

Pleasant Hill Recreation & Park District

Spare Time SPOTLIGHT

**Winter/Spring 2012
Catalog of Classes
and Activities**

Visit us online at
www.pleasanthillrec.com



**Get fit-
stay fit...
with Pleasant
Hill Rec!**

Fitness for EveryBODY!
...pages 8, 11, 22

Brick Brigade & Beyond
... pages 16, 17

Sit Back & Relax!
... back cover

29th Annual

Dolphins Tree Lot

Benefits the Pleasant Hill Dolphins Swim Team. November 25–December 23

- ❖ Mon–Sat., 9 am–9 pm
- ❖ Sun., 12:30–9 pm
- ❖ Winslow Center Parking Lot: 2590 Pleasant Hill Road (Corner of Taylor & Pleasant Hill Rd.)

Santa at your Home

Delight your child with a visit from Santa Claus. Just a few spots left. Call 682-0896.

Shotokan

Karate Forms Tournament

Plan to attend! YOU are invited to join the PHR&PD Karate students as they compete at beginning, intermediate and advanced levels. Medals and certificates to be awarded. Includes black-belt martial arts and self-defense demonstrations.

Dec. 6

- ❖ Tue., 7:45–9:20 pm **FREE!**
- ❖ FREE
- ❖ Winslow Ctr.: Assembly Rm.

Mini Holiday Boutique

Visit our “mini” version of our annual Holiday Boutique; same great items just a smaller venue.

Dec. 10

- ❖ Sat., 9 am–1 pm
- ❖ VFW Bldg.: 1919 Wendell Ln.

Breakfast with Santa

(1–8 yrs with parent)

Santa has taken time off from his busy schedule to join you and your child for a morning of holiday cheer and live entertainment. Breakfast includes pancakes, eggs, sausage, and more. Don't forget your camera! Register by Dec. 14.

6159.401 Dec. 17

- ❖ Sat., 8:30–9:45 am

6159.402 Dec. 17

- ❖ Sat., 10:30–11:45 am
- ❖ \$9 / adult; \$8 / child
- ❖ St. Andrews Presbyterian Church: 1601 Mary Dr., Pleasant Hill

Polar Bear Plunge

Start your New Year with an invigorating plunge in the unheated water of PH Aquatic Park! Warm up with coffee and hot chocolate after your plunge. Pre-register by Dec. 15 and get a free long-sleeve shirt!

8780.501 Sat., Dec. 31, Noon

- ❖ \$15 Pre-Reg. / \$20 Plunge Day
- ❖ PH Aquatic Park: 147 Gregory Ln.



Thank you Sports Basement Walnut Creek for your support!

Dolphins Crab Feed

Benefits the Pleasant Hill Dolphins Swim Team. For tickets or to donate a silent auction item, call 682-0896; pleasanthillrec.com Sat., Feb. 25

- ❖ No-host bar 6:30 pm; dinner 7:30 pm
- ❖ \$45 per person
- ❖ Civic Park Community Ctr.: 1375 Civic Dr., Walnut Creek

Fairytale Princess Party

(2–6 yrs)

Be a princess for a day with your Mom or Dad. Wear your princess dress. Includes Fairytale Princess Story Time, a snack, and creating a very special princess crown. Register by Feb. 29.

6163.501 Mar. 7

- ❖ Wed., 3:30–4:30 pm
- ❖ \$9 / child, \$6 / adult
- ❖ Winslow Ctr.: Assembly Rm.

Hippity Hop Art Workshop & Bunny Visit **NEW**

Enjoy a morning with bunny while you create fun spring arts and 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 persons per time slot. Register by Mar. 23.

6150.501 Mar. 31

- ❖ Sat., 9:30–10:30 am

6150.502 Mar. 31

- ❖ Sat., 11 am–noon
- ❖ \$10 / child; \$7 / Adult
- ❖ M.J. Studios: 670 Gregory Ln., Suite G

Family Fun Triathlon

Join Pleasant Hill Recreation for a non-competitive, family-fun, fitness triathlon event which incorporates swimming, bicycling, and running! 14 yrs & under race is 250-yard swim, 5-mile bike, and 2-mile run; 15 yrs & 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 am; **race starts at 9 am.** Sun., Apr. 29

8251.501 Individual:

- \$44 Pre-Reg (by Apr. 12)
- \$54 Apr. 13 to race day

8252.501 Relay (up to 3 persons):

- \$93 Pre-Reg (by April 12)
- \$108 Apr. 13 to race day

- ❖ PH Education Ctr.: 1 Santa Barbara Rd.



Babes In Arms
A Center Stage & S.T.A.G.E. Troupe Musical Production

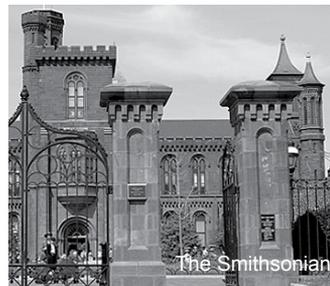
A spirited story about a group of young performers who wants to bring its original revue to Broadway. This fast-paced musical comedy boasts one of the greatest scores ever written with the lyrics and music of Rodgers & Hart. Famous tunes include Funny Valentine, The Lady is a Tramp, and Johnny One Note. Call 943-SHOW.

Director: Stephen Foreman

Producer: Doña Foreman

Mar. 23–Apr. 1

- ❖ Tickets: \$14
 - ❖ Leshar Center for the Arts: 1601 Civic Drive, Walnut Creek
- Audition information, see Teens, page 25.



American Spirit Family Discovery Trip **NEW**

Join us for this completely NEW offering from PHR&PD! It's a wonderful opportunity for you to just sit back and relax! You can have fun and spend quality time with the family while someone else does the hard part! On this tour, jump into the pages of American History. 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 featuring views of the Capitol building and the White House; and walk the hallowed grounds of Gettysburg. In D.C., design an afternoon to suit your family; visit D.C.'s famed Spy Museum; explore the National Zoo; or uncover the treasures of the Smithsonian museums. From historic Colonial Williamsburg to modern-day Washington D.C., embrace your patriotic spirit on this exciting journey. The tour includes nine meals, travel insurance, a full-time guide, flight, listed attractions and airport transfers from Pleasant Hill Rec's District Office.

July 21–July 28, 2012

- ❖ \$2,585 pp/double adult occupancy
- ❖ \$3,135 pp/single adult occupancy
- ❖ \$2,555 pp/triple/quadruple adult occupancy
- ❖ \$2,035 pp/any occupancy (Child)
- ❖ Deposit \$415 due ASAP
- ❖ \$100 Discount if you sign up by Jan. 21.

PRESENTATION: Plan to join us for a presentation of this trip by Jessie Wusthoff of the PHR&PD and Jay Fehan representing the tour operator on Saturday, February 18, 10 am at the VFW. RSVP requested: 798-8747 x19.

Join a club!

- American Legion #331**
Will Castro, Cmdr, 933-6746
- Contra Costa Camera Club**
contracostacameraclub.org
- Diablo Valley Track & Field**
dvtfc.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**
rodgersranch.org; call 937-FORR
- Guild of Quilters**, contracostaquiltguild.org
- Las Juntas Artists**
Judi Visscher, at 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

Pave the Way – Order your brick today!



Help Furnish the New Senior Center!

See page 17 for more information.

"EGG" CITING EGG HUNT!

SAT. • APRIL 7
Pleasant Hill Park • 147 Gregory Lane

Find the **GOLDEN TICKET** in your egg and win a **SPECIAL PRIZE**

Egg Hunt check-in begins at **9:30am!** **\$6 Per child**

IMPORTANT!
Pre-registration required by **Noon, April 6** To register call **682-0896**

Dana Smith	9:30 am
Music by Strawberry Fields	9:30 am
6160.501 Egg Hunt (0-3 years)	10:30 am sharp!
6160.502 Egg Hunt (0-3 years)	10:50 am sharp!
6160.503 Egg Hunt (4-6 years)	11:15 am sharp!
6160.504 Egg Hunt (7-10 yrs)	11:30 am sharp!

- All who attend will come away with a goody and a smile.
- Bring your camera and your baskets.
- Enjoy visits with the Bunny.
- Have fun with facepainting and other "egg" citing activities.
- Catch the Pleasant Hill Express running all morning long.

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

Senior 50+ Events

For details on these Senior Events, see page 23.

Mini Holiday Boutique

❖ Dec. 10, Sat., 9 am–1 pm

Simply Wine

❖ Jan. 27, Fri., 5–7:30 pm

Morning Joe

Jan. 13, Feb. 10, Mar. 9, Apr. 27 **FREE!**

Bunco

Jan. 29, Feb. 26, Mar. 25, Apr. 29
❖ Sun., 2–5 pm

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Spare Time Spotlight December 2011 – April 2012

Published three times a year; next issue published April 2012. Send suggestions to Dodie Jones, Spotlight Editor, djones@pleasanthillrec.com or call 937-2707.

On the Cover: Alison Klippel, PHR&PD Total Body Fitness Instructor. Class listings: Pilates Mat Class, page 8; Weight Training, page 9.

Spotlight Credits Editor: Dodie Jones; Designers: Andee O'Neill, Carole Lucido; Design Editor / Cover Photo: Cathy Corum. Cover Design: Courtesy of Donaghugh Graphic Designs

Adult Classes are held at **Winslow Ctr, 2590 Pleasant Hill Rd., Rms. 1 & 2, or as noted with class.** Register Early!! Classes with low enrollment are subject to cancellation.

Acrylics **NEW**

(4 weeks) (All levels)

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. All supplies provided.

Instructor: Pat Jackson

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

4520.501 Jan. 11–Feb. 1

4520.502 Feb. 8–Feb. 29

❖ Wed., 10 am–noon

4524.501 Jan. 4–Jan. 25

4524.502 Feb. 1–Feb. 22

❖ Wed., 6:30–8:30 pm

❖ \$68 / Dist. Res. \$58

(+\$30 lab fee payable to instructor)

❖ M.J. Studios:

670 Gregory Lane, Suite G

Back at the Ranch ...

(4 separate workshops)

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

4748 First Aid, Naturally – First Aid Kits are important to have on hand in your home. Learn about natural remedies and other items you can have ready in case of a minor emergency.

4749 Herbs to Grow & Use – Think spring garden! Find out which herbs to grow to benefit you and your garden. Container herb gardening to be discussed, also.

4750 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.

4751 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.

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.

First Aid, Naturally

4748.501 Jan. 24 (Tue.)

4748.502 Jan. 28 (Sat.)

Herbs to Grow & Use

4749.501 Feb. 21 (Tue.)

4749.502 Feb. 25 (Sat.)

Spring Greens

4750.501 Mar. 27 (Tue.)

4750.502 Mar. 31 (Sat.)

Healthy House Cleaning

4751.501 Apr. 17 (Tue.)

4751.502 Apr. 21 (Sat.)

❖ Tue., 7–9 pm

❖ Sat., 9:30–11:30 am

❖ \$35 / Dist. Res. \$29

(+\$5 lab fee payable to instructor)

❖ Rodgers Ranch: 315 Cortsen Rd.

Birding Contra Costa

(4 weeks)

Winter is waning, so check out the increasing avian activity in four local locations.

Feb. 25, Canal Trail (meet at K Mart side

parking lot on Chilpancingo); Mar. 3,

McNabny Waterfront; Mar. 10, Lafayette

Reservoir (fee for parking); Mar. 17, Marti-

nez Marina. Bring binoculars, bird guide if

possible. If a rain make-up day is needed, it

will be Sunday.

Instructor: Jan Rae Cook

4738.501 Feb. 25–Mar. 17

❖ Sat., 9–11 am

❖ \$37 / Dist. Res. \$30

Bows Fantastic

(1 workshop)

Decorate your packages, your home, or your tree with eye-catching bows. You'll make Pom Pom, Starburst, classic floral bows, even bows for your wedding, with the professional and personal touch. Supplies provided; bring scissors.

Instructor: Trudi Edwards

4538.401 Dec. 6

❖ Tue., 7–10 pm

❖ \$34 / Dist. Res. \$24

(+\$15 lab fee payable to instructor)

Braided Rug & Basket Making Intro **NEW**

(2 separate workshops)

Attend one or both! An introduction to making useful and decorative objects such as rug, seat mat, pet bed, basket, meditation/dance mat or other. Interesting "tricks" demonstrated; all supplies provided.

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.

4578.501 Jan. 28

4578.502 Feb. 25

❖ Sat., 1–4 pm

❖ \$35 / Dist. Res. \$29

(+\$10 lab fee payable to instructor)

❖ Rodgers Ranch: 315 Cortsen Rd.

Conquering Clutter **NEW** The Basics of Organizing

(1 workshop)

Make this a New Year's commitment! Learn the secrets of how to create a comfortable layout in your home or office. How to organize to reduce clutter, discover hidden storage, and how to set priorities will be discussed. Bring in your questions or photos of areas of your house that bother you. Donate and disposal resources list will be provided.

Instructor: Maureen DeGarmo

...small business management experience, 20 yrs; expert in organizing and prioritizing.

4704.501 Jan. 5

4704.502 Mar. 1

❖ Th., 7:30–9 pm

❖ \$35 / Dist. Res. \$29

Cookie & Cake Decorating **NEW** Just in Time for Valentines Day!

(1 workshop)

It's easier than you think! Learn how to write on cakes and cookies, plus create a decorative border and floral design. Take home a handout, practice sheet, a heart-shaped sugar cookie and a cupcake that YOU will have decorated. Great class for those who make specialty cookies and cakes for their friends and family!

Instructor: Suzanne Piphoo

4424.501 Feb. 9

❖ Th., 6:30–9:30 pm

❖ \$35 / Dist. Res. \$29

(+\$10 lab fee payable to instructor)

CPR–American Heart

(1 workshop)

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

4702 Adult & Pediatric Community CPR

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

4703 BLS Healthcare Provider – adult, child, infant CPR, single and two-rescuer CPR, choking, AED, pocket mask and bag-valve mask. Bring lunch, beverage.

Instructor: Adrian Curry

...EMT, 19 yrs; CPR and First Aid instructor, 15 yrs.

Adult & Pediatric Community CPR

4702.501 Jan. 28

4702.502 Feb. 25

❖ Sat., 1–5 pm

4702.503 Mar. 29

❖ Th., 6–10 pm

❖ \$42 / Dist. Res. \$34

(+\$15 lab fee payable to instructor)

BLS Healthcare Provider

4703.401 Dec. 3

4703.501 Apr. 21

❖ Sat., 9 am–3 pm

❖ \$49 / Dist. Res. \$40

(+\$15 lab fee payable to instructor)

Creative Writing Start YOUR Novel or Short Story

(4 weeks) (All levels)

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.

Instructor: Janice De Jesus, MFA
...Mills College, 2008; freelance writer; CC Times reporter, eight yrs; has written two novels.

- 4710.501 Jan. 7–Jan. 28
- 4710.502 Feb. 11–Mar. 3
- ❖ Sat., 10 am–noon
- ❖ \$63 / Dist. Res. \$53
(+\$5 lab fee payable to instructor)

Dog Training **NEW**

(3 weeks)

Don't have time to attend a 7-week training class? These 3-week topic classes will teach you everything you need to know to tackle your dog's training challenge. For dogs five months and over with a current rabies vaccine. PRE-REGISTRATION REQUIRED. Proof of vaccinations is mandatory WHEN REGISTERING. For all classes, please bring your dog on a secure collar he can not 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.

Loose Leash Walking

Teach your dog to walk on leash without pulling and to calmly pass by distractions.

- 4715.501 Jan. 28–Feb. 11
- ❖ Sat., 10–11 am

Coming When Called

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

- 4715.502 Jan. 28–Feb. 11
- ❖ Sat., 11 am–noon

Accelerated Basic Manners

Just the basics including sit, down, stay, touch, and walking on leash without pulling.

- 4715.503 Mar. 3–Mar. 17
- ❖ Sat., 10–11 am

Polite Pooch

Tackle inappropriate jumping up, food stealing, and lack of focus.

- 4715.504 Mar. 3–Mar. 17
- ❖ Sat., 11 am–noon
- ❖ \$75 / Dist. Res. \$65
- ❖ Rodgers-Smith Park: Basketball Courts

Adult Classes are held at **Winslow Ctr, 2590 Pleasant Hill Rd., Rms. 1 & 2, or as noted with class.** Register Early!!
Classes with low enrollment are subject to cancellation.

Drum Party Drum Circle

(All skill levels)

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.

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

- 4575 Dec. 15, Jan. 19, Feb. 16, Mar. 15, Apr. 19
- ❖ Th., 7–8:30 pm
- ❖ \$9 / Drop In only

Drumming Intensive

(8 weeks)

.501 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 season. Some drums available; if possible, bring your own.

.502 Drum Sticking & Drum Set – Sticks on a drum pad first, while learning the drum rudiments, easy rhythms, and polyrhythms. Drum set requires four-part coordination and repetition to learn the basic beats for Rock, Funk, Blues, Jazz and you will see results in just a few weeks. Two drum sets will be in the classroom. Bring sticks and a practice pad and get ready to roll!

Instructor: John Waller

Djembe Rhythms

- 4577.501 Jan. 10–Feb. 28
- 4577.502 Mar. 6–Apr. 24
- ❖ Tue., 7:30–8:25 pm

Drum Sticking & Drum Set

- 4578.501 Jan. 10–Feb. 28
- 4578.502 Mar. 6–Apr. 24
- ❖ Tue., 8:30–9:25 pm
- ❖ \$87 / \$77 Dist. Res.



Oil Painting/watercolor...all levels welcome!

First Aid

(1 workshop)

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

- 4712.501 Jan. 26
- ❖ Th., 6–10 pm
- 4712.502 Apr. 28
- ❖ Sat., 1–5 pm
- ❖ \$35 / Dist. Res. \$29
(+\$15 required fee payable to instructor)

Gluten-free Cooking for Your Health **NEW**

(1 workshop)

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 Piphon

- 4406.501 Mar. 22
- ❖ Th., 6:30–9:30 pm
- ❖ \$35 / Dist. Res. \$29
(+\$10 lab fee payable to instructor)



Dog Training...a trained dog is a happy dog!



Drum Circle...for beginners and pros.

Self-Improvement

Hypnotherapy for Weight Loss & Fitness

(2 separate workshops)

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.

- 4843.501 Jan. 7
- ❖ Sat., 10:30–12:30 pm
- 4843.502 Mar. 8
- ❖ Th., 7:50–9:50 pm
- ❖ \$35 / Dist. Res. \$29
- ❖ Winslow Ctr.: Assembly Rm.

Stop Smoking with Hypnotherapy **NEW**

(2 separate workshops)

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

- 4844.501 Jan. 5
- 4844.502 Mar. 1
- ❖ Th., 7:50–9:50 pm
- ❖ \$35 / Dist. Res. \$29
- ❖ Winslow Ctr.: Assembly Rm.

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Guitar, Beginning I **NEW**

(4 weeks)

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.

- 4581.501 Jan. 4–Jan. 25
- 4581.502 Feb. 1–Feb. 22
- ❖ Wed., 6:30–7:30 pm
- 4583.501 Jan. 7–Jan. 28
- 4583.502 Feb. 4–Feb. 25
- ❖ Sat., 2–3 pm
- ❖ \$89 / Dist. Res. \$79
- (+\$15 lab fee payable to instructor)
- ❖ M.J. Studios:
- 670 Gregory Lane, Suite G

Introduction to Improv **NEW**

(4 weeks)

A fun, silly, safe, and supportive way to learn the skills of improvisation. Focus is on both comedy and drama, playing improv games, and doing dramatic scenes. No experience necessary. Improv is a great skill to have on stage and in life.

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

- 4585.501 Jan. 26–Feb. 23*
- ❖ Th., 7:50–9:30 pm
- *No class Feb. 16
- ❖ \$75 / Dist. Res. \$65
- ❖ Winslow Ctr.: Assembly Rm.

Lights, Camera, Action! **NEW** Making a Successful Indie Film

(4 weeks) (3-hour classes)

Anyone can make a true indie film with a camera, family or friends, and a lot of creativity. All you need is a good idea! But most people don't know how to get the idea down on paper. You will learn how to produce a "Hollywood" movie in this class from script writing to production. Your film could be an overnight success!

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

- 4587.501 Feb. 11–Mar. 10*
- ❖ Sat., 1–4 pm
- *No class Feb. 25
- ❖ \$115 / Dist. Res. \$105
- (+\$20 lab fee payable to instructor)

Oil Painting or Watercolor

(5 weeks) (All levels) (16 & 17 yrs, welcome)
Beginners learn basic techniques on one painting, either oil painting or watercolor.

Advance students work on 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 all supplies for first project.

Instructor: Trudi Edwards, BA
...31 yrs with PHR&PD teaching a variety of adult and youth art classes.

- 4522.501 Jan. 23–Feb. 27*
- 4522.502 Mar. 5–Apr. 2
- 4522.503 Apr. 23–May 21
- ❖ Mon., 7–9 pm
- *No class Feb. 20
- ❖ \$61 / Dist. Res. \$51
- (+\$30 lab fee, new students only)

Raw Cuisine **NEW** Culinary Arts

(3 separate workshops)

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. Lecture, demo, samples and take home recipe packet.

- 4408 **Un-Cooking Raw!** – Almond Milk, Cream of Zucchini Soup, Kale Salad, Not-Tuna Pâté and Chocolate Mousse.
- 4412 **Mediterranean Medley** – Aromatic herbs, spices, and pungent flavors! Hummus, Carrots with Moroccan Spices, Dolmas, Apple Baklava.

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



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.

For details, info@phcommunityfoundation.org

Pave the Way – Join the Brick Brigade NOW! –

Help furnish the new Senior Center by purchasing a brick. Bricks inscribed, using state-of-the-art laser technology, with your name, the name of a special person, or your company name will be installed at the new Senior Center.

See page 17 for more information.

Be a Part of
Tomorrow... Today!
Buy a Brick

Un-Cooking Raw!

4408.501 Jan. 7

❖ Sat. 1:30–3:30 pm

4408.502 Mar. 31

❖ Sat., 10:30 am–12:30 pm

Mediterranean Medley

4412.501 Jan. 21

❖ Sat. 1:30–3:30 pm

❖ \$50 / Dist. Res. \$45

(+15 lab fee payable to instructor)

Real Estate Investing Basics **NEW**

(1 workshop)

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; seven years licensed Real Estate Agent; former Valuation Manager for major REO listing agency; current landlord.

4601.501 Jan. 12

4601.502 Feb. 2

4601.503 Mar. 8

❖ Th., 7:30–9:30 pm

❖ \$35 / Dist. Res. \$29

Spa Treatment at Home **NEW**

(1 workshop)

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 Piphoo

4710.501 Apr. 5

❖ Th., 6:30–9:30 pm

❖ \$35 / Dist. Res. \$29

(+10 lab fee payable to instructor)

Wills, Trusts & Estate Planning
It's Never Too Early to Plan

(1 workshop)

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.

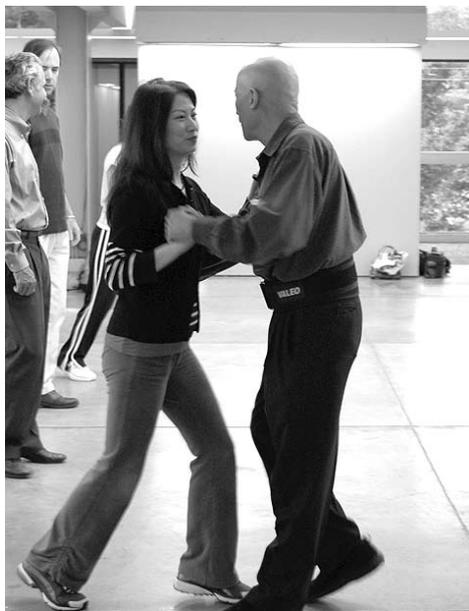
Instructor: Randall Thompson

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

4610.501 Feb. 23

❖ Th., 7–9 pm

❖ \$18 / Dist. Res. \$15

Let's Dance!**Let's Go Dancing**

(Adults/Teens, 16 yrs up) (5 weeks)

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 beginning classes will provide you with all the basics needed to twirl on the dance floor with ease and LOOK GOOD! .501 Waltz, Cha, Cha, Cha, and Samba; .502 Fox Trot, Tango, Triple Swing; .503 Rumba, Fox Trot, Triple Swing.

Instructor: Alberta Bagneschi

...Instructor of Ballroom Dance for 26+ yrs.

4114.501 Jan. 4–Feb. 1

4114.502 Feb. 15–Mar. 14

4114.503 Mar. 21–Apr. 18

❖ Wed., 7:15–8:15 pm

❖ \$60 / Dist. Res. \$50

❖ Pacheco Community Ctr.:
5800 Pacheco Blvd.**Belly Dance Series**

(4 separate workshops) (All levels)

Explore the wide range of belly dance styles and props, one workshop at a time. Sign up for one or for all for a complete overview. Meet new friends, go to haflas and performances and shopping bazaars. Learn how to create your own performance for that special occasion.

Instructor: Sharifa

...Performer of Middle Eastern Dance; owner, Belly Dance Artists; instructor since 1987.

Introduction to Belly Dance

4132.501 Jan. 19

Creating Your Dance, Your Style

4132.502 Feb. 16

Finger Cymbals & Movements

4132.503 Mar. 15

Dancing with Veils

4132.504 Apr. 19

❖ Th., 7:50–9:20 pm

❖ \$24 / Dist. Res. \$20

❖ Winslow Ctr.: Assembly Rm.

Bollywood & Bhangra Blast!

(6 weeks)

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.

4660.501 Apr. 4–May 9

❖ Wed., 6:30–7:30 pm

❖ \$69 / Dist. Res. \$59

❖ Winslow Ctr.: Rms. 1 & 2

Salsa Club Dancing 101

(5 weeks) (Beginning and Continuing)

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.

Instructor: Ron Bermudez

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

4155.501 Jan. 4–Feb. 1

4155.502 Feb. 15–Mar. 14

4155.503 Mar. 21–Apr. 18

❖ Wed., 8:30–9:30 pm

❖ \$60 / Dist. Res. \$50

❖ Pacheco Community Ctr.:
5800 Pacheco Blvd.**Wedding Party Dance**

(1 workshop)

Bring the whole bridal party along (or just yourselves) to learn a simple but creative and fun dance routine to "show off" on the day of your wedding. Additional instruction Included on the popular Cha Cha Slide.

Instructor: Alberta Bagneschi

4101.501 Apr. 25

❖ Wed., 7:30–9:30 pm

❖ \$30 / Dist. Res. \$25

❖ Pacheco Community Ctr.:
5800 Pacheco Blvd.

Fitness classes are held at the **Winslow Center Assembly Room, 2590 Pleasant Hill Rd., unless different on class listings.** Register early, classes with low enrollment are subject to cancellation. Take advantage of our ONLINE REGISTRATION!

Bollywood & Bhangra Blast!

See Dance, page 7.

Fencing ... The Sport of Distinction

(Drop in only) (Experienced Fencers)
Fencers! Hone your skills at this drop-in session. Increase your athleticism; collaborate with other experienced fencers. Practice is the foundation of all sports.

Instructor: James Parker
...PHR&PD Fencing Instructor, 27 yrs.

- 4630.501** Jan. 2–Apr. 30*
*No class Jan. 16, Feb. 20
❖ Mon., 9:10–10:30 pm
\$5 / person / per night / drop-in

Jazzercise

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

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

AM Tue/Wed/Fri/Sat
❖ Tue/Wed/Fri/Sat, 9–10 am

PM Tue/Wed
❖ Tue/Wed, 5:30–6:30 pm

PM Mon/Th
❖ Mon/Th, 6:40–7:40 pm

Karate

(Grades 3–Adult) (6 weeks)
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.

Beginning / Intermediate

- 4638.501** Jan. 3–Feb. 7
4638.502 Feb. 14–Mar. 20
4638.503 Mar. 27–May 1
❖ Tue., 7:45–8:45 pm

Advanced

- 4640.501** Jan. 3–Feb. 7
4640.502 Feb. 14–Mar. 20
4640.503 Mar. 27–May 1
❖ Tue., 8:15–9:20 pm
❖ \$70 / Dist. Res. \$60
(\$1 lab fee included)

Note: The Karate students invite you to a Shotakan Karate Forms Tournament on Tuesday, Dec. 6, 7:45–9:20 pm.

Kick Boxing for Women

(5 weeks) (6 weeks) (All levels)
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.

Instructor: John Castro

- 4648.501** Jan. 2–Feb. 6* (5 wks)
4648.502 Feb. 13–Mar. 19** (5 wks)
4648.503 Mar. 26–Apr. 30 (6 wks)
❖ Mon., 6:40–7:40 pm
No class *Jan. 16; ** Feb. 20
❖ \$60 / Dist. Res. \$50 (5 wks)
\$69 / Dist. Res. \$59 (6 wks)
❖ Pacheco Community Ctr.:
5800 Pacheco Blvd.

Mixed Martial Arts with JKD Concepts

(Co-Ed / Adult) (6 weeks)
Bring out your cat-like attributes of speed, flexibility, endurance, timing, power, coordination, balance, and fluid motion! Non-classical combative martial arts training emphasizes physical fitness and self-defense. Methods incorporated are: Kung-Fu, Boxing, Kick Boxing, Karate, and more. Contact is on pads, and kicking shields. Wear sweats and running shoes. Plan to purchase 12-ounce boxing gloves (\$30.)

Instructor: John Castro

- 4652.501** Jan. 4–Feb. 8
4652.502 Feb. 15–Mar. 21
4652.503 Mar. 28–May 2
❖ Wed., 8:05–9 pm
❖ \$69 / Dist. Res. \$59



Buy your holiday gifts locally.
PHR&PD certificates are one size fits all! Call 682-0896 or at the office,
147 Gregory Lane.

Nia®

Body-Mind-Spirit Exercise You'll be HOOKED!

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

Instructor: Janet Kaufman
...Certified Nia® Instructor.

- 4692.501** Jan. 3–Feb. 7
4692.502 Feb. 14–Mar. 20
4692.503 Mar. 27–May 1
❖ Tue., 6:40–7:35 pm
❖ \$78 / Dist Res. \$68

Pepper Spray Clinic

(18+ yrs required) (1 workshop)
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

- 4684.402** Dec. 8
❖ Th., 7:50–9 pm
❖ \$28 / Dist. Res. \$23
❖ Winslow Ctr.: Assembly Rm.

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

- Monday PM** (6 weeks)
4688.501 Jan. 9–Feb. 27* (6 wks)
4688.502 Mar. 5–Apr. 16** (6 wks)
❖ Mon., 5:30–6:30 pm
No class *Jan. 16; Feb. 20; **Apr. 9

- Wednesday PM** (7 weeks)
4689.501 Jan. 11–Feb. 22 (7 wks)
4689.502 Mar. 7–Apr. 18* (6 wks)
❖ Wed., 6–7 pm
*No class Apr. 11
❖ \$69 / Dist. Res. \$59 (6 wks)
❖ \$78 / Dist. Res. \$68 (7 wks)
❖ Pacheco Community Ctr.:
5800 Pacheco Blvd

- Thursday AM** (7 weeks)
4690.501 Jan. 12–Feb. 23 (7 wks)
4690.502 Mar. 1–Apr. 19* (7 wks)
❖ Th., 10:45–11:45 am
*No class Apr. 12
❖ \$78 / Dist. Res. \$68 (7 wks)
❖ Winslow Ctr.: Assembly Rm.

Tai Chi Kung

A Great Way to Start Your Day!

(6 weeks) (1-hour 15-minutes)

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

4682.501 Jan. 11–Feb. 15

4682.502 Feb. 29–Apr. 4

❖ Wed., 10:30–11:45 am

❖ \$75 / Dist. Res. \$65

❖ Winslow Ctr.: Assembly Rm.



Total Fitness

The Way to Energize & Vitalize

(8 weeks) (1-hour 25-minutes)

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

Instructor: Christie Tomlinson

...choreographer and instructor, 33 yrs.

4636.501 Jan. 2–Mar. 5*

4636.502 Mar. 12–May 7**

❖ Mon., 5:45–7:10 pm

*No class Jan. 16, Feb. 20, **Apr. 16

❖ \$111 / Dist. Res. \$101 (8 wks)

❖ Faith Lutheran Church:

50 Woodsworth Ln.

Weight Training

(6 weeks)

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

4643.501 Jan. 13–Feb. 24*

4643.502 Mar. 9–Apr. 27**

❖ Fri., 10:45–11:45 am

No class *Feb. 3; **Apr. 6, Apr. 13

❖ \$69 / Dist. Res. \$59

❖ Winslow Ctr.: Assembly Rm.

Yin Yoga for Flexibility **NEW**

(6 weeks) (7 weeks) (1-hour 10-minutes)

Want to increase your flexibility and learn the basics of this new class 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. Straps and blocks will be provided.

Instructor: Tracy Peruman

...yoga instructor, 10 yrs; has completed a Yoga Alliance 200-hour Teacher Training program and participated in the Yogacharya Festival in 2009, where she received training from Rodney Yee, David Life, Ramanand Patel, and Liliias Folan, among others.

Monday (6 weeks)

4649.501 Jan. 9–Feb. 27* (6 wks)

4649.502 Mar. 5–Apr. 16** (6 wks)

❖ Mon., 7:50–9 pm

No class *Jan. 16, Feb. 20; ** Apr. 9

Wednesday (7 weeks)

4656.501 Jan. 11–Feb. 22 (7 wks)

4656.502 Feb. 29–Apr. 18* (7 wks)

❖ Wed., 6:40–7:50 pm

*No class Apr. 11

❖ \$69 / Dist. Res. \$59 (6 wks)

❖ \$78 / Dist. Res. \$68 (7 wks)

❖ Winslow Ctr.: Assembly Rm.

Yoga (Sugi / Gentle)

(8 weeks) (1-hour 15 minutes)

Sugi Yoga is the Yoga that ANYONE can do! Not your traditional Yoga exercise, it is a combination of Hatha Yoga and the Feldenkrais technique of movement. Gentle Yoga postures, breathing exercises, and deep relaxation help relieve stress on three levels: spirit, mind, and body. Wear comfortable clothing; bring Yoga mat and pillow.

Instructor: Nancy Guzzaldo

...certified Yoga instructor specializing in Sugi Yoga; practicing Yoga since 1995.

4637.501 Jan. 10–Feb. 28

4637.502 Mar. 6–May 1*

❖ Tue., 10:30–11:45 am

*No class Apr. 10

❖ \$87 / Dist. Res. \$77

❖ Winslow Ctr.: Assembly Rm.

Zen Budo Kai Aiki Jujitsu The Ultimate Self-Defense Experience

(8 weeks) (1-hour 15 minutes)

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

Instructor: Tim Delgman

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

4667.501 Jan. 4–Feb. 22

4667.502 Feb. 29–Apr. 18

❖ Wed., 7:45–9 pm

❖ \$87 / Dist. Res. \$77

❖ Winslow Ctr.: Rms. 1 & 2

ONLINE learning . . .
anytime, anywhere!

[www.ed2go.com/
pleasanthillrec](http://www.ed2go.com/pleasanthillrec)

Aquatic Refund Policy – The 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 assessed a \$5 administration fee and a cash refund/credit to your charge card will be assessed a \$10 processing fee (unless the activity is changed or canceled by the District.) With the exception of medical emergencies, all requests for transfers or 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.

Aquatic Events



For details on Aquatic events, see page 2.

29th Annual

Dolphins Tree Lot

November 25–December 23

- ❖ Mon–Sat., 9 am–9 pm
- ❖ Winslow Center Parking Lot:
2590 Pleasant Hill Road

Polar Bear Plunge

- ❖ Sat., Dec 31
- Thank you Sports
Basement Walnut
Creek for your support!



Dolphins Crab Feed

- ❖ Sat., Feb. 25

Family Fun Triathlon

- ❖ Sun., April 29

Classes

Lifeguard Training

(16 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

8715.501 Apr. 2–Apr. 6

8715.502 Apr. 9–Apr. 13

- ❖ Mon–Fri., 9 am–5 pm*
- *30-minute daily lunch break included.

8715.503 Apr. 20–May 5

8715.504 May 11–May 26

- ❖ Fri., 5–8 pm, & Sat., 8:30 am–5:30 pm*
- *30-minute Saturday lunch break included.

8715.505 June 11–June 14

- ❖ Mon–Th., 8 am–6 pm *
- *30-minute daily lunch break included.
- ❖ \$205 / Dist. Res. \$190
(includes course book, pocket mask and \$35 certification fee to ARC)
- ❖ PH Aquatic Park: 147 Gregory Ln.

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)

8717.501 Mar. 30–Mar. 31

8717.502 June 1–June 2

- ❖ Fri., 4–8 pm & Sat., 9 am–1 pm
- ❖ \$115 / Dist. Res. \$100
(includes \$35 certification fee to ARC)
- ❖ PH Aquatic Park: 147 Gregory Ln.

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?

8718.501 Mar. 30

8718.503 June 1

- ❖ Fri., 4–8 pm
- 8718.502** Apr. 7
- ❖ Sat., 9 am–1 pm
- ❖ \$72 / Dist. Res. \$58
(includes \$27 certification fee to ARC)
- ❖ PH Aquatic Park: 147 Gregory Ln.

Water Safety Instructor

(16 yrs & up)

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

Note: Homework is assigned after each class and is required for successful completion of the course.

Instructor: Korey Riley

8716.501 Apr. 16–May 21

- ❖ Mon/Wed, 5:30–8:30 pm
- ❖ \$195 / Dist. Res. \$180
(\$55 materials fee included)
- ❖ PH Aquatic Park: 147 Gregory Ln.

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 of water polo in a recreational format while providing social development through participation in a team sport. Students should be comfortable in the water. Strong swimming skills a plus!

Instructor: Aquatics Staff

8750.402 Nov. 28–Dec. 14

- ❖ Mon/Wed., 6–7 pm
- ❖ \$69 / \$56 Dist. Res.
- ❖ PH Education Ctr. Pool:
1 Santa Barbara Rd.

8750.501 Apr. 15–June 3

- ❖ Sun., 10–11 am
- ❖ \$84 / Dist. Res. \$69
- ❖ PH Aquatic Park: 147 Gregory Ln.

Triathlon Training Camp

(8 yrs through Adult) (8 weeks)

Swim, Bike, Run! Learn how to train for a triathlon with basic to intermediate swimming, cycling, and running techniques. Includes information on bike safety and maintenance, transition training, and nutrition. **Note: Includes entry in Family Fun Triathlon on April 29. For details, see page 2.**

Instructor: Jessica O'Dea

8250.501 Feb. 26–Apr. 22*

- ❖ Sun., 8:30–11:30 am
- *No class Apr. 8
- ❖ \$154 / Dist. Res. \$139
(**\$25 less each add'l registration in same household**)
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.



Water Exercise



Water Aerobics To Energize and Revitalize!

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

Instructor: Jeaneen Cowen

AM Classes

- ❖ Tue/Th, 8:30–9:30 am (year-round)
- Wed, 7:30–8:30 am
- ❖ PH Education Ctr. Pool:
1 Santa Barbara Rd. (Nov.–Mar. 22)
- ❖ PH Aquatic Park:
147 Gregory Ln. (beginning Mar. 27)

PM Classes

- ❖ Tue/Th, 6–7 pm
- ❖ PH Education Ctr. Pool:
1 Santa Barbara Rd. (Nov.–Mar. 22)
- ❖ Tue/Th, 7–8 pm
- ❖ PH Aquatic Park:
147 Gregory Ln. (beginning Mar. 27)
- ❖ Drop-in fee: \$6
- ❖ H₂O Punch Card: \$40 (8 classes)

Note: 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 fit through the winter. The water is warmer than you keep your house! Swimming skills are not required.

Instructor: Tracy Scrimshaw

...water exercise and fitness instructor for 12+ yrs

- ❖ Mon/Wed/Fri, 8:30–10 am
- ❖ PH Education Ctr. Pool:
1 Santa Barbara Rd.
- ❖ Drop-in fee: \$8
- ❖ Water Blast Punch Card: \$70 (10 classes)

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

Swim for Fitness

(16 yrs & up) (12 weeks)
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: **8203/05** Carol Madsen
8204 Staci Lindsay

AM Class

- 8203.501** Jan. 4–Mar. 23*
- ❖ Mon/Wed/Fri, 6–7 am

Afternoon Class

- 8205.501** Jan. 4–Mar. 23*
- ❖ Mon/Wed/Fri, 1–2 pm

PM Class

- 8204.501** Jan 3–Mar. 22*
- ❖ Mon/Tu/Th, 7–8 pm
- No class Jan. 16, Feb. 13, Feb 20
- ❖ \$106 / \$100 Dist. Res.
- “Anytime” Punch Card: \$40 (8 swims)
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.

Water Walking

(8 classes)
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.

Instructor: Sara Stenson

- 2240.501** Mar. 27–Apr. 19
- 2240.502** Apr. 24–May 17
- ❖ Tue/Th, 8:30–9:30 am
- ❖ \$31/ Senior Member \$28
- ❖ PH Aquatic Park: 147 Gregory Ln.

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, overweight individuals, 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. **Note: Free trial class on Monday, March 26.**

Note: Free trial class on Monday, March 26.

Instructor: Rigel Cedeño

...Certified Aqua Zumba Instructor

- 8120.501** Apr. 2–June 11*
- ❖ Mon., 7–8 pm
- 8121.501** Apr. 4–June 6
- ❖ Wed., 7–8 pm
- ❖ \$80 / Dist. Res. \$65; Drop-in: \$8
- 8124.501** Apr. 2–June 11*
- ❖ Mon/Wed., 7–8 pm
- *No class May 28
- ❖ \$135 / Dist. Res. \$120
- ❖ PH Aquatic Park: 147 Gregory Ln.

Clinics



High School Pre-Season I

(8 weeks)
Open to all high school swimmers who want to prepare for their upcoming season.

Instructor: **8215** Sofia Nappo
...Ygnacio Valley H.S. Coach

- 8216** Carol Madsen
...College Park H.S. Coach
- 8215.401** Nov. 28–Feb. 3*
- ❖ Mon–Fri., 4:30–6 pm
- *No class Dec. 19–Jan. 2, Jan. 16
- ❖ \$259 / Dist. Res. \$244
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.
- 8216.401** Nov. 28–Feb. 2*
- ❖ Mon–Th, 3:30–5 pm
- *No class Dec. 19–Jan. 2, Jan. 16
- ❖ \$211 / Dist. Res. \$196
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.

High School Pre-Season II

(5 Weeks)
Open to all high school swimmers who want to prepare for their upcoming season.

Instructor: **8215** Sofia Nappo
...Ygnacio Valley H.S. Coach

- 8216** Carol Madsen
...College Park H.S. Coach
- 8215.402** Jan. 3–Feb. 3*
- ❖ Mon–Fri, 4:30–6 pm
- *No class Jan. 16
- ❖ \$184 / Dist. Res. \$169
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.
- 8216.402** Jan. 3–Feb. 2*
- ❖ Mon–Th, 3:30–5 pm
- *No class Jan. 16
- ❖ \$151 / Dist. Res. \$136
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.

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. For further details see Rentals, page 26.

Spring Swim Clinics

(6–13 yrs) (3 weeks) (2 weeks)

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

8727.501 Feb. 7–Feb. 23 (3 wks)

8727.502 Feb. 28–Mar. 15 (3 wks)

8727.503 Mar. 20–Apr. 5 (3 wks)

8727.504 Apr. 17–Apr. 26 (2 wks)

❖ Tue/Th., 6–6:45 pm

❖ \$89 / Dist. Res. \$74 (3 wks)

\$63 / Dist. Res. \$51 (2 wks)

❖ PH Education Ctr.: 1 Santa Barbara Rd.

Pre-Swim Team Clinic

(4 weeks)

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

8208.501 Mar. 26–Apr. 27*

❖ Mon/Wed/Fri, 4–4:30 pm / **4 & 5 yrs**

*No class Apr. 9–Apr. 13

❖ \$99 / Dist. Res. \$84

8209.501 Mar. 26–Apr. 27

❖ Mon/Wed/Fri, 4:30–5:15 pm / **6–8 yrs**

*No class Apr. 9–Apr. 13

❖ \$124 / Dist. Res. \$109

8210.501 Mar. 26–Apr. 27

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

❖ Mon/Wed/Fri, 5:15–6 pm / **9–13 yrs**

*No class Apr. 9–Apr. 13

❖ \$124 / Dist. Res. \$109

❖ PH Aquatic Park: 147 Gregory Ln.

**Pave the Way –
Order your brick today!**

Be a Part of
Tomorrow... Today!
Buy a Brick

**Help Furnish
the New Senior Center!**

See page 17 for more information.

Pleasant Hill Dolphins Swim Team

Have Fun! Swim Fast! One of the county's top recreational swim teams offering competitive swimming in an atmosphere of fun. Parents/families play a vital role in the success of this program and PARENT PARTICIPATION IS REQUIRED. See below for parent work fees.*

Instruction in racing dives and all four competitive strokes and turns. Conditioning/self-improvement are stressed. Includes daily practice in all phases of competitive swimming and weekly swim meets in the summer (held on Wednesday evenings and Saturday mornings.) The team also offers special activities (waterslides, pizza nights, age-group parties) for swimmers and their families. Swimmers must be able to swim 15 yards of freestyle (face in the water with rhythmic breathing.)

REGISTRATION: March 1–March 31, 2012, District Office (Mon–Fri, 9 am–5 pm) or at pleasanthillrec.com. Call 682-0896.

Coaches: Head Coach Devon Flaskerud, Tallie Pitcher, Brandon Brown, Beth Heinen, Kaley Hayhurst, and Carol Madsen

April 30–Aug. 6

❖ \$295* / Dist. Res. \$280* (fee includes team T-shirt); payment plan will be available.

❖ **Try Outs:** For new 8 yrs & Under swimmers only: Thursday, Feb. 23, 5:30 pm, at PH Education Ctr. Pool, 1 Santa Barbara Rd.

❖ Late Registration Fee: Additional \$50/swimmer (no discounts), based on availability until May 21.

***Work Fee:** \$100 add'l fee per family must be paid at registration (to PH Dolphins Parent Club).

Parent "Work Fees" are reimbursed if parents complete all of the required "Parent Work Duty Assignments." Information on work duty assignments is included in the parent "Blue Book." A \$100 check will be mailed to you in the fall if all work assignments were completed.

Practice Schedule

(No Practice July 2–July 4)

Spring Practice

April 30–June 14*, Mon–Th

4–8 yrs 4:15–5 pm

9–10 yrs 5–6 pm

11–18 yrs 6–7 pm

❖ PH Aquatic Park: 147 Gregory Ln.

*Practice moves to PH Education Ctr. May 21.

Summer Practice

June 18–Aug. 6, Mon/Tu/Th/Fri

6 yrs/under 2–2:45 pm

7–8 yrs 2:45–3:45 pm

9–10 yrs 4–5 pm

11–12 yrs 4–5 pm

11–12 yrs 8–9:30 am (T/Th)

13–18 yrs 5:30–6:30 pm

13–18 yrs 8–9:30 am

❖ PH Education Ctr.: 1 Santa Barbara Rd.

***NO practice July 2–4. Practice for County meet qualifying swimmers, Aug. 7–Aug. 10.**

Special Discounts

1. Sibling Discount: \$25 off registration fee for each additional swimmer in the same family.
2. High School Athlete Special (must currently be participating in a Spring High School Sport.) Swim May 21–July 30. Must register during team registration period. Fee \$245 / Dist. Res. \$230.
3. Swimmers, 13–18 yrs, bring a new swimmer, 13–18 yrs, to the Dolphins and receive \$40 discount per swimmer. Registration forms/payment for both swimmers must be provided concurrently during team registration period.

Time Trials

May 20 – All swimmers should attend.

❖ Sun., Noon–3 pm (warm-ups at 11 am)

❖ PH Education Ctr.: 1 Santa Barbara Rd.

Dolphins Team Meeting

A mandatory informational meeting for all Dolphins Parents to attend.

❖ May 17, Th., 7 pm

❖ PH Education Ctr.: 1 Santa Barbara Rd.

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. Get \$40 off the summer registration fee when you also register for the spring program.

SPRING 8200.501 May 1–June 14*

TRY-OUTS on Th., Apr. 19, 4 pm

REGISTRATION DEADLINE: Mon., Apr. 30

❖ Tue/Th, 3:45–4:15 pm

❖ \$105 / Dist. Res. \$90

❖ PH Aquatic Park: 147 Gregory Ln.

*Practice moves to PH Education Ctr. May 22.

SUMMER 8200.601 June 18–Aug. 6*

TRY-OUTS on Fri., June 1, 4 pm

REGISTRATION DEADLINE: Fri., June 8

❖ Mon/Tue/Th/Fri, 1:30–2 pm

*No practice July 2–July 4

❖ \$185 / Dist. Res. \$170

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

❖ PH Education Ctr.: 1 Santa Barbara Rd.

Swim Lessons Descriptions

The 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 that they truly 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 through Adult) One-on-one instruction. All ability levels.

Spring Swim Lessons

Spring swim lessons are held at PH Aquatic Park, 147 Gregory Lane. Please plan your schedule carefully; there are no make-ups or refunds for missed classes.

Tue/Th Private AFTERNOONS & EVENINGS (Four 20-minute classes) (2 weeks)

- .501 Mar. 27–Apr. 5
 - .502 Apr. 17–Apr. 26
 - .503 May 1–May 10*
 - .504 May 15–May 24*
 - .505 May 29–June 7
- *6:00, 6:20, 6:40 ONLY

Tue/Th Private \$73 / Dist. Res. \$59

Tue/Th Private - Afternoons (.505 no afternoon lessons)

Time:	1:00	1:20	1:40
Class:	8619	8620	8621

Tue/Th Private - Evenings

Time:	5:00	5:20	5:40	6:00	6:20	6:40
Class:	8613	8614	8615	8616	8617	8618

Saturday Group / Private

(Four classes) (4 weeks)

- .501 Mar. 31–Apr. 21
- .503 Apr. 28–May 19
- .505 May 26–June 16

Sunday Group / Private

(Four classes) (4 weeks)

- .502 Apr. 1–Apr. 29 (no class Apr. 8)
- .504 May 6–May 27
- .506 June 3–June 24

Saturday or Sunday Group (4 classes, 28 minutes)

Classes	10:00	10:30	11:00	11:30	Noon
Parent/Tot					8510
Tiny Tot				8526	
Pre-School			8656		
Youth		8575			
Adult/Teen	8591				

Saturday or Sunday Private (4 classes, 20 minutes)

Classes	10:00	10:20	10:40	11:00	11:20	11:40	Noon
Private	8626	8627	8628	8629	8630	8631	8632

Weekend Fees:

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



Seventy-five percent of our planet is water - can you swim?
 ~Author Unknown

IT'S NEVER TOO LATE! GET THE EXERCISE THAT YOU NEED! Line up your team and take advantage of any one of the opportunities listed below! *Team Registration Packets are available at pleasanthillrecsports.com or at the Administration Office: 147 Gregory Lane. Packets include cost, rules, rosters, etc. For details, call (925) 682-0896.

Adult Flag Football

Play football under the lights! *Spring team registration packets: available thru March 9.

Basketball (3-on-3)

Drive into the action with 3-on-3 Basketball. League divisions: 6 Foot and Under (A, B, & C), Open (A, B, & C), 35 yrs & Older, 40 yrs & Older, and Women's. *Spring team registration packets: available January 16.

Basketball (5-on-5)

Slam into our spring action. Divisions include A, B, and C. *Spring team registration packets: available beginning January 23.

Basketball (Drop-In)

Adults can "Hoop-it-up" on Saturday and Sunday early morning and Monday, Wednesday, Friday late afternoons. The program runs year-round except holidays.

- ❖ Sat., 7–9 am & Sun., 8–10 am
- ❖ Mon/Wed/Fri, 4–6 pm
- ❖ \$5 / person at the gym
- ❖ PH Education Ctr.: Gym, 1 Santa Barbara Rd.

Boccé

Roll into spring and join our league. Anyone can play! *Team registration packets: available beginning January 16.

Kickball League (Co-Ed)

Get a "kick" out of this fun co-ed league. *Spring team registration packets: available January 16; closes March 9.

Soccer (5-on-5)

Get a kick out of spring with our exciting soccer league under the lights. *Spring registration packets: for men, women, and co-ed teams: available beginning January 16.

Softball

Take a swing into spring with our Adult Softball Program. Open to all levels of play. *Spring registration packets for men, women, and co-ed teams will be available January 9. Registration closes March 9. New league suggestions must be submitted by December 23, for the spring season, and March 16, for the summer season. Register early; space is limited.

Volleyball League (Co-Ed)

Pass, set, and spike with your team in our exciting spring season. Divisions include co-ed (A, B & C). *Team registration packets for our winter league are currently available. *Spring league registration packets: available beginning January 23.

Volleyball (Drop-In)

Drop in and 'bump' into friends at the Pleasant Hill Education Center gym. The program runs continuously except for holidays.

- ❖ Tue. & Sat., 7:30–10 pm
- ❖ \$5/person at the gym
- ❖ PH Education Ctr.: Gym, 1 Santa Barbara Rd.

**"Necessity may be the mother
of invention, but play is
certainly the father."**

~ Roger von Oech

Teens / Youth Sports

NBA/WNBA Basketball, Youth

(Boys / Grades 3–5 & 6–8), (Girls / Grades 3–5 & 6–8), (Co-ed / Grades 3–5 & 6–8) HOOP IT UP in our exciting youth basketball program. Learn skills, coordination, agility, team work, and sportsmanship through practice drills. Registration is currently open Mon–Fri, 9 am–5 pm, through Dec. 16, at the District Office, 147 Gregory Lane. Practices, arranged by the coaches, begin in mid-Dec. Play runs Jan.– March.

5060.401 (Grades 3–8)

- ❖ \$145* / Dist. Res. \$135*

(Includes a jersey and basketball)

***Note: A \$50 refund is given to parents interested in coaching or officiating, and who complete training provided by the District.**

- ❖ PH Education Ctr.: Gym, 1 Santa Barbara Rd.

Bowling Lessons

(Grades 1–12) (4 classes)

Ready–set–bow! Ready to learn something fun and make new friends in the process?

Get set for excellent instruction covering stance, delivery, follow through, and how to make strikes and spares. League (optional) will follow class. Register by one week prior to class. To register, (925) 682-0896.

Instructors: Staff, Paddock Bowl

5501.501 Jan. 5–Jan. 26

5501.502 Mar. 1–Mar. 22

- ❖ Th., 4:30–5:30 pm
- ❖ \$18 / Dist. Res. \$15 (shoe rental included)
- ❖ Paddock Bowl: 5915 Pacheco Blvd. (Bus stop #108 & 118)

Adult Athletic League Registration Schedule

Sport	Reg. Opens	Reg. Closes	Game/ Match Days	# of Games
Basketball (3-on-3) – M, W (winter)	Currently Open	Dec. 16	Wed	10
Basketball (3-on-3) – M, W (spring)	Jan. 16	Mar. 9	Wed/Th	10
Basketball (5-on-5) – M (winter)	Currently Open	Dec. 16	Sun/Th	10
Basketball (5-on-5) – M (spring)	Jan. 23	Mar. 9	Sun/Th	8
Boccé – C (spring)	Jan. 16	Feb. 24	Mon–Sun	10
Adult Flag Football – M	Jan. 16	Mar. 9	Tue/Wed	6
Kickball – C (spring)	Jan. 16	Mar. 9	Fri	TBA
Soccer (5-on-5) – M, W, C (spring)	Jan. 16	Mar. 9	Tue/Th	10
Softball – M, W, C (spring)	Jan. 9	Mar. 9	Mon–Sun	10
Volleyball – C (winter)	Currently Open	Dec. 16	Mon	7–9
Volleyball – C (spring)	Jan. 23	Mar. 9	Mon	7–9

Legend: M=Men, W=Women, C=Co-ed

Follow the Action...



Project Updates

Progress on the first three bond projects is progressing on schedule. For step by step updates, visit www.pleasanthillrec.com/Bond.html and download progress reports made by Bond Coordinator Carrie Miller. Bond project updates are also included in Pleasant Hill Recreation & Park District's eNEWS which is sent out monthly. To join the mailing list, visit www.pleasanthillrec.com and sign up!

Pleasant Hill Senior Center & The Pleasant Hill Teen Center – Foundations for both buildings were poured in October and November. The next step is framing. Watch as the buildings take shape!



The Pleasant Hill Community Center – The above ground portion of the building is down, and the demolition contractor is working on removing and recycling the foundation.

Using huge excavators the wood, concrete, steel, and other metals is being sorted into separate loads. They use a pulverizer or muncher, "to squeeze the concrete until the rebar pops out."

The concrete is taken to a concrete crushing plant in Antioch, where it will become "aggregate base" and used for the Highway 4 widening project. The steel, tin, and copper were taken to Sims Metal where they are also 100% recycled. Unpainted wood is taken to a wood recycling plant. When that is complete, the site will be graded and covered with mulch until mid to late Spring 2012 when construction is expected to begin.

Recycling the Old Pleasant Hill Community Center



Demolition of the old Pleasant Hill Community Center began in October.



Debris was sorted for recycling. The demolition contractor, Parc Services of Livermore expects more than 90% of the material to be reused.



PreSchool

Fall registration begins **NOVEMBER 28**.
Registration for classes listed in this section
will be accepted, first come, first served.



Dance Combo for Preschoolers **NEW**

(3 to 5 yrs) (4 classes)

Introduce your child to the wonderful world of dance with this fusion of movement, music, and imagination! In a fun and creative environment, this class provides a creative blend of exercises, games, and activities, designed to develop motor skills and introduce the basics of jazz, tap, and ballet. Ballet and tap shoes recommended.

Instructor: Richelle Buchholz / Studio A
...Dance Teacher for all ages / levels, over ten yrs.

6618.501 Jan. 10–Jan. 31

6618.502 Feb. 7–Feb. 28

6618.503 Mar. 6–Mar. 27

6618.504 Apr. 3–May 1*

❖ Tue., 9:30–10:15 am

*No class Apr. 10

❖ \$79 / Dist. Res. \$64

❖ Studio A: 2245-A Morello Ave.

**There are no seven wonders of
the world in the eyes of a child.
There are seven million.**

~Walt Streightiff

Karate Fun 'n Games

(4–6 yrs) (6 weeks)

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 under Paul Vunak of the PFS/JKD Association; holds 6th degree black belts in Judo, Karate, Jujitsu.

4644.501 Jan. 3–Feb. 7

4644.502 Feb. 14–Mar. 20

4644.503 Mar. 27–May 1

❖ Tue., 3:15–4 pm

❖ \$68 / Dist. Res. \$59

❖ Winslow Ctr.: Assembly Rm.
2590 Pleasant Hill Rd.

"Mommy & Me" Dance **NEW**

(2.9–4 yrs and Parent) (6 classes)

Experience the world of dance and movement with your child! Together you will focus on developing basic motor skills, strengthening, hand-foot-eye coordination, and exploring rhythm – all while experiencing a special bonding opportunity.

Instructor: Richelle Buchholz / Studio A

6619.501 Jan. 10–Feb. 14

6619.502 Feb. 21–Mar. 27

6619.503 Apr. 17–May 22

❖ Tue., 10:15–11 am

❖ \$109 / Dist. Res. \$94

❖ Studio A: 2245-A Morello Ave.

Parent Tot Preschool Prep

(22 mos to 3 yrs) (6 classes)

Parents! Come with your little one to enjoy songs, activities, and art as a shared experience 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/lunch daily. Enrollment is limited. Parent and registered child only.

Instructor: Nancy Whiting

6655.403 Dec. 16–Feb. 3*

6655.501 Feb. 10–Mar. 16

6655.502 Mar. 23–May 4**

6655.503 May 11–June 15

❖ Fri., 9–10:45 am

No class *Dec. 23, Dec. 30; **Apr. 13

❖ \$95 / Dist. Res. \$80

❖ Winslow Ctr.: Rm. 1,
2590 Pleasant Hill Rd.

Preschool Hip Hop

(3.6 yrs–5 yrs) (6 classes)

Finally, a Hip Hop class just for preschoolers! Children will have lots of fun while learning basic moves and styles to hip hop music. Class consists of warm up and stretching and students will gain confidence to learn a routine to perform at the end of the session. Each student will receive a FREE CD of preschool Hip Hop music. Comfortable attire and tennis shoes required.

Instructor: Renee Day-Roa

...Bay Area dancer / instructor for over ten years.

6615.501 Jan. 12–Feb. 16

6615.502 Mar. 1–Apr. 5

❖ Th., 2:15–3 pm

❖ \$106 / Dist. Res. \$91

❖ Winslow Ctr.: Rm. 1,
2590 Pleasant Hill Rd.

Youth Dance

A waiver of liability must be signed before class participation. DRESS ATTIRE: NO skirts or tutus, even if attached; tights must be worn even on hot days; hair pulled back. Registered child only may attend class. PARENT OBSERVATION on last day of session.

Pre-Ballet

(3–4 yrs) (8 weeks)

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

Instructor: Christie Tomlinson

...teacher of youth dance classes; professional dancer, performer, choreographer.

4166.501 Jan. 2–Mar. 5*

4166.502 Mar. 12–May 7**

❖ Mon., 3:30–4:15 pm

*No class Jan. 16, Feb. 20, **Apr. 16

❖ \$95 / Dist. Res. \$85

❖ Faith Lutheran Church:
50 Woodsworth Ln.

Jazz Dance

(6–10 yrs) (8 weeks)

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

Instructor: Christie Tomlinson

4165.501 Jan. 2–Mar. 5*

4165.502 Mar. 12–May 7**

❖ Mon., 4:30–5:30 pm

*No class Jan. 16, Feb. 20, **Apr. 16

❖ \$111 / Dist. Res. \$101

❖ Faith Lutheran Church:
50 Woodsworth Ln.



Learning and having fun through dramatic play, and music!

Spanish for Parent & Child **NEW**

(18 mos–2.6 yrs) (6 classes)

Hola amigos! 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. You and your child will be introduced to Spanish while singing, doing creative art, and enjoying friends.

Instructor: Miriam Lattanzi

...Spanish Immersion preschool teacher for over six years.

6617.501 Jan. 9–Mar. 5*

6617.502 Mar. 12–Apr. 23**

❖ Mon., 10:30–11:30 am
No class *Jan. 16, Feb. 13, Feb. 20;
**Apr. 9

❖ \$91 / Dist. Res. \$76
(+\$6 lab fee payable to instructor)

❖ Gregory Gardens Elementary School:
Rm. 10, Corritone Ct.

Tiny Tot Morning Care

(Walking to 3 yrs)

PARENTS! Let US watch your children!

While your children are making new friends, take time for yourselves! Snack provided; bring beverage. Registration takes place at the Winslow Center, Room 1, at 8:45 am on Dec. 14 for Session .501 and on Feb. 15 for Session .502. Late registrations are taken at 147 Gregory Lane, 682-0896.

.501 Jan. 23–Mar. 21*

.502 Mar.26–June 6**

❖ Mon/Wed, 9 am–noon
No class *Feb. 20; **Apr. 9, Apr. 11,
May 28

❖ \$23/day/child space reserved

(Note: You will be billed unless your cancellation is received by noon one day prior to your reservation)

❖ Winslow Ctr.: Rm. 1,
2590 Pleasant Hill Rd.

Zoo Phonics & Dance

(2 yrs–5 yrs) (4 classes)

Come and prepare your child to be a strong reader and speller through phonics. A playful, concrete method which targets all areas of the brain. Your child will learn alphabet letters and sounds through hearing, speaking, seeing, moving, and touching with fun cultural dance at the end of each class. This class is for all children including special needs and English learners. Each child will receive from the instructor a FREE CD of Zoo Phonics letters and sounds.

Instructor: Renee Day-Roa

6616.501 Jan. 12–Feb. 2

6616.502 Feb. 16–Mar. 8

6616.503 Mar. 15–Apr. 5

❖ Th., 1–2 pm

❖ \$141/Dist. Res. \$126

❖ Winslow Ctr.: Rm. 1,
2590 Pleasant Hill Rd.



Youth Events to enjoy!

See details on page 2.

- Santa at your Home
- Breakfast with Santa, Dec. 17
- Fairytale Princess Party, Mar. 7
- Hippity Hop Art Workshop & Bunny Visit, Mar. 31
- Egg-citing Egg Hunt, Apr. 7

Pleasant Hill RECREATION PRESCHOOL



Learn. Play. Grow.
Since 1973.

Mark Your Calendar!! Registration for Fall 2012

March 10, 2012, 9–11 am

Winslow Center Preschool Room
2590 Pleasant Hill Road, PH

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. The children are introduced to a variety of art media and creative music.

Wee-Tot – Child must be at least 2 yrs
6 mos to 3 yrs 6 mos as of Sept. 1, 2012;
Potty-trained not required.

- ❖ Wee-Tot Co-Op
T/Th, 9:30 am–noon
- ❖ Wee-Tot Tue/Th, 9:30 am–noon

New Horizons – Child must be 3 yrs
3 mos to 4 yrs 3 mos as of Sept. 1, 2012.

- ❖ New Horizons M/W/F, 8:45–11:45 am
- ❖ New Horizons T/W/Th, 9 am–noon
Lunch Time, Noon–1 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 chil-
dren entering Kindergarten in fall, 2013.

- ❖ Pre-K M/W/F, 12:30–3:30 pm
- ❖ Pre-K T/W/Th, 9 am–noon
Lunch Time, Noon–1 pm
- ❖ Jr. Kindergarten, (4.6–6 yrs)
M/W/F, 12:30–3:30 pm

For **CURRENT OPENINGS** and
specific information, call
Pre-school Director, Eran Perera,

682-0896 ext. 26

pleasanthillrecpreschool.com

Art with M.J. Studios **NEW**

(6–10 yrs) (6 classes) (Beginning)
Plan on each class being an enjoyable, hands-on experience as you pursue your knowledge of art. You will receive individualized attention while working at your own speed. All supplies provided. Register early; class is limited to ten.

Instructor: Pat Jackson

Beginning Pastels

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

6048.501 Jan. 10–Feb. 14

6048.502 Feb. 21–Mar. 27

❖ Tue., 3:15–4:15 pm

Beginning Watercolor

Have fun exploring this medium! Drawing is not important in this class. You will create a color wheel; learn about technique and value; and learn about different brushes and papers used while creating an abstract piece.

6049.501 Jan. 12–Feb. 16

6049.502 Feb. 23–Mar. 29

❖ Th., 3:15–4:15 pm

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.

6050.501 Jan. 13–Feb. 17

6050.502 Feb. 24–Mar. 30

❖ Fri., 3:15–4:15 pm

❖ \$97 / Dist. Res. \$82

(+\$20 lab fee payable at first class)

❖ M.J. Studios:

670 Gregory Lane, Suite G

Cartooning **NEW**

(6–10 yrs) (6 classes)

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

6051.501 Jan. 11–Feb. 15

6051.502 Feb. 22–Mar. 28

❖ Wed., 2–3 pm

❖ \$94 / Dist. Res. \$79

(+\$20 lab fee payable at first class)

❖ M.J. Studios:

670 Gregory Lane, Suite G

Jewelry Workshops **NEW**

(6–11 yrs) (1 workshop)

Handmade jewelry at its best! These classes are designed not only to be fun but to let you in on some of the most popular jewelry-making techniques, such as wire work, beading, felting, finger knitting, and stamping and dapping. Only the highest-quality findings, fresh water pearls, and Czech glass beads are used.

Instructors: Dragon Designs Staff

Felted Bead Making

Make your very own beads out of colorful raw wool; design a necklace on which to use them!

6060.501 Jan. 25

❖ Wed., 3:30–5 pm

Personalized Jewelry Stamping & Dapping Techniques

Stamp designs and words into metal and create beautiful personalized jewelry pieces.

6060.502 Jan. 6

❖ Fri., 3:30–5 pm

Earring Creation

Create several different pairs and styles of earrings.

6060.503 Feb. 28

❖ Tue., 3:30–5 pm

Valentine Beading Bonanza

Create a matching set of Valentines Day jewelry including earrings and a necklace.

6060.504 Feb. 13

❖ Mon., 3:30–5 pm

St. Patrick's Day Beading Bonanza

Create a matching set of St. Patrick's Day jewelry including earrings and a necklace.

6060.505 Mar. 16

❖ Fri., 3:30–5 pm

Earth Day Recycled Jewelry

Bottle cap rings, paper beads, soda can earrings! Make cool jewelry from recycled materials!

6060.506 Apr. 20

❖ Fri., 3:30–5 pm

❖ \$50 / Dist. Res. \$35

(+\$8 lab payable to instructor)

❖ Gregory Gardens Elementary School:

Rm. 10, 1 Corritone Court

Family Events to enjoy!

See details on page 2.

- Santa at your Home
- Breakfast with Santa, Dec. 17
- Fairytale Princess Party, Mar. 7
- Hippy Hop Art Workshop & Bunny Visit, Mar. 31
- Egg-citing Egg Hunt, Apr. 7

Drama FUNdamentals **NEW**

(Grades 3–6) (8 weeks)

Drama FUNdamentals provides a terrific introduction to the basics of acting. Whether you are a natural diva or need help coming out of your shell, the techniques learned in this class can be applied to the stage as well as everyday life. Each fun-filled class revolves around the two main tenants of theatre, "Be seen and be heard." You will learn Improvisation, theatre games, story-telling, vocal projection, character movement, and other aspects of training designed to expand the imagination and spark creativity.

Instructor: Willows Theatre Company Staff

6042.501 Jan. 10–Feb. 28

6042.502 Mar. 6–May 1*

*No class on Apr. 10

❖ Tue., 5–6 pm

❖ \$145 / Dist. Res. \$130

❖ Willows Theatre:

1975 Diamond Blvd., Concord.

Mad Science Crazy Chemworks

(Grades K–5) (8 weeks)

Use your hands as a real Mad Scientist in this whirlwind class on how a lab works! Learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. Explore the pH extremes with our Reaction Tubes for a popping experience! Create slime using the Mad Science recipe, and then enter the Slime Olympics to test your polymers. Probe the properties of light and explore some unusual applications of glow in the dark technology! And finally, you will melt metal in boiling water and freeze water with just a breath of dry ice!

Instructor: Mad Science of Mt. Diablo

6040.501 Feb. 8–Mar. 28

❖ Wed., 1:30–2:30 pm

❖ \$179 / Dist. Res. \$164

❖ Gregory Gardens Elementary School:
Rm. 10, 1 Corritone Court

Spanish 4 Children **NEW**

(6–10 yrs) (6 weeks)

Hola amigos! What a great way to learn the Spanish language! Imagine learning conversational Spanish and grammar while playing board games, completing activity pages, going on scavenger hunts, plus other fun activities. Sign up now, and let your child enjoy this interactive new Spanish class!

Instructor: Miriam Lattanzi

6041.501 Jan. 17–Feb. 21

❖ Tue., 3:30–4:30 pm

❖ \$92 / Dist. Res. \$77

(+\$6 lab payable to instructor)

❖ Gregory Gardens Elementary School:
Rm. 10, 1 Corritone Court



Buy your holiday gifts locally. PHRPD gift certificates are perfect for everyone on your list! Call 682-0896.

Village Music School

These beginning classes are taught by Village Music School Staff at 1720 Linda Drive, Pleasant Hill. The staff of patient, professional music instructors encourages students to learn and experience the language of music while building self-esteem and confidence. They believe that when children have fun with music lessons, they will "play" for years.

Note: Numerous studies show that ongoing music lessons increase test scores in subjects such as math and English.

Drums, Beginning

(Grades 1–2) (Grades 3–5) (6 weeks)
Let us introduce you to the exciting world of percussion! Students will learn proper drumming techniques such as how to hold drumsticks, strike the drum, and how to read basic rhythmic notation. Various percussion instruments will be introduced and demonstrated for students to explore through rhythmic games all in a supportive and team-building environment.

Grades 1–2

6067.501 Jan. 10–Feb. 14
6067.502 Feb. 21–Mar. 27
❖ Tue., 3:30–4:10 pm

Grades 3–5

6067.503 Jan. 10–Feb. 14
6067.504 Feb. 21–Mar. 27
❖ Tue., 4:20–5 pm
❖ \$104 / Dist. Res. \$89
(+\$10 lab fee payable to instructor)

Guitar for Kids, Beginning

(Grades 2–5) (6 weeks)
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.

6061.501 Jan. 14–Feb. 18
6061.502 Feb. 25–Mar. 31
❖ Sat., 2–2:40 pm
❖ \$104 / Dist. Res. \$89
(+\$10 lab fee payable to instructor)



Piano / Keyboard, Beginning

(Grades 1–2) (Grades 3–5) (6 weeks)
Students will learn songs that are not only popular and fun to play, but that help with sight-reading, rhythm, theory and many other musical fundamentals. Home practice and workbook study required. Lab fee includes method books. Keyboards available for rent.

Grades 1–2

6064.501 Jan. 14–Feb. 18
6064.502 Feb. 25–Mar. 31
❖ Sat., 9:30–10:10 am

Grades 3–5

6055.503 Jan. 14–Feb. 18
6055.504 Feb. 25–Mar. 31
❖ Sat., 10:15–10:55 am
❖ \$104 / Dist. Res. \$89
(+\$15 lab fee payable to instructor)

Singing Class... Glee!

(9–12 yrs) (6 weeks)
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.

6065.501 Jan. 12–Feb. 16
6065.502 Feb 23–Mar. 29
❖ Th., 6:40–7:30 pm
❖ \$132.50 / Dist. Res. \$117.50
(+\$10 lab fee payable to instructor)

Voice Lessons...

Songs of a Princess

(4–7 yrs) (6 weeks)
Sing the songs from timeless, animated fairy-tails! Class focus is for each Princess to improve and build a strong voice and fond memories of a magical age. Midway through each class students will enjoy a tea party fit for royalty, so plan to attend in Princess attire. A tote filled with musical and Princess accessories is given to each student!

6063.501 Jan. 14–Feb. 18
6063.502 Feb. 25–Mar. 31
❖ Sat., 11:30 am–12:20 pm
❖ \$132.50 / Dist. Res. \$117.50
(+\$10 lab fee payable to instructor)



The popular activities listed are only part of the extensive programs to be offered this Summer.

Pre-School Begins in June

Summer Tots (2½–3½ yrs)

❖ Tue/Th, 9:30 am–noon

Mini-Daycamp (3 to 4 yrs)

❖ Tue–Th, 9:30 am–noon

Pre-School Summer Camp (3½–5 yrs)

❖ Tue–Th, 9:30 am–noon

Daycamp for Little People (4–6 yrs)

❖ Mon–Th, 12:30–3 pm

Youth & Teen Begins in June

Adventure Kids Camp

(Grades 1–5) Mon–Fri, 7 am–6 pm
Watch for flyers at your school and in the Spare Time Spotlight summer issue.

Specialty Camps

(K–Grade 5)
Watch for flyers at your school and in the Spare Time Spotlight summer issue.

Teen Scene Xtreme Camp

(Entering Grades 6–9)
❖ Mon–Fri, 9 am–5:30 pm

Recreation Summer School '12

(Grades 1–8) June 26–Aug. 2
❖ Tue–Th, 9:30 am–12:20 pm
Information available in schools in mid-March. Mail-in registration mid-April.

Summer Jobs

Jobs for adults, high school, and college-age students. Positions open include:

- ❖ Youth leaders
- ❖ Lifeguards and swim instructors

Note: See page 10 for Lifeguard and Water Safety courses.

Apply now at the Administration Office, 147 Gregory Lane.

- ❖ For Youth, call Pam Lischeske, 680-5298
- ❖ For Aquatics, call Korey Riley, 682-0896, ext. 19
- ❖ For Recreation Summer School 2012, call Dodie Jones, 937-7812

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.

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

Services

Call for appointments and more information at (798-8788)

- Blood Pressure Screening
- Care Management Program (partially funded through the Community Development Block Grant)
- 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: County Connection

Activities

For a complete list of ongoing activities with times, dates, and their relocation sites, visit our website at phseniorcenter.com or call the office, 798-8788 to request a relocation guide.

Dancercise

A fun way to get exercise and practice your dance moves at the same time. A variety of dances taught to 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

Tuesday

- ❖ 1-2:30 pm
- ❖ \$4 / Member \$2; Drop in only
- ❖ Chateau III: 175 Cleaveland Rd.

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. Register before term begins. Additional lab fee of \$5 payable at first class to help cover cost of accompanist.

Instructor: Dee Wood

- 2350.501 Jan. 10-Mar. 27
- 2350.502 Apr. 3-June 12
- ❖ Tue., 9:30-11:30 am
- ❖ \$36 / Member \$32
- ❖ Chateau III: 175 Cleaveland Rd.

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

Saturday Drop In

High Beginners: 9:15-10:15 am

Intermediate: 10:15 am-noon

Workshops: Jan. 28, Mar. 31

- No class Jan. 21
- ❖ \$5 per class / \$10 workshops
- ❖ St. Andrews Church: 1601 Mary Dr.

Living Tai Chi

(8 classes)

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 11am-1 pm. You may bring a bag lunch for after class if you wish. There will be a 15 minute tai chi clinic for individual questions before and after class.

Instructor: Jasmine-Rose Kam

- 2210.501 Jan. 9-Mar. 12*
- 2210.502 Mar. 26-May 21**
- ❖ Mon., 11 am-1 pm
- No class *Jan. 16, Feb. 20; **Apr. 9
- ❖ \$69 / Member \$61
- ❖ Winslow Ctr.: Assembly Rm. 2590 Pleasant Hill Rd.

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

AM Monday/Thursday

2201 Mon/Th, 8:15-9:15 am

2202 Mon/Th, 9:30-10:30 am

PM Monday/Thursday

2205 Mon/Th, 5:30-6:30 pm

.501 Jan. 2-Jan. 30 (9 classes)

.502 Feb. 2-Feb. 27 (8 classes)

.503 Mar. 1-Mar. 29 (7 classes)*

.504 Apr. 2-Apr. 30 (9 classes)

No class * Mar. 8, Mar. 12

- ❖ \$50 / Member \$43 (7 classes)
- ❖ \$56 / Member \$48 (8 classes)
- ❖ \$63 / Member \$54 (9 classes)
- ❖ \$64 / 8-class "Anytime" Punch Card
- ❖ Winslow Ctr.: Assembly Rm., 2590 Pleasant Hill Rd.

Zumba Gold

Come join the fun!! You will be amazed that you are working out. No dance experience is necessary to enjoy the great time you will have. Zumba-fused, hypnotic, Latin rhythms and easy-to-follow moves. Some of the rhythms include salsa, cumbia, meringue, regaetone, and much more.

Instructor: Jo Nash

2208 Monday

2208.501 Jan. 9-Jan. 30 (3 classes)*

2208.502 Feb. 6 & Feb. 27 (2 classes)**

2208.503 Mar. 5-Mar. 26 (4 classes)

2208.504 Apr. 2-Apr. 30 (5 classes)***

- ❖ Mon., 10-11 am
- No class *Jan. 16, **Feb. 20; ***Apr. 9
- ❖ St. Andrews: 1601 Mary Drive

2211 Thursday

2211.501 Jan. 5-Jan. 26 (3 classes)*

2211.502 Feb. 2-Feb. 23 (3 classes)**

2211.503 Mar. 1-Mar. 29 (5 classes)

2211.504 Apr. 5-Apr. 26 (4 classes)

- ❖ Th., 9:30-10:20 am
- No class *Jan. 19, **Feb. 16
- ❖ Chateau III: 175 Cleaveland Rd.
- ❖ \$12 / Member \$10 (2 classes)
- ❖ \$18 / Member \$15 (3 classes)
- ❖ \$23 / Member \$19 (4 classes)
- ❖ \$29 / Member \$24 (5 classes)
- ❖ \$48 / 8-class "Anytime" Punch Card

phseniorcenter.com
(925) 798-8788



Cell Phone workshop with teens.



Seniors, join one of many fitness classes and stay fit.

Adults/50 yrs+ 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 Pleasant Hill Senior Center Trip Meeting: Dec 2, Jan 6, Feb 3, and Mar. 2.

- ❖ Fri., 1 pm
- ❖ Winslow Center Assembly Room, 2590 Pleasant Hill Road

Trip Office 798-8747 (TRIP)

- ❖ Mon–Fri, 9 am–2 pm
- ❖ 249 Gregory Ln.

Day Trips

Casino Trips Dec. 1 (Thunder Valley), Jan. 5 (Black Oak), Feb. 2 (River Rock), March 1 (Feather Falls), April 3 (Cache Creek)

Mystery Trips: Jan. 20, other T.B.A.

Sightseeing/Shows

- Dec. 8 Christmas Show Extravaganza
 - Dec. 14 Train of Lights
 - Dec. 15 Franc d'Ambrosio at the Razz Room
 - Jan. 4 Shen Yu
 - Jan. 28 US Women's Figure Skating Championship
 - Feb. 25 Don't Fence Me In
 - Feb. 21–22 Overnight Reno w/Show Train & Benise "Nights of Fire"
- Many more day trips are T.B.A.!



Mackinac Island



The Grand Hotel

Washington, D.C. (with Annapolis & Baltimore)

The epic story of American democracy comes to life in our nation's capital city. View the extraordinary monuments throughout the National Mall that commemorate the heroes who have shaped our past, including the World War II Monument, the Vietnam Veterans Memorial and the Korean War Memorial. Join a local guide at the U.S. Naval Academy for a tour of this distinguished military training ground. Visit Fort McHenry in Baltimore where Francis Scott Key was inspired to pen the "Star Spangled Banner." Uncover the gems of the Smithsonian Institution as you explore some of its world-renowned museum collections. Tour Washington National Cathedral and admire the architecture of this magnificent building that took 83 years to complete. Tour the Fords Theater where President Abraham Lincoln was assassinated. Tour includes nine meals, travel insurance, gratuities, flight, listed attractions, and airport transfers.

May 23–May 29, 2012

- ❖ \$2,459 pp / double
- ❖ \$3,059 pp / single
- ❖ Deposit: \$415 due Jan. 16, for best price and flights
- ❖ Final Payment due Mar. 24, 2012

Mexican Riviera

This ten-night cruise on board the Star Princess sails roundtrip from San Francisco. Stops include Catalina Island, Puerto Vallarta, Mazatlan, Cabo San Lucas, and San Diego. Prices include roundtrip transfers to / from the San Francisco Pier, all meals aboard the ship, driver and stevedore tips, port taxes, government fees, medical travel insurance, and luggage handling.

April 3–April 13, 2012

- ❖ Starts at \$1,735 / person double
- ❖ Deposit: \$600 required ASAP
- ❖ Final payment due Jan. 12, 2012

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*
- *Note: \$100 discount for registrations in by Dec 17!
- ❖ Deposit: \$415 due by Feb. 17, for best price and flights
- ❖ Final Payment due Apr. 18, 2012

Mini Holiday Boutique

Our boutique ladies have been hard at work creating beautiful handmade items! Visit our "mini" version of our annual Holiday Boutique; same great items just a smaller venue.

- ❖ Sat., Dec. 10, 9 am–1 pm
- ❖ VFW Bldg.: 1919 Wendell Ln.

Morning Joe

Miss our regular Friday Chef's Lunch? Come to these "open house" days to visit and catch up with friends! Coffee and light snacks will be served. Feel free to bring something to share!

Jan. 13, Feb. 10, Mar. 9, Apr. 27

- ❖ Fri., 10 am–noon
- ❖ FREE!
- ❖ VFW: 1919 Wendell Ln.



Simply Wine

A genuine wine tasting event sure to please your palate and challenge your senses. Open to all ages over 21! This is a fundraiser for the NEW Senior Center! Tickets available for purchase starting Dec. 12.

Jan. 27, 2012

- ❖ Fri., 5–7:30 pm
- ❖ \$15 Member / \$18 general
- ❖ Winslow Ctr.: Assembly Rm. 2590 Pleasant Hill Rd.

Bunco

Potluck at 2 pm; Bunco begins at 3 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).

Jan. 29, Feb. 26, Mar. 25, Apr. 29

- ❖ Sun., 2–5 pm
- ❖ \$4 plus bring potluck item to feed four persons
- ❖ VFW Bldg.: 1919 Wendell Ln.

TEEN SCENE programs are designed for youth in grades 6 through 12 unless noted otherwise; some programs are open to youth or adults. REGISTRATION is taken at the District Office, 147 Gregory Lane, Mon–Fri, 9 am–5 pm. REGISTER BY AT LEAST ONE WEEK PRIOR to start, unless otherwise noted, to avoid cancellations. A MEDICAL WAIVER for all minors must be on file in our office the day prior to start of program. For details, or to use VISA, MasterCard or AMEX, call 682-0896.



Art Classes at M.J. Studios **NEW**

(6 weeks)

5108 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.

5109 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!

Instructor: M.J. Studios Staff

Drawing for Teens

5108.501 Jan. 12–Feb. 16

5108.502 Feb. 23–Mar. 29

❖ Th., 4:15–5:15 pm / 11–18 yrs

Manga Character Design

5109.501 Jan. 10–Feb. 14

5109.502 Feb. 21–Mar. 27

❖ Tue., 4:15–5:15 pm / 11–16 yrs

❖ \$97 / Dist. Res \$82

(+\$20 lab fee payable to instructor)

❖ M.J. Studios

670 Gregory Lane, Suite G

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

5105.501 Feb. 4

5105.502 Mar. 24

❖ Sat., 9 am–2 pm

❖ \$60 / Dist. Res \$49

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

Beginning Guitar

(12 yrs+ & up) (6 weeks)

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

5122.501 Jan. 14–Feb. 18

5122.502 Feb. 25 – Mar. 31

❖ Sat., 2:50–3:30 pm

❖ \$104 / Dist. Res. \$89

(+\$10 lab fee payable to instructor)

❖ Village Music School:
1200-B Contra Costa Blvd.

Drums **NEW**

Drumming for Teens

(11–18 yrs) (6 weeks)

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.

5110.501 Jan. 14–Feb. 18

5110.502 Feb. 25–Mar. 31

❖ Sat., 1–2 pm

❖ \$104 / Dist. Res \$89

(+\$15 lab fee payable to instructor)

❖ M.J. Studios

670 Gregory Lane, Suite G

Online SAT/ACT Prep 1 & 2

(14 yrs & up)

So, you've decided you're going to college. Now you need to study for the entrance exams. SAT/ACT Prep Part I prepares you for the reading, English, and science sections of the ACT and the critical reading and writing sections of the SAT. SAT/ACT Prep Part 2 (must complete Part 1 first) will refresh your knowledge of math and learn techniques to help you move through the tests quickly. You'll review arithmetic, algebra, geometry, trigonometry, and statistics as well as the Student Produced Response questions on the SAT. Requirements: The Official SAT Study Guide: For the New SAT (College Board, 2004), The Real ACT Prep Guide (Peterson's, 2004), Internet access, email, the Adobe Flash and PDF plug-ins. Sign up at ed2go.com/pleasanthillrecreation

❖ \$89 per course

Online Driver's Ed

(15 yrs & up)

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

❖ \$75

Every child and every generation must have the opportunity to explore, discover, and learn in these outdoor classrooms.

~Randy Widera



Buy your holiday gifts locally. PHR&PD certificates are one size fits all! Call 682-0896 or at the office, 147 Gregory Lane.

Snowboard & Ski Trips

(Grades 6–12)

Bay Area Ski Bus offers weekly Saturday day trips for teens to many Sierra Ski Resorts every winter. Includes deluxe bus transportation, continental breakfast, movie, lift ticket, post-slopes snack, and professional adult supervision. For a complete schedule, call 680-4FUN and mention Pleasant Hill Recreation & Park District.

What's Your Game?

(Grades 4–12) (8 weeks) (All levels)

Make new friends at this drop-in program every Friday night as you explore a variety of traditional and computerized strategy games. Join the team as we compete in chess tournaments around the bay area. Club tournaments this session include *Star Wars Miniatures*, *Yu-Gi Oh!*, and *Madden 11*.

Leader: Dave DeFabio

5102.501 Dec. 23–Feb. 10

5102.502 Feb. 17–Apr. 6

- ❖ Fri., 6–10 pm
- ❖ Drop In: \$5; \$30 punch card (8 classes)
- ❖ Winslow Ctr.: Rms. 1 & 2, 2590 Pleasant Hill Rd.

Teen Council

(Grades 6–12)

LET YOUR OPINION BE HEARD!

Teen Scene is a program for teens by teens. Teen representatives from local middle and high schools plan activities, classes, dances, sports, and trips for students grades 6–college. Attend a meeting and let us know of activities you want to see.

MEETINGS: 1st and 3rd Mondays, mid-Sept–June (excluding holidays), 7–8 pm, PHR&PD Board Room, 147 Gregory Ln.

MEMBERS 2011–12: Kayla Brooks, Hiroki Butterfield, Matthew Cary, Genesis Cassidy, Sarah Chaney, Helena Encarnacion, Brandon Hutslar, Breanna Klippel, Kara Lowry, Rebecca Monroe, Kevin Neys, Jaime Pitcher, Monica Rodriguez, Melissa See, Breanna Singleton, Marissa St. Marseille, T.J. Tamura, Brad Thompson, Melissa Torres, and Jimmy Torres.



or by phone (925) 682-0896

S.T.A.G.E. Troupe presents



Babes In Arms (Grades 4–College) (8+ weeks)

Join us! S.T.A.G.E. Troupe will present this heartwarming classic, March 23–April 1. For auditions prepare a two-minute upbeat song and be ready to move on stage. Call 682-0896 for an audition appointment. Medical waiver must be completed prior to participation. Tech Week: March 18–March 20.

Director: Stephen Foreman, Producer: Doña Foreman

Auditions

Jan. 14 & Jan. 17

- ❖ Sat., 11 am, noon, 1 pm, 2 pm & Tue., 4–6 pm

Callbacks: Sat., Jan. 21, 11am–3 pm

Parent Meeting: Sat., Jan. 28

Rehearsals

5111.501 Jan. 31–Mar. 17

- ❖ Tue., 4–6 pm & Sat., 10:30 am–3 pm
- ❖ \$270 / Dist. Res. \$255 (+\$50 lab fee payable to Center Stage)
- ❖ Winslow Ctr.: 2590 Pleasant Hill Rd. Upstairs (Sat.); Downstairs (Tue.)



Babes In Arms

A Center Stage & S.T.A.G.E. Troupe Musical Production

A spirited story about a group of young performers who wants to bring their original revue to Broadway. This fast-paced musical comedy boasts one of the greatest scores ever written with the lyrics and music of Rodgers & Hart. Famous tunes include *Funny Valentine*, *The Lady is a Tramp*, and *Johnny One Note*. For information and tickets, call 943-SHOW.

Director: Stephen Foreman Producer: Doña Foreman

March 23–April 1

Tickets: \$14

Leshner Center for the Arts: 1601 Civic Drive, Walnut Creek

The best place for your next event!

Party in Pleasant Hill!



Planning an Event? Rent the Winslow Center!

Located at the corner of Pleasant Hill Road and Taylor, the Winslow Center is 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.

The Winslow Center is available Friday nights, Saturday nights, or Sundays 2-11 pm – it's perfect and AFFORDABLE for your special event!

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

2590 Pleasant Hill Road (at Taylor)

Reserve your space! **682-0896** ext. 23



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. Sprayground only parties are also available. MINIMUM OF TWO WEEKS ADVANCED RESERVATION IS REQUIRED. Parties held at the PH Aquatic Park, 147 Gregory Lane. For other rules, regulations, and reservations, call 682-0896.

Community Gardens!

Pleasant Hill Rec rents gardening plots (8' by 25') at Pleasant Hill Park, 147 Gregory Lane.



\$75 per year plus \$50 deposit per plot



For informaton, contact Sheila George at sgeorge@pleasanthillrec.com or call 682-0896.

Plan a Picnic!



Pleasant Hill Park



Pleasant Oaks Park



Brookwood Park



Rodgers-Smith Park

Acres of green for running around! Playgrounds, picnic areas with tables and barbecue pits, restrooms, and even sports equipment. For details on renting a picnic area, call 682-0896.

Register Now!



Internet Registration: www.pleasanthillrec.com ❖ **\$5 online discount** on eligible class registrations. A non-refundable convenience fee, typical of any internet sale, is added to online registrations.

Visa/MasterCard/American Express accepted.   



Phone-in: **682-0896** VISA/MasterCard/American Express accepted.



Walk-in ❖ Register Mon–Fri, 9 am–5 pm, at the District Administration Office, 147 Gregory Lane.



First Class Meeting ❖ (unless otherwise stated in class listing)
❖ Registration accepted, space available, payable by check, VISA, MasterCard, or American Express. Please call 682-0896, Mon–Fri, 9 am–5 pm, to make sure class is still available.

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

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

Wednesday; 2nd & 4th; 6 pm – Bond Matters; 7 pm – General Business Administration Office; 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
Dodie Jones, Programs Supervisor
Lance Hurtado, Recreation Supervisor
Kendra Luke, Senior Supervisor
Tina Young, Recreation Supervisor

Offices

Administration, 147 Gregory Lane, Mon–Fri, 9 am–5 pm, 682-0896, Fax 682-1633
Winslow Center, 2590 Pleasant Hill Road 937-2707 messages only, Fax 937-6342
Senior Center, Little House, 249 Gregory Lane, Mon–Th, 9 am–4:30 pm, Fri., 9 am–3 pm, 798-8788, Fax 798-8837
Park Maintenance Operations, 310 Civic Drive, Mon–Th, 7 am–4:30 pm, Fri. 7:30 am–noon, 671-4646, Fax 676-7628
Paso Nogal Off-Leash Dog Park Hotline, 210-6130

Rentals

Call 682-0896 to rent:
❖ Winslow Center, 2590 Pleasant Hill Rd.
❖ Ball Fields, Picnic Areas and Picnic Kit, Bocce Courts, Volleyball Courts and Equipment
❖ Pools: PH Aquatic Park, Education Center Pool
❖ Community Gardens, 147 Gregory Lane



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 or 676-5200.

\$5 Discount!

for 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!

Benefits:

- ❖ Browse the classes, review the details, and register online from the comfort of your home 24 hours a day, 7 days a week.
- ❖ You will be able to see the family's schedules; receipts and/or reservation permits.
- ❖ You can also manage your private account anytime on the internet. No more missed deadlines. No more standing in lines.

To Get You Started –

One adult member of a family will need a customer login name and password. If you do not have a customer login name and password, an adult member of the family will need to create an Internet Account. Once your account is created, an automatically generated email will be sent to you. You must activate your account by clicking on the link in the email to use the online registration feature.

NOTE: A non-refundable convenience fee, typical of any internet sale, is added to online registrations.

Registration begins November 28, continues through April, 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 P.H.R.&P.D. 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 Dec. 25, Dec. 26, Jan. 1, Jan 2, Jan. 16, and Feb 20. Other exception dates as noted with class listings.

Visit us at
pleasanthillrec.com

District Office
682-0896



Pleasant Hill
Recreation & Park District
147 Gregory Lane, Pleasant Hill, CA 94523
(925) 682-0896 ▲ www.pleasanthillrec.com

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Spare Time Spotlight
Winter/Spring 2012
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Residential Customer

ECRWSS

American Spirit

Family Discovery Trip



Follow the Trail of Independence!

Tour Mt. Vernon

Roll a Pretzel in Lancaster

City Tour of Washington

Walk the Hallowed Grounds of Gettysburg

Uncover Treasures at the Smithsonian

Embrace Your Patriotic Spirit!



Sit Back and Relax!

Spend quality time with your family while someone else does the work. This once-in-a-lifetime tour will make the pages of American history come alive!

July 21 - July 28, 2012

Learn more about this completely NEW offering from Pleasant Hill Recreation & Park District at an informational meeting:

- ❖ 10 am, Saturday, February 18
- ❖ VFW Building, 1919 Wendell Lane
(near the Old School House)

Please call in advance, 798-8747 x 19

Turn to page 2 for more on this exciting trip!

