

Spring/Summer
2013

the Spotlight

**Parks
Make
Life
Better!**

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Festival**, page 17



pleasanthillrec.com



Dear Friends and Neighbors,

The District is very excited that we have completed and opened two of the four Bond Projects, the Senior Center and Teen Center. If you haven't had the opportunity to visit the sites, please check out these fantastic facilities. We estimate over 3,000 people attended the Senior Center

Open House in January! The Community Center is currently under construction. We are estimating an opening in late December or early January 2014. The fourth project, Pleasant Oaks Park will begin in June. The fields and park will be ready by spring of 2014.

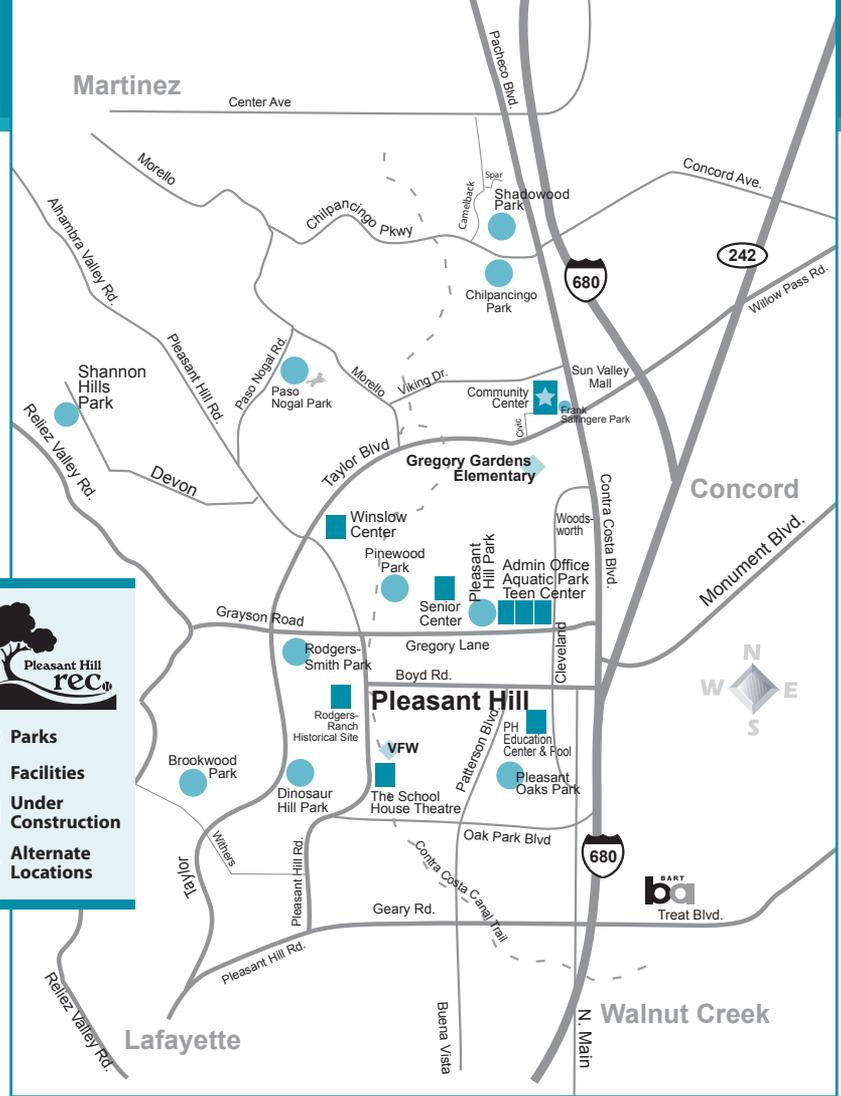
At the recent Pleasant Hill Community Awards night, the District honored the Chateaus and Aegis with the Community Service Award. Chateau and Aegis have been extremely cooperative in assisting with housing Senior programs during the construction of the new Senior Center. Both of these businesses have supported the District for many years. The District also honored Gregory Gardens Principal Cheryl Kolano with the Board Appreciation Award. This recognition was for her support of the community including helping facilitate the District's KIDSTOP Program and Preschool programs at Gregory Gardens Elementary School.

Please take advantage of some great classes, activities, camps, and special events in the Spring/Summer Spotlight.

Sincerely,

Robert B. Berggren, General Manager

- Parks
- Facilities
- ★ Under Construction
- ◆ Alternate Locations



PLEASANT HILL REC CLASS LOCATIONS

- Teen Center:** 147 Gregory Lane
- Senior Center:** 233 Gregory Lane
- Winslow Center:** 2590 Pleasant Hill Road

OFFICE LOCATIONS

- Administration:** 147 Gregory Lane
Office Hours: M-F, 9:00 am-5:00 pm
682-0896 • Fax 682-1633
- Senior Center:** 233 Gregory Lane
M-Th, 9:00 am-4:00 pm; Fri, 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, 7:00 am-3:30 pm • 671-4649 • Fax 676-7628
- Paso Nogal Off-Leash Dog Park Hotline:** 210-6130
- Winslow Center:** 2590 Pleasant Hill Rd.

RENTALS

- Call 798-8788 to rent:**
 - New Senior Center, 233 Gregory Lane
- Call 682-0896 to rent:**
 - New Teen Center, 147 Gregory Lane
 - Winslow Center, 2590 Pleasant Hill Road
 - Ball Fields, Picnic Areas & Picnic Kit, Bocce Courts, Volleyball Courts & Equipment
 - Pools: PH Aquatic Park, Education Center Pool

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

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

Board Meetings: 2nd & 4th Thursday;
6:00 pm—Bond Matters
7:00 pm—General Business
Administration, 147 Gregory Ln.

ADMINISTRATIVE STAFF

- Bob Berggren, *General Manager*
- Mark Blair, *Accounting Supervisor*
- Tom Bradley, *Park Supervisor*
- Lance Hurtado, *Recreation Supervisor*
- Susie Kubota, *Executive Secretary*
- Kendra Luke, *Senior Supervisor*
- Carrie Miller, *Building Maintenance Superintendent*
- Korey Riley, *Aquatics Supervisor*
- Tina Young, *Recreation Superintendent*

The Spotlight: March-July 2013

- Published three times a year; next issue 8/2013.
- Circulation: 75,000 per issue; sent to homes and businesses in Pleasant Hill & surrounding areas.
- Additional copies available at District Office or local libraries and Pleasant Hill businesses.

On the cover: Dog, Layla; Owners, Caitlyn Holt and Mike Annas
Photo by Ann Luke

On the back page:
Photo courtesy of Pleasant Hill Baseball Association

Co-sponsored Clubs & Organizations

Go to our website, www.pleasanthillrec.com/clubs.html for club descriptions, phone numbers, and meeting information.

- American Legion #331
- Contra Costa Camera Club
- Diablo Valley Track & Field
- East Bay Artists Guild
- Friends of PH Library
- Friends of Rodgers Ranch
- 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
- Society of Young Magicians
- Treadles to Threads
- Veterans of Foreign Wars



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. Pleasant Hill Recreation & Park District welcomes persons with disabilities. For information, call 682-0896.

3 Ways to Register Now!



Online at www.pleasanthillrec.com
Visa/MasterCard/American Express accepted.
No more 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.

Note: Additional \$1 per person per class will be designated for land and facilities maintenance.

No more online registration fees!

Register online at pleasanthillrec.com for most of our classes and activities and make secure, safe online payments with Visa, MasterCard, or American Express. It's quick, easy, and ready when you are!

GET STARTED WITH PLEASANT HILL REC ONLINE:

- Go to pleasanthillrec.com where an adult member of the family can create your account. Click on "Register Now" and follow the easy instructions to set up your customer login and password.
- Browse the classes, review the details, and register online 24/7!
- Manage your private account online anytime—no more missed deadlines or standing in lines.
- Access your family's schedules, your receipts and/or reservation permits.

Registration Begins March 4, 2013

- See class listings for exceptions to registration dates. **For refund information, visit our website: www.pleasanthillrec.com.**
- All registrations are on a first-come, first-served basis. When enrollment is low, PHR&PD reserves the right to cancel the class/activity.
- If you register by mail for a class that has reached maximum enrollment, you will be notified and your check will be returned.
- Pre-registration is required at least three days prior to all workshops.
- Classes will not be held on May 27 and July 4. Other exception dates are as noted with class listings.
- Photographs and video may be taken during district activities and classes. By participating, you agree that these photographs and video may be used for Pleasant Hill Recreation & Park District publicity purposes.

Administration:
682-0896

Visit us at:
pleasanthillrec.com



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preschool camps

Make new friends this summer! Activities include arts, crafts, games, songs, storytelling, water play and lots of outdoor fun. Camp themes include: Ocean Adventures, Backyard Creatures, Hot Summer Days and Make Believe Adventures. **Send snack and drink daily.**

Daycamp for Little People

4-6 yrs

Instructors: Preschool Staff

Winslow Center: Rm 3

2 weeks | \$130/\$115 (Dist. Res.)

6650.901 6/24-7/3* M-Th 12:30-3:00 pm
*No class 7/4

2 weeks | \$138/\$123 (Dist. Res.)

6650.902 7/8-7/18 M-Th 12:30-3:00 pm

6650.903 7/22-8/1 M-Th 12:30-3:00 pm

6650.904 8/5-8/15 M-Th 12:30-3:00 pm

Mini-Daycamp

2 yrs, 9 mos-4 yrs

Instructors: Preschool Staff

Winslow Center: Rm 3

2 weeks | \$109/\$94 (Dist. Res.)

6651.901 6/25-7/3* Tu-Th 9:15-11:45 am
*No class 7/4

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

6651.902 7/9-7/18 Tu-Th 9:15-11:45 am

6651.903 7/23-8/1 Tu-Th 9:15-11:45 am

6651.904 8/6-8/15 Tu-Th 9:15-11:45 am

Preschool Summer Camp

3½-5 yrs

Instructors: Preschool Staff

Gregory Gardens Elementary School:
Rm 25, 1 Corritone Court

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

6652.901 6/25-7/3* Tu-Th 9:30 am-12:00 pm
*No class 7/4

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

6652.902 7/9-7/18 Tu-Th 9:30 am-12:00 pm

6652.903 7/23-8/1 Tu-Th 9:30 am-12:00 pm

6652.904 8/6-8/15 Tu-Th 9:30 am-12:00 pm

Castle Tales Musical Theatre Camp

3½-7 yrs

Come to the land of dragons, knights, princesses, and fairies. Each day learn a new song; bring lunch for a tea party. Campers will craft their own costumes and backdrop as they learn four types of storytelling; have a puppet show; do story dances and a straight play; and learn felt board stories sequencing. Performance: last hour on Friday.

Instructor: Andrea Gaspari, *Andrea's Musical Adventures; winner, three-time Bay Area Family Favorite.*

Gregory Gardens Elementary School:
Rm 26, 1 Corritone Court

5-day camp | \$175/\$160 (Dist. Res.)

Princesses, Dragons, Knights, Frogs and Queens:

6633.901 6/17-6/21 M-F 9:00 am-12:00 pm

6633.902 6/17-6/21 M-F 2:00-5:00 pm

Princesses, Fairies, Kings and Elves:

6633.903 7/15-7/19 M-F 9:00 am-12:00 pm

Mad Science Camp

4-6 yrs

Fun interactive camps. Take-home projects allow the exploring to continue.

Instructor: Mad Science Staff

Gregory Gardens Elementary School:
Rm 26, 1 Corritone Court

INTO THE GARDEN—Introduce your preschooler to the science behind gardening: from the very first seedling, to roles of the sun and rain, to the amazing plants and flowers that sprout and bloom. This interactive camp will teach your child about the importance of insects and why they make our gardens beautiful. Perfect for the budding botanist!

5-day camp | \$231/\$216 (Dist. Res.)

6630.901 6/24-6/28 M-F 9:00 am-12:00 pm

PLANET EARTH EXPLORERS—

Embark on a new adventure each day of camp. Mad Science will give your preschooler a taste of chemistry, biology, physical science and even aeronautics. One day they will be blasting off to the moon, next looking at the anatomy of a worm, while trying to find dinosaur bones.

5-day camp | \$231/\$216 (Dist. Res.)

6630.902 7/29-8/2 M-F 9:00 am-12:00 pm

adventure kids summer camp

Entering Grades 1-5

Searching for adventure for your child this summer? Choose your time and sign up for part or all of this action-packed summer program. Trips, swim days, events, arts/crafts, games, sports, based on exciting weekly themes. Activities included in registration: M/W/F, weekly swim days at PH Aquatics Park; Tuesday is Wheel Day; Thursday, field trips (site is closed during trip hours). Bring lunch/drink daily; two snacks provided. REGISTRATION begins March 1; space is limited.

KIDSTOP Children's Center: 1 Corritone Ct.

Full Day: 7:00 am-6:00 pm | \$50

Rec Day: any six-hour block of time | \$40

6/17-8/16 M-F

REGISTRATION INFORMATION

Register at the Administration office, 147 Gregory Lane, or at the Adventure Kids Camp site: 1 Corritone Court. Pick up a Registration Packet containing enrollment form, liability waiver, and permission slip.

Registration is accepted for Full Days, 7:00 am-6:00 pm or Rec Days, any six-hour block of time. You may sign up for one week (three days minimum) or as many weeks as fit your schedule per month.

- You must complete a monthly enrollment form by the 15th of the month preceding attendance in order for your child to attend and you will be billed accordingly.
- A \$75 non-refundable fee is required upon registration and is deducted from your first month's billing.

Note: Rec Day students who only attend the three-day minimum requirement will be charged an additional \$12/week for swim day; no additional charge to full-day student.

For questions call Director, Maureen Valley at 680-5298.



Spanish Immersion Preschool Camp

3½–5½ 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 Winter. All the activities are in Spanish.

Instructor: Miriam Lattanzi, *Spanish Immersion preschool teacher for over 6 years.*

**Gregory Gardens Elementary School:
Rm 26, 1 Corritone Court**

1 week | \$165/\$150 (Dist. Res.)

6631.901 8/5–8/9 M–F 9:30 am–12:00 pm
\$5 supply fee payable to instructor at first class.

youth camps

Incrediflix Film Camps

7–13 yrs

All flix will be professionally edited and a DVD will be mailed to every student.

Instructor: Incrediflix Staff

SUPERHERO FILMMAKING FLIX **NEW!**

What super hero power do you want? Flying? Invisibility? Super karate skills? Shot in front of a green screen, in this action-packed movie camp kids will act, write, and direct in their own super hero adventure movie!

**Gregory Gardens School, Rm 26
1 Corritone Court**

1 week | \$220/\$205 (Dist. Res.)

6066.901 8/5–8/9 M–F 1:00–4:00 pm
\$30 lab fee payable to instructor.

ANIMATION FLIX

In this high-energy camp, students will create a new movie each day for a total of five animated flix! They'll use different styles of stop-motion animation for each movie, and we've added in some new animation this year (ending the week with face-painting animation). This is the ultimate arts and crafts camp where campers create, direct, and film in age-appropriate groups.

Winslow Center: Rms 1 & 2

1 week | \$220/\$205 (Dist. Res.)

6066.902 8/19–8/22 M–F 9:00 am–12:00 pm
\$30 lab fee payable to instructor.

LEGO Camp—Play-Well Teknologies

5–12 yrs

Take a “crash course” in Demolition Derby; enter the Sumo Wrestling Competition; design a Mighty Metropolis; build and race a Locomotive faster than a speeding Worm Drive. Instruction is given appropriate to age/facility with LEGO® Technic System components. Camps are suitable for LEGO® novices to “maniacs.” These camps are not affiliated with the Lego group. For more information, go to www.play-well.org.

Village Center for the Arts: 1720 Linda Dr.

PRE-ENGINEERING CAMP

5–6 yrs

Have your child become a Play-Well Engineer! Build cities, bridges, motorized cars and planes. With access to over 100,000 pieces of LEGO, students build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor.

1 week | \$238/\$223 (Dist. Res.)

6054.901 6/24–6/28 M–F 9:00 am–12:00 pm

NINJANEERING MASTER WITH LEGO®

7–12 yrs

Master the world of Ninjago by becoming a Ninjaneer! Tame the Ice Dragon, motorize your Blade Cycle, design the Dark Fortress, and hone your Spinjitzu battle skills! In this advanced camp Ninjaneering masters will learn real world concepts in physics, engineering, and architecture while exploring the fantasy world of Ninjago.

1 week | \$238/\$223 (Dist. Res.)

6054.902 8/5–8/9 M–F 9:00 am–12:00 pm

Mad Science Camps

7–11 yrs

Rodgers-Smith Park: 730 Grayson Rd.

INVENTOR'S ACADEMY

Test your ingenuity at this hands-on and brain testing camp; where each day students must work together to find solutions to mind boggling conundrums. Famous inventors Edison, da Vinci, the Wright Brothers, and many more will be our teachers; helping us to learn about their own inventions and then use this learned knowledge to make our own Rocket Launchers, Light Sabers, and more!

1 week | \$229/\$214 (Dist. Res.)

6062.901 7/15–7/19 M–F 9:00 am–12:00 pm
\$15 lab fee payable to instructor.

Spanish Immersion Summer Camp

5–10½ yrs

Hola amigos! Vamos a divertirnos con los animals del oceano y los pirates. Hello friends, let's go and have fun with the “Sea Animals” and “Pirates.” Through this hands-on, interactive, and stimulating environment, children will use their imagination to become pirates hunting for treasure, and explore the wonderful sea world. Your child will be introduced to Spanish while singing, doing creative art, and enjoying friends. Where is the treasure? ¿Dónde esta el Tesoro?

Instructor: Miriam Lattanzi

**Gregory Gardens School: Rm 26,
1 Corritone Court**

1 week | \$260/\$245 (Dist. Res.)

6078.901 8/12–8/16 M–F 9:30 am–1:30 pm
\$5 lab fee payable to instructor on first day of camp.

Wildlife Habitat Explorations

Entering Grades K–3

NEW!

Join us as we explore the habitats and lifecycles of butterflies, owls, and other critters that share the outdoors in our parks. We will take nature walks; do related nature crafts, and projects. Bring lunch/drink in daypack.

**Tuesday/Thursday: Rodgers-Smith Park
for nature arts/crafts and activities.**

**Wednesday: Brookwood Park for nature
walks & exploration activities.**

2 weeks | \$126/\$111 (Dist. Res.)

6074.901 7/9–7/18 Tu–Th 9:15 am–12:15 pm

6074.902 7/23–8/1 Tu–Th 9:15 am–12:15 pm

6074.903 8/6–8/15 Tu–Th 9:15 am–12:15 pm

\$7 lab fee included.

FLIGHT ACADEMY

Sign-up for Mad Science Flight Academy and explore the fundamentals of flight. Learn characteristics of the planets and discover the wonders of the Milky Way. See how air and wind affect kites, hot air balloons and parachutes. Discover the fundamentals of rocketry, the stages of rocket flight and experiment with huge water rocket launches. We each build our own launchable rockets to take home. Take-homes include the new Mad Science Skyblazer rocket, a rubber band-powered airplane, a kite, a boomerang, a mini flying disc, and more!

1 week | \$236/\$221 (Dist. Res.)

6062.902 7/29–8/2 M–F 9:00 am–12:00 pm

Interactive Arts Day Camp

5–10 yrs

NEW!

A week of fun and excitement! We will paint, play, perform a skit, create and have FUN! Your child will get a self-esteem boost from teachers trained in positive discipline and the Kid Power program, which embraces youth voice and believes that every young person can become an informed and engaged advocate for change in their own lives and communities. Your child will use their fine and large motor muscles, have plenty of creative play, and dip into higher levels of thinking and problem solving through exploration and discovery. Each camper will complete and bring home a journal documenting their week (complete with camp photo), framed art for their wall at home, a tie-dye shirt, and a small garden.

Instructor: Jana Pappas, *Teach 2 Motivate*

Teen Center

1 week | \$238/\$223 (Dist. Res.)

6077.901 6/17–6/21 M–F 9:00 am–2:00 pm
\$25 lab fee payable to instructor.

Sewing Camp for Kids **NEW!**

Grades 4–5

Learn common sewing repairs to clothing such as hemming, replacing buttons and fixing rips. Use creative hand stitching techniques to make one-of-a-kind projects. Recycle fabric to make something new. Learn skills needed to build up to making professional-looking clothes, purses and other decorative items. No experience required.

Instructor: Dolores Martinez

**Gregory Gardens School: Rm 26,
1 Corritone Court**

1 week | \$295/\$280 (Dist. Res.)

6080.901 7/22–7/26 M–F 9:00–11:30 am
\$20 lab fee payable to instructor.

**Up to eight
weeks of
Summer Fun!**

Recreation Summer School

Tuesday, Wednesday, and Thursday from 9:30 am–12:20 pm each week; with optional Mondays and Fridays.

6-week session: June 24–August 2

2-week session: August 5–16

College Park High School, 201 Viking Dr.

Grades 1–2:

Self-contained block program. Including: arts and crafts, music, sports, nature, storytelling, science and special events.

Camp Superstar! **NEW!**

Grades K–5

A friendly introduction to a variety of arts education programs focused in Music, Arts & Crafts, Movement, Theatre and more—all taking place in an encouraging and supportive environment! Kids will have a blast discovering how to play in a real rock band in Project Rock Band. They will assist with choreography and sing their hearts out in Glee! Sign up for one week or all three. Extended care available; for details call the school directly at (925) 676-8400.

Instructor: Village Center staff

Village Center for the Arts: 720 Linda Dr.

1 week: Full Day | \$380*/\$365* (Dist. Res.)

6076.901 7/8–7/12 M–F 8:30 am–4:00 pm

6081.901 7/15–7/19 M–F 8:30 am–4:00 pm

6079.901 7/22–7/26 M–F 8:30 am–4:00 pm

*Plus \$30 lab fee.

1 week: Half Day | \$200*/\$185* (Dist. Res.)

6076.902 7/8–7/12 M–F 8:30 am–12:00 pm

6076.903 7/8–7/12 M–F 1:00–4:00 pm

6081.902 7/15–7/19 M–F 8:30 am–12:00 pm

6081.903 7/15–7/19 M–F 1:00–4:00 pm

6079.902 7/22–7/26 M–F 8:30 am–12:00 pm

6079.903 7/22–7/26 M–F 1:00–4:00 pm

*Plus \$20 lab fee.

youth sports camps

**Youth Soccer
Classes
page 18**

Kidz Love Soccer Half-Day Camps for Boys & Girls

4½–10 yrs

Where the score is always fun-to-fun™. Enjoy the world's most popular sport in a fun, age-appropriate, recreational environment. Play fun soccer games to build skills: dribbling, passing, receiving, and shooting. Everyone is a winner as the week's fun culminates in a "World Cup" tournament. Campers will receive a KLS jersey and soccer ball. Shin guards required; soccer shoes & sunscreen recommended.

Instructor: Kidz Love Soccer Staff

Rodgers-Smith Park: 736 Grayson Rd.

(Turf behind Bocce Courts & Blacktop area)

1 wk: 9:00 am–12:00 pm | \$141/\$126 (Dist. Res.)

5039.901 Level 1: 4½–6 yrs 6/17–6/21 M–F

5039.902 Level 2: 7–8 yrs 6/17–6/21 M–F

5039.903 Level 3: 9–10 yrs 6/17–6/21 M–F

5039.904 Level 1: 4½–6 yrs 7/8–7/12 M–F

5039.905 Level 2: 7–8 yrs 7/8–7/12 M–F

5039.906 Level 3: 9–10 yrs 7/8–7/12 M–F

5039.907 Level 1: 4½–6 yrs 7/29–8/2 M–F

5039.908 Level 2: 7–8 yrs 7/29–8/2 M–F

5039.909 Level 3: 9–10 yrs 7/29–8/2 M–F

Youth Tennis Camps

6–12 yrs

This tennis camp offers the best in stroke development, team play, and more. Activities and games are age-appropriate and the campers are sure to have fun learning a lifetime sport. Wear "tennis" shoes; bring tennis racquet, water, and a snack. Lunch is NOT provided. Space will be limited to insure optimum instruction, so sign up soon!

Instructor: Joey Martinez

College Park High School Tennis

Courts: 320 Civic Dr. (adjacent to Community Center parking lot)

M–F, 9:00 am–12:00 pm

5 classes | \$132/\$117 (Dist. Res.)

4 classes* | \$107/\$92 (Dist. Res.)

5589.901 6/17–6/21 **5589.906** 7/22–7/26

5589.902 6/24–6/28 **5589.907** 7/29–8/2

5589.903 7/1–7/5* **5589.908** 8/5–8/9

5589.904 7/8–7/12 **5589.909** 8/12–8/16

5589.905 7/15–7/19

*No class 7/4

Afternoon Recreation—Morning students can bring their lunch and continue having fun. Exciting planned activities include: indoor/outdoor sports, active/passive games, films, field trips and swimming.

Extended Morning Care—Our extended care program helps the working parent. This program will be a combination of indoor & outdoor activities.

Extreme Recess—Mondays and Fridays, we will have planned field trips to our community parks and local fun spots.

teen summer camps

Teen Scene XTREME Camp: June 24–August 16

Entering Grades 6–9

Experience an extreme and fun summer with this camp! Mondays will include a group project, creative activities, free time and swimming. Tuesdays, Wednesdays, & Thursdays are filled with exciting trips. Fridays include a potluck BBQ and swimming at Pleasant Hill Aquatic Park. Bring a snack, lunch and water unless specified by the Program Leaders. Trips are subject to change. Emergency Waiver required first day of camp.

Teen Center (drop off/pick up)**Full week \$245 | Week 2* \$140****Monday–Friday, 9:00 am–5:30 pm (*No camp July 4 or 5)**

Wk	Dates	Tuesday	Wednesday	Thursday	
1	5174.901	6/24–6/28	Lunch & Bowling	Sky High Sport	Waterworld
2	5174.902	7/1–7/5*	Boomers	Great America	NO CAMP (7/4)
3	5174.903	7/8–7/12	Farmers Market/Qzar	Sausalito Ferry	Rockclimbing
4	5174.904	7/15–7/19	Lunch & Movie	Discovery Kingdom	Sailing/Pier 39
5	5174.905	7/22–7/26	Scavenger Hunt	Ropes Course	Canoeing
6	5174.906	7/29–8/2	Trapeze Arts	A's Game	Movies
7	5174.907	8/5–8/9	Great America	Sea Kayaking	Camping at Del Valle
8	5174.908	8/12–8/16	Waterworld	Paintball	Games 2U

**Trips/Excursions**

11–14 yrs

Rec Staff

Want to just attend one or many of the trips? You can now sign up for individual trips. Join us for a day away. Choose from one or many of our individual day trips. More details will be emailed to registered participants prior to trip. No extended camp available.

Instructor: Rec Staff

Teen Center (depart/return)**Boomers: \$48/\$40 (Dist. Res.)**

5153.901 7/2 Tu 9:45 am–3:15 pm

Canoeing: \$42/\$35 (Dist. Res.)

5153.902 7/25 Th 9:45 am–3:15 pm

Great America: \$66/\$55 (Dist. Res.)

5153.903 7/3 W 9:15 am–5:00 pm

Indoor Rock Climbing: \$42/\$35 (Dist. Res.)

5153.904 7/11 Th 11:45 am–3:15 pm

Oakland A's Game:

Includes a \$6 food voucher at the game!

\$47/\$40 (Dist. Res.)

5153.905 7/31 W 9:15 am–5:00 pm

Paintball: \$78/\$65 (Dist. Res.)

5153.906 8/14 W 9:15 am–5:00 pm

Sky High Sport (Trampoline Arena):**\$42/\$35 (Dist. Res.)**

5153.907 6/26 W 11:15 am–2:30 pm

Sailing on the Bay: \$48/\$40 (Dist. Res.)

5153.908 7/18 Th 10:30 am–4:00 pm

Sausalito Ferry/Pier 39: \$54/\$45 (Dist. Res.)

5153.909 7/10 W 10:00 am–3:15 pm

Sea Kayaking: \$78/\$65 (Dist. Res.)

5153.910 8/7 W 9:15 am–3:00 pm

Six Flags Discovery Kingdom:**\$60/\$50 (Dist. Res.)**

5153.911 7/17 W 9:00 am–5:00 pm

Trapeze Arts Circus School:**\$66/\$55 (Dist. Res.)**

5153.912 7/30 Tu 9:00 am–3:15 pm

Waterworld: \$48/\$40 (Dist. Res.)

5153.913 6/27 Th 10:00 am–4:15 pm

5153.914 8/13 Tu 10:00 am–4:15 pm

**Teen Adventure Trip:
White Water Rafting**

Ready to shoot the rapids? Join us!

We'll leave early, so we can get up to the American River and learn the basics of rafting. Lunch and gear is included. Bring water, snacks, swim gear, sunscreen, and a change of clothes.

Teen Center (depart/return)**\$120/\$100 (Dist. Res.)**

5153.915 8/21 W 6:15 am–5:00 pm

Sewing Camp for Teens NEW!

Grades 6–8

Learn to hem, sew on buttons and make basic repairs to your favorite clothes. Use basic hand stitches to decorate or cover stains. Customize shirts, skirts, pants or bags by adding fabric shapes. Learn to recycle fabric to make something new. No sewing experience required. A must have life skill. Bring a three-ring binder to store all written instruction for future use. Cutting and measuring tools will be available in the class. First day of class we will go over our first project and supplies you will need to bring for the next class.

Instructor: Dolores Martinez

Gregory Gardens Elementary, Room 26**1 week | \$92/\$77 (Dist. Res.)**5131.903 7/22–7/26 M–F 12:30–3:00 pm
\$20 lab fee payable to instructor at first class**TEEN CENTER
SUMMER DROP-IN**

Entering grades 6–12

Come enjoy everything the Teen Center has to offer during our summer drop-in on Tuesday, Wednesday & Thursday afternoons. Game tables, video games, computers, board games, arts & crafts and more. Grab your friends and come on down. Wednesdays will include swimming at Pleasant Hill Aquatic Park.

For registration information call 682-0896

6/24–8/16 Tu/W/Th 1:00–5:00 pm

Teen Center Members: Purchase a pass valid for unlimited entry to PH Aquatic Park during public swimming hours (5/25–9/29). Swimming passes are non-transferable and non-refundable.

Teen Center Pool Pass: \$70

aquatic camps

Junior Lifeguard Camp

11–14 yrs

Build a valuable foundation to becoming a lifeguard and swim instructor! Learn basic water safety skills, how to prevent aquatic accidents and how to recognize hazards. Participants must be able to swim 50 yards crawl stroke with face in the water and rhythmic breathing. After completing the course, you will be eligible to provide volunteer assistance as a swim lesson aide and Junior Lifeguard during recreation swim throughout the summer (details provided during class). All participants will receive a Junior Lifeguard T-shirt.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

1 week | \$180/\$165 (Dist. Res.)

8720.901 6/17–6/21 M–F 8:30 am–1:30 pm

8720.902 6/24–6/28 M–F 8:30 am–1:30 pm

Junior Lifeguards: Back to the Pool!

12–14 yrs

For returning junior guards who have taken Junior Lifeguard Camp within the past two years. Review material from your junior lifeguard camp and discuss availability/commitments for summer 2013 volunteer positions. All participants will receive a Junior Lifeguard T-shirt. Bring swim suit.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

1 class | \$43/\$35 (Dist. Res.)

8720.801 6/11 Tu 3:30–6:30 pm

Summer High School Water Polo Camp

Entering Grades 9–12 (Co-ed)

New students are introduced to the sport and returning students prepare for the upcoming season. Focus is on physical conditioning and basic skills, including passing, shooting, counter attacks, offense and defense. Open to students entering high school in Fall 2013. Enroll in both classes and receive a \$30 discount.

Coach: CORE Water Polo Staff

PH Education Center: 1 Santa Barbara Rd.

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

8752.901 6/18–8/1* Tu/Th 8:00–9:30 pm

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

8752.902 8/5–8/15 M–Th 5:00–7:00 pm

*No class 7/4

public swimming

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

Pleasant Hill Aquatic Park

147 Gregory Lane, Pleasant Hill, 682-7830

The facility includes:

- Medium-size training pool
- 25-yard pool with two diving boards
- Sprayground
- Changing rooms with showers and restrooms
- Two picnic areas, with BBQ pit/two tables, on lawn area off the pool deck (available for reservation).

ALL persons entering the pool must pay admission. Fifteen-minute rest breaks are observed every hour. Attendance determines availability of the training pool. If attendance is low, the facility may be closed after 3:00 pm. NO refunds if pool closes early. Coast Guard approved flotation devices allowed with Adult Supervision.

PUBLIC SWIMMING ADMISSION

Under 2 yrs Free

2–6 yrs \$4.00

7–17 yrs \$4.50

18 yrs/older. \$5.00

Seniors 55 yrs/older. . \$4.00

Children 8 yrs/under must be accompanied in the water by a paying adult (18 yrs/older).

PUBLIC SWIMMING HOURS

Spring: May 25–June 16

Sat/Sun, 1:00–5:00 pm

Summer: June 17–Aug. 25

Mon–Th, 1:15–4:15 pm

Fri–Sun, 1:00–5:00 pm*

*Friday, July 12, 1:15–4:15 pm

Fall: Aug. 31–Sept. 29

Sat/Sun, 1:00–5:00 pm

Holidays: May 27, July 4, Sept. 2

1:00–5:00 pm

Friday Night Family Swimming:

June 21, July 19, Aug. 23, 6:00–9:00 pm

PUBLIC SWIMMING PASSES

Come play at the pool; it's a great way to spend the summer! Save money by purchasing a 15-Visit Swim Pass or Family Swim Pass. Passes are valid for entry to PH Aquatic Park during public swimming hours. All public swimming passes are valid 5/25–9/29, non-transferable and non-refundable.

15-Visit Swim Pass:

2–6 yrs \$55

7–17 yrs \$60

18 yrs/older. \$65

Seniors 55 yrs/older. . \$55

Family Swim Pass:

Unlimited use during public swim hours.

1 Person \$90

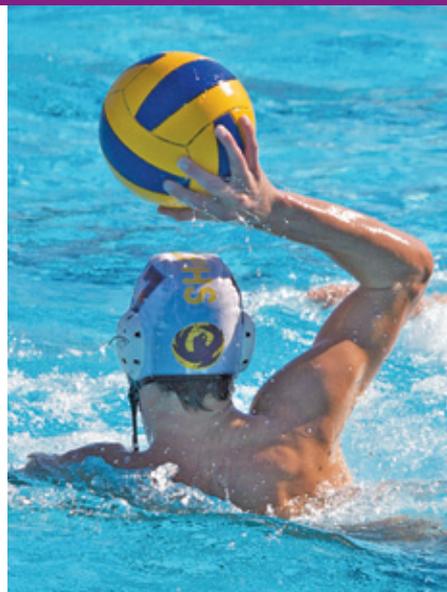
2 Persons \$135

3 Persons \$180

4 Persons \$225

5 Persons \$260

Each additional person over five: \$45



Youth Water Polo Camp

Entering Grades 4–8 (Co-ed)

Program introduces basic skills to students new to the sport, including passing, shooting, offense, defense, the rules of the game and physical conditioning. Class is held in deep water.

Coach: CORE Water Polo Staff

PH Education Center: 1 Santa Barbara Rd.

3 weeks | \$56/\$45 (Dist. Res.)

8751.901 6/17–7/3 M/W 10:30–11:30 am

8751.902 7/8–7/24 M/W 10:30–11:30 am

8751.903 7/29–8/14 M/W 10:30–11:30 am

aquatics rentals

Reservation and \$100 refundable security deposit, with use fees for pool picnics and parties are required to confirm your reservation. A minimum of two weeks advance reservation is required. Forms are available at the District Office, 147 Gregory Lane, call 682-0896.

Aquatic Park Picnics

Reserve the Aquatic Park picnic area for any special occasion. Rental fee includes barbecue grill, two picnic tables, and admission for 20 persons max. Additional guests pay regular pool admission.

Spring: May 25–June 16
Sat/Sun, 1:00–5:00 pm

Summer: June 17–Aug. 25
Mon–Thu, 1:15–4:15 pm
Fri/Sat/Sun, 1:00–5:00 pm*
*Friday, July 12, 1:15–4:15 pm

Fall: Aug. 31–Sept. 29
Sat/Sun, 1:00–5:00 pm

Holidays: May 27, July 4, Sept. 2,
1:00–5:00 pm

Fee: \$150/\$120 (Dist. Res.)

Private Aquatic Park Parties

Reserve the pool for your own private party! Rental fee includes two hours exclusive use of the diving pool, Sprayground, picnic area with barbecue grills, locker rooms. No alcohol or smoking permitted in the pool area. Training pool (shallow water, 4 lanes) use requires an additional \$60 fee.

April 6–Oct. 27,
Fri/Sat/Sun, 5:30–7:30 pm

Attendance	Fee	Dist. Res.
1–30	\$290	\$260
31–60	\$320	\$290
61–90	\$350	\$320
91–120	\$380	\$350

Sprayground-ONLY Parties for up to 50 persons include exclusive use of the Sprayground, picnic area, barbecue grills, locker rooms. Two-hour minimum rental. See dates/times above. No pool use.

Fee: \$205/\$175 (Dist. Res.)

Note: Private/Sprayground extended-use hours may be available upon request.

classes

Kick, Splash and Bubbles

6 months–4 years

Play in the water with your child! You and your child will be led through games, songs and water adjustment activities, to build a foundation for lifelong love of the water. Children must wear a swim diaper if not potty-trained. No disposable/cloth diapers.
Instructor: Beth Heinen

PH Aquatic Park: 147 Gregory Lane

2 weeks | \$42/\$34 (Dist. Res.)

8505.806 4/23–5/2 Tu/Th 1:00–1:25 pm

8505.807 5/7–5/16 Tu/Th 1:00–1:25 pm

8505.808 5/21–5/30 Tu/Th 1:00–1:25 pm

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 each day. Visit pleasanthillrec.com for required pre-requisites, which must be successfully completed on first day of class.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

\$210/\$195 (Dist. Res.)

(includes course book, pocket mask and \$35 certification fee to ARC)

8715.801 4/1–4/4 M–Th 9:00 am–4:30 pm
30-minute daily lunch break included.

8715.802 4/12–4/27 F 5:00–8:00 pm
Sa 9:00 am–4:00 pm

8715.803 5/3–5/18 F 5:00–8:00 pm
Sa 9:00 am–4:00 pm

30-minute lunch break on Saturday included.

8715.804 6/10–6/13 M–Th 8:30 am–4:00 pm
30 minute daily lunch break included.

Lifeguard Training Review and Recertification

16 yrs & up

For students who have taken a lifeguard training course within the last four years and want to renew their certificates. Course includes lecture and video review, skills practice and testing (written & skills). Upon successful completion the American Red Cross will issue certificates in Lifeguarding/First Aid/CPR/AED. Pocket mask required; available for an additional fee when registering.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

\$120/\$105 (Dist. Res.)

(includes \$35 certification fee to ARC)

8717.801 4/5–4/6 F–Sa 9:00 am–4:00 pm
30-minute daily lunch break included.

8718.802 6/4–6/6 Tu/W/Th 4:00–8:30 pm

Splashball

6–10 yrs

Splashball is a “T-ball” version of water polo designed to introduce the sport of water polo to children. This fun, dynamic class will give basic skills and understanding of the sport of water polo in a recreational format while providing social development through participation in a team sport. Students should be comfortable in the water. Strong swimming skills a plus!



Instructor: Drew Pitcher

PH Aquatic Park: 147 Gregory Lane

4 classes | \$67/\$54 (Dist. Res.)

8750.801 4/1–4/4 M, Tu, Th, F 5:30–7:00 pm

7 classes | \$77/\$62 (Dist. Res.)

8750.802 4/7–5/19 Su 10:00–11:00 am

8 classes | \$85/\$70 (Dist. Res.)

8750.901 7/15–7/25 M–Th 10:00–11:00 am

8750.902 7/29–8/8 M–Th 10:00–11:00 am

Water Safety Instructor

16 yrs & up

The American Red Cross WSI course provides training needed to teach courses in the ARC Swimming and Water Safety Program. After successful completion, you will be able to teach a variety of swimming and water safety classes and receive certification in FIT and WSI. Visit www.pleasanthillrec.com for the required pre-requisites, which must be successfully completed on the first day of class. Note: Homework required after each class.

Instructor: Korey Riley

PH Aquatic Park: 147 Gregory Lane

11 classes | \$215/\$200 (Dist. Res.)

(includes all books and materials)

8716.801 4/8–5/13 M/W 5:30–8:30 pm

clinics

Pre-Swim Team Clinic

4–13 years

Designed for those who want to join a swim team. Must be able to take breaths while “swimming.” Repeat students welcome.

Parent meeting and try-outs on the first day.

Instructor: Talli Pitcher and Beth Heinen

PH Aquatic Park: 147 Gregory Lane

3 weeks | 4–5 yrs | \$80/\$65 (Dist. Res.)

8208.801 4/8–4/26 M/W/F 4:00–4:30 pm

3 weeks | 6–8 yrs | \$100/\$85 (Dist. Res.)

8209.801 4/8–4/26 M/W/F 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 further develop their skills. Focus will be in developing skill in the four competitive strokes, starts, and turns.

3 weeks | 9–13 yrs | \$100/\$85 (Dist. Res.)

8210.801 4/8–4/26 M/W/F 5:15–6:00 pm

Spring Swim Clinics

8th Grade and Under

For the summer recreation swimmer. Focus is on stroke technique and drill progressions for competitive swimming. Not training sessions. Must have prior competitive experience. Does not conflict with County guidelines for Recreation Swim Teams.

Instructor: Talli Pitcher

PH Education Center Pool:

1 Santa Barbara Rd.

2 weeks | \$63/\$51 (Dist. Res.)

8272.803 3/5–3/14 Tu/Th 6:00–6:45 pm

8272.804 3/19–3/28 Tu/Th 6:00–6:45 pm

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

8272.805 4/9–4/25 Tu/Th 6:00–7:00 pm

Spring Swim Practice

4–18 years

This non-competitive program focuses on stroke development and conditioning.

Children will be swimming with the Dolphins Swim Team. See Pre-Swim Team Clinics too!

Coach: Dolphins Swim Team Coaching Staff

PH Aquatic Park: 147 Gregory Lane

3 weeks | 4–8 yrs | \$155/\$140

8211.801 4/29–5/16 M–Th 4:15–5:00 pm

3 weeks | 9–10 yrs | \$155/\$140

8212.801 4/29–5/16 M–Th 5:00–6:00 pm

3 weeks | 11–18 yrs | \$155/\$140

8213.801 4/19–5/16 M–Th 6:00–7:00 pm

Summer Swim Clinics

Weekly clinics provide an extra opportunity for swimmers to enhance their skills in a small group setting focused on a specific skill each week. This is a great opportunity for your children who can use some fine tuning of an acquired skill to assist in their racing skills.

Instructor: Dolphins Swim Team Coaching Staff

Pleasant Hill Education Center, 1 Santa Barbara Rd.

1 clinic | \$20

8285.901 11 & up Dives 6/19 8:30–9:15 am

8286.901 10 & under Dives 6/19 9:15–10:00 am

8285.902 9 & up Flip Turns 6/26 9:00–9:45 am

8285.903 11 & up Open Turns 7/10 9:00–9:45 am

8286.903 7–10 yrs Open Turns 7/10 9:45–10:30 am

8285.904 11 & up Racing/Starts 7/24 9:00–9:45 am

8286.904 10 & under Racing/Starts 7/24 9:45–10:30 am

Summer Competitive Stroke Instruction

One-on-one instruction in the latest stroke, turn, and starting techniques with Dolphin Coaches to help improve ability in competitive swimming.

For details and to register, call (925) 682-0896 or visit www.pleasanthillrec.com.

water exercise

Aqua ZUMBA®

Aqua Zumba integrates the Zumba philosophy and its exotic rhythms and traditional aqua fitness. AZ is great for people who have joint problems, chronic conditions, weight issues, pregnant women or any healthy adult who wants a complete workout in half the time. It is also cardio-conditioning, body-toning and calorie burning as your body works four times harder than on land. No swimming skills required. Water shoes recommended.

Instructor: Sandra Franklin, *Certified Aqua Zumba Instructor—NEW INSTRUCTOR*

PH Aquatic Park: 147 Gregory Lane

8 classes | \$75/\$60 (Dist. Res.) | Drop-in \$10

8124.801 4/1–4/24 M/W 7:00–8:00 pm

8124.802 4/29–5/22 M/W 7:00–8:00 pm

8124.901 6/3–6/26 M/W 7:00–8:00 pm

8124.902 7/1–7/24 M/W 7:00–8:00 pm

8124.903 7/29–8/21 M/W 7:00–8:00 pm

Aquatics Special Events page 16

Water Aerobics To Energize and Revitalize!

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 all exercise. Emphasis is on cardiovascular workout while toning muscles and slimming the body. Swimming skills are not required.

Instructor: Jeaneen Cowen

Swim for Fitness

16 yrs & up

NEW Monthly Swim Pass gives you unlimited access to Swim for Fitness times 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! Includes a daily workout and instruction; basic swimming skills required. Self-guided water walking is also available in the shallow lanes.

Instructors: Carol Madsen & Staci Lindsay

PH Education Center Pool:

1 Santa Barbara Rd.

Monthly Swim Pass | \$58/\$48 (Dist. Res.)

8-Swim “Anytime” Punch Card: \$48

Swim For Fitness Hours*:

M/W/F 6:00–7:00 am & 1:00–2:00 pm

M/Tu/Th 7:00–8:00 pm

When purchasing Monthly Swim Pass online, search “Membership”

Holidays: 5/27, 7/4, 9/2

*Visit www.pleasanthillrec.com to confirm Swim for Fitness hours and locations.

Year-round classes | Drop-in \$6 Punch Card: \$40 (8 classes)

PH Education Center Pool:

1 Santa Barbara Road

AM thru 3/28 Tu/Th 8:30–9:30 am

AM thru 3/28 W 7:20–8:20 am

PM thru 3/28 Tu/Th 6:00–7:00 pm

PH Aquatic Park: 147 Gregory Lane

AM 4/2–Nov Tu/Th 8:30–9:30 am

AM 4/2–Nov W 7:20–8:20 am

PM 4/2–Nov Tu/Th 7:00–8:00 pm

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

Water Blast

Have Fun and Keep Moving! Play hard for 90 minutes, getting all the benefits of land aerobics without the pain of impacting joints. Add the benefits of constant resistance, extra core and balance training! Includes aerobics, strength & stretching! Swimming skills not required.

Instructor: Sofia Nappo

**PH Education Center:
1 Santa Barbara Rd.**

**Year-round classes | Drop-in: \$8
Punch Card: \$70 (10 classes)**

AM M/W/F 8:30–10:00 am

Class moves to PH Aquatic Park: 147 Gregory Lane, 5/20–8/9. Returns to PH Education Center 8/12. No class on legal holidays, during Nov/Dec. break and instructor-scheduled vacations.

Water Walking

Water walking is an easy, low-impact exercise that can provide an aerobics workout while also strengthening and building muscle by using the water's resistance. The water's buoyancy supports the body's weight, which reduces stress on the joints and minimizes pain. Pool is heated and ADA accessible. Water shoes recommended. 18+ welcome.

Instructor: Sara Stenson

**PH Aquatic Park: 147 Gregory Lane
8 classes | \$33/\$30 (Senior Member)**

2240.801 4/2–4/25 Tu/Th 8:30–9:30 am

2240.802 4/30–5/23 Tu/Th 8:30–9:30 am

2240.803 5/28–6/20 Tu/Th 8:30–9:30 am

2240.901 6/25–7/18* Tu/Th 8:30–9:30 am

2240.902 7/23–8/15 Tu/Th 8:30–9:30 am

2240.903 8/20–9/12 Tu/Th 8:30–9:30 am

**No class 7/4, 7 classes*



pleasant hill dolphins swim team

Have Fun! Swim Fast!

Coaches: Head Coach Devon Flaskerud, Assistant Head Coach Vicky Dewey, Sofia Nappo, Talli Pitcher, Beth Heinen, Carol Madsen

Tryouts: Thursday, March 21, 5:30 pm at PH Education Center Pool, 1 Santa Barbara Rd. **For new 8 yrs & under swimmers ONLY.**

Practice Schedule (Season runs 4/29–7/29)

Age as of 6/15/13	Activity Code	Spring 4/29–6/13 M–Th	Summer 6/17–7/29 M/Tu/Th/F
6 & under	8223.901	4:15–5:00 pm	1:30–2:00 pm
7–8	8224.901	4:15–5:00 pm	2:00–2:45 pm
9–10	8225.901	5:00–6:00 pm	3:00–4:00 pm
11–12	8226.901	6:00–7:00 pm	4:00–5:00 pm
13–14	8227.901	6:00–7:00 pm	5:00–6:00 pm 8:00–9:30 am
15–18	8228.901	6:00–7:00 pm	5:00–6:00 pm 8:00–9:30 am



For practice details and meet/event schedule, visit www.pleasanthilldolphins.com.

Registration: through May 20, 2013

at the District Office (M–F, 9:00 am–5:00 pm) or online at www.pleasanthillrec.com. For more information, call 682-0896.

March 1–April 5 \$305/\$290 (Dist. Res.)

April 6–May 20 \$345/\$330 (Dist. Res.)

Fee includes team t-shirt. Payment plan available.

Check website for special discounts.

Registration Day:

Saturday, March 23, 10:00 am–12:00 pm

New families are encouraged to attend.

Coaches and board members will be present to answer questions at the District Office, 147 Gregory Lane.

***Work Assignments:** Parents/families play a vital role in the success of this program and **parent participation is required.** Each family must sign up for all of their work assignments or pay a buy-out fee of \$350 to the PH Dolphins Parent Club by April 22. For more information on work assignments and to see job descriptions, please visit the Dolphins website at www.pleasanthilldolphins.com.

Mini-Dolphins

7 yrs and under

A program for young swimmers who are not quite ready for the Dolphins Swim Team. Swimmers will be instructed in all competitive skills. Depending on progress/ability, participants may join the Dolphins. Summer Mini-Dolphins participate in end-of-season and age-group parties and receive a team T-shirt.

SPRING

Tryouts: Thursday, 4/18, 4:00 pm

Registration Deadline:

Monday, 4/29

PH Aquatic Park: 147 Gregory Ln.

\$105/\$90 (Dist. Res.)

8200.801

4/30–6/13 Tu/Th 3:45–4:15 pm

Practice moves to PH Education Center 5/21

SUMMER

Tryouts: Friday, 5/31, 4:00 pm

Registration Deadline: Friday, 6/7

\$40 discount when you also register for Spring Mini-Dolphins.

PH Education Center Pool:

1 Santa Barbara Rd.

\$185/\$170 (Dist. Res.)

8200.901

6/17–7/29 M/Tu/Th/F 1:30–2:00 pm

No practice 7/3–7/5

“We love that the focus of the Dolphins is on fun and improving personal times.”

—Merry B.

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 at the first session if you have any special requests/information regarding your child's 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 together 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, elementary aquatic skills and water safety. Ratio 3:1

PRE-SCHOOL: 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. Beginning students will learn elementary aquatic skills and water adjustment. More advanced students will refine their skills and learn how to incorporate swimming into a lifelong fitness program. Ratio 6:1

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: 4 YRS-ADULT

One-on-one instruction for all ability levels.

Spring Swim Lessons

PH Aquatic Park: 147 Gregory Lane

Saturday & Sunday Group: 4 weeks, (4) 28-minute classes

\$50/\$40 (Dist. Res.) | *Parent/Tot: \$42/\$34 (Dist. Res.)

Time	Age	SATURDAY			SUNDAY		
		4/6-4/27	5/4-5/25	6/1-6/22	4/7-4/28	5/5-5/26	6/2-6/23
9:00 am	Adult/Teen	8591.801	8591.803	8591.805	8591.802	8591.804	8591.806
9:30 am	Youth	8575.801	8575.803	8575.805	8575.802	8575.804	8575.806
10:00 am	Pre-School	8655.801	8655.803	8655.805	8655.802	8655.804	8655.806
10:30 am	Tiny Tot	8525.801	8525.803	8525.805	8525.802	8525.804	8525.806
11:00 am	Pre-School	8656.801	8656.803	8656.805	8656.802	8656.804	8656.806
11:30 am	Tiny Tot	8526.801	8526.803	8526.805	8526.802	8526.804	8526.806
12:00 pm	Parent/Tot*	8510.801	8510.803	8510.805	8510.802	8510.804	8510.806

Summer Swim Lessons

Weekday Group, M-Th: (8) 28-minute classes | \$90/\$75 (Dist. Res.) | *Parent/Tot: \$82/\$67 (Dist. Res.)

*One week only, M-Th: (4) 28-minute classes | \$50/\$40 (Dist. Res.) | *Parent/Tot: \$42/\$35 (Dist. Res.)

		6/3-6*	6/10-13*	6/17-27	7/1-12**	7/15-25	7/29-8/8	8/12-22	8/26-29*
Parent/Tot	11:30 am			8500.903	8500.904	8500.905	8500.906	8500.907	
	5:30 pm	8501.901	8501.902	8501.903	8501.904	8501.905	8501.906	8501.907	8501.908
Tiny Tot	10:30 am			8530.903	8530.904	8530.905	8530.906	8530.907	
	11:30 am			8531.903	8531.904	8531.905	8531.906	8531.907	
	12:30 pm			8532.903	8532.904	8532.905	8532.906	8532.907	
	4:30 pm	8533.901	8533.902	8533.903	8533.904	8533.905	8533.906	8533.907	8533.908
	5:30 pm	8534.901	8534.902	8534.903	8534.904	8534.905	8534.906	8534.907	8534.908
6:30 pm	8535.901	8535.902	8535.903	8535.904	8535.905	8535.906	8535.907	8535.908	
Pre-School	10:30 am			8540.903	8540.904	8540.905	8540.906	8540.907	
	11:00 am			8541.903	8541.904	8541.905	8541.906	8541.907	
	12:00 pm			8542.903	8542.904	8542.905	8542.906	8542.907	
	12:30 pm			8543.903	8543.904	8543.905	8543.906	8543.907	
	4:30 pm	8544.901	8544.902	8544.903	8544.904	8544.905	8544.906	8544.907	8544.908
	5:00 pm	8545.901	8545.902	8545.903	8545.904	8545.905	8545.906	8545.907	8545.908
	6:00 pm	8546.901	8546.902	8546.903	8546.904	8546.905	8546.906	8546.907	8546.908
6:30 pm	8547.901	8547.902	8547.903	8547.904	8547.905	8547.906	8547.907	8547.908	
Youth	10:00 am			8570.903	8570.904	8570.905	8570.906	8570.907	
	11:00 am			8571.903	8571.904	8571.905	8571.906	8571.907	
	12:00 pm			8572.903	8572.904	8572.905	8572.906	8572.907	
	5:00 pm	8573.901	8573.902	8573.903	8573.904	8573.905	8573.906	8573.907	8573.908
	6:00 pm	8574.901	8574.902	8574.903	8574.904	8574.905	8574.906	8574.907	8574.908
	7:00 pm	8576.901	8576.902	8576.903	8576.904	8576.905	8576.906	8576.907	8576.908
	7:00 pm	8590.901	8590.902	8590.903	8590.904	8590.905	8590.906	8590.907	8590.908
Adult/Teen	10:00 am			8595.903	8595.904	8595.905	8595.906	8595.907	
	7:00 pm	8590.901	8590.902	8590.903	8590.904	8590.905	8590.906	8590.907	8590.908

**7/1-12 session M-W, M-F (no class 7/4)

Sat. & Sun. Group: 4 wks, (4) 28-min classes | \$50/\$40 (Dist. Res.) | *Parent/Tot: \$42/\$35 (Dist. Res.)

Time	Age	SATURDAY			SUNDAY		
		6/29-7/20	7/27-8/17	8/24-9/14	6/30-7/21	7/28-8/18	8/25-9/15
9:00 am	Adult/Teen	8591.901	8591.903	8591.905	8591.902	8591.904	8591.906
9:30 am	Youth	8575.901	8575.903	8575.905	8575.902	8575.904	8575.906
10:00 am	Pre-School	8655.901	8655.903	8655.905	8655.902	8655.904	8655.906
10:30 am	Tiny Tot	8525.901	8525.903	8525.905	8525.902	8525.904	8525.906
11:00 am	Pre-School	8656.901	8656.903	8656.905	8656.902	8656.904	8656.906
11:30 am	Tiny Tot	8526.901	8526.903	8526.905	8526.902	8526.904	8526.906
12:00 pm	Parent/Tot*	8510.901	8510.903	8510.905	8510.902	8510.904	8510.906

Saturday & Sunday Private: 4 weeks, (4) 20-minute classes | \$75/\$60 (Dist. Res.)

Time	SATURDAY			SUNDAY		
	4/6-4/27	5/4-5/25	6/1-6/22	4/7-4/28	5/5-5/26	6/2-6/23
9:00 am	8623.801	8623.803	8623.805	8623.802	8623.804	8623.806
9:20 am	8624.801	8624.803	8624.805	8624.802	8624.804	8624.806
9:40 am	8625.801	8625.803	8625.805	8625.802	8625.804	8625.806
10:00 am	8626.801	8626.803	8626.805	8626.802	8626.804	8626.806
10:20 am	8627.801	8627.803	8627.805	8627.802	8627.804	8627.806
10:40 am	8628.801	8628.803	8628.805	8628.802	8628.804	8628.806
11:00 am	8629.801	8629.803	8629.805	8629.802	8629.804	8629.806
11:20 am	8630.801	8630.803	8630.805	8630.802	8630.804	8630.806
11:40 am	8631.801	8631.803	8631.805	8631.802	8631.804	8631.806
12:00 pm	8632.801	8632.803	8632.805	8632.802	8632.804	8632.806

Tuesday/Thursday Private:

2 weeks, (4) 20-minute classes | \$75/\$60 (Dist. Res.)

Time	4/9-4/18	4/23-5/2	5/7-5/16	5/21-5/30
	1:00 pm	8619.805	8619.806	8619.807
1:20 pm	8620.805	8620.806	8620.807	8620.808
1:40 pm	8621.805	8621.806	8621.807	8621.808
5:00 pm	8613.805			8613.808
5:20 pm	8614.805			8614.808
5:40 pm	8615.805			8615.808
6:00 pm	8616.805	8616.806	8616.807	8616.808
6:20 pm	8617.805	8617.806	8617.807	8617.808
6:40 pm	8618.805	8618.806	8618.807	8618.808

Weekday Private, M-Th: (8) 20-minute classes | \$130/\$115 (Dist. Res.)

***One week only, M-Th: (4) 20-minute classes | \$75/\$60 (Dist. Res.)**

Time	6/3-6*	6/10-13*	6/17-27	7/1-12**	7/15-25	7/29-8/8	8/12-22	8/26-29*
	10:00 am			8600.903	8600.904	8600.905	8600.906	8600.907
10:20 am			8601.903	8601.904	8601.905	8601.906	8601.907	
10:40 am			8602.903	8602.904	8602.905	8602.906	8602.907	
11:00 am			8603.903	8603.904	8603.905	8603.906	8603.907	
11:20 am			8604.903	8604.904	8604.905	8604.906	8604.907	
11:40 am			8605.903	8605.904	8605.905	8605.906	8605.907	
12:00 pm			8606.903	8606.904	8606.905	8606.906	8606.907	
12:20 pm			8607.903	8607.904	8607.905	8607.906	8607.907	
12:40 pm			8608.903	8608.904	8608.905	8608.906	8608.907	
4:30 pm	8615.901	8615.902	8615.903	8615.904	8615.905	8615.906	8615.907	8615.908
4:50 pm	8616.901	8616.902	8616.903	8616.904	8616.905	8616.906	8616.907	8616.908
5:10 pm	8617.901	8617.902	8617.903	8617.904	8617.905	8617.906	8617.907	8617.908
5:30 pm	8618.901	8618.902	8618.903	8618.904	8618.905	8618.906	8618.907	8618.908
5:50 pm	8619.901	8619.902	8619.903	8619.904	8619.905	8619.906	8619.907	8619.908
6:10 pm	8620.901	8620.902	8620.903	8620.904	8620.905	8620.906	8620.907	8620.908
6:30 pm	8621.901	8621.902	8621.903	8621.904	8621.905	8621.906	8621.907	8621.908
6:50 pm	8622.901	8622.902	8622.903	8622.904	8622.905	8622.906	8622.907	8622.908
7:10 pm	8633.901	8633.902	8633.903	8633.904	8633.905	8633.906	8633.907	8633.908

** 7/1-12 session M-W, M-F (no class 7/4)

Saturday & Sunday Private: 4 weeks, (4) 20-minute classes | \$75/\$60 (Dist. Res.)

Time	SATURDAY			SUNDAY		
	6/29-7/20	7/27-8/17	8/24-9/14	6/30-7/21	7/28-8/18	8/25-9/15
9:00 am	8623.901	8623.903	8623.905	8623.902	8623.904	8623.906
9:20 am	8624.901	8624.903	8624.905	8624.902	8624.904	8624.906
9:40 am	8625.901	8625.903	8625.905	8625.902	8625.904	8625.906
10:00 am	8626.901	8626.903	8626.905	8626.902	8626.904	8626.906
10:20 am	8627.901	8627.903	8627.905	8627.902	8627.904	8627.906
10:40 am	8628.901	8628.903	8628.905	8628.902	8628.904	8628.906
11:00 am	8629.901	8629.903	8629.905	8629.902	8629.904	8629.906
11:20 am	8630.901	8630.903	8630.905	8630.902	8630.904	8630.906
11:40 am	8631.901	8631.903	8631.905	8631.902	8631.904	8631.906
12:00 pm	8632.901	8632.903	8632.905	8632.902	8632.904	8632.906



“Sophia went from afraid of the water to loving it. Thank you!”

preschool activities

CURRENT PRE-SCHOOL STUDENTS GET ADVANCE REGISTRATION FOR CLASSES LISTED IN THIS SECTION. Check ages listed; class age listing will be strictly adhered to; proof of age may be requested at registration. Children in preschool classes (3–5 yrs) must be toilet-trained. Be prepared to complete the emergency information and sign the liability waiver.

F.A.M.E. Yamaha Music Center—Keyboard Lessons

3–5 yrs

Beginning Yamaha piano classes are the perfect way to introduce children to music and help prepare them to learn an instrument. Our experienced instructors teach children to listen and respond to music with their voice/bodies, and on the piano. The students will learn together to promote teamwork. Registered students only to attend with parent.

Instructor: Barbara Snyder, *certified Yamaha Instructor, over 10 years teaching experience.*

140 Mayhew Way, Suite #A101

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

6635.802 3/18–4/29* M 2:00–2:45 pm

6635.901 5/6–6/17* M 2:00–2:45 pm

*No class 4/1, 5/27

6-class Summer Camp | \$110/\$95 (Dist. Res.)

6635.903 7/15–7/25 M/T/Th 2:00–2:45 pm

6635.904 8/12–8/22 M/T/Th 2:00–2:45 pm

\$15 materials fee payable to instructor at first class/camp (includes a CD to take home).

JumpBunch Sports & Fitness for Kids

3–5 yrs

JumpBunch is a program designed to introduce children to a healthy lifestyle through sports and fitness in a fun atmosphere. We incorporate music with exercise and introduce a different sport every week, while working on motor skills and hand to eye coordination.

Instructor: JumpBunch Staff, *2 years teaching throughout Contra Costa County.*

Winslow Center: Assembly Rm

4 classes | \$62/\$50 (Dist. Res.)

6616.901 6/3–6/24 M 11:45–12:15 pm

6616.902 7/8–7/29 M 11:45–12:15 pm

Karate Fun 'n Games

4–6 yrs

Designed for your child who is begging to take karate. Focus is on fun and fitness while building coordination, balance, flexibility, and the skills needed for success in any style of martial arts. Optional uniforms may be purchased from instructor: \$30.

Instructor: John Castro, *Certified instructor; holds 6th degree black belts in Judo, Karate, Jujitsu.*

Winslow Center: Assembly Rm

5 classes* | \$61/\$50 (Dist. Res.)

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

6617.901 5/8–6/12 W 3:35–4:20 pm

6617.902 6/26–7/31* W 3:35–4:20 pm

6617.903 8/7–9/11 W 3:35–4:20 pm

*No class 7/3

Parent Tot Preschool Prep

22 mos–3 yrs

Parent! 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. PARENT participant and REGISTERED CHILD ONLY.

Instructor: Nancy Whiting, *Preschool Teacher with PHRPD for over 10 years.*

Winslow Center: Rm 1

4 classes | \$70/\$57 (Dist. Res.)

6655.901 6/21–7/19* F 9:30–11:15 am

6655.902 7/26–8/16 F 9:30–11:15 am

*No class 7/5

Pre-Ballet

3½–5 yrs

The basics of ballet are presented in a fun atmosphere. Teaches grace and the joy of movement, plus basic ballet technique. Child must be potty-trained and able to participate without parent's presence.

Instructor: Christie Tomlinson, *Teacher of youth dance classes; professional dancer, performer, choreographer.*

Senior Center: Dance Studio

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

6619.901 5/6–7/1* M 3:30–4:15 pm

6619.902 7/8–8/26 M 3:30–4:15 pm

*No class 5/27

Call us about **Playground Birthday Parties** for ages 2–6 years: **682-0896**

Rent the Winslow Center Playground!

Preschool Hip Hop

3½–5 yrs

A hip hop class just for preschoolers. Have lots of fun learning basic moves and styles to hip hop music. Class includes warm-up and stretching. Students gain confidence to learn a routine to perform at the end of each session. Each child will receive a FREE CD of preschool hip hop music. Comfortable attire and tennis shoes required.

Instructor: Renee Day-Roa, *bay area dancer and instructor for over 10 years.*

Winslow Center: Assembly Rm

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

6615.901 5/1–6/5 W 2:00–2:45 pm

Tiny-Tot Morning Care

Walking to 36 months

Parents! Give yourself some time off. Let US watch your children. Indoor games, story time, snack time and outdoor playground time. Snack provided. Bring beverage. Registration begins at 8:45 am on May 1, for 901 session at the Winslow Center, Rm #1. After initial registration dates, call 682-0896 for registration info.

Instructor: Jan Ertola/Staff

Winslow Center: Rm 1

\$24/day per child, space reserved

.901 6/17–8/14 M/W 9:00 am–12:00 pm

You will be billed unless your cancellation has been received by NOON one day prior to your reservation.

Preschool Classes Fall 2013, Registration begins...

We are proud of the quality and integrity of the teaching staff and the programs offered. The classes listed include indoor and outdoor activities that develop small and large motor skills. Language and concept imagery are explored through stories, circle time activities, and dramatic play. Children are introduced to a variety of art media and creative music.

WEE-TOT—Child must be at least 2 yrs 6 mos–3 yrs 6 mos as of Sept. 1, 2013; potty-trained not required.

Wee-Tot Co-Op: Tu/Th 9:30 am–12:00 pm

Wee-Tot: Tu/Th 9:30 am–12:00 pm

For details go to: pleasanthillrecpreschool.com

youth classes

Beginning Acrylics

6–10 yrs

Have fun exploring this medium working in collage and mixed medium. Drawing is not important in this class. You will learn about mixing colors, different brushes, papers, and gels associated with acrylics. Register early; class is limited to ten.

Instructor: Pat Jackson

M.J. Studios: 670 Gregory Lane, Suite G**6 classes | \$92/\$77 (Dist. Res.)****6050.901** 4/12–5/17 F 3:15–4:15 pm**6050.902** 5/24–6/28 F 3:15–4:15 pm

\$20 lab fee payable at first class.

Beginning Pastels

6–10 yrs

Work in soft pencil and oil. You will learn technique and value while working from life, photo or painting reference. Register early; class is limited to ten.

Instructor: Pat Jackson

M.J. Studios: 670 Gregory Lane, Suite G**6 classes | \$92/\$77 (Dist. Res.)****6048.901** 4/9–5/14 Tu 3:15–4:15 pm**6048.902** 5/21–6/25 Tu 3:15–4:15 pm

\$20 lab fee payable at first class.

Kidz Love Soccer
Preschool and
Youth, page 18

March 9!

NEW HORIZONS—

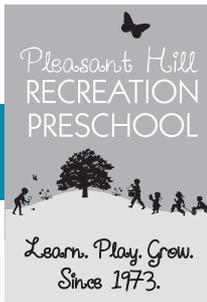
Child must be
3 yrs 3 mos–4 yrs 3 mos
as of Sept. 1, 2013.

New Horizons: M/W/F 8:45–11:45 am**New Horizons:** Tu/W/Th 9:00 am–12:00 pm
Lunch Time 12:00–1:00 pm**PRE-K/KINDERGARTEN—**

Child must be 4 yrs–6 yrs or older as of
Sept. 1, 2013. These are classes for children
entering Kindergarten in fall 2014.

Pre-K: M/W/F 12:30–3:30 pm**Pre-K:** Tu/W/Th 9:00 am–12:00 pm
Lunch Time 12:00–1:00 pm

For **current openings** and details,
call Pre-school Director,
Eran Perera, 682-0896 ext. 626,
eperera@pleasanthillrec.com

**Beginning Watercolor**

6–10 yrs

Have fun exploring this medium! Drawing is not important in this class. Create a color wheel; learn about technique, value, brushes and papers while creating an abstract piece. Register early; class limited to ten.

Instructor: Pat Jackson

M.J. Studios: 670 Gregory Lane, Suite G**6 classes | \$92/\$77 (Dist. Res.)****6049.901** 4/11–5/16 Th 3:15–4:15 pm**6049.902** 5/23–6/27 Th 3:15–4:15 pm

\$20 lab fee payable at first class.

Cartooning

6–10 yrs

Here is an opportunity for you to be very creative! You will learn the basics of the art of cartooning, history, types of cartooning, standard cartooning, materials, humor, storytelling, composition, and creating your own personal style. Hands-on learning; fun guaranteed! All supplies provided.

Instructor: M.J. Studios

M.J. Studios: 670 Gregory Lane, Suite G**6 classes | \$94/\$79 (Dist. Res.)****6051.901** 4/10–5/15 W 2:00–3:00 pm**6051.902** 5/22–6/26 W 2:00–3:00 pm

\$20 lab fee payable at first class.

Introduction to Sewing

Grades 4–5

Learn common sewing repairs to clothing such as hemming, replacing buttons and fixing rips. Use creative hand stitching techniques to make one of a kind projects. Recycle fabric to make something new. Learn skills needed to build up to making professional looking clothes, purses and other decorative items. No sewing experience required.

Instructor: Dolores Martinez

Senior Center: Arts & Crafts Room**6 weeks | \$92/\$77 (Dist. Res.)****6073.901** 4/10–5/15 W 2:30–4:30 pm**6073.902** 5/22–6/26 W 2:30–4:30 pm

\$20 lab fee payable at first class.



**No fees for
online registration!**

Jazz Dance

6–10 yrs

Explore the exciting world of Jazz Dance! Class begins with a choreographed warm-up; followed by strength and stretching; then back on your feet to learn dance moves that will be combined into a dance routine.

Instructor: Christie Tomlinson

Senior Center: Dance Studio**8 classes | \$124/\$109 (Dist. Res.)****6042.901** 5/6–7/1* M 4:30–5:30 pm**6042.902** 7/8–8/26 M 4:30–5:30 pm

*No class 5/27

Origami Photo Album NEW! Workshops

Grades 2–6

Come see what you can make with paper, scissors and glue! In this workshop we will create a unique photo album using origami folding. This makes a great gift for coaches, teachers, friends, and relatives. Samples can be seen at www.tamijo.com. Students can bring 20–30 photos for their album.

Instructor: Tami Jo Benson

Senior Center**1 workshop | \$42/\$27 (Dist. Res.)****6052.901** 4/25 Tu 4:00–6:00 pm**6052.902** 6/25 Tu 10:00 am–12:00 pm

\$20 lab fee payable at first class.

Yoga for Kids

6–8 yrs

Come join the fun! Our classes are designed to engage junior yogis through age-appropriate postures and fun activities. Providing benefits of increased focus and flexibility, students gain greater self-esteem and compassion for others. Fitness and fun for the mind and body.

Instructors: Village Center Staff

Village Center for the Arts: 1720 Linda Dr.**6 weeks | \$130/\$115 (Dist. Res.)****6070.901** 5/25–6/29 Sa 10:00–10:45 am

**Youth
continues on
page 18**

community activities

“Egg”citing Egg Hunt!

SAT, MARCH 30, RAIN OR SHINE!

- Find the Golden Ticket in your egg and win a special prize
 - All who attend will come away with a goody bag and a smile
 - Bring your camera & your baskets
 - Enjoy visits with the bunny
 - Have fun with facepainting and other “egg” citing activities
 - Catch the Pleasant Hill Express train running all day long
 - Entertainment and music begins at 9:30
- Pre-registration required by 3/29, 12:00 pm.**
Egg Hunt check-in begins at 9:30 am.

Pleasant Hill Park: 147 Gregory Lane
Sat, March 30 | \$6 per child

6160.801	0–3 yrs	10:30 am sharp!
6160.802	0–3 yrs	10:50 am sharp!
6160.803	4–6 yrs	11:15 am sharp!
6160.804	7–10 yrs	11:30 am sharp!

Sponsored by PHR&PD and Pleasant Hill Lions Club

4th of July in Pleasant Hill

- **Firecracker 5K Fun Run**—7:30 am (young tykes and the rest of us)
- **Parade**—America the Beautiful, 9:30 am start; Downtown Crescent Drive area
- **Fun & Games in the Park**—10:30 am–2:30 pm, 147 Gregory Ln. FREE entertainment for the whole family including stage entertainment, kids games, climbing wall, bounce events, community booths, and more. Food/beverages by BACK 40 may be purchased.
- **Cool Off—Fun & Games at the Pool!** 1:00–5:00 pm, Splash at PH Aquatic Park.
- **Fireworks!**—College Park High School; view great fireworks starting around 9:00 pm. Refreshments available.

For information, parade application or to volunteer, visit www.phjuly4.com. For other questions, call Jim Bonato, 938-5433.

Laugh, Love & Learn Senior Live Well Forum

FRIDAY, MAY 10, 2013

See page 31 for more information.

Family Fun Triathlon

8 yrs through Adult

Join Pleasant Hill Recreation for a non-competitive, family, fun fitness triathlon event which incorporates swimming, bicycling and running! 14 & under race is 250 yard swim, 5 mile bike and 2 mile run. 15 & over race is 500 yard swim, 10 mile bike and 4 mile run. Pre-register by April 3 to be guaranteed t-shirt. Relay registration includes t-shirt and goody bags for each person. Race day check-in begins at 8:00 am, race starts at 9:00 am.

Sunday, April 21, 2013
PH Education Ctr. Pool:
1 Santa Barbara Rd.

Individual: 8251.801
\$45 Pre-Reg by 4/3 | \$55 (4/4-race day)

Relay, up to 3 people: 8252.801
\$95 Pre-Reg by 4/3 | \$115 (4/4-race day)

Pleasant Hill Star Quest

Youth Talent Show—A Star Quest Homecoming! featuring talented youth of Pleasant Hill. Call 682-0896.

Saturday, April 20, 7:00 pm & Sunday, April 21, 2:00 pm

DVC: Performing Arts Center

Under 18 yrs: \$5 advance/\$10 at door
18 yrs & over: \$10 advance/\$15 at door

Friday Night Family Swim

Public Swim Passes are valid for entry. See Public Swim Section on page 8 for drop-in admission and additional information.

June 21, July 19, Aug. 23; 6:00–9:00 pm



Moonlight Movie **FREE!**

Watch a movie on the City Hall Lawn. Bring a blanket, towel, or chair. Co-sponsored by PHR&PD, UFC Gym and the City of Pleasant Hill. Visit pleasanthillrec.com for movie information.

Friday, July 12 & Aug 9, 8:30–10:30 pm
PH City Hall: 100 Gregory Ln., Lawn Area

Garage Bands at the Lake **FREE!**

Check out some local bands at City Hall; showtime, 7 pm. Co-sponsored by PHR&PD and the City of Pleasant Hill. If you have a teen band interested in performing, call 682-0896.

Friday, July 19 & Aug 16, 7:00 pm
PH City Hall: 100 Gregory Ln., Lawn Area

Family Camp Out!

Join us as Pleasant Hill Park becomes Camp Pleasant Hill. Enjoy your STAYCATION with time out doors as you introduce your kids to camping. Fun for the whole family! Includes activities, crafts, campfire with s'mores, music, and an outdoor movie. Snacks, dinner, breakfast available for purchase from the Teen Center Snack Shack. Bring: tent, sleeping bags, chairs, flashlights, snacks, change of clothes, and personal items. NO Pets. Call 682-0896, or pleasanthillrec.com

Saturday, June 29

Check-in: 3:00 pm;
activities begin 4:30 pm

Check-out: Sunday, 10:00 am

Fee: \$10 per person

Derby Day

All ages are welcome!

Test your engineering skills and design a boat out of cardboard, recyclables, and duct tape. All boats will compete in races across the pool. Wear your swimsuit and prepare to get wet! Preregistration required by July 17. For rules or information, call 682-0896.

PH Aquatic Park: 147 Gregory Lane

Entry Fee: \$5/boater

8780.901 7/19 F 2:00 pm
(race start time)

facility & park rentals

Planning an Event?

Check out our **NEW Facilities!**

We have the perfect space for groups from 20-300.



Pleasant Hill's 4th Annual Blues & Brews Festival

SATURDAY, JULY 27, 12:00-6:00 PM

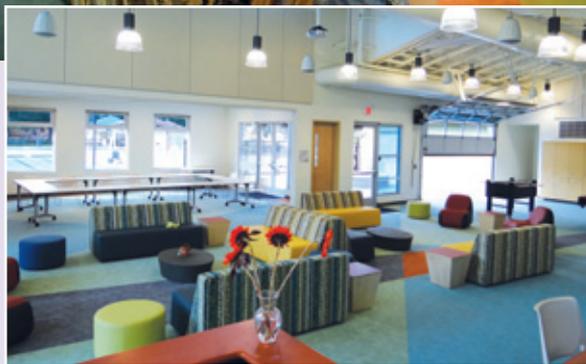
Pleasant Hill Park, 147 Gregory Ln.

Enjoy a day of live blues music and draft brew tasting.

Brew Tasting Tickets: \$35 presale/
\$45 day of (Unlimited tasting 1:00-5:00 pm)

Music: FREE

Co-sponsors: PHR&PD and the Pleasant Hill Chamber of Commerce. Visit bluesandbrewsfestival.com for more information.



TEEN CENTER

For Teen Center rentals call 682-0896.

SENIOR CENTER

For Senior Center rentals call 798-8788.



AMERICAN IRON Car Show

**SUNDAY, AUGUST 11,
10:00 AM-3:00 PM**

Downtown Pleasant Hill

Pleasant Hill Recreation & Park District celebrates the 12th annual show!

- Register your Pre-80's American car
- Register early, downtown space is limited
- \$28 entry fee

Please call 682-0896 for more details or visit www.pleasanthillrec.com



RODGERS-SMITH PARK

For this park and a number of other park rentals, call 682-0896.

youth music classes

Beginning Drums

Grades 1–5

This hittin', slammin', jammin' class is an introduction to the world of percussion. Learn proper drumming technique (how to hold drumsticks, strike the drum) and how to read basic rhythmic notation. Various percussion instruments will be introduced and demonstrated as an overview.

Instructors: Village Center Staff

Village Center for the Arts: 1720 Linda Dr.
6 weeks | \$130/\$115 (Dist. Res.)

6067.901 5/21–6/25 Tu 3:30–4:10 pm
\$12 lab fee payable at first class.

Beginning Piano/Keyboard

Grades 1–5

When children have fun with music lessons, they will “play” for years. Students will learn popular, fun songs to help with sight-reading, rhythm, theory and more. Our professional instructors allow students to learn and experience the language of music while building self-esteem and confidence. Studies show that ongoing music lessons increase math and English test scores. Home practice/workbook study required. Lab fee includes method books. Keyboards available for rent.

Instructors: Village Center Staff

Village Center for the Arts: 1720 Linda Dr.
6 weeks | \$130/\$115 (Dist. Res.)

6064.901 5/25–6/29 Sa 12:30–1:10 pm
6064.902 5/23–6/27 Th 2:30–3:10 pm
\$15 lab fee payable at first class.

Guitar for Kids, Beginning

Grades 1–5

Learn and improve guitar playing techniques (strumming, proper hand position, chord transitions) while learning popular and fun songs. The focus is to help students enjoy musical success quickly. Home practice required. Lab fee includes method books.

Instructors: Village Center Staff

Village Center for the Arts: 1720 Linda Dr.
6 classes | \$130/\$115 (Dist. Res.)

6061.901 5/25–6/29 Sa 1:30–2:10 pm
6061.902 5/22–6/26 W 3:30–4:10 pm
\$10 lab fee payable at first class.

Musical Theatre Class...Glee!

8–12 yrs

A willingness to sing and have fun are the only requirements to join. Our teacher plays piano while encouraging everyone to be and sing at their best! Basic vocal techniques will be introduced as students have a great time singing the classic pop songs of Glee! This class emphasizes team building and camaraderie.

Instructors: Village Center Staff

Village Center for the Arts: 1720 Linda Dr.
6 weeks | \$130/\$115 (Dist. Res.)

6065.901 5/23–6/27 Th 6:40–7:30 pm
\$12 lab fee payable at first class.

Singing Class: Princess Songs

4–11 yrs

Students will step into the shoes of musical royalty and sing songs of timeless animated fairy tales. Each Princess will have a great time as they build strong voices and fond memories. Students will receive a tote filled with accessories! Class participants are encouraged to arrive in their Princess attire.

Instructors: Village Center Staff

Village Center for the Arts: 1720 Linda Dr.
6 weeks | \$130/\$115 (Dist. Res.)

6063.901 5/25–6/29 Sa 11:15 am–12:05 pm
\$12 lab fee payable at first class.

youth sports

NFL Flag Football

CoEd, Grades 3–8

Plan ahead for FALL. The NFL is sponsoring our Youth Flag Football League! Season begins in early October. Games are played Saturdays; practices are determined by each coach. Fee includes an NFL jersey and football.

Pleasant Oaks Park or PH Education Center: 1 Santa Barbara Rd.
6 weeks | \$145*/\$130* (Dist. Res.)

5050.901 *\$75 refund for parents interested in coaching and have finished the training provided by the District.

Youth Soccer Camps page 6

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 in a safe, non-competitive environment. Facilitated by professional coaches in the Kidz Love Soccer method. **Shin guards required by the second meeting** for all classes except Mommy/Daddy & Me. Rain-out hotline: (888) 372-5803. Information: kidzlovesoccer.com

PH Park: 147 Gregory Lane

8-WEEK SPRING SESSIONS:

Fri, 4/12–5/31 | \$115/\$100 (Dist. Res.)

5030.901	Mom/Dad & Me: 2–3½ yrs	9:30–10:00 am
5031.901	Tot Soccer: 3½–4 yrs	10:10–10:45 am
5032.901	Pre-Soccer: 4–5 yrs	10:45–11:20 am
5032.902	Pre-Soccer: 4–5 yrs	2:40–3:15 pm
5033.901	Soccer 1: 5–6 yrs	3:15–4:00 pm
5031.902	Tot Soccer: 3½–4 yrs	4:45–5:15 pm
5030.902	Mom/Dad & Me: 2–3½ yrs	5:30–6:00 pm

Sat, 4/13–6/8* | \$115/\$100 (Dist. Res.)

5030.911	Mom/Dad & Me: 2–3½ yrs	9:00–9:30 am
5033.911	Soccer 1: 5–6 yrs	9:40–10:25 am
5032.911	Pre-Soccer: 4–5 yrs	10:25–11:00 am
5031.911	Tot Soccer: 3½–4 yrs	11:00–11:30 am

8-WEEK SUMMER SESSIONS:

Fri, 6/28–8/23* | \$115/\$100 (Dist. Res.)

5030.913	Mom/Dad & Me: 2–3½ yrs	9:00–9:30 am
5033.913	Soccer 1: 5–6 yrs	9:40–10:25 am
5032.913	Pre-Soccer: 4–5 yrs	10:25–11:00 am
5031.913	Tot Soccer: 3½–4 yrs	11:00–11:30 am
5033.923	Soccer 1: 5–6 yrs	4:15–5:00 pm
5031.923	Tot Soccer: 3½–4 yrs	5:45–6:15 pm
5032.923	Pre-Soccer: 4–5 yrs	6:15–6:50 pm
5030.923	Mom/Dad & Me: 2–3½ yrs	7:00–7:30 pm

Sat, 6/29–8/24* | \$115/\$100 (Dist. Res.)

5030.914	Mom/Dad & Me: 2–3½ yrs	9:00–9:30 am
5033.914	Soccer 1: 5–6 yrs	9:40–10:25 am
5032.914	Pre-Soccer: 4–5 yrs	10:25–11:00 am
5031.914	Tot Soccer: 3½–4 yrs	11:00–11:30 am

*No class 5/25, 7/5, 7/6

Soccer Skillz & Scrimmages

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 are welcome. Each participant receives a soccer jersey. Shin guards are required.

PH Park: 147 Gregory Lane

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

5034.901	4/19–6/7	F	4:00–4:45 pm
5034.911	4/13–6/8*	Sa	11:30 am–12:15 pm
5034.913	6/28–8/23*	F	5:00–5:45 pm
5034.914	6/29–8/24*	Sa	11:30 am–12:15 pm

*No class 5/25, 7/5, 7/6



No fees for online registration!



Teen Scene programs are designed for youth in grades 6 through 12 unless noted otherwise; some programs are open to youth and/or adults. REGISTER BY AT LEAST ONE WEEK PRIOR to start 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.

Acting & Modeling **NEW!**
Secrets

Grades 5–12

This class can help you break into & promote yourself in the exciting world of show business, includes the privy of the industries—movies & television, magazine modeling & stage plays. Three Sessions, accompanied by adult: **Day 1**—Preparing for the all important head shot & resume planning; **Day 2**—Professional head shot “shoot”; **Day 3**—The “Nuts & Bolts of the entertainment industry” gives you background information on what casting directors & talent agents look for, what pitfalls to be aware of & find out how you can succeed as quickly as possible. Open to boys & girls, all body types; students receive professional photo head shot flyer, guideline handouts, plus bonus class picture.

Instructor: Roc DeWilde, *award winning media photographer & drama coach.*

Teen Center

3 weeks | \$70/\$55 (Dist. Res.)

5104.901 7/6–7/20 Sa 1:30–3:30 pm
\$75 lab fee payable to instructor

Now accepting applications for the
2013–2014 Teen Council

Application deadline is April 19

Visit phteenscene.com for application and more information.

Online Driver’s Ed

\$75 | www.safetydriversed.com/affiliates/phrec

Art Classes at M.J. Studios

11–18 yrs

Instructor: MJ Studios Staff

M.J. Studios: 670 Gregory Lane, Suite G

DRAWING FOR TEENS

Advanced students will learn one and two-point perspective using positive and negative space when composing and designing value, line and technique. The students will work in charcoal, conte, and graphite, rendering realistically from photo reference and life.

6 weeks | \$96/\$81 (Dist. Res.)

5108.901 4/11–5/16 Th 4:15–5:15 pm

5108.902 5/23–6/27 Th 4:15–5:15 pm

\$20 lab fee payable to instructor

MANGA CHARACTER DESIGN

This class covers the basics in drawing, anatomy, creating original Manga characters and how to express dynamic emotions in their own characters, using inspiration from Japanese comic art. Manga history and Japanese culture, how to develop a personal style will be discussed. A must for future Manga-Ka!

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

5109.901 4/9–5/14 Tu 4:15–5:15 pm

5109.902 5/21–6/25 Tu 4:15–5:15 pm

\$20 lab fee payable to instructor

Babysitting 101
for Beginners

10 yrs & up

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

Teen Center

1 class | \$64/\$49 (Dist. Res.)

5105.901 5/18 Sa 9:00 am–2:00 pm

Beginning Drumming
for Teens

11–18 yrs

Learn basic

Drum set techniques, rhythm, note value, rudiments and how to apply them to the Drum set. You will also learn how to apply basic drum beats to music. LET’S ROCK!

Instructor: Bruce Jackson

M.J. Studios: 670 Gregory Lane, Suite G

6 weeks | \$109/\$94 (Dist. Res.)

5110.901 4/13–5/18 Sa 1:00–2:00 pm

5110.902 5/25–6/29 Sa 1:00–2:00 pm

\$15 lab fee payable to instructor

Beginning Guitar

12 yrs & up

Join us for great songs, power chords, riffs and fun. Our class is designed to give each student musical success quickly while using tunes that are recognizable to friends and easily accessible to new students. Essential guitar fundamentals are made easy and fun in our inspiring, supportive group classes. Lab fee includes method book.

Instructor: Village Center Staff

Village Center for the Arts: 1720 Linda Dr.

6 weeks | \$130/\$115 (Dist. Res.)

5122.901 5/23–6/27 Th 4:30–5:10 pm

5122.911 5/25–6/29 Sa 2:30–3:10 pm

\$10 lab fee payable to instructor

Counselors-in-Training

Entering Grades 7–10

Get the skills and experience needed for recreation leadership by learning the basics and applying them hands on. After completion of training classes, you will be interviewed for one of our summer camp volunteer positions. Volunteer positions require a four-week commitment to assist staff for 9 hours per week at varying camp sites, program hours, and excursions. Certificates are given on successful completion of program. Site transportation is the participant’s responsibility for summer. Summer programs begin June 17. For information, call Jenny Cooper, (925) 691-5645.

Leader: Jenny Cooper

Teen Center

3 days | \$94/\$79 (Dist. Res.)

5175.901 6/18–6/20 Tu–Th 9:00 am–12:00 pm

Indoor Rock Climbing **NEW!** Learn to Climb!

14 yrs & up

Participants will learn in a safe and fun environment how to belay, (hold the rope for others), and tie in correctly. They will be given technique drills to learn how to use their whole body to tackle varying terrain. At the end of four sessions, participants will be proficient at all skills needed to come in to any climbing gym and pass the safety test as well as have an arsenal of techniques to ascend challenging terrain.

Diablo Rock Gym: 1220 Diamond Way, Suite 140

2 weeks | \$99/\$84 (Dist. Res.)

5125.901	4/15-4/24	M/W	4:00-6:00 pm
5125.902	5/6-5/15	M/W	4:00-6:00 pm
5125.911	5/7-5/16	Tu/Th	8:00-10:00 pm
5125.903	6/3-6/12	M/W	8:00-10:00 pm
5125.904	6/17-6/26	M/W	8:00-10:00 pm
5125.912	6/18-6/27	Tu/Th	8:00-10:00 pm
5125.913	6/18-6/27	Tu/Th	2:00-4:00 pm
5125.905	7/08-7/17	M/W	2:00-4:00 pm
5125.914	7/09-7/18	Tu/Th	8:00-10:00 pm
5125.915	7/23-8/01	Tu/Th	2:00-4:00 pm
5125.906	8/5-8/14	M/W	2:00-4:00 pm

Introduction to Sewing **NEW!**

Grades 6-12

Learn to hem, sew on buttons and make basic repairs to your favorite clothes. Use basic hand stitches to decorate or cover stains. Learn to recycle fabric to make something new. No sewing experience required. A must-have life skill.

Instructor: Dolores Martinez

Senior Center: Arts & Crafts Room

GRADES 6-8

Customize shirts, skirts, pants or bags by adding fabric shapes. Bring a three ring binder. First day of class we will go over our first project and supplies you will need to bring for the next class.

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

5131.901	4/10-5/15	W	4:30-6:30 pm
5131.902	5/22-6/26	W	4:30-6:30 pm

\$20 lab fee payable to instructor at first class

GRADES 9-12

Customize shirts, skirts, pants or bags by adding fabric shapes, ribbon, beads and paint. Introduction to sewing machine usage.

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

5132.901	4/11-5/16	Th	4:00-6:00 pm
5132.902	5/23-6/27	Th	4:00-6:00 pm

\$20 lab fee payable to instructor at first class

Exciting new things are happening at the **NEW Pleasant Hill Teen Center!** www.phteenscene.com

AFTER-SCHOOL PROGRAM AT THE NEW TEEN CENTER!

Monday-Friday School dismissal to 6:00 pm

The Pleasant Hill Teen Center
147 Gregory Lane, Pleasant Hill
Grades 6-12

Transportation available from PHMS & VVMS (\$2 per day). Enjoy a safe and fun place meant for teens with the perfect combination of structured activities and time to just hang out. Includes Pool table, sports equipment, ping pong, foosball, Homework Help, Tournaments, computer access, video games and more! Snacks available at the Snack Shack! Visit phteenscene.com or call 682-0896 for details.

\$35/\$25 (Dist. Res.) Membership Fee



HAVE YOUR BIRTHDAY PARTY AT THE TEEN CENTER!

Exclusive Use 2-Hour Theme Birthday Party for up to 20 guests. Includes decorations, game tables, themed invitations, music, party attendant, cake and drinks. Parties for teens ages 11-17. Adult Chaperones required: Ratio 1:8. Chaperones included in guest count. Swimming and food options available for additional fee.

Fee: \$350; \$14.50 each additional guest over 20

Visit phteenscene.com for more information or call (925) 682-0896.

S.T.A.G.E. Troupe— Schoolhouse Rock!

Grades 3-High School

Be a part of this entertaining and educational score made famous during the cartoon breaks of the 70s and 80s. **All persons who sign up for the class are guaranteed a part in the show!** Students interested in "Leads" will audition in class using material from the show selected by the director. Audition preparation and all needed materials will be provided on the first day of class.

Instructor/Director: G.A. Klein

Winslow Center: Rms 1 & 2

\$270/\$255 (Dist. Res.)

5111.901	4/25-6/13	Sa	10:30 am-3:00 pm
		Th	4:00 pm-6:00 pm

\$50 lab fee payable to PHRPD

What's Your Game?

Grades 4-12 (all levels)

Make new friends at this Friday night drop-in program as you explore a variety of traditional and computerized strategy games.

Leader: Dave DeFabio

Winslow Center: Rms 1 & 2

8 weeks | \$5 Drop-in

\$35 punch card (8 classes)

5102.901	5/17-7/5	F	6:00-10:00 pm
5102.902	7/12-8/30	F	6:00-10:00 pm

Check phteenscene.com for additional classes and events!

adult art & music

Acrylics

Beginning students will work with collage and mixed media while learning acrylic basics. Advanced students will apply advanced concepts. Technique, composition, design, and value will be taught while exploring your creative side; art history is included. Students can work from photo reference or paintings. Supplies are provided. All levels welcome.

Instructor: Pat Jackson

M.J. Studios: 670 Gregory Lane, Suite G

4 weeks | \$68/\$58 (Dist. Res.)

4520.901	5/1-5/22	W	6:30-8:30 pm
4520.902	5/2-5/23	Th	10:00 am-12:00 pm
4520.903	6/5-6/26	W	6:30-8:30 pm
4520.904	6/6-6/27	Th	10:00 am-12:00 pm
4520.905	7/10-7/31	W	6:30-8:30 pm
4520.906	7/11-8/1	Th	10:00 am-12:00 pm
4520.907	8/7-8/28	W	6:30-8:30 pm
4520.908	8/8-8/29	Th	10:00 am-12:00 pm

\$30 lab fee payable to instructor.

Art with Mark Jezierny **NEW!**

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 & figurative themes. Students should bring paper, pencils, ruler and eraser to class. Beginners welcome.

Senior Center: Arts & Crafts Room

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

4556.901	6/4-6/25	Tu	7:00-9:00 pm
4556.902	7/9-7/30	Tu	7:00-9:00 pm

PLEIN AIR PAINTING

Let's go outdoors! This class is designed for students working in pencil, pastels, oil, acrylic or watercolor who want to work outdoors. We will meet in the building on the first meeting to discuss outdoor painting equipment, composition, perspective & color mixing. The rest of the term we will meet at painting sites. Bring paper, pencil and any painting supplies that you might have to the 1st class. Beginners welcome.

Senior Center: Game Room
(first meeting)

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

4555.901	6/1-6/22	Sa	10:00 am-12:00 pm
4555.902	7/6-7/27	Sa	10:00 am-12:00 pm
4555.903	8/3-8/24	Sa	10:00 am-12:00 pm

Birding Contra Costa County

Say hello and goodbye to some migrating birds and check out our local year round residents. Brisk walking and bring binoculars and bird guide if possible. April 27: Hidden Lakes Park; May 4: McNabney Waterfront; May 11: Lafayette Reservoir; May 18: Martinez Marina. If needed, rainout date will be Sunday. Meet at Hidden Lakes parking lot at Morello Ave. and Chilpancingo.

Instructor: Jan Rae Cook

First meeting: Parking lot at Chilpancingo and Morello in Pleasant Hill

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

4738.901 4/27-5/18 Sa 9:00-11:00 am

Braided Rug and Basket-Making Intro

16 yrs & up

Attend one or all! Learn the techniques of this traditional craft while making useful & decorative objects such as rug, basket, seat mat, pet bed, meditation/dance mat or other. Interesting "tricks" demonstrated. All supplies are provided; recycled materials of all kinds are used.

Instructor: Arlene Magarian

Rodgers Ranch: 315 Cortsen Rd.

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

4578.901	6/29	Sa	1:00-4:00 pm
4578.902	7/27	Sa	1:00-4:00 pm

\$10 lab fee payable to instructor.

Guitar, Beginning I

Amaze your family and friends by being able to play tunes in just four weeks! Utilize the guitar neck starting with the five major chords and gradually use those chords to create music. Learn rhythm, tempo, strumming techniques and the basics of guitar. Bring guitar or guitars are available to rent for \$20/month. Rental charges can be used towards purchase.

M.J. Studios: 670 Gregory Lane, Suite G

4 weeks | \$89/\$79 (Dist. Res.)

4583.901	5/1-5/22	W	6:30-7:30 pm
4583.902	5/4-5/25	Sa	2:00-3:00 pm
4583.903	6/5-6/26	W	6:30-7:30 pm
4583.904	6/8-6/29	Sa	2:00-3:00 pm
4583.905	7/10-7/31	W	6:30-7:30 pm
4583.906	7/6-7/27	Sa	2:00-3:00 pm
4583.907	8/7-8/28	W	6:30-7:30 pm
4583.908	8/10-8/31	Sa	2:00-3:00 pm

\$15 lab fee payable to instructor.

Oil Painting or Watercolor

16 yrs & up

Beginners learn basic techniques on one painting, oil or watercolor. Advanced students work on a project of choice with instructor's approval. Color theory, composition, and painting techniques for each medium are covered in an ongoing lecture series. Materials list at first class. Beginners pay \$30 lab fee to instructor to cover supplies for first project. All levels.

Instructor: Trudi Edwards

Winslow Center: Rms 1 & 2

6 weeks | \$71/\$61 (Dist. Res.)

4522.901 5/6-6/17* M 7:00-9:00 pm
*\$30 lab fee, new students only. *No class 5/27*

Drumming Intensive

Instructor: John Waller

Winslow Center: Rms 1 & 2

AFRICAN DJEMBE RHYTHMS

Learn the basic hand positions that help to create the basic tones on the drum. We start slowly & work the tones, rhythms & breaks to get the rhythms into our bodies. We have extra drums to share.

Drop-in: \$11 | 8-Class Punch Card: \$80*

4585.905 5/7-8/27* Tu 7:30-8:25 pm
**No class 7/2*

MIDDLE EASTERN DRUM ENSEMBLE

Drums & rhythms from Morocco, Egypt, Algeria & other countries are played in the group. The drabukah or doumbec drum is in the top of the mix in today's modern Arabic music. The frame drum called tar & a tambourine called ricq help to create the texture. We will play dozens of rhythms and try all of the instruments.

Drop-in: \$11 | 8-Class Punch Card: \$80*

4581.905 5/7-8/27 Tu 8:30-9:25 pm
**Punch card may be used for any of John Waller's Drumming classes except the Drum Circle, and does not expire.*

Monthly Drum Circle

Relax & come to the drum circle to learn a new groove or to share one. We have fun percussion sounds to add some spice. Bring a drum or show & tell item. All levels.

Instructor: John Waller

Winslow Center: Rms 1 & 2

Drop-in: \$9

5/16, 6/20, 7/18, 8/15 Th 7:00-8:30 pm

adult classes

Dog Training

Training your dog is the key to having a happy, healthy, well-rounded canine companion. For dogs 5 months & older with a current rabies vaccine. PRE-REGISTRATION REQUIRED. Proof of vaccinations is mandatory when registering. For all classes, bring a bag of cut up hotdogs, chicken, or cheese and a regular leash (no retractables). No prong, slip or electronic collars, please.

Instructor: Kou Nelson, *The Collaborative Dog, LLC*.

Old School House Parking Lot: Corner of Wendell Lane and Oak Park Blvd.

TRAINING BASICS

Teach your dog the basics of household manners: "watch me, sit, down and stay."

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

4715.901 6/1-6/22 Sa 10:00-10:50 am

4715.903 7/13-8/3 Sa 10:00-10:50 am

AKC CANINE GOOD CITIZEN PREP AND EVALUATION

Did you know that your dog doesn't have to be a pure breed to earn a title? The AKC Canine Good Citizen is a title available to all dogs and is often the first qualification needed for dogs to become therapy animals. Dogs should have basic training skills. Test items may be viewed at http://classic.akc.org/events/cgc/training_testing.cfm. No dogs on the first day of class. Dogs must be 6 months and over.

7 weeks | \$135/\$120 (Dist. Res.)

4715.902 6/1-7/13 Sa 11:00 am-12:00 pm

CPR & First Aid—American Heart

Required fee, \$15, payable to instructor, covers 2-year certification card and book of course content. Cards are available upon successful completion of class.

Instructor: Adrian Curry

Senior Center: Classroom 1 & 2

ADULT & PEDIATRIC COMMUNITY CPR & FIRST AID

Adult, child, and infant CPR; rescue breathing, and aid for an obstructed airway. First Aid certification is included.

1 workshop | \$70/\$63 (Dist. Res.)

4702.901 6/22 Sa 10:00 am-4:00 pm

\$15 lab fee payable to instructor.

Creative Writing Start YOUR Novel or Short Story

Give your novel or memoir manuscript a new life, or start a new novel or writing project. Explore innovative ways to create/develop characters. Learn how to experiment with fiction; create nonfiction pieces by tapping into your own unique narrative voice. Have fun discussing writing, reading literature, and sharing with your peers. All levels.

Instructor: Janice De Jesus

Senior Center: Arts & Crafts Room

4 weeks | \$63/\$53 (Dist. Res.)

4510.901 5/4-6/1* Sa 10:00 am-12:00 pm

4510.902 6/15-7/13 Sa 10:00 am-12:00 pm

4510.903 7/27-8/17 Sa 10:00 am-12:00 pm

\$5 lab fee payable to instructor. *No class 5/18

Hypnotherapy for a Healthy Life

While in a blissful hypnotic trance you will be able to reach that part of your mind where you can make all the changes you desire. Once your thoughts are aligned with what is healthy for you, the behavior becomes easier, and little by little your life begins to blossom. Come learn how you can begin to thrive...not just survive. Bring a towel or mat. Three separate sessions.

Instructor: Rosetta Bonavita

Senior Center: Dance Studio

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

Get Better Sleep **NEW!**

4843.901 5/9 Th 6:00-8:00 pm

Stress Reduction

4843.902 6/27 Th 6:00-8:00 pm

Stop All Bad Habits

4843.903 8/1 Th 6:00-8:00 pm

BLS FOR HEALTHCARE PROVIDERS

Adult, child, infant CPR, single and two-rescuer CPR, choking, AED, pocket mask and bag-valve mask. Bring lunch, beverage.

1 workshop | \$49/\$40 (Dist. Res.)

4702.902 7/20 Sa 10:00 am-4:00 pm

\$15 lab fee payable to instructor.

ADULT & PEDIATRIC COMMUNITY CPR

Adult, child, and infant CPR; rescue breathing, and aid for an obstructed airway.

1 workshop | \$42/\$34 (Dist. Res.)

4702.903 8/24 Sa 10:00 am-2:00 pm

\$15 lab fee payable to instructor.

Spanish for Beginners

This class is for those who wish to learn basic Spanish for travel, for your job to communicate with clients and co-workers and to converse with family and friends. It is for beginning students of Spanish to have fun learning basic conversational skills, basic reading and writing skills and to gain knowledge about Spanish speaking countries, their history and culture. No previous knowledge necessary. Please purchase and bring a Spanish dictionary and verb book to class; an example will be provided on the first evening.

Instructor: Suzanne Aldrich

Senior Center: Classroom 1 & 2

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

4532.901 7/10-8/28 W 6:00-7:30 pm

The Art of Sustainable Sushi **NEW!**

Discover the art of sushi making! Join Hiroshi's Catering sushi lessons to learn how to properly make sushi rice, prepare ingredients and ultimately roll sushi using organic, local and sustainable ingredients. If you have a knife you like to use, you may bring it to class.

Instructor: Aaron Thorne

Senior Center: Kitchen

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

4745.901 5/7-8/27* Tu 5:30-8:00 pm

*No class 6/11, 6/18

Wills, Trusts and Estate Planning

It's Never Too Early to Plan. You need this information for yourself, your parents, or your children. Topics: wills, living trusts, joint tenancies, tax planning, and 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: Classroom 1 & 2

1 workshop | \$18/\$15 (Dist. Res.)

4610.901 5/22 W 6:30-8:30 pm



No fees for online registration!

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 <http://www.ed2go.com/pleasanthillrec> for more information and to register. **COURSE TOPICS INCLUDE:**

Accounting & Finance

- Accounting Fundamentals
- Quickbooks
- Stocks, Bonds & Investing
- Protect Your Money, Credit & Identity

Business

- Nonprofit Fundraising Essentials
- Grant Writing
- Marketing

College Prep

- ReadyMATH
- Prep Classes: GED, GRE, GMAT, SAT/ACT, LSAT

Computer & Technology

- Photoshop
- Dreamweaver
- Microsoft Word, Excel, PowerPoint, Access, Publisher, Project, and Expression Web
- Adobe Acrobat
- Flash

- C++ Programming
- Java Programming
- Designing Effective Websites

Health Care & Medical

- Human Anatomy & Physiology
- Medical Transcription
- Medical Math

Language & Arts

- Writing Workshops

- Language: Spanish, French, Italian, Japanese, English

Personal Development

- Resume Writing
- Lose Weight & Keep it off
- Digital Photography

Teaching & Education

- Teaching students with ADHD

Plus many more!



Just a click away!
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adult dance

Belly Dancing

Instructor: Sharifa Ohanesian, *Instructed 25 Years with the District, been teaching and performing for 30 years. Owned "Belly Dance Artists" and currently owns Creekside Studio for dance and music Haflas.*

BELLY DANCE CORE BASICS

Learn isolations, traveling steps, undulations and shimmies. Strengthen your core, develop grace and stamina. Bring a hip scarf, stretch pants or skirt and dance slippers, or go barefoot.

Senior Center: Chateau Hall

6 weeks | \$73/\$59 (Dist. Res.)

4132.901	4/30-6/4	Tu	6:30-7:30 pm
4132.902	6/11-7/23*	Tu	6:30-7:30 pm
4132.903	7/30-9/3	Tu	6:30-7:30 pm

*No class 7/9

BELLY DANCE STYLES

Learn different styles, from cabaret to fusion, cymbals, and choreography. Previous belly dance instruction is recommended. Bring hip scarf and 3-4 yard veil to start.

Senior Center: Dance Studio

6 weeks | \$73/\$59 (Dist. Res.)

4133.901	4/30-6/4	Tu	7:30-8:30 pm
4133.902	6/11-7/23*	Tu	7:30-8:30 pm
4133.903	7/30-9/3	Tu	7:30-8:30 pm

*No class 7/9

Wedding Day's First Dance

Marrying soon? Videotaping your wedding reception? Make the first dance 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 Bagneschi, *Instructor of Ballroom Dance for 26+ yrs.*

Senior Center: Dance Studio

1 workshop | \$30/\$25 (Dist. Res.)

4101.901	8/28	W	7:15-9:15 pm
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Dance Like the Stars: Ballroom Dancing

16 yrs & up

Ballroom dancing is VERY popular. You've seen it on TV programs and commercials. Now, it's your turn to be the star. If you think you can dance (even a little), this class is for you! The instructor's teaching style is easy to learn, low in stress, and will have you dancing after your first lesson. **Beginning:** Learn the basic steps and build on that foundation with easy variations. **Intermediate:** Challenging dance patterns, emphasis on style and leading.

Instructor: Alberta Bagneschi, *Instructor of Ballroom Dance for 26+ yrs.*

Senior Center: Dance Studio

5 weeks, Wednesdays | \$61/\$50 (Dist. Res.)

Dance Style	Level	Date	Time
Fox Trot, Cha-Cha-Cha, Samba	Beginner	4114.901 5/15-6/12	7:15-8:10 pm
Fox Trot, Cha-Cha-Cha, Samba	Intermediate	4116.901 5/15-6/12	8:15-9:10 pm
Waltz, Tango, Triple Swing	Beginner	4114.902 6/19-7/17	7:15-8:10 pm
Waltz, Tango, Triple Swing	Intermediate	4116.902 6/19-7/17	8:15-9:10 pm
Rumba, Fox Trot, Triple Swing	Beginner	4114.903 7/24-8/21	7:15-8:10 pm
Rumba, Fox Trot, Triple Swing	Intermediate	4116.903 7/24-8/21	8:15-9:10 pm

Salsa Dancing with Soul and Spirit

Beginning and Continuing

By student demand, beginners will be taught many more patterns or routines in a less disciplined system that allows students to advance at their own pace. Includes the new salsa dance basics for all styles that are easier to learn and more stylish as shown by the new world champions on my TV program interviews. The last class of the semester will be a social salsa dancing event instead of a regular class. Do not wear sandals or tennis shoes. Refrain from wearing alcohol-based perfumes/scents due to instructor allergy.

Instructor: Ron Bermudez, *30+ yrs teaching experience; studied with New York champions, founded the first Salsa Group Salsa Angels in the Bay Area.*

Senior Center: Dance Studio

Beginning: 6 weeks | \$73/\$59 (Dist. Res.)

4155.901	5/16-6/20	Th	7:30-8:30 pm
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4155.902	7/11-8/22*	Th	7:30-8:30 pm
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Intermediate: 6 weeks | \$73/\$59 (Dist. Res.)

4156.901	5/16-6/20	Th	8:30-9:30 pm
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4156.902	7/11-8/22*	Th	8:30-9:30 pm
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Drop-in Fee: \$10 (past participants)

4155.903	5/16-8/22*
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*No class 6/27, 7/4, 8/1

adult health & fitness

"Bollywood" Fusion

16 yrs & up

Come join us for a mixed fusion blend of India's Bollywood and Middle Eastern Bellydance. We will use both Bollywood and Arabic music. We will discover exotic places through dance and music. No experience necessary.

Instructor: Layla Habib, *professional dancer 20 yrs; instructor.*

Teen Center

6 weeks | \$73/\$59 (Dist. Res.)

4660.901 5/22-6/26 W 6:30-7:30 pm

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

4660.902 7/17-8/14 W 6:30-7:30 pm

Contemporary Self-Defense

16 yrs & up (All levels)

This is a Self-defense course for the 21st Century. Learn to protect yourself and your loved ones by using a simple and effective approach. You will learn what you need to know to survive a street attack using concepts and instruction. This is reality-based, street self-defense. No uniforms, no rituals and no complicated techniques. Learn how to use verbal and preventive skills to avoid conflict and when all else fails, how to fight for your life with field tested techniques.

Instructor: Paul Castro, *over 20 years experience in the martial arts and Advanced Black Belts in HAPKIDO, KARATE, JUJITSU; certified full instructor in Filipino Kali Stick Fighting, JKD Concepts and edged weapons by Grand Master Paul Vunak.*

Senior Center: Chateau Hall

6 weeks | \$73/\$59 (Dist. Res.)

4687.901 5/1-6/5 W 8:15-9:15 pm

4687.902 6/12-7/17 W 8:15-9:15 pm

4687.903 7/24-8/28 W 8:15-9:15 pm

Fencing: The Ultimate Sport

Fencing is a physical and mental challenge.

It will develop mind and body while improving agility, alertness, balance, coordination, and competitiveness.

Foils, plastrons/masks provided; bring equipment if possible. Teens (16-17 yrs) welcome with parent.

Instructor: James Parker, *PHR&PD Fencing Instructor, 30 yrs.*

Jazzercise

Co-Ed (Ongoing, All levels)

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Jazzercise combines dance-based cardio with strength training and stretching to sculpt, tone, and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, Yoga, and Kickboxing. ASK FOR MONTHLY CALENDAR. Register at class only. Annemieke, 925-323-2522

Instructor: Annemieke Howsepian, *Professionally trained/certified by Jazzercise.*

Winslow Center: Assembly Room

Ongoing | Register at class only

AM M-Sa 9:00-10:00 am

PM Tu/W 5:30-6:30 pm

PM M/Th 6:40-7:40 pm

Karate

Grades 3-Adult (All levels)

A Japanese non-contact karate. Students learn blocks, strikes, kicks, stance, and Kata (forms) to promote balance, respect, self-discipline, self-control, character, and confidence. Focus is on self-defense and health. Includes rank testing up to black belt. Uniforms required after completion of first session, available from instructor.

Instructor: John Castro, *Certified instructor under Paul Vunak of the PFS/JKD Association; holds 6th degree black belts in Judo, Karate, Jujitsu.*

Senior Center: Classrooms 1 & 2

6 weeks | \$73/\$59 (Dist. Res.)

4638.901 5/7-6/11 Tu 7:30-8:45 pm

4638.902 6/18-7/23 Tu 7:30-8:45 pm

4638.903 7/30-9/3 Tu 7:30-8:45 pm

Winslow Center: Assembly Room

Beginning: 6 Weeks | \$74/\$60 (Dist. Res.)

4630.901 4/29-6/10* M 7:45-8:45 pm

4630.902 6/17-7/22 M 7:45-8:45 pm

4630.903 7/29-9/9** M 7:45-8:45 pm

Experienced Fencers

Drop-in: \$5 per night/per person

4630.903 4/29-7/22* M 8:45-10:00 pm

*No class 5/27 **No Class 9/2

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 (\$30) at first class. Wear sweats/running shoes; NO perfumes. All levels.

Instructor: John Castro, *Certified instructor under Paul Vunak of the PFS/JKD Association; holds 6th degree black belts in Judo, Karate, Jujitsu.*

Senior Center: Dance Studio

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

4648.901 5/6-6/10* M 7:30-8:30 pm

4648.902 6/17-7/15 M 7:30-8:30 pm

4648.903 7/22-8/19 M 7:30-8:30 pm

*No class 5/27

Mixed Martial Arts with JKD Concepts

Co-Ed

Bring out your cat-like attributes of speed, flexibility, endurance, timing, power, coordination, balance, and fluid motion! Non-classical combative martial arts training emphasizes physical fitness and self-defense. Methods incorporated are: Kung-Fu, Boxing, Kick Boxing, Karate, and more. Contact is on pads, and kicking shields. Wear sweats and running shoes. Plan to purchase 12-ounce boxing gloves (\$30.)

Instructor: John Castro, *Certified instructor under Paul Vunak of the PFS/JKD Association; holds 6th degree black belts in Judo, Karate, Jujitsu.*

Senior Center: Chateau Hall

6 week | \$73/\$59 (Dist. Res.)

4652.901 5/1-6/5 W 7:00-8:00 pm

4652.902 6/12-7/17 W 7:00-8:00 pm

4652.903 7/24-8/28 W 7:00-8:00 pm



**No fees for
online registration!**

Nia® Body-Mind-Spirit Exercise...You'll be HOOKED!

All levels

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, *Certified Nia® Instructor.*

Senior Center: Dance Studio

6 weeks | \$73/\$59 (Dist. Res.)

4692.901	4/30-6/4	Tu	6:30-7:30 pm
4692.902	6/11-7/16	Tu	6:30-7:30 pm
4692.903	7/23-8/27	Tu	6:30-7:30 pm

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

4693.901	5/16-6/13	Th	6:20-7:20 pm
4693.902	6/20-8/8*	Th	6:20-7:20 pm
4693.903	8/15-9/12	Th	6:20-7:20 pm

*No class 6/27, 7/4, 8/1



Pepper Spray Clinic

18+ yrs required

Using equipment and drills, this course teaches awareness, prevention, dealing with verbal confrontation, and legal information. Learn what to do in a physical assault and how to use your Pepper Spray.

Instructor: John Castro, *Certified instructor under Paul Vanak of the PFS/JKD Association; holds 6th degree black belts in Judo, Karate, Jujitsu.*

Winslow Center: Assembly Room

1 workshop | \$28/\$23 (Dist. Res.)

4684.901	6/20	Th	7:50-9:00 pm
4684.902	8/22	Th	7:50-9:00 pm

Pilates With a Ball

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

Instructor: Alison Klippel, *Certified Instructor*

Winslow Center: Assembly Room

Mon PM: 5 weeks | \$61/\$50 (Dist. Res.)

4688.901	5/6-6/10*	M	5:30-6:30 pm
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*No class 5/27

Mon PM: 8 weeks | \$92/\$77 (Dist. Res.)

4688.902	6/17-8/26*	M	5:30-6:30 pm
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*No class 7/8, 7/15, 7/29



Tai Chi Chi Kung... A Great Way to Start Your Day!

Learn how to coordinate your mind, body, and breath using two of the national treasures of China; Tai Chi and Chi Kung. These beautiful patterns of movements were designed to enhance the very essence of your being. This unique energy system and philosophy represented by the Yin/Yang symbol can easily be incorporated into your daily life and can be a springboard into the deeper realms of your higher self. This class is fun, non-competitive, and self-rewarding. Loose clothing is best.

Instructor: Peter Marks, *District Tai Chi/Chi Kung Instructor for 19 yrs.*

Winslow Center: Assembly Room

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

4654.901	5/8-6/12	W	10:30-11:45 am
4654.902	6/19-7/24	W	10:30-11:45 am
4654.903	7/31-9/4	W	10:30-11:45 am

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

4655.901	5/7-6/11	Tu	7:00-8:15 pm
4655.902	6/18-7/23	Tu	7:00-8:15 pm
4655.903	7/30-9/3	Tu	7:00-8:15 pm

Teen Center

Thurs AM: 6 weeks | \$73/\$59 (Dist. Res.)

4690.901	5/2-6/6	Th	9:00-10:00 am
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Thurs AM: 8 weeks | \$92/\$77 (Dist. Res.)

4690.902	6/13-8/29*	Th	9:00-10:00 am
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*No class 6/20, 7/4, 7/11, 7/18, 8/1

Senior Center: Dance Studio

Wed PM: 5 weeks | \$61/\$50 (Dist. Res.)

4689.901	5/1-6/5*	W	5:30-6:30 pm
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*No class 5/22

Wed PM: 9 weeks | \$101/\$86 (Dist. Res.)

4689.902	6/12-8/28*	W	5:30-6:30 pm
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*No class 7/10, 7/17, 7/31

Total Fitness

The Way to Energize & Vitalize

Work your body from head to toe, inside and out! A 10-minute warm-up; 30-minute aerobic (cardiovascular) segment; then toning and strength training. Last, a cool down/stretch. Modifications given so every BODY can work at its own pace! Bring mat/towel, water bottle, hand weights.

Instructor: Christie Tomlinson, *choreographer and instructor, 33 yrs.*

Senior Center: Dance Studio

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

4636.901	5/6-7/1*	M	5:45-7:15 pm
4636.902	7/8-8/26	M	5:45-7:15 pm

*No class 5/27

Weight Training

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

Instructor: Alison Klippel, *Certified Weight Training Instructor*

Senior Center: Dance Studio

8 weeks | \$93/\$78 (Dist. Res.)

4642.901 5/7-6/25 Tu 10:15-11:15 am

6 weeks | \$73/\$59 (Dist. Res.)

4642.902 7/2-8/27* Tu 10:15-11:15 am

*No class 7/9, 7/16, 7/30

Winslow Center: Assembly Room

7 weeks | \$83/\$68 (Dist. Res.)

4643.901 4/26-6/7 F 10:30-11:30 am

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

4643.902 6/14-8/30* F 10:30-11:30 am

*No class 7/5, 7/12, 7/19, 8/2

Hatha Yoga

In this class, we will start with finding balance in the body and mind, grounding and finding our roots. Next, we learn to release tension in the hips and lower back finding fluidity in all our movements. Standing poses will help build strength and help fuel the body for optimal health. Next, we will work with chest openers and backbends to help us open the heart and find compassion in our lives. The final classes will be focused on the shoulders, neck and head, releasing tension and stress of everyday life and finding wisdom in everything we do. Each session we will weave breathing exercises and other body/mind techniques into the practice.

Instructor: Linda Burkard, *Certified Yoga instructor with over 1000 hours of training in Yoga therapy.*

Winslow Center: Assembly Room

6 weeks | \$73/\$59 (Dist. Res.)

4656.901 5/8-6/12 W 6:40-7:50 pm

4656.902 6/19-7/24 W 6:40-7:50 pm

4656.903 7/31-9/4 W 6:40-7:50 pm

Yoga For All

De-stress and do something good for yourself. Yoga is perfect to help you create a vibrant healthy body and live a long, active, full life. Develop or expand your practice of yoga postures while learning relaxation and breathing techniques. You will be challenged in a gentle, safe way while experiencing all the wonderful benefits of yoga with clear instruction and demonstration. All ages and abilities welcome; no previous yoga experience is necessary. Wear loose clothing and bring a mat.

Instructor: Maxine Younger, *Certified Yoga Instructor with a foundation in anatomy, disabilities, fitness, and nutrition.*

Senior Center: Classroom 1 & 2

5 weeks | \$63/\$51 (Dist. Res.)

4649.901 5/9-6/6 Th 6:45-7:55 pm

4 weeks | \$50/\$41 (Dist. Res.)

4649.902 7/11-8/1 Th 6:45-7:55 pm

4649.903 8/8-8/29 Th 6:45-7:55 pm

Yoga (Sugi/Gentle)

Sugi Yoga is the Yoga that ANYONE can do! Not your traditional Yoga exercise, it 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. Bring stability ball.

Instructor: Nancy Guzzaldo, *certified Yoga instructor specializing in Sugi Yoga; practicing Yoga since 1995.*

Winslow Center: Assembly Room

8 weeks | \$93/\$78 (Dist. Res.)

4637.901 5/7-6/25 Tu 10:30-11:45 am

4637.902 7/2-8/20 Tu 10:30-11:45 am

Sta“BALL”ity **NEW!**

Need to improve your balance and get a stronger core? This is the class for you! Multi-level stability ball exercises for balance, flexibility, stretching, core and strength. Bring stability ball.

Instructor: Alison Klippel, *Certified Instructor*

Teen Center

7 weeks | \$83/\$68 (Dist. Res.)

4631.901 5/7-6/25* Tu 9:00-10:00 am

6 weeks | \$73/\$59 (Dist. Res.)

4631.902 7/2-8/27* Tu 9:00-10:00 am

*No class 6/18, 7/9, 7/16, 7/30

Zen Budo Kai Aiki Jujitsu The Ultimate Self-Defense Experience

A rare opportunity to train with a system head. Learn grappling, locking, use of balance as a method of self-defense to overcome a larger, stronger attacker. This art promotes a philosophy of responsibility and control. Teens, 16-17 yrs, welcome.

Instructor: Tim Delgman, *Head Master for all Zen Budo Kai Aiki Jujitsu schools; ATAMA 9th degree black belt certified professor; black belts in Jujitsu, Karate, and Judo.*

Winslow Center: Rms 1 & 2

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

4667.901 5/1-6/5 W 7:45-9:00 pm

4667.902 6/12-7/17 W 7:45-9:00 pm

4667.903 7/24-8/28 W 7:45-9:00 pm

Zumba® Fitness

All levels

Zumba is a Latin-inspired dance fitness class with easy-to-follow moves designed to burn calories, energize the body, and bring a smile to your face. JOIN THE PARTY!

Instructor: Alison Klippel, *Certified Zumba® Instructor*

Senior Center: Dance Studio

6 weeks | \$73/\$59 (Dist. Res.)

4691.901 5/1-6/5 W 4:20-5:20 pm

4 weeks | \$50/\$41 (Dist. Res.)

4691.902 6/12-7/3 W 4:20-5:20 pm

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

4691.903 7/24-8/28* W 4:20-5:20 pm

*No class 7/31

Planning an Event?



The new Senior Center is available for rental. Call 798-8788 for details.



Online Learning
anytime, anywhere...

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



Adult & Youth Sports

Adult Basketball • Adult Flag Football • Adult Bocce • Adult Kickball • Adult Soccer
Adult Softball • Adult Volleyball • Tennis • Drop-in Sports



Sports Website! Go to www.pleasanthillrecsports.com

You can download schedules, roster addition forms, and registration packets from our sports website. It also contains information regarding rainouts, play-offs, make-up games, meetings, etc. and registration packets.

tennis—all ages

Monthly Group Lessons

Top-quality instruction is available through Pleasant Hill Recreation & Park District. Classes begin on the first day of the month and run four consecutive weeks through the end of the month. Register at least one week prior to the first class, which always begins the first week of the month. Classes may be combined or canceled if minimum numbers are not reached. Tennis shoes and racquet required.

Instructor: Joey Martinez, Assistant Tennis Coach DVC.

College Park H.S. Tennis Courts: 320 Civic Dr. (adjacent to Community Center parking lot)

4 1-hour classes, 6–14 students | \$65/\$52 (Dist. Res.)

Playing Levels

(B) Beginner—No tennis background or limited experience.

(AB) Advanced Beginner—Minimal skills and playing experience.

(INT) Intermediate—Familiar with all basic strokes; can maintain a rally; can maintain a rally and has some playing experience.

Lessons By

Arrangement—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. Register early; there is limited time available with our instructor. To arrange lessons, call (925) 682-0896.

PRIVATE LESSONS: 5596

Per hour, any age/level:

\$71/\$57 (Dist. Res.)

Six 1-hour classes, any age/level:

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

SEMI-PRIVATE LESSONS:

5597

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.)

	Level	Day	Time	April	May	June	July	August
Youth 6–12 yrs	B/AB	W	6:30–7:30 pm	5584.804	5584.901	5584.902	5584.903	5584.904
	INT	W	7:30–8:30 pm	5585.804	5585.901	5585.902	5585.903	5585.904
	B/AB	Sa	6:30–7:30 pm	5588.804	5588.901	5588.902	5588.903	5588.904
Adult/ Teen 13+ yrs	B/AB	Tu	6:30–7:30 pm	5555.804	5555.901	5555.902	5555.903	5555.904
	B/AB	Th	6:30–7:30 pm	5565.804	5565.901	5565.902	5565.903	5565.904
	INT	Th	7:30–8:30 pm	5566.804	5566.901	5566.902	5566.903	5566.904
	B/AB	Sa	5:30–6:30 pm	5575.804	5575.901	5575.902	5575.903	5575.904

air/sea adult trips

Trains of the Colorado Rockies

Space filling! Contact us to check trip status and pricing.

Plains of Kenya with optional Tanzania Extension

Space filling! Contact us to check trip status and pricing.

Niagara Falls to New York City

This custom 7-day tour takes us to a variety of new places as we travel through the state of New York. Travel to Lockport for a cruise on the Erie Canal, take the Arcade and Attica Railroad vintage train ride, and cross into Canada to see the mighty Niagara Falls up close. As we continue to travel through New York we will visit the historic Sonnenberg Gardens and Mansion, Cooperstown, the National Baseball Hall of Fame and Museum, and West Point Military Academy. Our journey ends in New York City, where you will have a chance to extend your tour to include four more nights touring this wonderful city (details and pricing to come). Price includes: air, taxes, gratuities, cancelation waiver and insurance, hotel and airport transfers, and nine meals.

October 4–10, 2013

Cost: \$2,919 pp/double; \$3,719 pp/single

Want to Learn More?

We will be having an evening presentation for our air/sea tours this May. Please call 771-7636 for details, or email jwustoff@pleasanthillrec.com.

New York City **NEW!**

Add this to our Niagara Falls tour or do it separately! Experience the best of “the Big Apple” in this spectacular 5-day vacation. From Little Italy to Greenwich Village, New York City is a destination even the most seasoned traveler can enjoy. Spend four nights in the heart of Midtown close to Central Park and Times Square. Take your seat and watch the curtain rise for two included Broadway Shows, including Mary Poppins. Visit Ellis Island. See the Statue of Liberty, the Empire State Building, Ground Zero, and the United Nations. Explore The Metropolitan Museum of Art’s two million works. Enjoy plenty of free time to shop and explore this fabulous city on your own. Price includes: air, taxes, gratuities, cancelation waiver and insurance, hotel and airport transfers, and five meals.

**October 10–14, 2013 Cost: \$2,739 pp/double; \$3,639 pp/single.
\$100 discount for early bookings!**

Add this to your Niagara tour rate for \$2,109 pp/double.

California Coastal Cruise

This 7-night cruise on board the Grand Princess sails round trip from San Francisco, avoiding the need to fly! Visit the cities of Santa Barbara, Los Angeles (Long Beach), San Diego, and Ensenada, Mexico. This is the perfect cruise for those wanting an easy outing or those looking to try out cruising for the first time! Prices include group insurance rate, government taxes/fees, and shuttle to/from Port of San Francisco. Please see flier for cabin details and additional port information. Please note: cruise prices change quickly as the boat begins to fill! Sign up soon to get good rates and a good cabin location.

October 19–26, 2013

Prices vary from \$1,345–\$1,990 pp/double with several options in between.

Christmas on the Danube **NEW!**

Begin your holiday season with a relaxing cruise along the scenic Danube River, stopping at traditional Christmas markets in Vienna, Regensburg, Passau, Rothenburg and Nuremberg. Nuremberg is home to one of the oldest and largest Christmas markets in the world, and is famous as a toy making center, known for its fanciful nutcrackers and Lebkuchen (gingerbread). Float through the Wachau Valley dotted with castles and small riverside towns. Discover Würzburg, an ancient Franconian wine town. Delight in the fairytale, baroque architecture in Passau. In Vienna, join a local expert in exploring the historic sights where you’ll indulge in the city’s atmosphere of opulence and elegance. Price includes: air, taxes, gratuities, cancelation waiver and insurance, hotel and airport transfers, and 19 meals.

December 3–11, 2013

Prices start at \$3499

Book now to save \$300 per person!

50+ trips

Non-members pay an additional \$5.

Trip Meeting

Members who love to travel meet once a month to discuss new destinations and sign up for new trips. They help determine future trips and are given the first chance to sign up for new trips. Many trips sell out that day!

Meeting: 3/1, 4/5, 5/3, 6/7, 7/5
(Please call to confirm dates)

Friday, 1:00 pm
Senior Center,
233 Gregory Lane

Trip Office: 798-8747 (TRIP) or 771-7607
Mon–Fri, 9:00 am–2:00 pm
233 Gregory Lane

Day Trips

CASINO TRIPS: 5/2 (Thunder Valley),
6/4 (Red Hawk), 8/1 (Feather Falls)

MYSTERY TRIPS:

Spring/Summer dates T.B.A.

SIGHTSEEING/SHOWS:

3/26 Terracotta Warriors

4/16 Chabot Space &
Science Center

4/18–4/19 . . . Overnight Fresno

4/23 Carmel

4/27 Jack Hanna

5/7 San Mateo Coast

5/15 Suisun Cruise

5/23 Golden Gate Fields

5/29 SF Symphony Rehearsal

6/3–6/10 Portland Rose Festival

Many more day trips T.B.A.!

There are 4–6 day trips each month.

Visit phseniorcenter.com
for additional trips and information.

Coming Soon: Ireland, March 2014

More details available this April!

**Don't see what you're
looking for? We can book
you on a number of tours
at a group rate!**

Call Jessie at 798-8747 x636
to find out more.

**NEW Senior Center
Now Open!**
(925) 798-8788
233 Gregory Lane
www.phseniorcenter.com

The Pleasant Hill award-winning 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 \$12. Members receive a monthly newsletter and discounts on numerous classes and special events.

Services

Call for appointments.

- Blood Pressure Screening
- Care Management Program (ext. 640)
- Consult an Attorney Program
- Consult a Financial Advisor
- County Nutrition Program & Home Delivered Meals
- Grief Support Group
- Medicare & Supplemental Insurance Policy Counseling
- Notary Service
- "Amistad"—Spanish Resource Group
- Ticket Sales:
BART, County Connection

50+ activities

For a complete list of ongoing activities with times, dates, and their location, please visit www.phseniorcenter.com.

ART WORKSHOPS **NEW!**

Instructor: Jaleh Alavi & Bahram Khamjani
Senior Center: Arts & Craft Room

POP ART

Experience and Paint like Andy Warhol. Create original artwork with the subject of things that are the iconic in nature, such as famous people. It's easy and no artistic background needed. Additional \$10 art supply fee collected in class.

1 class | \$30/\$26 (Member)

2264.901 5/13 M 2:00–4:00 pm

ART OF IMPRESSIONISM **NEW!**

Create artwork in the style of Claude Monet, founder of French impressionist painting and the most consistent and prolific practitioner of the movements philosophy of expressing one's perceptions before nature, especially as applied to landscape painting. Additional \$10 art supply fee collected in class.

1 class | \$30/\$26 (Member)

2264.902 6/24 M 2:00–4:00 pm

ART OF CUBISM **NEW!**

Experience and paint like Pablo Picasso. Create original artwork in the style of Picasso, one of the most prolific and successful artists of the twentieth century. Additional \$10 art supply fee collected in class.

1 class | \$30/\$26 (Member)

2264.903 7/15 M 2:00–4:00 pm

Basic Computer and YOU **NEW!**

This is a hands on experience where you will learn the basic computer functions such as how to turn on the computer, log on, navigate with a mouse and find software applications. Learn basic keyboard shortcuts and how to search the web.

Instructor: Walter Sanchez

Senior Center: Computer Room

3 weeks | \$45/\$40 (Member)

2300.901 5/7–5/21 Tu 10:00 am–11:30 pm

2300.902 6/11–6/25 Tu 10:00 am–11:30 pm

2300.903 7/16–7/30 Tu 10:00 am–11:30 pm

2300.904 8/13–8/27 Tu 10:00 am–11:30 pm

Healing Touch **NEW!**

Healing Touch is a compassionate energy therapy in which practitioners use their hands in a heart-centered and intentional way to support and facilitate your physical, emotional, mental and spiritual health and self healing. The goal of Healing Touch is to restore harmony and balance in the human energy system. Appointment Required.

Healing Touch Practitioner:
Betty MacKenzie

Senior Center: Meeting Room

45–60 Minute Appointment | \$20

Appointments available Tuesdays & Thursdays at 10:00 am and 2:00 pm, starting in May.

Individual Computer Tutoring **NEW!**

Get individualized assistance with topics such as: Basic computer navigation (use of keyboard and mouse), searching the Internet, creating and using an e-mail account, uploading files and software. Starting in May appointments made on an hourly basis. Call for available time slots.

Instructor: Leo Vardas

Senior Center: Computer Lab

Per Hour: \$25/\$20 (Member)

Decoupage Your Home **NEW!**

Decoupage is the art of decorating an object by gluing colored paper cutouts onto it in combination with special paint effects, gold leaf and so on. Bring a picture or an item of your choice to enhance. We will discuss options and make a small decoupage box in the 1st class. The 2nd and 3rd class will work on item, finish and embellish. Additional \$10 lab fee will be collected in class.

Instructor: Polly Jones

Senior Center: Game Room

3 weeks | \$59/\$50 (Member)

2230.901 5/6–5/20 M 10:00 am–12:00 pm

Exploring Watercolor **NEW!**

Join our caravan of like-minded seekers and dive into the unexpected joy of watercolor! Perfect for the continuing artist who wants a fresh start or needs a gentle push along their way. We will work together in a series of little paintings using the transparent magic of watercolor to create our own 'Artists Voice'. From the moment we wet our brush to our final colorful stroke we will evoke the presence of each artist in their work, discovering the personal palette of colors and shapes unique to each of us.

Instructor: Casey Rasmussen White

Senior Center: Arts & Crafts Room

6 weeks | \$85/\$72 (Member)

2231.901 5/21–7/2* Tu 9:30 am–12:00 pm

Beginners pay an additional \$25 lab fee to instructor. *No class on 6/11



**No fees for
online registration!**

Life Stories Worth Sharing

You have stories that are funny, full of wisdom and poignant. This class will help you recall, write, edit, organize and publish them. We will begin with a blank timeline that gets filled-in as the big and little moments of your life are revisited. The class will include writing prompts, storytelling games, organization strategies, and peer & teacher editing.

Instructor: Terra Wilson-Kaysser

Senior Center: Arts & Crafts Room
7 weeks | \$96/\$87 (Member)

2250.901 5/17-6/28 F 10:00-11:30 am

Dance for Joy

A gentle dance class that can be done at your own level, with or without chairs. This class contains elements of jazz, yoga and ballet. Improves strength and flexibility, plus mental agility. Various types of music used. Come for fun!

Instructor: Judi Corey

Senior Center: Dance Studio
8 weeks | \$55/\$48 (Member)

2221.901 5/2-6/27* Th 2:30-3:15 pm

2221.902 7/11-8/29 Th 2:30-3:15 pm

*No class on 5/9

Zumba Gold

Join the fun and be amazed you are even working out! This easy to follow class is a lower-impact version of Zumba, designed for the active older adult and those new to Zumba. You do not need to be a dancer to participate. Classes are fun and friendly with great Latin and international rhythms.

Instructor: Barbara Ward

Senior Center: Dance Studio
8-class "Anytime" Punch Card: \$52

Mondays 9:00-9:45 am

Fridays* 10:00-10:45 am

*No class 5/10, 5/24, 5/27, 7/1, 7/5

LIVING TAI CHI

Instructor: Jasmine-Rose Kam
Senior Center: Dance Studio

FOUNDATIONS

For both new and continuing students. Strengthen & relax with the foundational practices of tai chi chuan and qigong. Healing movement and meditation promote balance and resilience throughout life.

8 weeks | \$75/\$65 (Member)

2210.901 6/17-8/19* M 10:00 am-12:00 pm

*No class 7/8, 8/5

Quilting: Basics +

Quilting class topics include: use of color, picking out fabrics, piecing techniques, rotary cutting, introduction to machine quilting, basting, binding & more. Beginners will work on a lap sized quilt using basic techniques while more advanced techniques will be taught for those with more experience. At least two different quilt top choices will be offered each term.

Instructor: Carol Madsen

Senior Center: Chateau Room
10 weeks | \$65/\$60 (Member)

2244.901 4/1-6/10* M 9:00 am-12:00 pm

2244.902 6/17-8/19 M 9:00 am-12:00 pm

*No class 5/27

10 weeks | \$57/\$52 (Member)

2245.901 4/4-6/13* Th 6:45-9:15 pm

*No class 4/18

9 weeks | \$53/\$48 (Member)

2245.902 6/20-8/22* Th 6:45-9:15 pm

*No class 7/4

Fit for Life: Senior Aerobics!

Energy-inspiring music to start your day off right! Low impact easy dance moves for a good cardio workout. You'll have lots of FUN while you are burning calories. Muscle conditioning and stretching are part of the program. Appropriate for all fitness levels.

Instructor: Tari Nicholson

Senior Center: Dance Studio
8 classes | \$35/\$30 (Member)

8-class "anytime" Punch Card: \$40

2214.901 5/2-5/30 Tu/Th 9:00-10:00 am

2214.902 6/4-6/27 Tu/Th 9:00-10:00 am

2214.903 7/2-7/30* Tu/Th 9:00-10:00 am

2214.904 8/1-8/29* Tu/Th 9:00-10:00 am

*No class 7/4, 8/6, 8/8

FOUNDATIONS & FORMS

For continuing students. Foundational practices plus forms work. Memory and homework involved. Prerequisite: Foundations Class/permission.

8 weeks | \$102/\$94 (Member)

2213.901 6/19-8/21* W 9:30 am-12:30 pm

*No class 7/10, 8/7

Beginner, Improver & Easy Intermediate Line Dance

Country Western, Polkas, Waltzes and Latin Line Dances. Partners not required; men and women welcome. Note: Please refrain from wearing heavy perfumes and scents. Instructor experiences perfume allergies.

Instructor: Millie Dusha

Senior Center: Dance Studio

Drop-in: 1 class, \$5; 2 classes, \$8; 3 classes, \$10 (same day)

Beginners Sa 9:00-10:00 am

Improver Sa 10:15-11:15 am

Easy Intermediate Sa 11:30 am-12:30 pm

No class 5/4, 6/22, 7/6, 8/31

High Beginner/Easy Intermediate

workshop: July 27, 9:00 am-1:30 pm, \$10

Weight & Strength

Get in shape by building beautiful muscles that burn fat, protect our bones and improve our balance as we age. Full body exercises with body moves, tubes and free weights. All levels welcome! First time students are welcome to drop in and try it out first.

Certified Personal Trainer: Debbie Murdock

Senior Center: Classrooms

7 classes | \$50/\$43 (Member)

8-class "Anytime" Punch Card: \$64

2201.901 5/2-5/30* M/Th 8:15-9:15 am

2202.901 5/2-5/30* M/Th 9:30-10:30 am

2205.901 5/2-5/30* M/Th 5:30-6:30 pm

2201.903 7/1-7/29** M/Th 8:15-9:15 am

2202.903 7/1-7/29** M/Th 9:30-10:30 am

2205.903 7/1-7/29** M/Th 5:30-6:30 pm

*No class 5/23, 5/27 **7/4, 7/22

8 classes | \$56/\$48 (Member)

2201.902 6/3-6/27 M/Th 8:15-9:15 am

2202.902 6/3-6/27 M/Th 9:30-10:30 am

2205.902 6/3-6/27 M/Th 5:30-6:30 pm

2201.904 8/1-8/26 M/Th 8:15-9:15 am

2202.904 8/1-8/26 M/Th 9:30-10:30 am

2205.904 8/1-8/26 M/Th 5:30-6:30 pm

FOUNDATIONS & FORMS PACKAGE

Student attends Monday and Wednesday. Five days a week of supervised practice provide ideal conditions to jump start your own personal daily practice. Memory and homework involved.

4 weeks | \$86/\$79 (Member)

2218.901 6/17-7/17* M 10:00 am-12:00 pm

W 9:30 am-12:30 pm

2218.902 7/22-8/21** M 10:00 am-12:00 pm

W 9:30 am-12:30 pm

*No class 7/8, 7/10 **No class 8/5, 8/7

senior programs & events

See *Senior Sounds* and phseniorcenter.com for more event details.

Bunco

Potluck at 2:00 pm; Bunco begins at 3:00 pm. Fun and friendly atmosphere where no prior knowledge of the game is necessary! Buy your ticket at the Senior Center office.

Sunday, 2:00–5:00 pm

May 26, June 30, July 28, Aug. 25, Sept. 29

Drop-in: \$4 (bring potluck item to feed 4)

Senior Center: Classrooms 1 & 2

Pancake Breakfasts

Our monthly pancake breakfast is back! Enjoy bottomless pancakes with eggs, sausage and orange juice.

First Sunday of the month:

**May 5, June 2, Aug. 4, Sept. 1,
9:00–11:00 am**

Tickets: Adults (11 & up) \$5;

Children (5–10) \$3; 4 & under FREE

Senior Center: Chateau Rm

**No regular pancake breakfast in April or July.*

Easter Pancake Breakfast & Spring Boutique

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

Saturday, March 30, 8:00–11:00 am

Tickets: Adults (11 & up) \$5;

Children (5–10) \$3; 4 & under FREE

Senior Center: Classrooms 1 & 2



Online Learning
anytime, anywhere...

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

Vagabond Players **NEW!**

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. April 19: Red Hot Lovers; June 14: Moving Mountains; Oct. 25: Wagon Wheels

Fridays, 1:00 pm

Tickets: Pre-sale \$10; \$15 at the door

Senior Center: Chateau Room

Care Management Speakers Series **NEW!**

Attend these monthly presentations to learn about services, resources, and other helpful tips. Offered in conjunction with The Chateaus of Pleasant Hill.

April 11: Nutrition as We Age;

May 9: Veteran's Benefits—What is it and How do I get it?;

June 13: Preventing Slips and Falls;

July 11: Transportation in Contra Costa County, Getting to know the LINK;

August 8: Keeping Cool and Staying Hydrated;

Sept. 12: Mental Health Issues as We Age. Please pre-register as space is limited.

Thursdays, 2:00 pm

FREE!

Senior Center: Classrooms 1 & 2

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 12 & Aug. 23, 4:00–6:00 pm

Tickets: \$10; \$15 at the door*

Senior Center: Dining Room

**Based on availability*

Senior Live Well Forum Laugh, Love & Learn 2013

Entertainment, humor and education packed into a fun & inspiring day. Registration includes continental breakfast, lunch, door prizes, raffles, and giveaways. Register early, this event does sell out! Senior Information Fair from 8:30 am–1:00 pm in conjunction to event—FREE to the public!

May 10, 8:30 am–2:00 pm

Tickets: \$30; \$25 ages 60+ Senior Center

Memorial Day Social

Celebrate our Veterans and enjoy an ice cream treat.

Friday, May 24, 1:00 pm **FREE!**

Senior Center: Chateau Room

Healthy Lifestyle Series **NEW!**

This 5-week series will give you all the information you need to feel better from now on. Presented by the Pleasant Hill Wellness Center. **May 29:** Free Wellness Evaluations; **June 5:** Nutritional Supplements & Natural Healing; **June 12:** Making Healthy Menu Choices While Dining Out; **June 19:** Staying Active; **June 26:** The Importance of Core Strength, Balance & Flexibility. Please pre-register as space is limited.

\$5 per person

2262.901 5/29–6/26 W 1:00–2:00 pm

Senior Center: Classroom

Thirsty Thursday

Kick off the weekend early! Enjoy this spin-off of Taste of the Vine with a Margarita Twist! Wine, Margaritas, and light hors d'oeuvres will be served. Non-alcoholic beverages also available. Sponsored by The Chateaus of Pleasant Hill.

Thursday, June 27, 4:00–6:00 pm

Tickets: \$10; \$15 at the door*

Senior Center: Dining Room

**Based on availability*

4th of July Pancake Breakfast & Boutique

All you can eat pancakes plus more. After breakfast, shop at our boutique sale filled with lots of handmade treasures.

Thursday, July 4, 8:00–11:00 am

Tickets: Adults (11 & up) \$5;

Children (5–10) \$3; 4 & under FREE

Senior Center: Chateau Room

Pave the way to the new Senior Center!

Your tax-deductible purchase of a brick will help to fund

Buy a Brick!

furnishings, fixtures and equipment for the new Senior Center. The brick you purchase will be engraved with your name, the name of someone special to you or the name of your company. Each brick costs \$200. Call (925) 798-8788 for details.



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Pleasant Hill Baseball/Softball Association

Established 1958



DATES TO REMEMBER

- March 9, 2013 Opening Day Parade and First Games of the Season!
- March 17, 2013 Pitch, Hit & Run Contest—Open to the public, \$5 Per Player Entrance Fee
- April 14, 2013 Home Run Derby—Open to the public, \$5 Per Player Entrance Fee
- April 28, 2013 Oakland A's Little League Day
- May 4, 2013 PHBA's Annual Parents Banquet
- May 30–June 2, 2013 Boys Annual Baseball Tournament
- July (Date TBA) Boys Baseball Camp with appearance by Buster Posey
- July 19–21, 2013 Girls Annual Fastpitch Tournament



For details go to www.phba.org • phbanotes@yahoo.com