

Spring/Summer
2012

the Spotlight

**Recreation
Summer School**
with **NEW** 5-day
Extreme Recess
page 7

Preschool Camps, page 4

Adventure Kids Camp, page 5

Teen Xtreme Camp,
page 8



pleasanthillrec.com



Planning an event?

Rent the Winslow Center!

Located at the corner of Pleasant Hill Road and Taylor, it's a great location for all kinds of events. With a spacious great room that accommodates 80-100, ample free parking, and children's play area, it's close to everything, yet set apart and private. **Available Friday nights, Saturday nights, or Sundays 2:00-11:00 pm.** Perfect and **affordable** for your special event!

Birthdays, Anniversaries, Memorials, Business Meetings, Seminars, Fundraisers, Reunions, Fashion Shows, Art Shows, and more!

Reserve your space! Call 682-0896

Plan a Picnic!

Acres of green for running around! Playgrounds, picnic areas with tables, barbeque pits, restrooms, and sports equipment.

- Pleasant Hill Park
- Pleasant Oaks Park
- Brookwood Park
- Rodgers-Smith Park

For rental details, call 682-0896.



Preschool Parties: Rent the Winslow Center Playground!
See page 15 for details.

The Spotlight: March-July 2012

- Published three times a year; next issue 8/2012.
- Circulation: 75,000 per issue; sent to homes and businesses in Pleasant Hill & surrounding areas.
- Pick up a second copy at District Office or local libraries and Pleasant Hill businesses.

On the cover: Jacob Lambuth. *Photo by Ann Luke*

On the back page: Instructor Sophia Nappo instructs Jake Boyden. *Photo by Ann Luke*



Dear Friends of Pleasant Hill Recreation and Park District,

Exciting changes continue to take place at Pleasant Hill Recreation and Park District as we start the year of 2012. We are excited to showcase the new look of the Spotlight in this issue which includes the new logo the District adopted. We have also upgraded our website with an updated look and easier to navigate design.

We are very pleased with the continued progress of the Bond Projects, specifically the Senior and Teen Centers. If you have driven by Pleasant Hill Park you have seen the walls are up and the interior

work of the buildings has begun. We are still anticipating the opening of these centers this fall so stay tuned for more information regarding their Grand Opening!

Thank you for your continued support and I hope you take advantage of the offerings in our new Spotlight.

Robert B. Berggren, *General Manager*

Mission Statement

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

BOARD OF DIRECTORS

Dennis Donaghu, *Chair* 937-8283
 Bobby Glover, *Vice Chair* 954-7070
 Sherry Sterrett, *Secretary* 687-2888
 Cecile Shepard, *Member* 680-1987
 Sandra Bonato, *Member* 938-5433

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

ADMINISTRATIVE STAFF

Bob Berggren, *General Manager*
 Lynn Spatz, *Park Superintendent*
 Mark Blair, *Accounting Supervisor*
 Susie Kubota, *Executive Secretary*
 Korey Riley, *Aquatics Supervisor*
 Lance Hurtado, *Recreation Supervisor*
 Kendra Luke, *Senior Supervisor*
 Tina Young, *Acting Recreation Superintendent*

OFFICES

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

Senior Center: Little House, 249 Gregory Lane
 M-Th, 9:00 am-4:30 pm; Fri, 9:00 am-3:00 pm
 798-8788 • Fax 798-8837

Park Maintenance Operations: 310 Civic Drive
 M-Th, 7:00 am-4:30 pm; Fri, 7:30 am-12:00 pm
 671-4646 • Fax 676-7628

Paso Nogal Off-Leash Dog Park Hotline:
 210-6130

Winslow Center: 2590 Pleasant Hill Rd.

RENTALS—Call 682-0896 to rent:

- Winslow Center, 2590 Pleasant Hill Rd.
- Ball Fields, Picnic Areas and Picnic Kit, Bocce Courts, Volleyball Courts & Equipment
- Pools: PH Aquatic Park, Education Center Pool

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Join a Club!

American Legion #331
Will Castro, Cmdr, 933-6746

Contra Costa Camera Club
contracostacameraclub.org

Diablo Valley Track & Field
dvtvc.org or email: info@dvtvc.org

East Bay Artists Guild
eastbayartistsguild.org

Friends of PH Library
Call Janet Piper, 939-7915

Friends of Rodgers Ranch
roddersranch.org; call 937-FORR

Guild of Quilters
contracostaquiltguild.org

Las Juntas Artists
Judi Visscher, judivi@comcast.net

Onstage Theatre
onstagetheatre.org

PH Baseball Association
phba.org

PH DOG Owners Group
Dog park Hotline, 210-6130

PH 4th of July Commission
phjuly4.com; Jim Bonato, 938-5433

PH Garden Study Club
phgsc.com; Lisa Robinson, 229-0500

PH Historical Society
Denise Koroslev, 387-0158

PHMSA-AYSO Soccer
phmsa.org; call 686-2824

PH Tennis Club
phtennisclub.org; call 930-9608

P.H./W.C. Mothers' Club
mom4mom.org; Hotline, 939-6466

Society of Young Magicians
Call Loren Lind, 825-5040

Treadles to Threads
treadles2threads.blogspot.com

Veterans of Foreign Wars
Post 3059; Call 945-1544

 **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

\$5 discount on eligible class registrations online. Visa/MasterCard/American Express accepted.

A nominal convenience fee, non-refundable, is added to online registrations.



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.

\$5 Discount with online registration

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.

NOTE: A non-refundable convenience fee is added to online registrations.

Registration Begins March 1, 2012

- See class listings for exceptions to registration dates. No refunds unless class/activity is changed or canceled by the District.
- 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 28, July 4, and Sept 3, 2012. Other exception dates are as noted with class listings.

Administration: 682-0896

Visit us at: pleasanthillrec.com



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

Details: info@phcommunityfoundation.org

preschool summer camps

Make new friends! Enjoy new experiences! Activities include arts and crafts, games, songs, storytelling, water play, and lots of outdoor fun. Check ages listed and sign up for one or all sessions. Program content will not be repeated. SEND SNACK AND DRINK DAILY.



Daycamp for Little People

4-6 yrs

Instructors: Preschool Staff

Winslow Ctr: Rm 3, 2590 Pleasant Hill Rd.

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

6650.601	6/18-6/28	M-Th	12:30-3:00 pm
6650.602	7/2-7/12*	M-Th	12:30-3:00 pm
6650.603	7/16-7/26	M-Th	12:30-3:00 pm
6650.604	7/30-8/9	M-Th	12:30-3:00 pm
6650.605	8/13-8/23	M-Th	12:30-3:00 pm

*no class 7/4

Mini-Daycamp

2½-4 yrs

Instructors: Preschool Staff

Winslow Ctr: Rm 3, 2590 Pleasant Hill Rd

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

6651.601	6/19-6/28	Tu-Th	9:15-11:45 am
6651.602	7/3-7/12*	Tu-Th	9:15-11:45 am
6651.603	7/17-7/26	Tu-Th	9:15-11:45 am
6651.604	7/31-8/9	Tu-Th	9:15-11:45 am
6651.605	8/14-8/23	Tu-Th	9:15-11:45 am

*no class 7/4

Pre-School Summer Camp

3½-5 yrs

Instructors: Preschool Staff

Gregory Gardens Elementary School:

Rm 11, 1 Corritone Court

2 weeks | \$122/\$107 (Dist. Res.)

6652.601	6/19-6/28	Tu-Th	9:30 am-12:00 pm
6652.602	7/3-7/12*	Tu-Th	9:30 am-12:00 pm
6652.603	7/17-7/26	Tu-Th	9:30 am-12:00 pm
6652.604	7/31-8/9	Tu-Th	9:30 am-12:00 pm

*no class 7/4

Castle Tales Musical Theatre Camp

4-7 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. Note: Children, 3½ yrs, can register if older sibling is enrolled.

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

Gregory Gardens Elementary School:

Rm 10, 1 Corritone Court

4 and 5 days | \$175/\$160 (Dist. Res.)

6633.601	8/13-8/17	M-F	9:00 am-12:00 pm
6633.602	8/13-8/16	M-Th	1:30-5:00 pm

Mad Science Camp

4-6 yrs

Come have fun in these interactive camps. Take-home projects allow the exploring to continue.

Instructor: Mad Science Staff

Gregory Gardens Elementary School:

Rm 10, 1 Corritone Court

PLANET EARTH EXPLORERS

Introduce your child to science as they learn about their bodies, creatures of the land and sea, the air, and the skies above us. Campers will get the chance to become zoologists, paleontologists, entomologists, and even astronauts as they investigate new topics each day. The adventures will continue even after class with take home projects like model oceans, bird warblers, and even a live worm!

5 days | \$229/\$214 (Dist. Res.)

6630.601	7/16-7/20	M-F	9:00 am-12:00 pm
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MAD SCIENCE INVESTIGATORS

Join us for an adventure as we learn about the scientific method and put it into action as we explore rocks and minerals, volcanoes, color, light, the human eye and optical illusions. Campers will act as detectives one day and chemists the next! Take home projects will include rainbow glasses, sun catchers, goofy goop, shrinky-dinks and more!

5 days | \$229/\$214 (Dist. Res.)

6630.602	8/6-8/10	M-F	12:30-3:30 pm
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Spanish Camp for Preschoolers

NEW!

3-5½ yrs

Hola amigos! Vamos a divertirnos con los animales del oceano. Hello friends, let's go and have fun with the sea animals.

Through this hands-on interactive and stimulating environment, your child will learn the Spanish language in addition to developing social, fine and gross motor skills. Your child will be introduced to Spanish while singing, doing creative art, and enjoying friends. In this camp your child will explore the wonderful outdoor world by going on scavenger hunts, playing outdoor games, all these activities are done in Spanish. Camp theme is "Sea Animals", "Animales del Oceano."

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

Gregory Gardens Elementary School:

Rm 10, 1 Corritone Court

3 days | \$87/\$72 (Dist. Res.)

6631.601	8/6-8/10	M/W/F	9:30-11:30 am
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\$5 lab fee payable to instructor at first class

youth summer camps

Critters 'n Clay™ Camp

4½-9 yrs

Enrich your child's world with a delightful hour of integrating science, sculpting, and literature! Learn about a different animal each day, sculpt it out of clay, and hear a story about the "critter du jour." Basic sculpting and glazing techniques are taught to assist in the creation of four family heirlooms.

Instructor: Hilary Ford

Gregory Gardens Elementary School:

Rm 10, 1 Corritone Court

5 classes | \$109/\$94 (Dist. Res.)

6059.601	6/25-7/2*	M-Th	10:00-11:00 am
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\$25 lab fee payable to instructor

*return 7/2 to glaze projects

Incrediflix Film Camps **NEW!**

7–13 yrs

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

Instructor: Incrediflix Staff

**Gregory Gardens School:
Rm 10, 1 Corritone Court**

FILMMAKING FLIX

Are you the next star director, actor, writer, or cameraman? Of course you are, and you get to do it all in these live action flix! You'll work in groups to make your vision come true in these movies where you'll act, write, direct, and more.

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

6066.601 7/23–7/27 M–F 9:00 am–12:00 pm
\$30 lab fee payable to instructor

CARTOON FLIX

Your characters can fly over mountaintops, destroy cities, or swim the deepest oceans! In age appropriate groups, you'll make a paper-animated flick where you get to create your own character, build backgrounds, shoot your movie, and provide the voice for your character.

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

6066.602 7/30–8/3 M–F 1:00–4:00 pm
\$30 lab fee payable to instructor

ANIMATION FLIX

Join us for the ultimate in animation creation. Each day you'll make a new movie, with different styles of stop-motion animation. Furniture may run across the floor, clay stars may explode, or your favorite toy may even come to life! This is the ultimate arts and crafts camp where you will create, direct, and film in age appropriate groups.

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

6066.603 8/20–8/24 M–F 9:00 am–12:00 pm
\$30 lab fee payable to instructor

**Jewelry-Making Camp**

6 yrs & up

Our team of highly trained, enthusiastic staff passes on the art of jewelry making, teaching campers how to become their own jewelry designer, boosting self-esteem and creativity. Choose from a selection of hot colors, textures, and unique beads to make one-of-a-kind pieces. Our half-day summer camps include fun games and expert jewelry instruction, including resin, stamping, bead stringing, crimping, and so much more. All levels welcome.

Instructors: Dragonfly Designs Staff

**Gregory Gardens Elementary School:
Rm 10, 1 Corritone Court**

1 week | \$210/\$195 (Dist. Res.)

6060.601 7/16–7/20 M–F 1:00 pm–4:00 pm
\$50 lab fee payable first day to instructor

**LEGO Camp—
Play-Well Technologies**

5–12 yrs

Take a “crash course” in Demolition Derby, enter the Sumo Wrestling Competition, and design a Mighty Metropolis. Instruction is given appropriate to age 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 Music School:
1720 Linda Drive, Pleasant Hill**

PRE-ENGINEERING CAMP

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 | 5–7 yrs | \$238/\$223 (Dist. Res.)

6054.601 6/18–6/22 M–F 9:00 am–12:00 pm

Lego Camps continue on page 6

*Spring Break
Lego Camp, page 18*

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–6:30 pm | \$48

Rec Day: any six-hour block of time | \$38

6/18–8/17 M–F 7:00 am–6:30 pm

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–6:30 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.*



LEGO Camps (Continued) ENGINEERING FUNDAMENTALS CAMP

Lego students explore concepts in physics, architecture, mechanical and structural engineering, from Gear Cars to Battletracks. The engineer-designed curriculum challenges new and returning students to reach higher levels of engineering comprehension while having fun.

1 week | 8–12 yrs | \$238/\$223 (Dist. Res.)
6054.602 7/16–7/20 M–F 9:00 am–12:00 pm

BASH EM BOTS

Have you ever wanted to learn to build a massive motorized machine? In this advanced engineering camp, students re-engineer standard vehicles into mechanized machines that can traverse challenging obstacles, battle against fellow bots, and take on Play-Well Instructors' colossal creations.

1 week | 8–10 yrs | \$238/\$223 (Dist. Res.)
6054.603 8/6–8/10 M–F 9:00 am–12:00 pm

Mad Science Camps

Grades 1-5

Rodgers-Smith Park: 730 Grayson Rd.

CHEMISTRY LAB

We'll explore and create exciting chemical reactions, make colorful concoctions and bubbling brews. Amaze yourself with magical temperature changing baggie science or growing ghost crystals. Study things like chalk and soap, and even experiment with the chemistry used by artists, spies and detectives! Chemists bring home a project each day.

1 week | \$229/\$214 (Dist. Res.)
6062.601 7/30–8/3 M–F 9:00 am–12:00 pm

NASA JOURNEY TO SPACE

From our atmosphere to the outer reaches of our solar system, this hands-on program sends campers on a quest for exploration! Comets, planets, stars and more. Learn about the four forces of flight and the challenges of space travel. Camp includes a take-home every day. Join us for Astronaut-in-Training, Solar Launch, and Space Voyage!

1 week | \$229/\$214 (Dist. Res.)
6062.602 8/6–8/10 M–F 9:00 am–12:00 pm

PopWay Music Camp

8–12 yrs

Get ready to have the week of your life! Our class provides a stage of fun for everyone to sing, dance and team build while they improve their voice, stage presence and confidence. Students are introduced to basic vocal techniques, harmony, dance steps and choreography that foster success and camaraderie. Our students will premier original "mashups" they help create! This is sure to be the most fun and creative week for you and your new bff's!

Instructor: Village Music School staff

Village Music School: 1720 Linda Drive, Pleasant Hill

5 classes | \$245/\$230 (Dist. Res.)
6077.601 7/9–7/13 M–F 9:00 am–12:00 pm
6077.602 7/30–8/3 M–F 9:00 am–12:00 pm
\$15 lab fee payable to instructor

*Spring Break Lego Camp,
see page 18*

SECRET AGENT LAB

This camp is a fun journey into the world of detection, spy science, and forensics. Campers will examine the science behind the spy tools made famous by the world's greatest spies! Kids will get a chance to see what can't be seen by the naked eye and will follow in Sherlock's steps to learn what tracks can tell us! Join us to help foil a burglary using state-of-the-art security techniques!

1 week | \$229/\$214 (Dist. Res.)
6062.603 8/13–8/17 M–F 9:00 am–12:00 pm

INVENTOR'S ACADEMY

Each day campers are given a series of challenges they must overcome using basic materials, simple machines, tips from famous inventors and the most important thing of all—their minds. The camp involves a team-based approach to solving problems, but also includes building your own Light Saber, Rocket Launcher and more. Discover and create!

1 week | \$229/\$214 (Dist. Res.)
6062.604 8/20–8/24 M–F 9:00 am–12:00 pm

Project Rock Band Camp

8–12 yrs

Kids join together for fun and music making in a no-experience necessary Rock Band! A great way for kids to learn the fundamentals of Guitar, Piano, Drums, Bass, Keyboard and Vocal. Students will be introduced to and play each instrument in a supportive team environment. Popular songs have been made easy for students to assure success and fun while playing in a real Rock Band. All instruments and equipment are provided on our Village Music School stage.

Instructor: Village Music School staff

Village Music School: 1720 Linda Drive, Pleasant Hill

5 classes | \$245/\$230 (Dist. Res.)
6076.601 6/25–6/29 M–F 9:00 am–12:00 pm
6076.602 7/23–7/27 M–F 9:00 am–12:00 pm
\$15 lab fee payable to instructor



Spanish Immersion Summer Camp **NEW!**

5–10 yrs

Let your child enjoy this new Spanish Immersion Camp. This is a great opportunity for your child to learn a new language. Campers will learn Spanish while having fun playing board games, creating art, going on scavenger hunts and other fun activities. The theme is "Vamos Acampar" Let's go camping. Your child will explore the outdoor world, search for wild animals, build a tent, and other amazing activities. If you sign up more than one child in the same family we will waive the lab fee. Vamos a divertimos! Let's go and have fun!

Instructor: Miriam Lattanzi

Gregory Gardens Elementary School: Rm 10, 1 Corritone Court

1 week | \$200/\$185 (Dist. Res.)
6074.601 7/9–7/13 M–F 9:00 am–12:00 pm
\$7 lab fee payable to the instructor on the first day

Spectrum of Science Camps **NEW!**

Grades 1–5

Bring a snack (NO nuts), drink and a backpack. These are outside camps. Dress in layers, including a sweatshirt. Extended Care is available, call (925) 820-2415.

Rodgers-Smith Park: 730 Grayson Rd.

MARINE SCIENCE MANIA

Become an aquatic scientist! Research a fish cleaning station. Where are the whales? View hydrothermal vents, bioluminescent lights in the deep and check out jellies, dragons and weeds of the sea! Each scientist will receive a Marine Mania silver kit with project supplies to use each day and a complete list of vocabulary words to bring home!

1 week | \$211/\$196 (Dist. Res.)

6068.601 6/25–6/28 M–Th 9:00 am–12:00 pm
\$45 lab fee payable first day to instructor

TWISTED TECHNOLOGY

Become an electro-whiz, learn how science and circuitry work, and switch it on! Do the BLT—Build it, Learn it, Take it! Improvise a remote infrared or radio-controlled project! If it moves, you make it. Each scientist will receive a contraction holder for supplies, a complete list of vocabulary words, and a background briefing on each project.

1 week | \$211/\$196 (Dist. Res.)

6068.602 7/9–7/12 M–Th 9:00 am–12:00 pm
\$65 lab fee payable first day to instructor

SPARKLING SCIENCE FOR GIRLS

Science is glamorous! Experience a beautiful side of biology & chemistry. Learn to create chemical concoctions and how to utilize oils, gels & lotions to make scents you can wear. Call (925) 820-2415 with ingredients/allergies questions. Each child will make & take home perfumes, bath fizzes, and more!

1 week | \$211/\$196 (Dist. Res.)

6068.603 7/16–7/19 M–Th 9:00 am–12:00 pm
\$45 lab fee payable first day to instructor

SCIENCE ON THE PROWL

Check out creature characteristics: wrappers and coverings, habitats and adaptations. Can you tell the difference between frogs and toads? Zoom in on the world of mini beasts and take home your very own microscope! Make an aqua scope and view underwater life. Examine scaly friends and thorny plants! This camp provides splendid, spotted and spectacular science!

1 week | \$211/\$196 (Dist. Res.)

6068.604 7/23–7/26 M–Th 9:00 am–12:00 pm
\$45 lab fee payable first day to instructor

youth sports camps

Kidz Love Soccer Camps Boys & Girls

Where the score is always Fun-to-Fun™. Shin guards are required, soccer shoes and sunscreen are recommended.

HALF-DAY CAMPS

4½–10 yrs

Spend a week enjoying the world's most popular sport in a fun, recreational environment. Play fun soccer games to build skills in our fun, age-appropriate camp. Learn and practice soccer skills including: dribbling, passing, receiving, and shooting. Everyone is a winner as the week's fun culminates in an age-appropriate "World Cup" tournament. All campers will receive a Kidz Love Soccer jersey and soccer ball.

Instructor: Kidz Love Soccer Staff, trained in the Kidz Love Soccer method®

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

1 wk: M–F, 6/18–6/22 | \$125/\$115 (Dist. Res.)

5039.602 Level 1, 4½–6 yrs 9:00 am–12:00 pm

5039.603 Level 2, 7–8 yrs 9:00 am–12:00 pm

5039.604 Level 3, 9–10 yrs 9:00 am–12:00 pm

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: Deborah Gantt

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

5 classes | \$127/\$117 (Dist. Res.)

***4 classes (no class 7/4) | \$102/\$92 (Dist. Res.)**

5589.601 6/18–6/22 M–F 9:00 am–12:00 pm

5589.602 6/25–6/29 M–F 9:00 am–12:00 pm

5589.603 7/2–7/6* M–F 9:00 am–12:00 pm

5589.604 7/9–7/13 M–F 9:00 am–12:00 pm

5589.605 7/16–7/20 M–F 9:00 am–12:00 pm

5589.606 7/23–7/27 M–F 9:00 am–12:00 pm

5589.607 7/30–8/3 M–F 9:00 am–12:00 pm

5589.608 8/6–8/10 M–F 9:00 am–12:00 pm

5589.609 8/13–8/17 M–F 9:00 am–12:00 pm

Recreation Summer School

Up to eight weeks of Summer Fun for Grades 1–8!

Tuesday, Wednesday, and Thursday from 9:30 am–12:20 pm each week, **plus NEW Extreme Recess for Optional Monday and Friday participation.**

6-week session: June 25–August 3

2-week session: August 6–17

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.



Grades 3–8

Grades 3–4 and 5–8 will be separated, and both will choose six 50-minute classes and be assigned three. *For exact classes offered, see Recreation Summer School brochure.**

- Arts & Crafts
- Duct Tape 101
- Creative Writing
- Basketball
- Mystery Stories
- Soccer & Football
- CPR/First Aid
- Ball Games
- Karate
- Culinary Arts
- Dance Mix
- Ultimate Challenges

AFTERNOON RECREATION

Morning students can bring their lunch and continue having fun. We have exciting planned activities that 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 **NEW!**

Mondays and Fridays, we will have planned field trips to our community parks as well as local fun spots.

***Recreation Summer School Brochure with registration forms will be available April 9, 2012 at 147 Gregory Ln., and for download at pleasanthillrec.com.**

teen summer camps

Teen Scene XTREME Summer Camp

Entering Grades 6-9

Experience an extreme and fun summer with this camp! Mondays include an exciting 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.

Faith Lutheran Church: 50 Woodsworth Ln.
(drop off/pick up)

5-day week \$245 (\$49/day) | 4-day week* \$196 (\$49/day)

Monday-Friday, 9:00 am-5:30 pm

Wk	Dates	Tuesday	Wednesday	Thursday
1	6/25-6/29	Lunch & Bowling	Sky High Sport	Waterworld
2	7/2-7/6*	Boomers	NO CAMP (7/4)	Lunch & Movie
3	7/9-7/13	Bike Across Golden Gate	Great America	Scavenger Hunt
4	7/16-7/20	Farmers Market & Qzar	Discovery Kingdom	Sailing on the Bay
5	7/23-7/27	Lunch & Bowling	Sky High Sport	Canoeing & Waterslides
6	7/30-8/3	Lunch & Movie	Great America	Rock climbing
7	8/6-8/10	Sea Kayaking	A's Game	Camping at Del Valle
8	8/13-8/17	Waterworld	Aquarium of the Bay/Pier 39	Games 2U



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 2012 volunteer positions. You will receive a Junior Lifeguard t-shirt. Bring swimsuit.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Ln.

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

8720.501 6/12 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 2012. Enroll in both 8750.601 & 8750.602 and receive a \$19 discount.

Coach: Brandon Williams, CORE Water Polo Coach

PH Education Ctr.: 1 Santa Barbara Rd.

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

8750.601 6/19-8/2 Tu/Th 8:00-9:30 pm

1 week | \$61/\$49 (Dist. Res.)

8750.602 8/6-8/9 M-Th 5:00-7:00 pm

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: Jessica Cima, CORE Water Polo Coach

PH Education Ctr.: 1 Santa Barbara Rd.

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

8751.601 6/18-7/6* M/W/F 10:30-11:30 am

8751.602 7/9-7/27 M/W/F 10:30-11:30 am

8751.603 7/30-8/17 M/W/F 10:30-11:30 am

*no class 7/4

STAGE Summer Repertory—VOICES

12-18 yrs

Grow as a performer and writer in this unique one-on-one experience with a trained director and playwright. This intensive class is strictly for the serious drama student and potential playwright. We will be honing the actors' skills through theater games, character analysis, journal writing and extensive exercises as tools to create diverse rich characters, as both actors and writers. We will explore the use of body, voice, story and emotions to tell our own stories, write original material, and practice and perform OUR scripts. Homework writing assignments and acting projects will be given weekly. Students will see their scripts come to life on stage in our performances for friends and family on 8/3 and 8/4 (\$5 admission).

Instructor: Doña Foreman

Winslow Center: Rm 1 & 2
2590 Pleasant Hill Rd.

6 weeks | \$220/\$205 (Dist. Res.)

5111.601 6/20-8/1 M/W 2:00-5:00 pm

6/30, 7/14, 7/28, 8/4 Sa 10:00 am-2:00 pm

\$30 lab fee payable to instructor

aquatics 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, 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 (details provided during class). You will receive a Junior Lifeguard t-shirt.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Ln.

5 classes | \$155/\$140 (Dist. Res.)

8720.601 6/18-6/22 M-F 9:00 am-1:00 pm

8720.602 6/25-6/29 M-F 9:00 am-1:00 pm

AQUATIC REFUND POLICY—Pleasant Hill Recreation & Park District strives to provide the highest quality in programs and services. In accordance with the District’s “Satisfaction Guaranteed Policy,” all requests for credits/refunds must be requested by the second class meeting. For any concerns regarding the quality of our programs and/or instructors, please contact us immediately, 682-0896, so that we may work to resolve your concerns.

If circumstances beyond your control impact your ability to participate in our programs and/or it becomes necessary for you to transfer to another date/time, transfers or credits on account will be accessed a \$5 administration fee and a cash refund/credit to your charge card will be accessed a \$10 processing fee (unless the activity is changed or canceled by the District.) With the exception of medical emergencies, all requests for transfers/credits on account must be received two weeks prior to the first class meeting. Credits/refunds for medical emergencies require a doctor’s/health plan documentation.

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

Public Swimming

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/locker rooms
- Two picnic areas, with BBQ pit/two tables, on lawn area off the pool deck.

ALL persons entering the pool must pay admission. 15-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 \$3.50
 7–17 yrs \$4.00
 18 yrs/older. \$4.00
 Seniors 55 yrs/older. . \$3.50

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

PUBLIC SWIMMING HOURS

(Memorial Day to Labor Day)

Spring: May 26–June 17
 Sat/Sun, 1:00–5:00 pm

Summer: June 18–Aug. 26
 Mon–Th, 1:15–4:15 pm
 Fri–Sun, 1:00–5:00 pm*
 *Friday, July 6, 1:15–4:15 pm

Late Summer: Sept. 1–3
 Sat/Sun, 1:00–5:00 pm

Holidays: May 28, July 4, Sept. 3
 1:00–5:00 pm

Friday Night Family Swimming:

June 22, July 20, Aug. 17, 6:00–9:00 pm

SWIM PUNCH CARDS

Save money! Purchase a Swim Punch Card (includes 15 swims) and enjoy use of the PH Aquatic Park during public swimming hours. Cards, valid 5/26–9/3, are available at the District Office, 147 Gregory Lane, or call 682-0896. Punch cards are not transferrable.

2–6 yrs \$45
 7–17 yrs \$53
 18 yrs/older. \$53
 Seniors 55 yrs/older. . \$45

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 maximum.

Spring: May 26–June 17
 Sat/Sun, 1:00–5:00 pm

Summer: June 18–Aug. 26
 Mon–Th, 1:15–4:15 pm
 Fri/Sat/Sun, 1:00–5:00 pm*
 *Friday, July 6, 1:15–4:15 pm

Late Summer: Sept. 1–3
 Sat/Sun, 1:00–5:00 pm

Holidays:

Monday, May 28, 1:00–5:00 pm
 Wednesday, July 4, 1:00–5:00 pm
 Monday, Sept. 3, 1:00–5:00 pm

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

SEASON SWIM PASS

Save \$\$\$! Come play at the pool—it’s a great way to spend the summer! Purchase a Season Swim Pass, valid 5/26–9/3, for unlimited use of the PH Aquatic Park during public swimming hours. Purchase passes at the District Office, 147 Gregory Lane. A Season Swim Pass Liability Release Form must be signed before participation.

1 Person \$90 4 Persons \$225
 2 Persons. . . . \$135 5 Persons \$260
 3 Persons. . . . \$180

Each add’l person over 5: \$45



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 use requires an additional fee.

April 6–Oct. 7, 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/availability.

classes

Introduction to Synchronized Swimming **NEW!**

6-12 years (Co-ed)

Designed for young athletes who are interested in incorporating their love of the water with dance, gymnastics and music. Participants must be water safe and be able to swim freestyle the length of the pool. This program's focus is on learning the basics of synchronized swimming such as eggbeater, sculling, basic figures and body positions as well as a swimming in a team routine. Participants will also have the opportunity to participate in the Walnut Creek Aquanauts Annual Swim Show.

Instructor: Walnut Creek Aquanauts Synchronized Swimming Coaching Staff

PH Education Ctr: 1 Santa Barbara Rd.
5 weeks | \$185/\$170 (Dist. Res.)

8770.501 6/19-7/19 Tu/Th 9:30-11:00 am

8770.502 7/24-8/23 Tu/Th 9:30-11:00 am

Kick, Splash & Bubbles **NEW!**

6 months-4 years

Come play in the water with your child! Instructor will lead you and your child through games, songs and water adjustment activities, to build a foundation for lifelong love of the water. Children who are not potty-trained must wear a swim diaper. No disposable or cloth diapers.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Ln.

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

8505.501 4/17-4/26 Tu/Th 1:00-1:25 pm

8505.502 5/1-5/10 Tu/Th 1:00-1:25 pm

8505.503 5/15-5/24 Tu/Th 1:00-1:25 pm

8506.501 4/17-4/26 Tu/Th 1:30-1:55 pm

8506.502 5/1-5/10 Tu/Th 1:30-1:55 pm

8506.503 5/15-5/24 Tu/Th 1:30-1:55 pm

Splashball

6-10 yrs

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

Strong swimming skills a plus!

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Ln.

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

8750.501 4/15-6/3 Su 10:00-11:00 am



Lifeguard Training

15 yrs & up

Become an American Red Cross certified Lifeguard! After successful completion, the American Red Cross will issue certificates in Lifeguard Training, CPR/AED for Lifeguards and Administering Emergency Oxygen. Bring lunch each day. Visit www.pleasanthillrec.com for the required prerequisites, which must be successfully completed on the first day of class.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Ln.

\$205/\$190 (Dist. Res.)

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

8715.501 4/2-4/6 M-F 9:00 am-5:00 pm

8715.502 4/9-4/13 M-F 9:00 am-5:00 pm

30-minute daily lunch break included.

8715.503 4/20-5/5 F 5:00-8:00 pm

Sa 8:30 am-5:30 pm

8715.504 5/11-5/26 F 5:00-8:00 pm

Sa 8:30 am-5:30 pm

30-minute lunch break on Saturday included.

8715.505 6/11-6/14 M-Th 8:00 am-6:00 pm

30-minute daily lunch break included.



Water Safety Instructor

16 yrs & up

The American Red Cross WSI course provides training needed to teach courses in the ARC Swimming & Water Safety Program. After successful completion, you will be able to teach swimming and water safety classes and receive certification in FIT & WSI. Must pass prerequisite swimming skills test first day of class: swim 25 yards each of crawl stroke, back stroke, breaststroke, elementary back stroke & side stroke; 15 yards butterfly; tread water for one minute; and float or scull on back in deep water for one minute. Homework required after each class.

Instructor: Korey Riley

PH Aquatic Park: 147 Gregory Ln.

\$195/\$180 (Dist. Res.)

(\$55 materials fee included)

8716.501 4/16-5/21 M/W 5:30-8:30 pm

Lifeguard Training Challenge

16 yrs & up

For students who have taken a lifeguard training course within the last four years and want to renew their certifications. Participants must bring their most recent certification cards, current ARC Lifeguard Manual, pocket mask, and swimsuit to class. A challenge is testing only; there will be NO instruction. Lifeguard Manuals and pocket masks are available for an additional fee when registering.

Instructor: Aquatics Staff

FULL LIFEGUARD TRAINING CHALLENGE

(includes First Aid & CPR/AED for Lifeguards)

PH Aquatic Park: 147 Gregory Ln.

\$115/\$100 (Dist. Res.)

(includes \$35 certification fee to ARC)

8717.501 3/30-3/31 F 4:00-8:00 pm

Sa 9:00 am-1:00 pm

8717.502 6/1-6/2 F 4:00-8:00 pm

Sa 9:00 am-1:00 pm

CPR/AED FOR LIFEGUARDS CHALLENGE ONLY

Did you know your Lifeguard Training certification is not valid unless you have a current CPR/AED for Lifeguards certificate?

PH Aquatic Park: 147 Gregory Ln.

\$72/\$58 (Dist. Res.)

(includes \$27 certification fee to ARC)

8718.501 3/30 F 4:00-8:00 pm

8718.502 4/7 Sa 9:00 am-1:00 pm

8718.503 6/1 F 4:00-8:00 pm

clinics

Spring Swim Clinics

6-13 yrs

For the summer recreation swimmer. Focus is on stroke technique and drill progressions for competitive swimming. They are NOT TRAINING SESSIONS. All swimmers must have prior competitive experience. This clinic does not conflict with County guidelines for Recreation Swim Teams. PH Dolphins automatically get the resident rate when registering.

Instructor: Talli Pitcher

PH Education Ctr: 1 Santa Barbara Rd.

3 weeks | \$89/\$74 (Dist. Res.)

8727.503 3/20-4/5 Tu/Th 6:00-6:45 pm

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

8727.504 4/17-4/26 Tu/Th 6:00-6:45 pm



special events

Family Fun Triathlon

8 yrs and up

Join Pleasant Hill Recreation for our 5th 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 12 and get a free t-shirt. Race day check-in begins at 8:00 am, race starts at 9:00 am.

Sunday, April 29, 2012
PH Education Ctr: 1 Santa Barbara Rd.

Individual: 8251.501
\$44 Pre-Reg (by 4/12) | \$54 (4/13-race day)

Relay, up to 3 people: 8252.501
\$93 Pre-Reg (by 4/12) | \$108 (4/13-race day)

Pre-Swim Team Clinic

4-13 yrs

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

Instructor: Talli Pitcher

PH Aquatic Park: 147 Gregory Ln.

4 weeks | 4-5 yrs | \$99/\$84 (Dist. Res.)

8208.501 3/26-4/27* M/W/F 4:00-4:30 pm

4 weeks | 6-8 yrs | \$124/\$109 (Dist. Res.)

8209.501 3/26-4/27* M/W/F 4:30-5:15 pm

*no class 4/9-4/13

For swimmers who have a desire to learn the skills to be on a swim team or further develop their swimming skills. Focus will be in developing skill in the four competitive strokes, starts, and turns. This class is for students without swim team experience.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Ln.

4 weeks | 9-13 yrs | \$124/\$109 (Dist. Res.)

8210.501 3/26-4/27* M/W/F 5:15-6:00 pm

*no class 4/9-4/13

Spring Swim Practice

4-18 yrs

An opportunity for youth to swim in the Spring. This non-competitive program focuses on stroke development and conditioning. Children will be swimming with the Dolphins Swim Team.

Coach: Dolphins Swim Team Coaching Staff

PH Aquatic Park: 147 Gregory Ln.

3 weeks | 4-8 yrs | \$145/\$130 (Dist. Res.)

8211.501 4/30-5/17 M-Th 4:15-5:00 pm

3 weeks | 9-10 yrs | \$145/\$130 (Dist. Res.)

8212.501 4/30-5/17 M-Th 5:00-6:00 pm

3 weeks | 11-18 yrs | \$145/\$130 (Dist. Res.)

8213.501 4/30-5/17 M-Th 6:00-7:00 pm

water exercise

Aqua ZUMBA® **NEW!**

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. FREE Trial Class on Monday, March 26th!

Instructor: Rigel Cedeño,
 Certified Aqua Zumba Instructor

PH Aquatic Park: 147 Gregory Ln.

10 classes | \$80/\$65 (Dist. Res.); Drop-in: \$8

8120.501 4/2-6/11* M 7:00-8:00 pm

8121.501 4/4-6/6 W 7:00-8:00 pm

8121.601 6/13-8/22** W 7:00-8:00 pm

8120.601 6/18-8/20 M 7:00-8:00 pm

20 classes | \$135/\$120 (Dist. Res.); Drop-in: \$8

8124.501 4/2-6/11* M/W 7:00-8:00 pm

8124.601 6/13-8/22** M/W 7:00-8:00 pm

*No class 5/28; **No class 7/4



Friday Night Family Swim

Swim Punch Cards and Season Swim Passes are valid for entry. See Public Swim Section on page 9 for drop-in admission and additional information.

June 22, July 20, Aug. 17 | 6:00-9:00 pm

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 11. For rules or information, call 682-0896.

PH Aquatic Park: 147 Gregory Ln.

Entry Fee: \$5/boater

8780.601 7/13 F 2:00 pm (race start time)

Swim for Fitness

16 yrs & up

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! Each class includes a daily workout and instruction; basic swimming skills required.

Instructors: Carol Madsen (8203/05)
 Staci Lindsay (8204)

PHEC Pool: 1 Santa Barbara Rd.

PHAP: 147 Gregory Ln.

AM, 12 wks | PHEC | \$106/\$100 (Dist. Res.)

8203.601 3/26-6/22 M/W/F 6:00-7:00 am

8203.602 6/25-9/14 M/W/F 6:00-7:00 am

Afternoon, 6 wks | PHEC | \$60/\$56 (Dist. Res.)

8205.601 3/26-5/11 M/W/F 1:00-2:00 pm

Afternoon, 5 wks | PHAP | \$46/\$42 (Dist. Res.)

8205.602 5/14-6/15 M/W/F 12:00-1:00 pm

Afternoon, 10 wks | PHEC | \$94/\$88 (Dist. Res.)

8205.603 6/18-8/24 M/W/F 12:00-1:00 pm

Afternoon, 3 wks | PHEC | \$30/\$28 (Dist. Res.)

8205.604 8/27-9/14 M/W/F 1:00-2:00 pm

PM, 12 wks | PHEC | \$106/\$100 (Dist. Res.)

8204.601 3/26-6/21 M/Tu/Th 7:00-8:00 pm

8204.602 6/25-9/13 M/Tu/Th 7:00-8:00 pm

No class 4/9-4/13, 5/28, 7/4, 9/3

"Anytime" Punch Card: \$40 (8 swims)

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 not required.

Instructor: Jeaneen Cowen

PH Aquatic Park: 147 Gregory Ln.

**Year-round classes | Drop-in: \$6
H₂O Punch Card: \$40 (8 classes)**

AM	3/27–Nov.	Tu/Th	8:30–9:30 am
AM	3/27–Nov.	W	7:30–8:30 am
PM	3/27–Nov.	Tu/Th	7:00–8:00 pm

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

Water Blast

Get as much in aerobics and strength as from other land-based aerobic classes and leave the sweat with them! Join us for a true BLAST and keep your fitness through the winter season. The water is warmer than you keep your house! Swimming skills not required.

Instructor: Tracy Scrimshaw, *water exercise and fitness instructor for 12+ yrs*

**PH Education Ctr Pool:
1 Santa Barbara Rd.**

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

AM	M/W/F	8:30–10:00 am
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Class moves to PH Aquatic Park: 147 Gregory Lane, 5/14–8/10. Returns to PH Education Center 8/13. No class on legal holidays, during Nov/Dec holiday 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 Ln.

8 classes | \$31/\$28 (Senior Member)

2240.501	3/27–4/19	Tu/Th	8:30–9:30 am
2240.502	4/24–5/17	Tu/Th	8:30–9:30 am
2240.601	5/22–6/14	Tu/Th	8:30–9:30 am
2240.602	6/19–7/12	Tu/Th	8:30–9:30 am
2240.603	7/17–8/9	Tu/Th	8:30–9:30 am
2240.604	8/14–9/6	Tu/Th	8:30–9:30 am

pleasant hill dolphins swim team

For everything you need to know about the Dolphins Swim Team, including practice schedule, special discounts, \$100 Parent Work Fee and team calendar, visit www.pleasanthillrec.com.

Registration: March 1–31, 2012 at the District Office (M–F, 9 am–5 pm) or online at www.pleasanthillrec.com. For more information, call 682-0896.

Coaches: Head Coach Devon Flaskerud, Talli Pitcher, Brandon Brown, Beth Heinen, and Carol Madsen

Season Runs 4/30–8/6 | \$295/\$280 (Dist. Res.)

Fee includes team t-shirt. Payment plan available.

Late Registration Fee:

Additional **\$50/swimmer** (no discounts), based on availability until 5/21.

Mini-Dolphins

A program for those seven yrs and under 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

Try-outs: Thursday, 4/19, 4 pm

Registration Deadline: Monday, 4/30

PH Aquatic Park: 147 Gregory Ln.

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

8200.501 5/1–6/14 Tu/Th 3:45–4:15 pm

Practice moves to PH Education Ctr. 5/22

SUMMER

Try-outs: Friday, 6/1, 4 pm

Registration Deadline: Friday, 6/8

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

PH Education Ctr: 1 Santa Barbara Rd.

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

8200.601 6/18–8/6 M/Tu/Th/F 1:30–2:00 pm

No practice 7/2–7/4

Race Specific Clinics **NEW!**

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 a specific skill to assist in their racing skills.

Instructor: Dolphins Coaches

Pleasant Hill Education Center, 1 Santa Barbara Road

\$25/\$20 (Dolphins) | All Clinics: \$125/\$100 (Dolphins)

8285.601	11 & up	Dives	6/20	9:00–9:45 am
8286.601	10 & under	Dives	6/20	9:45–10:30 am
8285.602	9 & up	Flip Turns	6/27	9:00–9:45 am
8285.603	11 & up	Open Turns	7/11	9:00–9:45 am
8286.603	10 & under	Open Turns	7/11	9:45–10:30 am
8285.604	11 & up	Sprints/Racing Techniques	7/18	9:00–9:45 am
8286.604	10 & under	Sprints/Racing Techniques	7/18	9:45–10:30 am
8285.605	11 & up	Turns/Racing Techniques	7/25	9:00–9:45 am
8286.605	10 & under	Turns/Racing Techniques	7/25	9:45–10:30 am
8285.606	11 & up	Starts/Racing Techniques	8/1	9:00–9:45 am
8286.606	10 & under	Starts/Racing Techniques	8/1	9:45–10:30 am
8285.607	11 & up	All Clinics	6/20–8/1	
8286.607	10 & under	All Clinics	6/20–8/1	

Summer Competitive Stroke Instruction

One-on-one instruction in the latest stroke, turn, and starting techniques to help improve ability in competitive swimming with your Dolphin coaches: Devon, Talli, Brandon, Beth, and Carol. For details and to register, call (925) 682-0896 or visit www.pleasanthillrec.com.

swim lessons

Pleasant Hill Recreation & Park District is a proud provider of the American Red Cross Swimming and Water Safety Program! The program features six levels of learn-to-swim instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience as they progress through all six levels, and to help ensure they master swimming skills.

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

PLEASE PLAN YOUR SCHEDULE CAREFULLY; THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.

Please speak to the lesson manager on the first day of the session if you have any special requests or information regarding your child's swim lessons. Lesson managers supervise lessons on the pool deck, and they are there to assist with any concerns you may have.

PARENT/TOT (6 MOS-4 YRS)

Parent/child participate together with the help of a staff instructor in this water adjustment class. Parent and child will 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)

Only 3 per class

Child must be ready to learn without parent participation. Skills: Water adjustment, elementary aquatic skills and water safety.

PRE-SCHOOL (4-6 YRS)

Only 4 per class

Child must be ready to learn without parent participation. Skills: Water adjustment, elementary aquatic skills, stroke development and water safety. Abilities may vary.

YOUTH (7-12 YRS)

Student max 6

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.

ADULT/TEEN (13 YRS/OVER)

Student max 6

New strokes and techniques for stroke improvement will be taught. Skills: floating, kicking, crawl stroke, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke, diving, and turns.

PRIVATE (4 YRS-ADULT)

One-on-one instruction for all ability levels.



Spring Swim Lessons

Please plan your schedule carefully; there are no make-ups or refunds for missed classes.

**PH Aquatic Park:
147 Gregory Lane**

Saturday Group | 4 weeks, (4) 28-min classes

AGE	FEE	3/31-4/21	4/28-5/19	5/26-6/16
10:00 am Adult/Teen	\$40/\$32*	8591.501	8591.503	8591.505
10:30 am Youth	\$40/\$32*	8575.501	8575.503	8575.505
11:00 am Pre-School	\$51/\$41*	8656.501	8656.503	8656.505
11:30 am Tiny Tot	\$62/\$50*	8526.501	8526.503	8526.505
12:00 pm Parent/Tot	\$42/\$34*	8510.501	8510.503	8510.505

*(Dist. Res)

Sunday Group | 4 weeks, (4) 28-min classes

AGE	FEE	4/1-29**	5/6-27	6/3-24
10:00 am Adult/Teen	\$40/\$32*	8591.502	8591.504	8591.506
10:30 am Youth	\$40/\$32*	8575.502	8575.504	8575.506
11:00 am Pre-School	\$51/\$41*	8656.502	8656.504	8656.506
11:30 am Tiny Tot	\$62/\$50*	8526.502	8526.504	8526.506
12:00 pm Parent/Tot	\$42/\$34*	8510.502	8510.504	8510.506

*(Dist. Res); **No class 4/8

Tu/Th Private | 2 weeks, (4) 20-min classes | \$73/\$59 (Dist. Res)

	3/27-4/5	4/17-26	5/1-10	5/15-24	5/29-6/7
1:00 pm	8619.501	8619.502	8619.503	8619.504	
1:20 pm	8620.501	8620.502	8620.503	8620.504	
1:40 pm	8621.501	8621.502	8621.503	8621.504	
5:00 pm	8613.501	8613.502			8613.505
5:20 pm	8614.501	8614.502			8614.505
5:40 pm	8615.501	8615.502			8615.505
6:00 pm	8616.501	8616.502	8616.503	8616.504	8616.505
6:20 pm	8617.501	8617.502	8617.503	8617.504	8617.505
6:40 pm	8618.501	8618.502	8618.503	8618.504	8618.505

Saturday Private

4 weeks, (4) 20-min classes | \$73/\$59 (Dist. Res)

	3/31-4/21	4/28-5/19	5/26-6/16
10:00 am	8626.501	8626.503	8626.505
10:20 am	8627.501	8627.503	8627.505
10:40 am	8628.501	8628.503	8628.505
11:00 am	8629.501	8629.503	8629.505
11:20 am	8630.501	8630.503	8630.505
11:40 am	8631.501	8631.503	8631.505
12:00 pm	8632.501	8632.503	8632.505

Sunday Private

4 weeks, (4) 20-min classes | \$73/\$59 (Dist. Res)

	4/1-29*	5/6-27	6/3-24
10:00 am	8626.502	8626.504	8626.506
10:20 am	8627.502	8627.504	8627.506
10:40 am	8628.502	8628.504	8628.506
11:00 am	8629.502	8629.504	8629.506
11:20 am	8630.502	8630.504	8630.506
11:40 am	8631.502	8631.504	8631.506
12:00 pm	8632.502	8632.504	8632.506

*No class 4/8

Summer Swim Lessons

Weekday Group, M–Th | (8) 28-min classes

*One week only, M–Th (class dates of 6/11–14 and 8/27–30) | (4) 28-min classes

		6/11–14*	6/18–28	7/2–12**	7/16–26	7/30–8/9	8/13–23	8/27–30*
Parent/ Tot	10:00 am		8500.602	8500.603	8500.604	8500.605	8500.606	
	12:00 pm		8501.602	8501.603	8501.604	8501.605	8501.606	
	5:00 pm	8502.601	8502.602	8502.603	8502.604	8502.605	8502.606	8502.607
	6:00 pm	8503.601	8503.602	8503.603	8503.604	8503.605	8503.606	8503.607

Tiny Tot	10:00 am		8530.602	8530.603	8530.604	8530.605	8530.606	
	11:00 am		8531.602	8531.603	8531.604	8531.605	8531.606	
	11:30 am		8532.602	8532.603	8532.604	8532.605	8532.606	
	12:30 pm		8533.602	8533.603	8533.604	8533.605	8533.606	
	4:30 pm	8534.601	8534.602	8534.603	8534.604	8534.605	8534.606	8534.607
	5:30 pm	8535.601	8535.602	8535.603	8535.604	8535.605	8535.606	8535.607
	6:00 pm		8536.602	8536.603	8536.604	8536.605	8536.606	
	6:30 pm	8538.601	8538.602	8538.603	8538.604	8538.605	8538.606	8538.607

Pre-School	10:00 am		8542.602	8542.603	8542.604	8542.605	8542.606	
	10:30 am		8543.602	8543.603	8543.604	8543.605	8543.606	
	11:00 am		8544.602	8544.603	8544.604	8544.605	8544.606	
	12:00 pm		8545.602	8545.603	8545.604	8545.605	8545.606	
	4:30 pm	8546.601	8546.602	8546.603	8546.604	8546.605	8546.606	8546.607
	5:00 pm		8547.602	8547.603	8547.604	8547.605	8547.606	
	5:30 pm	8548.601	8548.602	8548.603	8548.604	8548.605	8548.606	8548.607
	6:30 pm	8549.601	8549.602	8549.603	8549.604	8549.605	8549.606	8549.607

Youth	10:30 am		8570.602	8570.603	8570.604	8570.605	8570.606	
	11:30 am		8571.602	8571.603	8571.604	8571.605	8571.606	
	12:30 am		8572.602	8572.603	8572.604	8572.605	8572.606	
	5:00 pm	8573.601	8573.602	8573.603	8573.604	8573.605	8573.606	8573.607
	6:00 pm	8574.601	8574.602	8574.603	8574.604	8574.605	8574.606	8574.607

Adult/ Teen	7:00 pm	8590.601	8590.602	8590.603	8590.604	8590.605	8590.606	8590.607
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**7/2–12 session M–F, M–Th (no class 7/4)

Weekday Private, M–Th | (8) 20-min classes

*One week only, M–Th (class dates of 6/11–14 and 8/27–30) | (4) 28-min classes

		6/11–14*	6/18–28	7/2–12**	7/16–26	7/30–8/9	8/13–23	8/27–30*
Private Lessons	10:00 am		8600.602	8600.603	8600.604	8600.605	8600.606	
	10:20 am		8601.602	8601.603	8601.604	8601.605	8601.606	
	10:40 am		8602.602	8602.603	8602.604	8602.605	8602.606	
	11:00 am		8603.602	8603.603	8603.604	8603.605	8603.606	
	11:20 am		8604.602	8604.603	8604.604	8604.605	8604.606	
	11:40 am		8605.602	8605.603	8605.604	8605.605	8605.606	
	12:00 pm		8606.602	8606.603	8606.604	8606.605	8606.606	
	12:20 pm		8607.602	8607.603	8607.604	8607.605	8607.606	
	12:40 pm		8608.602	8608.603	8608.604	8608.605	8608.606	
	4:30 pm	8615.601	8615.602	8615.603	8615.604	8615.605	8615.606	8615.607
	4:50 pm	8616.601	8616.602	8616.603	8616.604	8616.605	8616.606	8616.607
	5:10 pm	8617.601	8617.602	8617.603	8617.604	8617.605	8617.606	8617.607
	5:30 pm	8618.601	8618.602	8618.603	8618.604	8618.605	8618.606	8618.607
	5:50 pm	8619.601	8619.602	8619.603	8619.604	8619.605	8619.606	8619.607
	6:10 pm	8620.601	8620.602	8620.603	8620.604	8620.605	8620.606	8620.607
	6:30 pm	8621.601	8621.602	8621.603	8621.604	8621.605	8621.606	8621.607
	6:50 pm	8622.601	8622.602	8622.603	8622.604	8622.605	8622.606	8622.607
7:10 pm	8623.601	8623.602	8623.603	8623.604	8623.605	8623.606	8623.607	

**7/2–12 session M–F, M–Th (no class 7/4)

Sat Group | 4 weeks, (4) 28-min classes

		6/23–7/14	7/28–8/18
10:00 am	Adult/Teen	8591.601	8591.603
10:30 am	Youth	8575.601	8575.603
11:00 am	Preschool	8656.601	8656.603
11:30 am	Tiny Tot	8526.601	8526.603
12:00 pm	Parent/Tot	8510.601	8510.603

Sat Private | 4 weeks, (4) 20-min classes

		6/23–7/14	7/28–8/18
10:00 am		8626.601	8626.603
10:20 am		8627.601	8627.603
10:40 am		8628.601	8628.603
11:00 am		8629.601	8629.603
11:20 pm		8630.601	8630.603
11:40 pm		8631.601	8631.603
12:00 pm		8632.601	8632.603

Sun Group | 4 weeks, (4) 28-min classes

		7/1–7/22	7/29–8/19
10:00 am	Adult/Teen	8591.602	8591.604
10:30 am	Youth	8575.602	8575.604
11:00 am	Preschool	8656.602	8656.604
11:30 am	Tiny Tot	8526.602	8526.604
12:00 pm	Parent/Tot	8510.602	8510.604

Sun Private | 4 weeks, (4) 20-min classes

		7/1–7/22	7/29–8/19
10:00 am		8626.602	8626.604
10:20 am		8627.602	8627.604
10:40 am		8628.602	8628.604
11:00 am		8629.602	8629.604
11:20 pm		8630.602	8630.604
11:40 pm		8631.602	8631.604
12:00 pm		8632.602	8632.604

Summer Weekday Fees: (8 classes)

Parent/Tot, Adult/Teen, Youth	\$75/\$60 (Dist. Res.)
Pre-School.	\$90/\$75 (Dist. Res.)
Tiny Tot	\$105/\$90 (Dist. Res.)
Private	\$125/\$110 (Dist. Res.)

One Week (601 & 607) & Weekend Fees:

Parent/Tot	\$42/\$34 (Dist. Res.)
Pre-School.	\$51/\$41 (Dist. Res.)
Tiny Tot	\$62/\$50 (Dist. Res.)
Adult/Teen, Youth	\$40/\$32 (Dist. Res.)
Private	\$73/\$59 (Dist. Res.)

preschool activities

Summer Registration Info:

You may register:

- your own child plus one other only
- for more than one class
- for more than one session

Be sure to 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/liability waiver. Loose, comfortable PLAYCLOTHES suggested.

Karate Fun 'n Games

4-6 yrs

This unique class is 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. Uniforms optional, \$30; may be purchased from instructor.

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

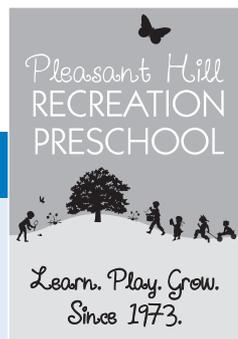
Winslow Ctr: Assembly Rm, 2590 Pleasant Hill Rd.

6 weeks | \$69/\$59 (Dist. Res.)

*5 weeks (no class 7/4) | \$59/\$49 (Dist. Res.)

4644.601	5/9-6/13	W	3:35-4:20 pm
4644.602	6/27-8/1*	W	3:35-4:20 pm
4644.603	8/8-9/12	W	3:35-4:20 pm

Preschool
Camps
page 4



Preschool Classes, Fall 2012: Registration Begins March 10

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.

Parent Tot Preschool Prep

22 months-3 yrs

Parents! Come with your little one to enjoy songs, activities, and art while preparing your child to attend a class on his/her own. Children will learn to be with others as parents exchange ideas. Bring a snack daily. PARENT participant AND REGISTERED CHILD ONLY.

Instructor: Nancy Whiting

Winslow Ctr: Rm 3, 2590 Pleasant Hill Rd.

4 classes | \$68/\$56 (Dist. Res.)

6655.601 6/22-7/20* F 9:30-11:15 am

6655.602 7/27-8/17 F 9:30-11:15 am

*No class 7/6

Parent & Child Science **NEW!** Discovery

2 yrs, 9 months-4 yrs and Parent

Spectrum of Science is here to encourage & excite your preschooler! Future scientists explore, create & discover while doing what they do best—playing! Hands-on labs open worlds of chemistry, biology, physics and more. Build, test and experiment with “kid approved” science activities. Zoom in and discover what keeps cars on the move. Learn which animal tastes with its feet and will croak or roar. Explore through songs, literature and experiments. This is an adult participation program. Take home Spectrum of Science lab book of tot experiments. Bring snack (NO nuts), drink and backpack.

Instructor: Spectrum of Science Staff

Gregory Gardens Elementary School: Rm 10, 1 Corritone Court

4 classes | \$138/\$123 (Dist. Res.)

6657.601 6/18-6/21 M-Th 9:00-11:00 am

6657.602 8/13-8/16 M-Th 9:00-11:00 am

\$22 lab fee payable to instructor at first class

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 the 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 Ctr: Rm 1, 2590 Pleasant Hill Rd.

6 classes | \$106/\$91 (Dist. Res.)

6615.601 4/19-5/24 Th 2:15-3:00 pm

6615.602 6/14-7/19 Th 2:15-3:00 pm

Playground Birthday Parties

2-6 yrs

Looking for a secure outdoor setting for your child's next birthday party? Enjoy our Winslow Center Picnic Area with preschool play apparatus and a grassy area. To check availability and/or schedule your 4-HOUR TIME BLOCK, call 682-0896.

RENT the Winslow Center Playground: 2590 Pleasant Hill Rd.

\$81/\$66 (Dist. Res.) | max. 24 children/adults

Tiny-Tot Morning Care

Walking-3 yrs

PARENTS! Give yourself some time off. Let US watch your children. Snack provided, bring beverage. Registration begins on 4/11 at 8:45 am, at the Winslow Center lobby.

Winslow Ctr: Rm 1, 2590 Pleasant Hill Rd.

\$24/day/child, space reserved

(3 days maximum per week, per child)

6/11-8/9 (no class 7/4) M-Th 9:00 am-12:00 pm

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

For details go to www.pleasanthillrecpreschool.com

WEE-TOT—Child must be at least 2 yrs 6 mos-3 yrs 6 mos as of Sept. 1, 2012; potty-trained not required.

Wee-Tot

Co-Op/Non Co-Op: Tu/Th 9:30 am-12:00 pm

Wee-Tot: Tu/Th 9:30 am-12:00 pm

NEW HORIZONS—Child must be 3 yrs 3 mos-4 yrs 3 mos as of Sept. 1, 2012.

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/JR. KINDERGARTEN—Child must be 3 yrs 9 mos-6 yrs or older as of Sept. 1, 2012. These are classes for children entering Kindergarten in fall 2013.

Pre-K/Jr. 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, eperera@pleasanthillrec.com

community activities

Hippity Hop Art **NEW!** Workshop and Bunny Visit

2-6 yrs and parent(s)

Enjoy a morning with bunny while you create fun Spring arts & crafts projects. Visit and get your picture taken with the bunny. Light refreshments included. Parent participation required. Don't forget your camera. Sign up early space is limited to 20 people per time slot. Register by March 23.

M.J. Studios: 670 Gregory Lane, Suite G
\$10 Child/\$7 Adult

6150.501 3/31 Sa 9:30-10:30 am
 6150.502 3/31 Sa 11:00-12:00 pm

"Egg" citing Egg Hunt!

SAT, APRIL 7, 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 4/6, 12:00 pm.
 Egg Hunt check-in begins at 9:30 am.

Pleasant Hill Park: 147 Gregory Lane
Sat, April 7 | \$6 per child

6160.501 0-3 yrs 10:30 am sharp!
 6160.502 0-3 yrs 10:50 am sharp!
 6160.503 4-6 yrs 11:15 am sharp!
 6160.504 7-10 yrs 11:30 am sharp!

Sponsored by PHR&PD and Pleasant Hill Lions Club

Pleasant Hill Star Quest 20th Anniversary

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

Saturday, April 21, 7:00 pm
Sunday, April 22, 2:00 pm

Under 18 yrs: \$5 advance/\$10 at door
18 yrs & over: \$10 advance/\$15 at door
 DVC: Performing Arts Center

Family Fun Triathlon

SUNDAY, APRIL 29

8 yrs through Adult

Join us for a non-competitive, family-fun, fitness triathlon—swimming, bicycling, and running! See *AQUATICS* page 11.

Friday Night Family Swim

Swim Punch Cards and Season Swim Passes are valid for entry. See Public Swim Section on page 9 for drop-in admission and additional information.

June 22, July 20, August 17; 6:00-9:00 pm
 PH Aquatic Park: 147 Gregory Ln.

Moonlight Movie

Watch a movie on the City Hall Lawn. Bring a blanket, towel, or chair.

Fridays, 8:30-10:30 pm

June 15 and August 3

PH City Hall: 100 Gregory Ln., Lawn Area
 Co-sponsored by PHR&PD, Pleasant Hill Library and the City of Pleasant Hill.

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 Dr. 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 Forty may be purchased.
 - **Cool Off—The Sprayground is Open!** 1:00-4:30 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

Pleasant Hill's 3rd Annual Blues & Brews Festival



SATURDAY, JULY 21
NOON-6:00 PM

Pleasant Hill Park, 147 Gregory Ln. Enjoy a day of live blues music and draft brew tasting. Music by Lydia Pense & The Coldblood.

Brew Tasting Tickets:

\$30 (Unlimited tasting 1:00-5:00 pm)

Music: FREE

www.bluesandbrewsfestival.com

Co-sponsors: PHR&PD and the Pleasant Hill Chamber of Commerce.

Derby Day

FRIDAY, JULY 13, 2:00 PM

All ages are welcome!

Design a boat out of cardboard, recyclables, and duct tape. All boats will race across the pool. See *AQUATICS*, page 11.

Family Camp Out!

Join us as Pleasant Oaks Park becomes Camp Pleasant Hill. Enjoy your STAYCATION with time outdoors 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 PHBA Snack Shack. Bring: Tent, sleeping bags, chairs, flashlights, snacks, change of clothes, and personal items. NO Pets.

Saturday, July 14

Check-in: 3:00 pm; Activities begin 4:30 pm; Checkout: Sunday, 10:00 am

\$10 per person

More info: pleasanthillrec.com, or call 682-0896.

Garage Bands at the Lake

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

Friday, August 17, 7:00 pm

PH City Hall: 100 Gregory Ln., Lawn Area

50+ Special Events, see page 30



AMERICAN IRON Car Show

SUNDAY, AUGUST 12,
10:00 AM-3:00 PM

Downtown Pleasant Hill

Pleasant Hill Recreation & Park District celebrates the 11th 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

youth classes

Art with M.J. Studios

6–10 yrs

Each class is an enjoyable, hands-on experience to pursue your knowledge of art. Work at your own speed while receiving individualized attention. Supplies provided. Register early; class is limited to ten.

Instructor: Pat Jackson

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

BEGINNING PASTELS

Work in soft pencil and oil. You will learn technique and value while working from life, photo or painting reference.

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

6048.601 4/3–5/15* Tu 3:15–4:15 pm

6048.602 5/22–6/26 Tu 3:15–4:15 pm

\$20 lab fee payable at first class. *No class 4/10

BEGINNING WATERCOLOR

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.

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

6049.601 4/5–5/17* Th 3:15–4:15 pm

6049.602 5/24–6/28 Th 3:15–4:15 pm

\$20 lab fee payable at first class. *No class 4/12

BEGINNING ACRYLICS

Have fun exploring this medium working in collage and mixed medium. Drawing is not important in this class. You will learn about the different brushes, papers, and gels associated with acrylics.

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

6050.601 4/6–5/18* F 3:15–4:15 pm

6050.602 5/25–6/29 F 3:15–4:15 pm

\$20 lab fee payable at first class. *No class 4/13

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.)

6051.601 4/4–5/16* W 2:30–3:30 pm

6051.602 5/23–6/27 W 2:30–3:30 pm

\$20 lab fee payable at first class. *No class 4/11

Cheerleading **NEW!**

Grades K–5

Have fun while learning the basics of being a cheerleader by Varsity High School Cheerleaders. Students will learn motions, basic side line cheers, spiring, and more. A cheer and dance routine will be performed for all parents on the last day of class.

Instructor: Julie Davis

**Gregory Gardens Elementary School:
Rm 10, 1 Corritone Court**

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

6042.601 5/9–6/13 W 3:30–4:30 pm

Spanish 4 Children

6–10 yrs

Let your child enjoy this new Spanish class. Children will learn conversational Spanish and grammar. Your child will have fun and learn Spanish while playing board games, completing activity pages, going on scavenger hunts and other activities.

Instructor: Miriam Lattanzi

**Gregory Gardens Elementary School:
Rm 10, 1 Corritone Court**

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

6041.601 3/6–4/24* Tu 3:30–4:30 pm

6041.602 5/1–6/5 Tu 3:30–4:30 pm

\$6 lab fee payable at first class; *No class 4/10

Spring Break Lego Camp **NEW!**

JEDI MASTER ENGINEERING WITH LEGO

8–12 yrs

The Force is strong in this camp. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering.

Instructor: Play-Well technologies

**Gregory Gardens Elementary School:
Rm 10, 1 Corritone Court**

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

6043.601 4/9–4/13 M–F 9:00 am–12:00 pm

**Youth
Summer Camps
pages 4–7**

youth music classes

Beginning Drums

Grades 1–5

Come join us for this hittin', slammin', jammin' class that will introduce you to the exciting world of percussion. Learn proper drumming technique, such as how to hold drumsticks, strike the drum and learn to read basic rhythmic notation. Various percussion instruments will be introduced and demonstrated to give students an overview of the wide range of percussion instruments. Students will explore playing rhythms together in a supportive and team-building environment.

Instructors: Village Music School Staff

Village Music School: 1720 Linda Dr.

6 weeks | Grades 1–2 | \$104/\$89 (Dist. Res.)

6067.601 4/10–5/15 Tu 3:30–4:10 pm

6067.602 5/22–6/26 Tu 3:30–4:10 pm

\$12 lab fee payable at first class

6 weeks | Grades 3–5 | \$104/\$89 (Dist. Res.)

6067.603 4/10–5/15 Tu 4:20–5:00 pm

6067.504 5/22–6/26 Tu 4:20–5:00 pm

\$12 lab fee payable at first class

Beginning Piano/Keyboard

Grades 1–5

We believe that when children have fun with music lessons they will "play" for years. Students learn songs that are not only popular and fun to play, but help with sight-reading, rhythm, theory and other musical fundamentals. Staff of patient, professional music instructors encourages students to learn and experience the language of music while building self-esteem and confidence. Studies show that ongoing music lessons increase test scores in subjects such as math and English. Home practice and workbook study required. Lab fee includes method books. Keyboards available for rent.

Instructors: Village Music School Staff

Village Music School: 1720 Linda Dr.

6 weeks | Grades 1–2 | \$104/\$89 (Dist. Res.)

6064.601 4/14–5/19 Sa 9:30–10:10 am

6064.602 5/26–6/30 Sa 9:30–10:10 am

\$15 lab fee payable at first class

6 weeks | Grades 3–5 | \$104/\$89 (Dist. Res.)

6055.603 4/14–5/19 Sa 10:15–10:55 am

6055.604 5/26–6/30 Sa 10:15–10:55 am

\$15 lab fee payable at first class

Guitar for Kids, Beginning

Grades 2–5

Students will learn and improve techniques essential to guitar playing, such as strumming, proper hand position, chord transitions while learning songs that are popular and fun to play. Class focus is on helping students enjoy musical success as quickly as possible. Home practice required. Lab fee includes method books.

Instructors: Village Music School Staff

Village Music School: 1720 Linda Dr.

6 classes | \$104/\$89 (Dist. Res.)

6061.601 4/14–5/19 Sa 2:00–2:40 pm

6061.602 5/26–6/30 Sa 2:00–2:40 pm

\$12 lab fee payable at first class

Singing Class...Glee!

9–12 yrs

A willingness to sing and have fun are the only requirements to join. The teacher plays the piano while encouraging students to be and sing at their best! Basic vocal techniques are introduced through the classic pop songs of Glee while placing a strong emphasis on team building and camaraderie.

Instructors: Village Music School Staff

Village Music School: 1720 Linda Dr.

6 weeks | \$132.50/\$117.50 (Dist. Res.)

6065.601 4/12–5/17 Th 6:40–7:30 pm

6065.602 5/24–6/28 Th 6:40–7:30 pm

\$12 lab fee payable at first class

Voice Lessons...**Songs of a Princess**

4–7 yrs

Students will improve their voices while singing songs from timeless, animated fairytales. Class focus is for each Princess to have a great time as she builds a strong voice and fond memories of a magical age. Midway through each class students will enjoy a tea party fit for royalty. Students receive a tote filled with musical and Princess accessories! Students are encouraged to arrive in their Princess attire.

Instructors: Village Music School Staff

Village Music School: 1720 Linda Dr.

6 weeks | \$132.50/\$117.50 (Dist. Res.)

6063.601 4/14–5/19 Sa 11:30 am–12:20 pm

6063.602 5/26–6/30 Sa 11:30 am–12:20 pm

\$12 lab fee payable at first class

youth sports**Bowling Lessons**

Grades 1–12

Ready–set–bowl! Learn something fun and make new friends! Excellent instruction in stance, delivery, follow through, and how to make strikes/spares. Bowl! League (optional) will follow class. Register by one week prior to class. (Fee includes shoe rental.)

Instructors: Staff, Paddock Bowl

Paddock Bowl: 5915 Pacheco Blvd.

(Bus stop #108 and #118)

4 classes | \$25/\$20 (Dist. Res.)

5501.601 6/6–6/27 W 4:00–5:00 pm

5501.602 8/1–8/22 W 4:00–5:00 pm

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 ARE REQUIRED BY THE SECOND MEETING. Register by one week prior to class. KLS Rain-out Hotline number is (888) 372-5803. For information, visit www.kidzlovesoccer.com

PH Park: 147 Gregory Ln.

8 wks: Fri, 6/29–8/17 | \$107/\$97 (Dist. Res.)

5030.601 Mom/Dad & Me: 9:00–9:30 am
2–3½ yrs

5031.601 Tot Soccer: 3½ yrs 11:00–11:30 am

5031.602 Tot Soccer: 3½ yrs 5:45–6:15 pm

5032.601 Pre-Soccer: 4 yrs 10:25–11:00 am

5032.602 Pre-Soccer: 4 yrs 3:40–4:15 pm

5032.603 Pre-Soccer: 4 yrs 6:15–6:50 pm

5033.602 Soccer 1: 5–6 yrs 9:40–10:25 am

5033.601 Soccer 1: 5–6 yrs 4:15–5:00 pm

5034.601 Soccer 2 & 3: 7–10 yrs 5:00–5:45 pm

8 wks: Sat, 6/30–8/18 | \$107/\$97 (Dist. Res.)

5030.611 Mom/Dad & Me: 9:00–9:30 am
2–3½ yrs

5031.611 Tot Soccer: 3½ yrs 11:00–11:30 am

5032.611 Pre-Soccer: 4 yrs 10:25–11:00 am

5033.612 Soccer 1: 5–6 yrs 9:40–10:25 am

5034.611 Soccer 2 & 3: 7–10 yrs 11:30–12:15 pm



Youth Sports Camps
page 7

NFL Flag Football

Grades 3–8

The National Football League is sponsoring the Pleasant Hill Recreation & Park District's Youth Flag Football League.

Registration for this exciting program is ongoing at the Administration Office, 147 Gregory Lane, M–F, 9 am–5 pm, and closes on Sept. 14. Season begins early October. (Fee includes an NFL jersey & football.)

Pleasant Oaks Park or PH Education Ctr:
1 Santa Barbara Rd.

6 weeks | \$139*/\$129* (Dist. Res.)

5050.601

*A \$75 refund is given to parents interested in coaching and have completed the training provided by the District.

Jr. Tennis League

6–12 yrs

(Adv Beginners/Intermediate players only)

Bring your racket and your friends!

Improve stroke production, conditioning and match play. Emphasis will be on playing sets and winning strategies. Each class offers a "shot of the day" selection followed by match play.

Instructor: Deborah Gantt

College Park H.S. Tennis Courts:

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

6 weeks | \$73/\$63 (Dist. Res.)

5580.611 7/8–8/12 Su 6–8 yrs 3:00–4:00 pm

5580.612 7/8–8/12 Su 9–10 yrs 4:00–5:00 pm

5580.613 7/8–8/12 Su 11–12 yrs 5:00–6:00 pm

Tennis lessons, see page 22

teen scene programs

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 MEDICAL WAIVER for all minor participants must be on file in our office by the day prior to start of program.

Art Classes at M.J. Studios

11–18 yrs

Instructor: M.J. 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, conté, and graphite, rendering realistically from photo reference and life.

6 weeks | 11–18 yrs | \$98/\$84 (Dist. Res.)

5108.601 4/12–5/17 Th 4:15–5:15 pm

5108.602 5/24–6/28 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 character, 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 | 11–16 yrs | \$98/\$84 (Dist. Res.)

5109.601 4/10–5/15 Tu 4:15–5:15 pm

5109.602 5/22–6/26 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: Caitlin Gallagher

Winslow Ctr: Rm 3, 2590 Pleasant Hill Rd.

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

5105.601 6/23 Sa 9:00 am–2:00 pm

Beginning Guitar

12 yrs & up

Learn and improve techniques essential to guitar playing, such as strumming, proper hand position, chord transitions while learning songs that are popular and fun to play. Our staff of patient professional instructors encourages students to learn and experience the language of music while building self-esteem and confidence. Home practice required. Lab fee includes method book.

Instructor: Village Music School Staff

Village Music School:

1200-B Contra Costa Blvd.

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

5122.601 4/14–5/19 Sa 2:50–3:30 pm

5122.602 5/26–6/30 Sa 2:50–3:30 pm

\$10 lab fee payable to instructor

Beginning Ukulele **NEW!**

12 yrs & up (6 weeks)

Ukulele is one of the most accessible musical instruments. This class will allow you to make music quickly and with relative ease. Our ukulele specialist has hand-picked songs that are popular with all ages to introduce ukulele fundamentals in this fun group class. This class uses soprano and tenor ukuleles. Don't have a ukulele? Call today and we'll have one waiting for you.

Instructor: Village Music School Staff

Village Music School:

1200-B Contra Costa Blvd.

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

5124.601 4/14–5/19 Sa 2:50–3:30 pm

5124.602 5/26–6/30 Sa 2:50–3:30 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. These positions require a four-week commitment to assist staff for 9 hours/week at camp sites, program hours, and excursions. Certificates are given upon successful completion of the program. Site transportation is the participant's responsibility for the summer. Summer programs begin June 18. For information, call Jenny Cooper, (925) 682-0896.

Leader: Jenny Cooper

Gregory Gardens Elementary: KIDSTOP, 1 Corritone Court

3 weeks | \$79

5175.601 4/21, 5/5, 5/12 Sa 9:30–11:30 am

Drumming for Teens

11–18 yrs

Advanced and Intermediate students will use the basics that they already know and apply them to more advanced rhythms and techniques. They will learn complex rhythms, syncopation, 4-way independence and Jazz drumming.

Instructor: Bruce Jackson, B.A. in Music, Cal State Hayward; teacher for 20 yrs, studied with Chuck Brown.

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

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

5110.601 4/14–5/19 Sa 1:00–2:00 pm

5110.602 5/26–6/30 Sa 1:00–2:00 pm

\$15 lab fee payable to instructor

Improv **NEW!**

Grades 9–12

Take your acting or comedy skills to the next level! A fun introduction to the joys and thrills of improvisation. No experience necessary! Students are introduced to the basics of improv with games and exercises in an environment shaped for confidence and encouragement. Focus on spontaneity, listening, storytelling, confidence and making one's partner look good.

Instructor: Stephanie Harwood, professional performer in *Beach Blanket Babylon*; 10+ years of live stage performances.

Winslow Center: Rms 1 & 2

6 weeks | \$115/\$100 (Dist. Res.)

5114.601 4/3–5/8 Tu 5:15–6:15 pm

5114.602 5/15–6/19 Tu 5:15–6:15 pm

Jewelry-Making NEW! for Teens

Express yourself by creating handmade jewelry. These classes will help you mix the worlds of color and fashion. You'll make jewelry that you and others will love to wear. Techniques such as crimping, wire linking, beading, leather cord work and others will be included. Secret tips, too! Only the finest quality gemstones, Czech glass, crystals, and findings are offered.

Instructor: Leigh Spitzer, *Local Artist*

Winslow Center: Rms 1 & 2

MOTHER'S DAY BEADING SPECIAL WORKSHOP

12-15 yrs

Make a set of jewelry (necklace & earrings) your mom/grandmother will be proud to wear. Includes semi-precious gemstones, etc.

1 workshop | \$44/\$35 (Dist. Res.)

5106.601 5/8 Tu 3:30-5:00 pm
\$8 lab fee payable to instructor

SUMMERTIME FUN!

12-15 yrs

Summertime is coming fast! Be ready with new jewelry. Summer themes and colors include an ice cream special—necklace, button bracelets and more!

1 workshop | \$44/\$35 (Dist. Res.)

5106.602 6/19 Tu 3:30-5:00 pm
\$8 lab fee payable to instructor

FUN AND FASHION LEATHER BRACELETS

14-16 yrs

Use leather cord and a choice of beads to make wrapped bracelets with unique clasps.

1 workshop | \$44/\$35 (Dist. Res.)

5106.603 8/7 Tu 3:30-5:00 pm
\$8 lab fee payable to instructor

Online Driver's Ed

15 yrs & up

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

Fee: \$75

Online SAT/ACT Prep 1 & 2

14 yrs & up

You decided you're going to college—now you need to study for the entrance exams. **Part 1** prepares you for the reading, English, and science sections of the ACT and the critical reading and writing sections of the SAT. **Part 2** (must complete Part 1 first) will refresh your knowledge of math: arithmetic, algebra, geometry, trigonometry, statistics, and student-produced response questions on the SAT. Learn techniques to help you move through the tests quickly.

Requirements: *The Official SAT Study Guide For the New SAT* (College Board, 2004), *The Real ACT Prep Guide* (Peterson's, 2004), Internet, email, Adobe Flash & PDF plug-ins. Sign-up: ed2go.com/pleasanthillrec

Fee: \$89 per course

Voice Lessons for Teens NEW!

Instructor: Stephanie Harwood, professional performer in *Beach Blanket Babylon*; 10+ years of live stage performances.

GROUP VOICE LESSONS

Grades 6-12

Focus will be on group performances. Students are encouraged to interact with each other while singing and learning basic techniques such as solos, harmonies, and choreography. Feel confident performing and experimenting with your talent in our comfortable environment, so you can feel confident on stage or in an audition room. Whether you are a superstar ready to have solos or are shy and want to learn how to come out of your shell, we will make you the strongest performer you can be!

Winslow Center: Assembly Room

6 weeks | Grades 6-8 | \$140/\$125 (Dist. Res.)

5115.601 4/3-5/8 Tu 4:15-5:15 pm
5115.602 5/15-6/19 Tu 4:15-5:15 pm
\$5 lab fee payable to instructor

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 Ctr: Rms 1 & 2, 2590 Pleasant Hill Rd.

8 weeks | \$5 Drop-in | \$35 punch card (8 classes)

5102.502 3/2-4/27 F 6:00-10:00 pm
5102.601 5/4-6/22 F 6:00-10:00 pm
5102.602 7/6-8/24 F 6:00-10:00 pm

teen events

Prom Preview Fashion Show

Come see the latest Prom Fashions while supporting the Teen Program.

Winslow Center, Assembly Room

Sunday, March 11, 2:30 pm | \$15

Moonlight Movie*

Watch a Free movie on the City Hall Lawn!
Friday, June 15 & August 3, 8:30-10:30 pm

Garage Bands at the Lake*

Check out some local bands at City Hall.
Friday, August 17, 7:00 pm

**See Community Activities, page 16.*

6 weeks | Grades 9-12 | \$140/\$125 (Dist. Res.)

5116.601 4/5-5/10 Th 4:15-5:15 pm

5116.602 5/17-6/21 Th 4:15-5:15 pm

\$5 lab fee payable to instructor

PRIVATE VOICE LESSONS

10 yrs & up

Are you a pop singer who'd like to protect your voice with techniques to strengthen your chords, a Broadway hopeful who needs direction on auditioning techniques, a country singer who wants to improve tone, a beginner who'd like to try to develop your gift, or all of the above? This class is for you! Focus will be on technique & performance.

Winslow Center: Rms 1 & 2

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

5117.601 4/5-5/10 Th 3:15-3:45 pm

5118.601 4/5-5/10 Th 3:45-4:15 pm

5119.601 4/5-5/10 Th 5:15-5:45 pm

5120.601 4/5-5/10 Th 5:45-6:15 pm

5117.602 5/17-6/21 Th 3:15-3:45 pm

5118.602 5/17-6/21 Th 3:45-4:15 pm

5119.602 5/17-6/21 Th 5:15-5:45 pm

5120.602 5/17-6/21 Th 5:45-6:15 pm

Teen Summer Camps page 8

STAGE Summer Rep and Teen Scene Xtreme, see page 8

tennis—all ages

REGISTRATION FOR ALL TENNIS PROGRAMS WILL BE TAKEN AT THE DISTRICT OFFICE, 147 Gregory Lane, Mon–Fri, 9:00 am–5:00 pm. To use VISA, MasterCard, or American Express, call 682–0896.

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. Choose the class that meets your schedule. If you want more than one lesson per week, register for multiple classes. 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. Students may play before and after class if courts are available. Tennis shoes and racquet required. Class size: 6–14 students.

Instructor: Deborah Gantt, USTA Member, U.S. National Tennis Academy Certified; 20+ yrs. experience, College Park & Mt. Diablo High School Tennis Coach

College Park H.S. Tennis Courts: 320 Civic Dr (adjacent to Community Center parking lot)
4 classes | \$62/\$52 (Dist. Res.)

Playing Levels

(B) Beginner—No tennis background or limited experience. (1.5/below)

(AB) Advanced Beginner—Minimal skills and playing experience. (2.0–2.5)

(INT) Intermediate—Familiar with all basic strokes; can maintain a rally; has some playing experience. Emphasis on refining skills, rallying, singles/doubles play and strategy. (3.0–3.5)

	Level	Day	Time	April	May	June	July	August
Youth 6–12 yrs	B/AB	W	6:30–7:30 pm	5584.504	5584.601	5584.602	5584.603	5584.604
	INT	W	7:30–8:30 pm	5585.504	5585.601	5585.602	5585.603	5585.604
	B/AB	Sa	10:00–11:00 am	5588.504	5588.601	5588.602	5588.603	5588.604
Adult/ Teen 13+ yrs	B/AB	Tu	6:30–7:30 pm	5555.504	5555.601	5555.602	5555.603	5555.604
	B/AB	Th	6:30–7:30 pm	5565.504	5565.601	5565.602	5565.603	5565.604
	INT	Th	7:30–8:30 pm	5566.504	5566.601	5566.602	5566.603	5566.604
	B/AB	Sa	9:00–10:00 am	5575.504	5575.601	5575.602	5575.603	5575.604

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:

\$67/\$57 (Dist. Res.)

Six 1-hr classes, any age/level:

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

SEMI-PRIVATE LESSONS: 5597

Two per/same level; must register together.

Per person, per hour:

\$36/\$30 (Dist. Res.)

Per person, six 1-hr classes:

\$155/\$140 (Dist. Res.)

Youth Tennis Camps, page 7
Jr. Tennis League, page 19

Join the Pleasant Hill Tennis Club!

Enjoy weekly fun mixers, monthly tournaments, and USTA League play for all levels. Check the club calendar or print a membership application at www.phtennisclub.org. Annual Membership: \$40/individual; \$50/family. For details, call Anne Harpham-Carley 930-9608, or email tennisanne101@astound.net



adult sports leagues

For details, visit pleasanthillrecsports.com or call (925) 682-0896.

- Basketball
- Flag Football
- Bocce
- Soccer (5 on 5)
- Kickball
- Softball
- Volleyball



SPORTS WEBSITE

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.

Visit www.pleasanthillrecsports.com.

adult classes

Register early! Classes with low enrollment are subject to cancellation.

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, *BFA in Illustration, Academy of Arts, SF; studied at the Calif. College of Arts and Crafts; freelance illustrator and designer; accomplished artist.*

M.J. Studios: 670 Gregory Lane, Suite G
4 weeks | \$68/\$58 (Dist. Res.)

4520.601	4/12–5/3	Th	10:00 am–12:00 pm
4520.602	6/7–6/28	Th	10:00 am–12:00 pm
4520.603	8/2–8/23	Th	10:00 am–12:00 pm
4524.601	4/11–5/2	W	6:30–8:30 pm
4524.602	6/6–6/27	W	6:30–8:30 pm
4524.603	8/1–8/22	W	6:30–8:30 pm

\$30 lab fee payable to instructor

Back at the Ranch...

Great workshops held at peaceful, historic Rodgers Ranch. You'll love it!

Instructor: Denise Koroslev, *has studied and used herbs for 30+ years; member of the Northern California unit of the Herb Society of America; distributor for Natures Sunshine Herb Company.*

Rodgers Ranch: 315 Cortsen Rd.

SPRING GREENS

Find out which natural salad greens grow wild in this area and how to include them in your meals. Learn the basics of making your own salad dressings. Try some salads using different greens and homemade salad dressings.

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

4750.501 3/27 Tu 7:00–9:00 pm
4750.502 3/31 Sa 9:30–11:30 am
 \$5 lab fee payable to instructor

HEALTHY HOUSE CLEANING

Spring cleaning doesn't mean adding more toxins to your home. Learn safe, easy ways to keep your home clean without harmful chemicals.

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

4751.501 4/17 Tu 7:00–9:00 pm
4751.502 4/21 Sa 9:30–11:30 am
 \$5 lab fee payable to instructor

Braided Rug & Basket-Making Intro

Age 16 and up

Attend one or all! Learn the techniques of this traditional craft while making useful and 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, *artisan, colorist, re-use fiend; plus custom work and repair of elder braided rugs, teaches this traditional craft to all ages all over California.*

Rodgers Ranch: 315 Cortsen Rd.

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

4578.601 3/31 Sa 1:00–4:00 pm
4578.602 4/28 Sa 10:00 am–1:00 pm
4578.603 7/28 Sa 10:00 am–1:00 pm
4578.604 8/25 Sa 10:00 am–1:00 pm
 \$10 lab fee payable to instructor

CPR–American Heart

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

Instructor: Adrian Curry, *EMT, 19 yrs; CPR and First Aid instructor, 15 yrs.*

Winslow Center: 2590 Pleasant Hill Rd.

ADULT & PEDIATRIC COMMUNITY CPR

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

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

4702.503 3/29 Th 6:00–10:00 pm
 \$15 lab fee payable to instructor

BLS HEALTHCARE PROVIDER

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.)

4703.501 4/21 Sa 9:00 am–3:00 pm
 \$15 lab fee payable to instructor

Creative Writing**START YOUR NOVEL OR SHORT STORY**

Dust off your novel or memoir manuscript and give it new life or start a new novel or writing project. You will explore innovative ways to create and develop characters. Learn how you can experiment with fiction; create nonfiction pieces by tapping into your own unique narrative voice. Have fun discussing the craft of writing, reading great literature, and sharing with your writing peers. All levels welcome.

Instructor: Janice De Jesus, *MFA, Creative Writing, Mills College, 2008; freelance journalist; CC Times reporter, 8 yrs; has published a non-fiction book and written two novels.*

Winslow Center: Rms 1 & 2, 2590 Pleasant Hill Rd.

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

4510.602 5/26–6/9 Sa 10:00 am–12:00 pm
 \$5 lab fee payable to instructor

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

4510.601 4/28–5/19 Sa 10:00 am–12:00 pm
4510.603 6/23–7/14 Sa 10:00 am–12:00 pm
4510.604 8/4–8/25 Sa 10:00 am–12:00 pm
 \$5 lab fee payable to instructor

Dog Training

Training your dog is the key to having a happy, healthy, well-rounded canine companion. Learn how it can be to have a well-mannered dog! For dogs 5 months and over with a current rabies vaccine. **PRE-REGISTRATION REQUIRED. Proof of vaccinations is mandatory when registering.** For all classes, bring your dog on a secure collar he cannot get out of along with a bag of cut up hotdogs or cheese.

Instructor: Sara Scott, *Certified professional dog trainer; behavioral counselor; has trained dogs and their people since 2000; www.whatsupdogtraining.com.*

VFW Building: Wendell Ln.
(On lawn area adjacent to bldg.)

SOLID STAY

Teach your dog to hold a solid stay with distance and distractions.

3 weeks | \$75/\$65 (Dist. Res.)

4715.601 6/2–6/23 Sa 10:00–11:00 am
 No class 6/16

COMING WHEN CALLED

Train your dog to come to you every time you call no matter what the distraction.

3 weeks | \$75/\$65 (Dist. Res.)

4715.602 6/2–6/23 Sa 11:00 am–12:00 pm
 No class 6/16

STREET SMARTS

Train your dog to walk nicely with you past neighborhood distractions.

4 weeks | \$95/\$85 (Dist. Res.)

4715.603 7/21–8/11 Sa 10:00–11:00 am

URBAN AGILITY

The world is your dog's playground! Have fun jumping, crawling, leaping, and more as you are introduced to urban agility tricks and stunts!

4 weeks | \$95/\$85 (Dist. Res.)

4715.604 7/21–8/11 Sa 11:00 am–12:00 pm



Drum Party Drum Circle

Come jam and feel the beat! A beginner or a pro, come and play Djembe, Congas or any drum in this drum workshop. You'll learn new rhythms and improvise in a drum circle environment. It's fun and relaxing. You will be amazed at how much you'll enjoy drumming in this family-friendly atmosphere. Bring your congas, djembes, bongos, or other percussion instruments. All skill levels welcome.

Instructor: John Waller, *plays Rock, Jazz, World music on drum set and hand drums; has easy, engaging teaching style.*

Winslow Center: 2590 Pleasant Hill Rd.

Drop-in: \$9

3/15, 4/19, 5/17,
6/21, 7/19, 8/16 Th 7:00–8:30 pm



Drumming Intensive

AFRICAN DJEMBE RHYTHMS

Intro to Djembe deep rhythms that work your mind and body. Other rhythms explored on various hand drums. Incredible fun for stress relief! Focus is on how to strike the drum and playing interlocking rhythms; new material each session. Some drums available; if possible, bring your own.

Winslow Center: 2590 Pleasant Hill Rd.

8 weeks | \$87/\$77 (Dist. Res.)

4577.502 3/6–4/24 Tu 7:30–8:25 pm

DRUM STICKING & DRUM SET

Sticks on a drum pad first, while learning the drum rudiments, easy rhythms, and polyrhythms. Learn the basic beats for Rock, Funk, Blues, Jazz. 8-week session is composed of 4-week intro to drum sticking followed by 4-week intro to easy drum set. Two drum sets will be in the classroom. Bring sticks and a practice pad and get ready to roll!

Instructor: John Waller

Winslow Center: 2590 Pleasant Hill Rd.

8 weeks | \$87/\$77 (Dist. Res.)

4579.502 3/6–4/24 Tu 8:30–9:25 pm

4579.601 5/1–6/19 Tu 8:30–9:25 pm

4579.602 6/26–8/14 Tu 8:30–9:25 pm

First Aid

Topics: caring for broken bones, burns, bleeding, shock, poisoning, bites, and stings. Certification cards available upon successful completion of class. Required fee of additional \$15 covers certificate, valid for three years, and book covering course content.

Instructor: Adrian Curry

Winslow Center: 2590 Pleasant Hill Rd.

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

4712.502 4/28 Sa 1:00–5:00 pm

\$15 required fee payable to instructor

Gluten-free Cooking for Your Health

Try gluten-free cooking for a healthier lifestyle. Learn how to get started “going gluten-free” and see the different types of ingredients used. Lecture/demonstration of some healthy gluten-free dishes. You may be surprised how much better you will feel when you reduce and/or remove refined wheat flour from your diet.

Instructor: Suzanne Pipho

Winslow Center: 2590 Pleasant Hill Rd.

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

4406.501 3/22 Th 6:30–9:30 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.

Instructor: Ron Shepler, *degree in music, Cal. State Hayward; has taught guitar for 20 yrs.*

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

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

4581.601 4/11–5/2 W 6:30–7:30 pm

4581.602 6/6–6/27 W 6:30–7:30 pm

4581.603 8/1–8/22 W 6:30–7:30 pm

4583.601 4/14–5/5 Sa 2:00–3:00 pm

4583.602 6/9–6/30 Sa 2:00–3:00 pm

4583.603 8/4–8/25 Sa 2:00–3:00 pm

\$15 lab fee payable to instructor

Introduction to Improv

Life doesn't have a script, why should you? Everyone can improvise and this class will teach you the basic rules and skills in a fun, silly, safe, and supportive way. Learn how to play improv games and do improv scenes. No experience necessary.

Instructor: Steve Schultz, *Creative Director and performer for Ready or Not Improv in Contra Costa County; performed with Pan Theater, Oakland, and Big City Improv, S.F.*

Winslow Center: Assembly Rm

3 weeks | \$43/\$35 (Dist. Res.)

4585.601 5/10–5/31 Th 7:50–9:30 pm

4585.602 8/9–8/30 Th 7:50–9:30 pm

No class 5/17, 8/16

Lights, Camera, Action!

Making a Successful Indie Film

Anyone can make a true indie film with a camera, family/friends, and lots of creativity. All you need is a good idea! But most people don't know how to get the idea on paper. Learn how to produce a “Hollywood” movie from script writing to production. Your film could be an overnight success!

Instructor: Bryan Nelson, *Independent Film Producer; has worked on over 30 projects, including music videos, commercials, and big box office films in his 12-year career.*

Winslow Center: 2590 Pleasant Hill Rd.

(3) 3-hr. classes | \$69/\$59 (Dist. Res.)

4587.601 5/5–5/19 S 1:00–4:00 pm

4587.602 8/4–8/18 S 1:00–4:00 pm

\$5 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, BA, *31 yrs with PHR&PD teaching a variety of adult and youth art classes.*

Winslow Center: 2590 Pleasant Hill Rd.

5 weeks | \$61/\$51 (Dist. Res.)

4522.502 3/5–4/2 M 7:00 pm–9:00 pm

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

4522.503 4/23–6/4 M 7:00 pm–9:00 pm

4522.601 6/11–7/23 M 7:00 pm–9:00 pm

No class 5/28, 7/2. \$30 lab fee, new students only.

Raw Cuisine Culinary Arts

Eating healthy foods has never been so easy! Learn how to create colorful flavor-packed dishes. Fresh, organic and simply “raw”; the food your body was designed to thrive on. Plan on Almond Milk, Cream of Zucchini Soup, Kale Salad, Not-Tuna Pâté and Chocolate Mousse. Lecture, demo, samples and take home recipe packet.

Instructor: Erin Caravantes, *graduate of the prestigious Living Light Culinary Arts Institute; certified as a Raw Culinary Arts Chef and Instructor.*

Winslow Center, 2590 Pleasant Hill Rd.

1 workshop | \$60/\$50 (Dist. Res.)

4408.502 3/31 Sa 10:30 am–12:30 pm
\$15 lab fee payable to instructor

Real Estate Investing Basics

Have you thought about buying a rental property? With property values low and rents strong, more people are becoming landlords. This workshop provides these tools: common real estate investment terms, investor’s worksheet determining rental value, comparing real estate to other investments and determining if being a landlord is for you. Even if you never invest, these tools will guide all your real estate decisions.

Instructor: Jason Cosetti, *15 yrs licensed Real Estate Appraiser; 7 yrs licensed Real Estate Agent; former Valuation Manager for major REO listing agency; current landlord.*

Winslow Center, 2590 Pleasant Hill Rd.

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

4601.503 3/8 Th 7:30–9:30 pm
4601.601 4/12 Th 7:30–9:30 pm
4601.602 5/10 Th 7:30–9:30 pm
4601.603 6/7 Th 7:30–9:30 pm

Spa Treatment at Home

Need a spa treatment? Try facial products that you can make in your own home: a facial mask, moisturizer, and scrub as well as a facial steam. Experience a “treat for your feet”—a foot soak to relax and soften your feet and relax your entire body. It’s easy, effective, and inexpensive.

Instructor: Suzanne Piphon

Winslow Center, 2590 Pleasant Hill Rd.

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

4710.501 4/5 Th 6:30–9:30 pm
\$10 lab fee payable to instructor

Wills, Trusts & 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, *Diablo Valley College instructor, estate planning attorney and partner in the Thompson Law Offices.*

Winslow Center, 2590 Pleasant Hill Rd.

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

4610.601 4/26 Th 7:00–9:00 pm
4610.602 8/23 Th 7:00–9:00 pm

self-improvement

Hypnotherapy for Weight Loss & Fitness

Going on a new diet holds the promise that perhaps this time it will work, things will be different. Then, something happens and things go off track. Hypnotherapy works on the very powerful subconscious mind to keep you on track, to keep you on your path to wellness. Thoughts about your body image will change and new thoughts and actions will lead to your new fit life. Blocks that are in your way can be removed.

Instructor: Rosetta Bonavita, *Clinical Hypnotherapist working in the area of weight loss, fitness, and creating a positive body image; Pleasant Hill resident.*

Winslow Center, Assembly Rm

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

4843.502 3/8 Th 7:50–9:50 pm
4843.601 6/14 Th 7:50–9:50 pm
4843.602 7/26 Th 7:50–9:50 pm
4843.603 4/12 Sa 10:30 am–12:30 pm

Stop Smoking with Hypnotherapy

Through Hypnosis you will be able to overcome the psychological addiction to smoking by reinforcing your desire to become an air breather. If you are ready to make this change now, you will succeed.

Instructor: Rosetta Bonavita

Winslow Center, Assembly Rm

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

4844.601 4/26 Th 7:50–9:50 pm
4844.602 6/28 Th 7:50–9:50 pm

adult dance

Belly Dance Series

Sign up for one or for all and explore the wide range of belly dance styles and props, one workshop at a time. Both standing and floor work are included as appropriate. Barefoot, dance sandals or slippers; bring hip wrap. All levels welcome.

Instructor: Sharifa, *performer of Middle Eastern Dance; owner, Belly Dance Artists; instructor since 1987.*

Winslow Center, Assembly Rm

1 workshop | \$24/\$20 (Dist. Res.)

Th, 7:50–9:20 pm

Class		Date
Finger Cymbals & Movements	4132.503	3/15
Dancing with Veils	4132.504	4/19
Belly Dance with Props: <i>Balancing sword, basket, vessels, trays. Bring the prop of your choice.</i>	4132.601	5/17
Intro. to N. African Arabic Dance, Part 1: <i>Moroccan line dance, Folkloric—shikhat and berber styles.</i>	4132.602	6/21
Intro. to N. African Arabic Dance, Part 2: <i>Tunisian dance as solo or group.</i>	4132.603	7/19

Bollywood & Bhangra Blast!

This high-energy workout incorporates Cinematic Hindi Bollywood with a warm-up of Punjabi Masala Bhangra! Short Bollywood choreographies with lively Bhangra warm-ups! All levels welcome.

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

Winslow Center, Assembly Rm

6 weeks | \$69/\$59 (Dist. Res.)

4660.501 4/4–5/9 W 6:30–7:30 pm
4660.601 6/6–7/18* W 6:30–7:30 pm

*No class 7/4

Buy a Brick!

Join the
Brick Brigade
Pave the way to the new
senior center!

Be a part of tomorrow...
today! See page 17.

Let's Go Dancing

16 yrs and up

You can do this! Bring your favorite partner and learn to dance to the music you've always loved. Remember guys, ladies really appreciate a man who can dance. Have more fun on your cruise, at a wedding, or at a holiday party. These classes will provide you with all that you will need to twirl on the dance floor with ease and LOOK GOOD! Note: Beginning and intermediate classes overlap one-half hour, 7:15-7:45 pm.

Instructor: Alberta Bagneschi, *instructor of Ballroom Dance for 27+ yrs.*

Pacheco Community Ctr: 5800 Pacheco Blvd.

5 weeks, Wednesdays | \$60/\$50 (Dist. Res.)

Dance Style	Level		Date	Time
Fox Trot, Tango, Triple Swing	Beginner	4114.602	6/6-7/11*	7:15-8:15 pm
Fox Trot, Tango, Triple Swing	Intermediate	4116.602	6/6-7/11*	6:45-7:45 pm
Rumba, Samba, Triple Swing	Beginner	4114.603	7/18-8/15	7:15-8:15 pm
Rumba, Samba, Triple Swing	Intermediate	4116.603	7/18-8/15	6:45-7:45 pm

*no class 7/4

4 weeks, Wednesdays | \$51/\$41 (Dist. Res.)

Dance Style	Level		Date	Time
Waltz, Cha-Cha-Cha, Nightclub Two-Step	Beginner	4114.601	5/2-5/23	7:15-8:15 pm
Waltz, Cha-Cha-Cha, Nightclub Two-Step	Intermediate	4116.601	5/2-5/23	6:45-7:45 pm

Soul of Salsa 101

Advance at your own pace while learning the basics of all Salsa dance styles including the new Latin Ballroom Salsa mixed with N.Y. Latin Hustle and with Cali Colombia Salsa, which is the Cuban Pachanga. Do not wear sandals or tennis shoes. Refrain from wearing heavy perfumes/scents. Instructor experiences perfume allergies. All levels welcome.

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

Pacheco Community Ctr: 5800 Pacheco Blvd.

5 weeks | \$60/\$50 (Dis. Res.)

4155.503	3/21-4/18	W	8:30-9:30 pm
4155.602	6/6-7/11*	W	8:30-9:30 pm
4155.603	7/18-8/15	W	8:30-9:30 pm

*No class 7/4

4 weeks | \$51/\$41 (Dist. Res.)

4155.601	5/2-5/23	W	8:30-9:30 pm
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Wedding Dance Workshop Your First Dance as Husband & Wife

Do more than just rock back and forth! Whether you've danced before or are a newcomer to the dance floor, this evening workshop will introduce you to the knowledge and skill that can help you create your first romantic dance together as a married couple. Learn easy and showy dance steps for the Waltz and Fox Trot.

If you have your wedding dance song/music on CD, bring it to class. PRE-REGISTRATION IS REQUIRED.

Instructor: Alberta Bagneschi

Pacheco Community Ctr: 5800 Pacheco Blvd.

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

4101.501	4/25	W	7:30-9:30 pm
4101.601	5/30	W	7:30-9:30 pm

adult health & fitness

Register early, classes with low enrollment are subject to cancellation. Take advantage of our ONLINE REGISTRATION!

Contemporary Self-Defense

16 yrs and up (All levels)

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. Includes techniques from Hapkido, Kali, and Israeli martial arts. Wear comfortable clothing and shoes; bring eye protection. Padded sticks may be purchased from the instructor for \$25.

Instructor: Paul Castro, *over 20 years experience in the martial arts; holds Black Belts in Hapkido, Karate, Jujitsu; certified in Filipino Kali and JKD Concepts by Grand Master Paul Vunak.*

Winslow Center: Assembly Rm

5 weeks | \$60/\$50 (Dist Res.)

4687.601	5/16-6/13	W	9:05-10:00 pm
4687.602	6/27-8/1*	W	9:05-10:00 pm
4687.603	8/8-9/5	W	9:05-10:00 pm

*No class 7/4

Fencing... The Sport of Distinction

Fencers! Hone your skills at this drop-in session. Increase your athleticism; collaborate with other experienced fencers. Practice is the foundation of all sports. This class is for experienced fencers.

Instructor: James Parker, *PHR&PD Fencing Instructor, 28 yrs.*

Winslow Center: Assembly Rm

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

4630.601	5/7-8/27	M	9:10-10:30 pm
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No class 5/28

Bollywood & Bhangra Blast!
See page 25



online learning anytime, anywhere...

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



Jazzercise

(Co-ed, 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. Annemieke, 925-323-2522

Instructor: Annemieke Howsepian, professionally trained/certified by Jazzercise.

Winslow Center: Assembly Rm
Ongoing | register at class only

AM	T/W/F/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

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. Rank testing, black belt certification. Beginning/Intermediate class overlaps with advanced class during Kata practice from 8:15–8:45 pm.

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

Winslow Center: Assembly Rm
6 weeks | \$70/\$60 (Dist. Res.)

Beginning/Intermediate

4638.503	3/27–5/1	Tu	7:45–8:45 pm
4638.601	5/8–6/12	Tu	7:45–8:45 pm
4638.602	6/26–7/31	Tu	7:45–8:45 pm
4638.603	8/7–9/11	Tu	7:45–8:45 pm

Advanced

4640.503	3/27–5/1	Tu	8:15–9:20 pm
4640.601	5/8–6/12	Tu	8:15–9:20 pm
4640.602	6/26–7/31	Tu	8:15–9:20 pm
4640.603	8/7–9/11	Tu	8:15–9:20 pm

Kickboxing 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 welcome.

Instructor: John Castro

Pacheco Community Ctr:
5800 Pacheco Blvd.

6 weeks | \$69/\$59 (Dist. Res.)
*5 weeks (no class 5/28) | \$60/\$50 (Dist. Res.)

4648.503	3/26–4/30	M	6:40–7:40 pm
4648.601	5/7–6/11*	M	6:40–7:40 pm
4648.602	6/25–7/23*	M	6:40–7:40 pm
4648.603	7/30–8/27*	M	6:40–7:40 pm

Mixed Martial Arts with JKD Concepts

(Co-Ed)

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

Instructor: John Castro

Winslow Center: Assembly Rm
6 weeks | \$69/\$59 (Dist. Res.)

*5 weeks (no class 7/4) | \$59/\$49 (Dist. Res.)

4652.503	3/28–5/2	W	8:05–9:00 pm
4652.601	5/9–6/13	W	8:05–9:00 pm
4652.602	6/27–8/1*	W	8:05–9:00 pm
4652.603	8/8–9/12	W	8:05–9:00 pm

Nia® Body-Mind-Spirit Exercise...you'll be hooked!

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

Instructor: Janet Kaufman, Certified Nia® Instructor.

Winslow Center: Assembly Rm
6 weeks | \$69/\$59 (Dist. Res.)

4692.503	3/27–5/1	Tu	6:40–7:35 pm
4692.601	5/8–6/12	Tu	6:40–7:35 pm
4692.602	6/19–7/24	Tu	6:40–7:35 pm
4692.603	7/31–9/4	Tu	6:40–7:35 pm

Pepper Spray Clinic

18 yrs & up

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

Instructor: John Castro, Certified Instructor

Winslow Center: Assembly Rm
1 workshop | \$28/\$23 (Dist. Res.)

4684.601	6/14	Th	7:50–9 pm
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Pilates Mat Class

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.

Instructor: Alison Klippel, Certified Instructor

Pacheco Community Ctr:
5800 Pacheco Blvd.

Mon PM | 6 weeks | \$69/\$59 (Dist. Res.)

4688.502	3/5–4/16	M	5:30–6:30 pm
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No class 4/9

Mon PM | 7 weeks | \$78/\$68 (Dist. Res.)

4688.601	4/30–6/18*	M	5:30–6:30 pm
4688.602	7/9–8/27**	M	5:30–6:30 pm

*No class 5/28; **No class 7/30

Wed PM | 6 weeks | \$69/\$59 (Dist. Res.)

4689.502	3/7–4/18*	W	6:00–7:00 pm
4689.601	5/2–6/6	W	5:30–6:30 pm
4689.602	7/11–8/22**	W	5:30–6:30 pm

*No class 4/11; **No class 8/1

Winslow Center: Assembly Rm

Thurs PM | 7 weeks | \$78/\$68 (Dist. Res.)

4690.502	3/1–4/19*	Th	10:45–11:45 am
4690.601	5/3–6/14	Th	10:45–11:45 am
4690.602	7/12–8/30**	Th	10:45–11:45 am

*No class 4/12; **No class 8/2



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

Non-competitive and self-rewarding, this simple blend of exercises will start you on the path of self-discovery. You will discover more about your own body, mind, and the many health benefits that come from practicing these traditional Chinese arts. Students learn at their own speed; continuing students are welcome. All ages benefit.

Instructor: Peter Marks

Winslow Center: Assembly Rm

6 weeks | \$75/\$65 (Dist. Res.)

4682.601	4/18-5/23	W	10:30-11:45 am
4682.602	5/30-7/11*	W	10:30-11:45 am
4682.603	7/18-8/22	W	10:30-11:45 am

*No class 7/4

Tai Chi Chuan

This workshop is designed to introduce you to a Chinese national treasure; a system of eight energies and five directional pathways that make up the original 13 postures comprising the basic Tai Chi system. You will learn how to coordinate and balance your body and mind while learning these beautiful patterns of the yin/yang movements of Tai Chi. Easily taught and easily learned, enjoyable and healthful, these movements can be practiced daily and can be a springboard in the deeper realms that Tai Chi has to offer you. Attend one or attend all, you will receive individual attention as you progress.

Instructor: Peter Marks

Winslow Center: Assembly Rm

1 workshop | \$24/\$20 (Dist. Res.)

4654.601	4/5	Th	7:50-9:20 pm
4654.602	5/3	Th	7:50-9:20 pm
4654.603	6/7	Th	7:50-9:20 pm
4654.604	7/5	Th	7:50-9:20 pm
4654.605	8/2	Th	7:50-9:20 pm

Total Fitness**The Way to Energize & Vitalize**

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

Instructor: Christie Tomlinson, choreographer and instructor, 34 yrs.

Faith Lutheran Church:

50 Woodworth Ln.

8 weeks | \$111/\$101 (Dist. Res.)

***5 weeks (no class 5/28) | \$75/\$65 (Dist. Res.)**

4636.502	3/12-5/7**	M	5:45-7:10 pm
4636.601	5/14-6/18*	M	5:45-7:10 pm
4636.602	7/9-8/27	M	5:45-7:10 pm

**No class 4/16

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*

Winslow Center: Assembly Rm

6 weeks | \$69/\$59 (Dist. Res.)

***5 weeks (no class 6/1) | \$60/\$50 (Dist. Res.)**

4643.502	3/9-4/27	F	10:45-11:45 am
No class 4/6, 4/13			
4643.601	5/11-6/15*	F	10:45-11:45 am
4643.602	7/13-8/31	F	10:45-11:45 am
No class 8/3, 8/24			

Yin Yoga for Flexibility

Want to increase your flexibility and learn the basics of Yin Yoga? Yin Yoga is aimed at producing permanent change in the length of one's muscles; increasing the blood supply to, and the longevity of, soft tissues by sustaining postures using props and straps to relax into the pose. The class is moderately paced with consideration for those who are new to yoga, have injuries, or just need a relaxing, healthful way to establish contact with and understand their bodies. Wear loose or stretchy clothes; bring a mat.

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

Winslow Center: Assembly Rm

6 weeks | \$69/\$59 (Dist. Res.)

4656.601	4/25-5/30	W	6:40-7:50 pm
4656.602	6/6-7/18*	W	6:40-7:50 pm
4656.603	7/25-8/29	W	6:40-7:50 pm

*No class 7/4

Yoga (Sugi/Gentle)

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

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

Winslow Center: Assembly Rm

8 weeks | \$87/\$77 (Dist. Res.)

4637.502	3/6-5/1*	Tu	10:30-11:45 am
4637.601	5/8-6/26	Tu	10:30-11:45 am
4637.602	7/10-8/28	Tu	10:30-11:45 am

*No class 4/10

Yoga Basics**You Don't Have to be a Pretzel**

Yoga is the perfect exercise to help you create a vibrant healthy body and live a long, active life. Develop and expand your practice of yoga postures while learning relaxation & breathing techniques. You'll be challenged in a gentle, safe way while experiencing the benefits of yoga with clear instruction and demonstration. All ages/abilities welcome; no previous yoga experience necessary.

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

Winslow Center: Assembly Rm.

6 weeks | \$69/\$59 (Dist. Res.)

4649.601	4/23-6/4*	M	7:50-9:00 pm
4649.602	6/11-7/16	M	7:50-9:00 pm
4649.603	7/23-8/27	M	7:50-9:00 pm

*No class 5/28

Zen Budo Kai Aiki Jujitsu Ultimate Self-Defense Experience

16 yrs & up

A rare opportunity to train with a system head. Learn grappling, locking, use of balance as a method of self-defense to overcome a stronger attacker. Promotes a philosophy of responsibility and control.

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 | \$69/\$59 (Dist. Res.)

4667.601	4/25-5/30	W	7:45-9:00 pm
4667.602	6/6-7/18*	W	7:45-9:00 pm
4667.603	7/25-8/29	W	7:45-9:00 pm

*No class 7/4

**PLEASE NOTE
NEW LOCATIONS!
ACTIVITIES AND SERVICES ARE BEING
HELD AT VARIOUS RELOCATION SITES
DURING CONSTRUCTION.**

**Pleasant Hill Senior Center
(925) 798-8788**

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 and more information at 798-8788

- Blood Pressure Screening
- Care Management Program (798-8788 ext. 17)
- Caregivers Support Group
- Consult an Attorney Program
- County Nutrition Program & Home Delivered Meals
- Grief Support Group (798-8788 ext. 17)
- 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 relocation sites, visit our website at www.phseniorcenter.com.

Dancercise

A fun way to get exercise and practice your dance moves at the same time. A variety of dances taught that will keep your feet moving and toes tapping. Drop-in only. Class is offered in cooperation with the Chinese American Senior Center.

Instructor: Mei-Mei Cheng

Chateau III: 175 Cleaveland Rd.

Drop in only | \$4/\$2 Member

Tuesday 1:00 pm–2:00 pm

Golden Notes Chorus

Sing with this energetic group of men and women. Unison and 2–3 part harmony music including old standards, folk songs, show tunes and more. Friendly, safe environment for even the most timid of singers; solo opportunities for the bold and brave. Weekly rehearsals, frequent local, daytime performances. Register before term begins.

Instructor: Dee Wood

Chateau III: 175 Cleaveland Rd.

11 weeks | \$36/\$32 Member

2350.502 4/3–6/12 Tu 9:30–11:30 am

Additional \$5 lab fee payable at first class to help cover cost of accompanist

High Beginners & Intermediate Line Dance

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

Instructor experiences perfume allergies.

Instructor: Millie Dusha

St. Andrews Church: 1601 Mary Dr.

Saturday drop in | \$5 per class

High Beginners Sa 9:15 am–10:15 am

Intermediate Sa 10:15 am–12:00 pm

No classes 5/26, 6/2, 6/16, 6/23 and 8/11

Living Tai Chi

Strengthen, relax and become more flexible with the ancient exercise techniques of meditation, qigong, and taijiquan. Begin simple and add complexity at your own pace. Culminate in the practice of traditional yang-style Tai chi. Group instruction 11:00 am–1:00 pm. You may bring a bag lunch for after class. There will be a 15-minute tai chi clinic for individual questions before and after class.

Instructor: Jasmine-Rose Kam

Winslow Center: 2590 Pleasant Hill Rd.

8 classes | \$69/\$61 Member

2210.601 6/4–8/13 M 11:00 am–1:00 pm

No class 6/18, 6/25, 7/2

Weight & Strength

Enjoy the best combination of low impact training and strengthening all in one fun session. Appropriate for all fitness levels. Jump-start your day with a great workout! Drop-ins are always welcome or purchase the 8-class punch card good for any session at any time!

Certified Personal Trainer: Debbie Murdock

**Winslow Center: Assembly Rm,
2590 Pleasant Hill Rd.**

8-class "Anytime" Punch Card: \$62

9 classes | \$63/\$54 Member

2201.601 5/3–5/31 M/Th 8:15–9:15 am

2202.601 5/3–5/31 M/Th 9:30–10:30 am

2205.601 5/3–5/31 M/Th 5:30–6:30 pm

8 classes | \$56/\$48 Member

2201.602 6/4–6/28 M/Th 8:15–9:15 am

2202.602 6/4–6/28 M/Th 9:30–10:30 am

2205.602 6/4–6/28 M/Th 5:30–6:30 pm

7 classes | \$50/\$43 Member

2201.603 7/2–7/26 M/Th 8:15–9:15 am

2202.603 7/2–7/26 M/Th 9:30–10:30 am

2205.603 7/2–7/26 M/Th 5:30–6:30 pm

2201.604 8/2–8/30 M/Th 8:15–9:15 am

2202.604 8/2–8/30 M/Th 9:30–10:30 am

2205.604 8/2–8/30 M/Th 5:30–6:30 pm

No class 7/23, 8/16, 8/20

Zumba Gold

Come join the fun and be amazed you are even working out! No dance experience is necessary to enjoy the great time you will have with zumba-fused, hypnotic Latin rhythms and easy-to-follow moves. Zumba Gold classes strive to improve our balance, strength, flexibility and most importantly, the heart.

Instructor: Jo Nash

St. Andrews: 1601 Mary Dr.

8-class "Anytime" Punch Card: \$48

6 classes | \$35/\$29 Member

***5 classes (no class 5/28) | \$29/\$24 Member**

2208.601 5/7–6/11* M 10:10–11:00 am

2208.602 6/18–7/16* M 10:10–11:00 am

2208.603 7/23–8/27 M 10:10–11:00 am

Pave the way to the new Senior Center!

Your tax-deductible purchase of a brick will help to fund 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 paving the way to the new Senior Center costs \$200. **See page 17 for details.**

Be a part of tomorrow...today!

Buy a Brick!

special events

Senior Live Well Forum LAUGH, LOVE & LEARN 2012

Entertainment, humor and education packed into a fun & inspiring day. Registration includes continental breakfast, lunch, door prizes, raffles, and giveaways. Senior Information Fair from 8:30 am–1:00 pm in conjunction to event—FREE to the public!

Friday, April 13, 8:30 am–2:00 pm
\$30/\$25 ages 60+ yrs

St. Andrews Church: 1601 Mary Dr.

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 (relocated to the Little House)!

Sunday, 2:00–5:00 pm

May 20, June 24, July 29, August 26

Tickets: \$4 (bring potluck item to feed 4)

VFW Building: 1919 Wendell Ln.

Memorial Day Ice Cream Social

Enjoy a root beer float and celebrate our Veterans with a memorable program.

Friday, May 25, 1:00 pm

FREE

Rodgers-Smith Park, Grayson Rd.

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. Sponsor: The Chateaus of Pleasant Hill.

Friday, June 29, 3:00–5:00 pm

\$7 presale | \$10 at the door

Chateau III: 175 Cleaveland Rd.

Taste of the Vine

Sip a glass of wine with friends. A variety of red and white wines for you to select from; light hors d'oeuvres will be served. Non-alcoholic beverages are available. Sponsor: The Chateaus of Pleasant Hill.

Friday, August 10

3:00–5:00 pm

\$7 presale | \$10 at the door

Chateau III: 175 Cleaveland Rd.

Classroom in the Community

Participate in this health promotion program focused on educating older adults and their support systems about how to control and improve their health in a variety of areas. Various topics are presented throughout the year. Call the Senior Center to register: 798-8788

Wednesdays, 10:00–11:00 am

FREE

5/30: "Maintain Your Brain"

6/27: "Control Your Cholesterol"

7/25: "Dehydration"

8/29: "Better Your Blood Pressure"

St. Andrew's Church: 1601 Mary Dr.

adults/50+ trips

The Pleasant Hill Senior program offers a wide variety of local, national, and international trips for every budget and lifestyle. Non-members accompanying a senior pay an additional \$5. Trips include transportation, lodging, entrance fees, and meals as indicated. Cancellation insurance on long trips is available if not already included.

Trip Meeting

Seniors who love to travel meet once a month to discuss new destinations and sign up for new trips. They help determine trip policies, future trips and are given the first opportunity to sign up for new trips announced at the meeting. Many trips sell out the same trip meeting at which they are premiered. We'd love to see you at an upcoming Trip Meeting.

Meeting: 4/6, 5/4, 6/1, 7/6, 8/3

Friday, 1:00 pm

*Winslow Center Assembly Room,
2590 Pleasant Hill Road*

Trip Office: 798-8747 (TRIP)

Mon–Fri, 9:00 am–2:00 pm

249 Gregory Ln.



Day Trips

CASINO TRIPS: 4/3 (Cache Creek), 5/3 (Colusa), 6/7 (Red Hawk), 7/5 (Thunder Valley), 8/2 (River Rock)

MYSTERY TRIPS: 4/12, 5/15, 6/3, others T.B.A.

SIGHTSEEING/SHOWS:

4/22 Debbie Reynolds

4/25 Safari West

4/27 Alcatraz: Inside and Out

5/31 California's Coast
with Gary Holloway

6/11 San Joaquin and Rio Vista Cruise

6/13 Backstage in SF

6/24 A's VS Giants

Many more day trips T.B.A.! There are 4–6 day trips each month.

Mackinac Island

There's no hotel on earth like the Grand Hotel on Mackinac Island. Enjoy its unique décor and top-notch service as you spend two nights in this historic destination. Start your journey with time in Chicago where you will enjoy a city tour and plenty of free time to visit your favorite spots before traveling up to Green Bay, Wisconsin where you will experience "America's Dairyland." Next you will step back in time and enjoy historic Mackinac Island during its annual Lilac Festival. Your journey ends with stops in the quaint Bavarian town of Frankenmuth and a visit to the Henry Ford Museum. Price includes, airfare, airport transfers, gratuities, travel insurance and 12 meals.

June 17–June 25, 2012

\$3,164 pp/double | \$4,114 pp/single

Deposit: \$415 due by 2/17, for best price and flights

Final Payment due 4/18/2012



Adults/50+ Trips, continued

Rockies Highlights by Train

This trip takes you through Canada's countryside and its breathtaking natural beauty. Start in Vancouver, where you will enjoy Butchart Gardens, a world-renowned garden bursting with color and fragrance. Then enjoy your overnight VIA train ride to Jasper. Relive the travel days of old as you are rocked to sleep in your private accommodations. Enjoy great views from the viewing dome cars where you can have a 360 degree view of your surroundings. In Jasper you will visit the dramatic Maligne Canyon and Lake. The next stop will be the picturesque Banff, where you will stay in the world-famous Fairmont Hotel. More beauty awaits with a visit to Peyto Lake, Icefields Parkway, Yoho National Park, Sulphur Mountain and more. Finish the tour in Calgary where you will visit a local ranch and take a wagon ride to view buffalo. Price includes airfare, airport transfers, gratuities, travel insurance and 12 meals.

July 13–22, 2012

**\$4,417 pp/double | \$5,242 pp/single
\$4,357 pp/triple**

Deposit: \$555 due by 2/14, for best price and flights

Italy's Treasures

This is the perfect trip for people on their second trip to Italy or those wanting a unique experience that goes beyond the primary "tourist towns." Highlights include the Italian Lake Region, Italian Riviera, Portofino, Cinque Terre, Lucca, Florence, Siena, San Gimignano, Wine Tasting, Italian Cooking Class, Bologna, and Venice. This group is limited to a maximum of 24 passengers so sign up soon! Price includes, airfare, airport transfers, gratuities, travel insurance and 17 meals.

September 14–25, 2012

**\$4,899 pp/double | \$5,699 pp/single
\$4,849 pp/triple**

Deposit: \$450, deadline to guarantee flight cost has past, but room still available.

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www.ed2go.com/pleasanthillrec

America's Music Cities

Visit New Orleans, Memphis, and Nashville as you revel in the sounds of the blues, jazz, country, and good old rock 'n' roll. Experience America's most singular city in New Orleans, home to the French Quarter where the world's great jazz musicians reside. Spend two nights in Memphis, "birthplace of the blues," and tour Elvis Presley's Graceland. Enjoy reserved seats at the Grand Ole Opry in Nashville, Tennessee. Tour historic RCA Studio B, and see where country legends recorded hit songs. A visit to the Country Music Hall of Fame is sure to have you humming long after you return home. Price includes, airfare, airport transfers, gratuities, travel insurance and 10 meals.

September 16–23, 2012

**\$2,479 pp/double | \$3,029 pp/single
\$2,449 pp/triple**

Deposit: \$415



Classical Turkey

Explore vibrant Turkey, an amazing mix of ancient and new, Asian and European on this 12-day learning vacation. Witness Istanbul's famous Topkapi Palace, the Blue Mosque and the church of Hagia Sophia. Explore the grand ruins of Ephesus. See the fanciful landscape of Cappadocia with its "fairy chimneys" and 6th century rock chapels. Visit Konya, home of the Whirling Dervishes and discover two of the most important ancient sites in Turkey: Pergamon and the legendary city of Troy. Spend 2 nights in Kusadasi, a beautiful seaside resort. Price includes, airfare, airport transfers, gratuities, travel insurance and 20 meals.

October 11–23, 2012

**\$4,139 pp/double | \$4,639 pp/single
\$4,109 pp/triple**



American **NEW!** Spirit Family Discovery Trip

Join us for this completely NEW offering from PHR&PD. It's a wonderful opportunity to have fun and spend quality time with the family while someone else does the work. This once-in-a-lifetime tour will bring American history to life!

The nation's earliest days spring to life during a scavenger hunt along Philadelphia's Trail of Independence and a guided tour of George Washington's Mt. Vernon. Learn to roll a pretzel in Lancaster. Embark on a city tour of Washington. Walk the hallowed grounds of Gettysburg. Design an afternoon in DC to suit your family; visit the famed Spy Museum, explore the National Zoo, or uncover the treasures at the Smithsonian. Embrace your patriotic spirit from historic Colonial Williamsburg to modern-day Washington DC.

JULY 21–JULY 28, 2012

Tour includes airfare, travel insurance, nine meals, full-time guide, listed attractions and airport transfers from the PHR&PD administration office.

\$2585 pp/double adult occupancy

\$3135 pp/single adult occupancy

**\$2555 pp/triple/quad
adult occupancy**

\$2035 pp/any occupancy (child)

\$415 deposit due ASAP

**Contact Jessie at
(925) 798-8747 x19 for
questions and sign-ups.**



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Pleasant Hill, CA 94523

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Learn to Swim!

group and private classes
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Life
Better!**

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