, then this provision will need to be revised.

4) Policy No. 3010:

No substantive changes made, only some editing done. May want to review to make sure the changes reflect District procedures.

5) Policy No. 3015:

No substantive changes made, only some editing done.

6) Policy No. 3020:

It is suggested that this policy be deleted since all of its provisions are covered in Policy No. 3030.

7) Policy No. 3025:

3025.4: Changed to provide that the Board may authorize the audit to be done by one firm for 5 years--this gives the Board more flexibility in regards to retention of the audit firm. Some editing was also done.

8) Policy No. 3030:

Added a reference to Policy No. 3050 (Purchasing) since it addresses similar matters as contained in this policy. May want to think if the language provided here is sufficient or additional/different language should be used.

3030.4: Specified that procurement and competitive bidding requirements of the Public Contract Code (in addition to the Public Resources Code) be followed.

3030.5: Public Contract Code Section 22050 provides that Board delegation of authority to the GM to take actions during an emergency must be done by a 4/5s vote of the Board, so a reference to such a vote was added. If the Board does not approve this policy with at least 4 votes, then this provision will need to be deleted. The alternative is that the Board takes all actions during an emergency.

PCC Section 22050 also requires that the GMs report to the Board include certain specified information, which is identified in the new last sentence here.

3030.6: Specified that out-of-pocket expenses must be less than \$5k, otherwise it seems that the advance approval requirement of Policy No. 3030.2 is applicable.

9) Policy No. 3035:

No substantive changes made, only some light editing done.

10) Policy No. 3040:

No substantive changes made, only some very light editing done.

11) Policy No. 3050:

Added a reference to Policy No. 3030 for the same reason noted above.

3050.1: Deleted "etc." and added "and other beneficial terms to the District".

3050.3: Purchase of supplies or materials unrelated to construction/repairs/maintenance that will exceed \$25k is subject to the competitive bidding requirements of the PCC, so that is specified here. Also added that the

contract will be awarded to the lowest responsible bid that is responsive to the District's requirements, which is consistent with the PCC provisions.

Let me know if you would like to discuss the suggested revisions or need additional clarification.

CSK

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Curtis S. Kidder
Law Office of Curtis S. Kidder
P.O. Box 29981
Oakland, California 94604

Pleasant Hill Recreation & Park District

POLICY MANUAL

POLICY TITLE: Financial Management
POLICY NUMBER: 3025

The purpose of this policy is to ensure that the District's finances are maintained in a manner where controls are exercised and records kept that fairly represent the District's financial activities. This policy also establishes the target minimum Unrestricted Fund Balance that is to be maintained in the District's General Fund for the Pleasant Hill Recreation & Park District.

3025.1 Board policy, the State's Government and Public Resources Codes of the State of California and compliance with sound accounting policies shall guide the District's financial management. A District Board The Budget and Finance Committee composed of two Board Members are responsible for overseeing budget development and financial aspects matters prior to final Board approval.

3010.2 Financial statements provide historical and current data that aids management to in the evaluation of the District's financial condition and attainment of budget goals. Quarterly Income Statements and the Balance Sheet for the General Fund shall be prepared and reviewed by the Board of Directors. Financial statements for other District funds may be requested and reviewed at the Board's discretion.

3025.3 The State Controller's Report shall be completed and filed annually in accordance with all applicable Government Code and State Controller sections requirements. In addition, all other required financial reporting shall be completed and filed submitted to comply with each compliance agency's filing requirement.

3025.4 The District's financial records shall be audited annually by an independent certified public accountant. The Board of Directors will grant may authorize the audit by one firm for a period of up to five years, with review on an annual basis. The Board may extend the audit contract for additional years upon a vote and approval of the Board.

3025.5 The accounts of the District are organized on the basis of Fund Accounting where each fund is considered a separate entity account. The following funds shall be recorded on the District's financial records;

- General Fund
- Parkland Dedication Fund
- Capital Project Fund
- Arts Fund
- Building Fund
- Computer Reserve Fund
- Lighting and Landscape Fund
- Assessment Districts (Valley High 2,4 & 5 and Woodside Hills 1 and 3)
- Other such separate funds approved by the Board to properly isolate and record disparate financial activity of the District as determined by the Board of Directors.

(Continues)

3025.6 The General Fund is the primary operating fund of the Pleasant Hill Recreation & Park District. This fund reflects the collection of taxes and programming revenues and all payments of invoices/bills from current operations with by warrants and or checks. An Unrestricted Fund Balance, is the difference between the assets and the liabilities in a fund less any other fund amounts that are restricted for a specific and exclusive purpose. It shall be the goal of the Pleasant Hill Recreation & Park District to maintain an Unrestricted Fund Balance in the General Fund equal to the lesser of \$500,000 or 10% of the current year's total operating budget.

Approved:
Amended:

Pleasant Hill Recreation & Park District

POLICY MANUAL

POLICY TITLE: Financial Controls

POLICY NUMBER: 3030

The purpose of this policy is to establish controls for District ~~finances~~ expenditures. Reference should also be made to Policy No. 3050 (Purchasing).

3030.1 All warrants for the expenditure of District funds that require Board approval and ~~source~~ supporting documentation ~~will~~ shall be reviewed and approved by the General Manager prior to submission to the ~~regular Board of Directors meeting~~. In addition, ~~a~~ All warrants and ~~payments~~ supporting documents ~~will~~ shall be made available to Directors for review ~~by any Director~~ at the regular meeting ~~of the Board~~ where approval of the payments is to be considered ~~are also approved~~.

3030.2 All purchases ~~made~~ for the District purposes in excess of \$5,000 shall be authorized in advance by the General Manager ~~prior to any staff making a purchase commitment~~. All purchases shall be in conformance with the approved District budget or "pending approval" of a revised District budget.

3030.3 Any commitment of District funds for a purchase greater than \$20,000 shall be ~~first submitted and~~ approved by the Board of Directors; and ~~or~~ shall be in conformance with the approved District budget or pending approval of a revised District budget ~~prior Board action and/or authorizations~~.

3030.4 All applicable procurement requirements and competitive bidding procedures set forth ~~shall be followed as outlined~~ in the State's Public Contract and Public Resources Codes ~~of the State of California~~ shall be followed.

3030.5 As authorized by a four-fifths vote of the Board, the General Manager, ~~in~~ in the event of an emergency within the District in which immediate procurement of materials, equipment, work, supplies, or services ~~for the District~~ is necessary to provide the continued conduct of District operations or services, or to avoid injury to life or property, ~~the General Manager shall be~~ is authorized to call either orally, or by written notice, for oral or written bids for such needed items and accept the lowest bid. The General Manager, in exercising this option, shall consult either the Chair or Vice Chair of the Board of Directors, if available, or any two Board members if the Chair and Vice Chair are unavailable as soon as possible of this action. The General Manager shall make a full report of his/her actions at the next regular Board meeting. Such report will include the reasons justifying why the action was necessary to respond to the emergency and why the emergency would not allow for the use of competitive bidding. All other emergency contracting procedures set forth in the State Public Contract Code Section 22050 shall be followed.

3030.6 Whenever employees or Directors of the District incur "out-of-pocket" expenses of less than \$5,000 for item(s) or service(s) appropriately relating to District business as verified by ~~valid~~ invoices, receipts or other similar

REVISED 10-13-15

documentation, said expended cash shall be reimbursed upon request. In those instances when any such documentation ~~receipt~~ is not obtainable, the requested reimbursement shall be approved by the General Manager ~~prior to remuneration~~.

Approved:

Amended:

Pleasant Hill Recreation & Park District

POLICY MANUAL

POLICY TITLE: Fixed-Asset Accounting Control
POLICY NUMBER: 3035

The purpose of this policy is to ensure proper accounting controls.

3035.1 Proper accounting control will result in the maintaining of accurate financial reports of fixed assets.

3035.2 An accounting, or inventory, of all fixed assets shall be conducted on an annual basis. After the conclusion of said inventory, the General Manager shall certify its completeness and report the results thereof to the Board of Directors at its next regular monthly meeting.

3035.3 Applicable purchases for inclusion in said accounting shall be the following:

3035.3.1 Equipment, tools, and vehicles that individually have an original total cost of more than \$500

3035.3.2 All land and building acquisitions regardless of price

3035.3.3 Additions or major improvements to the District's service infrastructure

3035.4 When any item defined above is received, a tag with a unique District identification number shall be affixed to said item, and the number recorded in the permanent inventory records.

3035.5 Permanent inventory records shall be maintained in either a paper file and/or electronic (computer data base) format. Said records shall be updated whenever a change in the status of a particular fixed asset occurs (e.g., original purchase, sale, destruction, loss, theft, etc.).

3035.6 Information to be maintained in said inventory records shall include at least the following:

3035.6.1 Asset number

3035.6.2 Description

3035.6.3 Manufacturer's serial number

3035.6.4 Storage location

3035.6.5 Original cost

(Continues)

REVISED 10-13-15

3035.6.6 Acquisition date

3035.6.7 Life expectancy

3035.6.8 Classification code (e.g., office equipment, vehicle, etc.).

Approved:
Amended:

Pleasant Hill Recreation & Park District

POLICY MANUAL

POLICY TITLE: Fixed-Asset Capitalization
POLICY NUMBER: 3040

The purpose of this policy is to provide criteria for determining when assets and associated costs are to be capitalized and depreciated.

3040.1 Single-item purchases with at least an anticipated useful life of five years and exceeding \$5,000 each shall be capitalized as a fixed asset. The purchase of these fixed assets shall be included on the District's statement of net assets and depreciated over the asset's estimated useful life. The purchase of fixed assets for less than \$5,000 shall be expensed.

3040.2 Other expenditures of \$5,000 or more that provides a significant increase in future service potential of a fixed asset shall also be capitalized as part of the existing asset.

3040.2.1 To meet the criteria for a capital expenditure, the purchase should extend the useful life of an asset, increase the quantity of service provided by an asset, or increase the quality of service by an asset.

3040.2.2 Capital expenditures may include the following: additions (enlargements, expansions or extensions of existing assets), replacements and improvements, and rearrangement and/or relocation of an asset.

3040.3 Expenditures for normal repairs and maintenance shall not be considered as capital expenditures.

3040.4 Depreciation will be computed over the estimated useful lives of the assets as follows:

ASSET DEPRECIATION LIFE	
Fixed Asset	Useful Life (years)
Buildings/Structures	50
Vehicles	5
Heavy Equipment (normal – light use)	7 – 10
Light Equipment (normal – light use)	5 – 7
Office Equipment	5 – 10
Office Furniture	10 – 15
Computer Equipment	5 – 7

Approved:
Amended:

Pleasant Hill Recreation & Park District

POLICY MANUAL

POLICY TITLE: Purchasing
POLICY NUMBER: 3050

The purpose of this policy is to establish guidelines for District purchasing. Reference should also be made to Policy No. 3030 (Financial Controls).

3050.1 The purchase of items costing less than \$5000 from existing vendors can be accomplished by vendors submitting pricing information by telephone or written quotation. District accounts are then awarded to those firms that provide the best prices, discounts, ~~etc.~~ and other beneficial terms to the District.

3050.2 To purchase items costing ~~more than~~ \$5000 or more and up to \$25,000, quotations will be solicited from vendors and received by telephone, fax or mail, preferably from two or more sources, prior to selecting a preferred supplier and processing a purchase order. The General Manager must approve purchase orders prior to the commitment to purchase is given to the vendor.

3050.3 For items estimated to cost over \$25,000 or large quantity orders, that are unrelated to new construction, alterations, maintenance or repairs, the District will use competitive bidding and provide potential suppliers with a list of items to be purchased. ~~Suppliers will provide written quotes for consideration and recommendation to the Board of Directors for award of contract.~~ Items on the list will be purchased from the supplier ~~quoting~~ providing the lowest responsible bid ~~prices~~ that is responsive to the District's requirements and ~~having~~ an acceptable delivery date.

3050.4 Vehicles will be purchased through the State's Vehicle Procurement Program, unless they can be acquired at the same cost or less expensively from local sources by competitive quotation bids.



MEMORANDUM

TO: Board of Directors
FROM: General Manager
DATE: October 28, 2015
RE: November 5, 2015 - Board Meeting

Reports and to Set Board Committee Meeting Dates

- a. Land and Facility Development Committee**
- b. Personnel Committee** - The Personnel Committee, consisting of Dennis Donaghu and Bobby Glover, will need to set a meeting date.
- c. Budget and Finance Committee** - The Budget and Finance Committee , met on Tuesday, November 3 to review the two projects at Pleasant Hill Park. 1.The Pleasant Hill Park pathway project and 2. The pool deck replacement project.
- d. Program Committee**

Attached is information for your review.



Board of Directors AGENDA

PLEASANT HILL RECREATION & PARK DISTRICT

147 Gregory Lane
Pleasant Hill, CA 94523
(925) 682-0896
(925) 682-1633 fax
pleasanthillrec.com

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, and programs and activities for all ages.

**Pleasant Hill Recreation & Park District
Board of Directors
Budget and Finance Committee
Tuesday, November 3
5:00 PM
Administration Office
147 Gregory Lane, Pleasant Hill**

**Chair: Sandy Bonato
Member: Zac Shess**

1. Public Comment
2. To Consider Capital Projects
 - a. To Review Estimated Expenses for Pool Deck Replacement Project
 - b. To Review Estimated Expenses for Pleasant Hill Park Pathway Renovation Project

Documents that are disclosable public records required to be made available under California Government Code Section 54957.5 (b) (1) and (2) are available to the public for inspection at no charge during business hours at our administrative office located at 147 Gregory Lane, Pleasant Hill, California.

The Pleasant Hill Recreation & Park District will provide reasonable disability-related modification or accommodation to a person with a disability who requires a modification or accommodation in order to participate in the meeting of the Board of Directors. Please contact Susie Kubota (925) 682-0896 at least 48 hours before the meeting if you require such modification or accommodation.

Memo

To: Bob Berggren, General Manager

From: Tom Bradley, Park Superintendent

October 29, 2015

Re: Pleasant Hill Park Path Project Estimated Cost

Due to the high cost estimate for replacing Pleasant Hill Park's path ways with interlocking pavers, I asked our architect to give us a cost estimate on using concrete as an alternate to interlocking pavers. The cost estimate for concrete is \$158,626.00 less than the estimate for interlocking pavers.

Interlocking pavers: \$637,767

Concrete: \$479,141

In FY 15/16 the Board approved \$215,000 and another \$240,000 for the FY 16/17 for a total of \$455,000. I recommend that we go back out to bid for the project to be done in concrete as the architects estimate for concrete is much closer to our budget than interlocking pavers.

**Pleasant Hill Community Park
Pathway Replacement
Cost Statement**

Item	Quantity	Unit	Unit Price	Total
START UP AND DEMOLITION				
Construction fencing, pedestrian traffic control		allow		\$2,000
Remove existing AC & concrete walkways including base (assume 8")	27,065	SF	4.00	\$108,260
Remove/adjust existing irrigation at path edges		in-house		\$0
Staking and Layout		allow		\$4,000
Additional 4" excavation / offhaul (to achieve subgrade for 12" path section)	331	CY	35.00	\$11,585
		Subtotal:		\$125,845
SITE WORK				
Concrete paving 6" thick, reinforcing, subgrade prep, 6" AB, broom finish, no color	23,659	SF	11.00	\$260,249
Area drains	2	EA	500.00	\$1,000
New drain pipe	47	LF	20.00	\$940
Raised retaining curb (integral w/ path, where new path is below ex. grade)	246	LF	25.00	\$6,150
Concrete driveway on Cleaveland		allow		\$5,100
Replace irrigation at path edges		in-house		0
Replace Sod Turf at edges		in-house		0
		Subtotal:		\$273,439
		Construction Total:		\$399,284.00
		Mobilization 5%:		\$19,964.20
		Construction Contingency 15%:		\$59,892.60
		Grand Total:		\$479,140.80

Pleasant Hill Community Park
Pathway Replacement
Cost Statement

Item	Quantity	Unit	Unit Price	Total
START UP AND DEMOLITION				
Construction fencing, pedestrian traffic control		allow		\$2,000
Remove existing AC & concrete walkways including base (assume 8")	27,065	SF	4.00	\$108,260
Remove/adjust existing irrigation at path edges			in-house	\$0
Staking and Layout		allow		\$4,000
Additional 4" excavation / offhaul (to achieve subgrade for new path section)	331	CY	35.00	\$11,585
			Subtotal:	\$125,845
SITE WORK				
Concrete Headers	3,622	LF	25.00	\$90,550
Concrete unit pavers including subgrade prep, fabric & base rock	23,659	SF	12.50	\$295,738
Area drains	2	EA	500.00	\$1,000
New drain pipe	47	LF	20.00	\$940
Raised retaining curb (where new path is below ex. grade)	246	LF	50.00	\$12,300
Concrete driveway on Cleaveland		allow		\$5,100
Replace irrigation at path edges			in-house	0
Replace Sod Turf at edges			in-house	0
			Subtotal:	\$405,628
			Construction Total:	\$531,472.50
			Mobilization 5%:	\$26,573.63
			Construction Contingency 15%:	\$79,720.88
			Grand Total:	\$637,767.00

Memo

To: Robert B. Berggren, General Manager
From: Korey Riley, Aquatics Supervisor II
Date: October 28, 2015
Re: Pool Deck Cost Estimate

The Board Approved Budget for FY 15/16 includes \$165,000 in Capital Expenditures for replacing the pool deck at PH Aquatic Park. At the August 27, 2015 Board Meeting, the Board approved a proposal from Jones & Madhavan for design services for this project. Staff met with Nachi Madhavan on October 22 to review the preliminary design for the project. Mr. Madhavan also provided a cost estimate of \$458,781 based on the preliminary design.

The pool deck is approximately 15,000 sq. ft. without including the Sprayground. Staff estimates for the project cost did not take into account everything that goes under and into the concrete.

After reviewing the plans and cost estimate, here are areas we could reduce design in order to lower the overall cost:

- Eliminate approximately 840 sq. ft. of new deck between the filter room/guard room and at the back of the guard room. While there is savings of approximately \$17,800 in reducing the amount of new concrete, there is large crack and uneven surface in the doorway of the filter room that would remain if we eliminated this portion of the deck from the project.



- Eliminate color admixture to concrete, estimated savings: \$36,500
- Eliminate floor drains in filter room, \$6,400. The P-traps for the 3 floor drains in the filter room have collapsed and water drains very slowly from the filter room floor, creating a slip/trip/fall hazard for employees. Staff do not recommend eliminating the floor drains from the project.
- Eliminate new diving board, estimated savings \$16,000. Current California Building Code requires 12 feet of water depth for 1 meter diving boards. The Diving Pool is 10.5 feet deep and has two 1 meter boards. The design includes one 30" diving board (the board is less than 30" above the surface of the water), in compliance with the new code. When the Code was updated, it was written to allow existing diving boards to remain. One option is to keep the existing diving boards by cutting around the stands. Staff do not recommend keeping the current diving boards because of the risk of head, neck or spinal injuries in the shallower water and because the existing concrete stands are deteriorating. Changing from 1 meter boards to a 30" board will result in the loss of recreational value in the pool. There is less 'spring' in a 30" board. Eliminating the diving board completely will further reduce the recreational value of the pool and could result in fewer party rentals and lower recreational swim attendance.
- Eliminate starting platform anchors, estimated savings \$4,500. We do not run swim meets at PH Aquatic Park and starting platforms are not needed.
- Reuse existing Training Pool underwater lights, estimated savings \$7,800. The Training Pool underwater lights are working and we do not recommend replacing those lights, only the conduit, so that future replacement of the lights can be done without cutting into the deck.

Staff recommends eliminating the concrete color, starting platform anchors and reusing the Training Pool underwater lights for savings of \$48,800.

PLEASANT HILL AQUATIC PARK COST ESTIMATE

DESCRIPTION	QNTY	UNITS	UNIT COST	SUB TOTAL	DIVISION TOTAL
02 - SITE WORK					
Concrete removal - 6" reinf exterior slab	14,100	SF	2.74	\$38,644	
Concrete removal - 6" reinf interior slab	70	SF	6.30	\$441	
Excavation & fill - hand to 6'	40	CY	47.73	\$1,909	
Excavation, fill & structural compaction	522	CY	31.28	\$16,328	
Concrete disposal - 5 miles	172	CY	14.55	\$2,503	
Sawcut - h surf 4"	80	LF	2.46	\$197	
Sawcut - h surf 6" deck	300	LF	4.18	\$1,254	
					\$61,276
03 - CONCRETE					
Conc - 5" reinf SOG	12,500	SF	10.73	\$134,125	
Conc - 5" reinf ramp	140	SF	13.41	\$1,878	
Conc - 6" reinf stairs	72	SF	16.10	\$1,159	
Conc - integral color	193	CY	120.00	\$23,160	
Dowel - 5/8"	100	EA	31.13	\$3,113	
Forming - wall	250	SF	14.75	\$3,688	
					\$167,122
05 - METALS					
Guardrail	68	LF	70.50	\$4,794	
Stair & ramp handrail 1-1/2"	62	LF	48.00	\$2,976	
					\$7,770
13 - SPECIAL CONSTRUCTION					
Expansion joint & backer rod - 1/2"	423	LF	4.95	\$2,094	
Tile - depth marker	26	EA	86.25	\$2,243	
Tile - no diving graphic	17	EA	109.25	\$1,857	
Bonding clamp	16	EA	84.00	\$1,344	
Disabled lift socket	1	EA	333.50	\$334	
Diving stand & anchors - short	1	EA	6,951.75	\$6,952	
Diving board - 12'	1	EA	3,166.53	\$3,167	
Stanchion socket	7	EA	191.48	\$1,340	
Start platform anchor - dual	6	EA	476.96	\$2,862	
Underwater light - 70 watt LED	9	EA	1,234.24	\$11,108	
Wedge anchor & escutcheon	11	EA	204.70	\$2,252	
Hydrostatic test	1	LS	368.00	\$368	
Pipe - 6" sch 40	125	LF	31.04	\$3,880	
Pipe - 6" sch 40 fitting	4	EA	103.50	\$414	
Skimmer cover	12	EA	86.25	\$1,035	
Pool maintenance - 25 yard	1	LS	1,380.00	\$1,380	
					\$42,628

PLEASANT HILL AQUATIC PARK COST ESTIMATE

15 - MECHANICAL

Catch basin	7 EA	132.25	\$926	
Cleanout - 4"	2 EA	271.00	\$542	
Deck drain	13 EA	132.25	\$1,719	
Deck drain piping - 4" sdr 35	400 LF	5.30	\$2,120	
Floor drain	3 EA	323.00	\$969	
Hose bibb	3 EA	360.00	\$1,080	
Pipe - 1-1/2" cast iron	60 LF	19.15	\$1,149	
Pipe - 2" cast iron	30 LF	20.00	\$600	
Pipe - 4" cast iron	6 LF	27.50	\$165	
Pipe - 0.75" sch 80	100 LF	8.74	\$874	
				\$9,218

16 - ELECTRICAL

Pool light conduit	655 LF	5.00	\$3,275	
				\$3,275

DIVISION TOTAL **\$291,289**

REGIONAL COST ADJUSTMENT **20%** **\$58,258**
SUB-TOTAL **\$349,547**

DESIGNER'S CONTINGENCY **5%** **\$17,477**
SUB-TOTAL **\$367,025**

OVERHEAD & PROFIT **25%** **\$91,756**
TOTAL **\$458,781**