

Fall/Winter
2013

the Spotlight

**Parks
Make
Life
Better!**



Football Season is BACK!
page 10

NEW Music Section, page 7

**Make a Difference. Be Recognized
in your Community,** page 17

12 NEW Class Offerings for 50+
page 25

pleasanthillrec.com



Welcome to the Fall Season,

We are very pleased with the first year of operations of the new Senior Center and Teen Center. People of all ages have been able to utilize these two new facilities for a variety of programs and events. Recently, the new Teen Center was awarded "Outstanding New Facility" by the California Association of Recreation & Park Districts.

The Community Center off Taylor Boulevard is still on schedule to be completed in December. Our last project, Pleasant Oaks Park will also be concluding in December of this year. We are very pleased with the efforts by everyone involved in making the Measure "E" projects a reality and especially to the people of this community that overwhelmingly approved Measure "E."

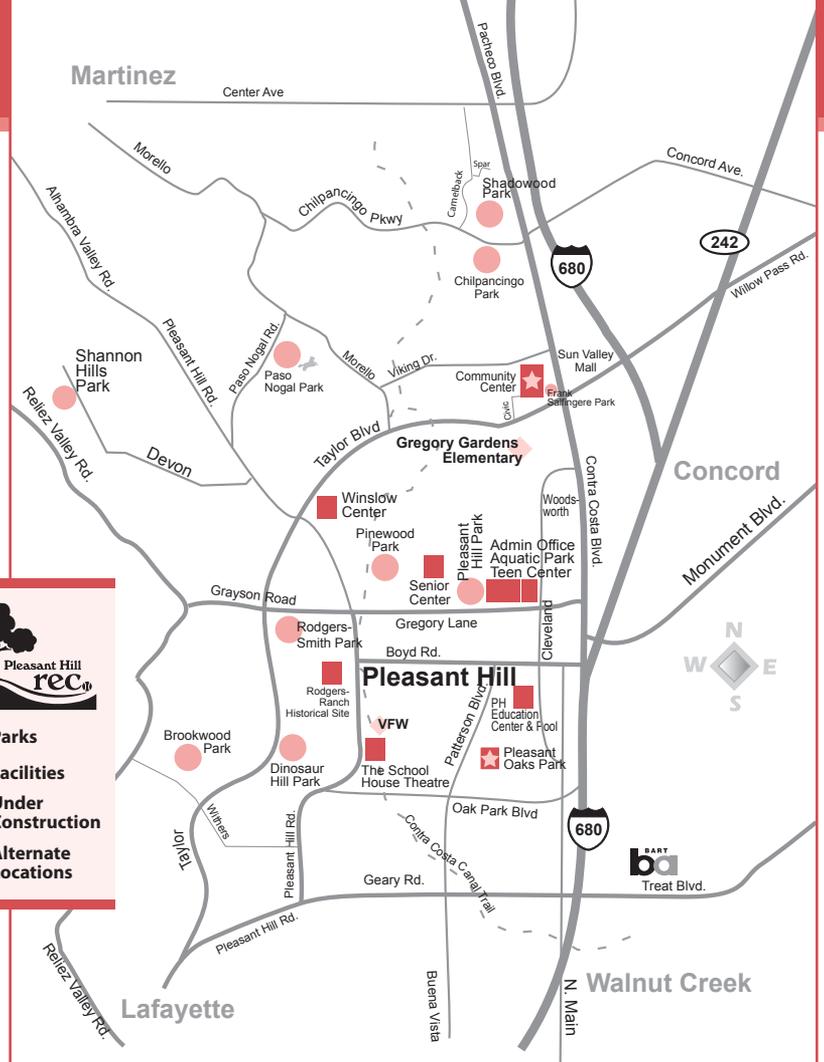
Please take advantage of the terrific offerings in this new Spotlight. Check out the classes, activities and special events! Come enjoy your Rec and Park District!!

Sincerely,

Robert B. Berggren, General Manager

Legend:

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



Mission Statement

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

BOARD OF DIRECTORS

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

Board Meetings: 2nd & 4th Thursday;
 6:00 pm—Measure "E" Bond Matters
 7:00 pm—General Business
 Administration, 147 Gregory Lane

ADMINISTRATIVE STAFF

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

The Spotlight: September–December 2013

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

On the cover:

Owen Kelly (*front*),
 Allen Buckingham (*back*),
 Rebecca Bromfield (*right*)
Photo by Ann Luke

On the back page:

*Photo courtesy of Pleasant Hill/
 Martinez Soccer Association*

PLEASANT HILL REC CLASS LOCATIONS

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

OFFICE LOCATIONS

Administration: 147 Gregory Lane
 Office Hours: M–F, 9:00 am–5:00 pm
 682-0896 • Fax 682-1633
Senior Center: 233 Gregory Lane
 M–Th, 9:00 am–4:00 pm; Fri, 9:00 am–3:00 pm
 798-8788 • Fax 798-8837
Teen Center: 147 Gregory Lane • 691-5645
Park Maintenance Operations: 310 Civic Drive
 M–F, 7:00 am–3:30 pm • 671-4649 • Fax 676-7628
Paso Nogal Off-Leash Dog Park Hotline: 210-6130
Winslow Center: 2590 Pleasant Hill Road

RENTALS

Call 798-8788 to rent:

- New Senior Center, 233 Gregory Lane
- New Community Center, 320 Civic Drive

Call 682-0896 to rent:

- New Teen Center, 147 Gregory Lane
- Winslow Center, 2590 Pleasant Hill Road
- Ball Fields, Picnic Areas & Picnic Kit, Bocce Courts, Volleyball Courts & Equipment
- Pools: PH Aquatic Park, Education Center Pool

Co-sponsored Clubs & Organizations

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

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



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

Details:
info@phcommunityfoundation.org

AMERICANS WITH DISABILITIES ACT (ADA)

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

3 Ways to Register Now!



Online at www.pleasanthillrec.com
 Visa/MasterCard/American Express accepted.
No more convenience fees for online registration!



Phone: 682-0896
 M-F, 9:00 am-5:00 pm, VISA/MasterCard/American Express accepted.



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

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

No more online registration fees!

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

GET STARTED WITH PLEASANT HILL REC ONLINE:

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

Registration Begins August 12, 2013

- See class listings for exceptions to registration dates. **For refund information, visit our website: www.pleasanthillrec.com.**
- All registrations are on a first-come, first-served basis. When enrollment is low, PHR&PD reserves the right to cancel the class/activity.
- If you register by mail for a class that has reached maximum enrollment, you will be notified and your check will be returned.
- Pre-registration is required at least three days prior to all workshops.
- Classes will not be held on November 11, 28-29, and December 24-25. Other exception dates are as noted with class listings.
- Photographs and video may be taken during district activities and classes. By participating, you agree that these photographs and video may be used for Pleasant Hill Recreation & Park District publicity purposes.

Administration:
682-0896

Visit us at:
pleasanthillrec.com



SPOTLIGHT CONTENTS:

Adult Art & Music	14	Rental Venues, Wall Dedications	17
Adult Classes	15, 18	Music Classes, Preschool-Teens.....	7
Adult Dance	18-19	Online Courses Info	18
Adult Health & Fitness.....	20-22	Preschool Activities	8
Adult Sports	23	Teen Scene	11-13
Adult and Adult 50+ Trips	24-25	Tennis (All Ages)	10, 23
Adult 50+ Activities, Programs, Events	25-27	Youth Classes	9
Aquatics	4-6	Youth Sports.....	10
Community Events.....	16		

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

clinics

High School Pre-Season

Grades 9–12

Clinics open to high school swimmers who want to prepare for their upcoming season.

Instructor: Aquatics Staff

PH Education Center Pool:
1 Santa Barbara Road

8 weeks | \$235/\$220 (Dist. Res.)

8215.101 12/2–2/6 M–Th 3:30–5:00 pm
No class 12/23–1/3, 1/20

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

8215.102 1/6–2/6 M–Th 3:30–5:00 pm
No class 1/20

Triathlon Training Camp

8 yrs–Adult

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, nutrition, and entry in Family Fun Triathlon on 10/27.

Instructor: Talli Pitcher & Ana Castaneda

PH Education Center Pool:
1 Santa Barbara Road

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

8250.101 9/8–10/27 Su 8:30–11:30 am
*\$25 less each additional registration in the same household

Family Fun Triathlon

8 yrs–Adult

Join Pleasant Hill Recreation for a non-competitive,

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

Sunday, October 27, 2013
PH Education Center Pool:
1 Santa Barbara Road

Individual: 8251.101
\$45 Pre-Reg by 10/10 | \$60 (10/11–10/27)

Relay, up to 3 people: 8252.101
\$110 Pre-Reg by 10/10 | \$140 (10/11–10/27)



Winter Swim Clinic

8th Grade & under

For the summer recreation swimmer. Focus is on stroke technique and drill progressions for competitive swimming. All swimmers must have prior competitive experience.

Instructor: Talli Pitcher

PH Education Center Pool:
1 Santa Barbara Road

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

8727.101 12/2–12/20 M/W/F 5:00–6:00 pm

water exercise

Aqua ZUMBA®

Aqua Zumba integrates the Zumba philosophy and its exotic rhythms and traditional aqua fitness.

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

Instructor: Sandra Franklin, *Certified Aqua Zumba Instructor*

PH Aquatic Park: 147 Gregory Lane

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

8124.101 9/9–10/2 M/W 7:00–8:00 pm

7 classes | \$67/\$53 (Dist. Res.); Drop-in \$10

8124.102 10/7–10/30* M/W 7:00–8:00 pm

*No class 10/14



Lap Swim/Swim for Fitness

16 yrs & up

Monthly Swim Pass gives you unlimited access to Lap Swim/Swim for Fitness times during the calendar month. Stay fit, work on your stroke technique, improve your endurance, rejuvenate and energize your mind/body while you swim your way to a healthier life! Each class includes a daily workout and instruction; basic swimming skills required. Self-guided water walking is also available in the shallow lanes.

When purchasing Monthly Swim Pass online, search “Membership.”

Instructors: Beth Heinen, Staci Lindsay, and Carol Madsen

PH Education Center Pool:
1 Santa Barbara Road

Monthly Swim Pass: \$58/\$36 (Dist. Res.)

Senior 55+ Monthly Pass: \$45/\$36 (Dist. Res.)

8-Swim “Anytime” Punch Card: \$48

Swim For Fitness Hours*:

M/W/F 6:00–7:00 am, 8:30–10:00 am,
1:00–2:00 pm

M/Tu/Th 7:00–8:00 pm

Holidays: 9/2, 11/11, 11/28, 11/29, 12/23–1/3

*Visit www.pleasanthillrec.com to confirm hours and locations.

Water Aerobics & Water Blast

To Energize and Revitalize!

NEW: One card works for both 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 not required.

Instructor: Jeaneen Cowen, Sofia Nappo

Year-round classes | Drop-in \$7

Punch Card: \$45 (8 classes)

PH Aquatic Park: 147 Gregory Lane

Jeaneen W 7:20–8:20 am

Jeaneen Tu/Th 8:30–9:30 am

Jeaneen Tu/Th 7:00–8:00 pm

PH Education Center Pool:
1 Santa Barbara Road

Sofia M/W/F 8:30–9:30 am

Starting 11/12 all classes meet at PH Ed Center and Jeaneen’s evening class meets 6:00–7:00 pm.

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



Water Walking

18 yrs & up

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

PH Aquatic Park: 147 Gregory Lane

8 classes | \$33 (Res/NonRes)

\$30 (PH Senior Club Member)

2240.101 9/17-10/10 Tu/Th 8:30-9:30 am
2240.102 10/15-11/7 Tu/Th 8:30-9:30 am

classes

Splashball

6-10 yrs

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

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

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

8750.101 9/8-10/27 Su 10:00-11:00 am



Pleasant Hill Fall Swim Program

Experience a personal approach to coaching. Swim with outstanding coaches including Pleasant Hill Dolphin Coaches Talli Pitcher, Beth Heinen, Devon Knight, Carol Madsen and Vicky Dewey. The Pleasant Hill Fall Swim Program provides a comprehensive program for all levels of desire and ability. No class 10/31 and 11/11.

Pre-Swim Team

4-13 yrs

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

Instructor: Talli Pitcher & Beth Heinen

PH Aquatic Park: 147 Gregory Lane

9 weeks | 4-5 yrs | \$135/\$120 (Dist. Res.)

8208.101 9/10-11/7 Tu/Th 4:00-4:30 pm

9 weeks | 6-8 yrs | \$170/\$155 (Dist. Res.)

8208.102 9/10-11/7 Tu/Th 4:30-5:15pm

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

Instructor: Carol Madsen

PH Aquatic Park: 147 Gregory Lane

9 weeks | 9-13 yrs | \$205/\$190 (Dist. Res.)

8213.101 9/9-11/8 M/W/F 4:00-5:00 pm

Age Group Development

12 yrs & under

For swimmers with swim team experience and knowledge of all four competitive strokes. Swimmers will be split into groups based on age/ability.

Coaches: Vicky Dewey and Devon Knight

PH Aquatic Park: 147 Gregory Lane

11 wks | 12 yrs/under | \$245*/\$230* (Dist. Res.)

8209.101 9/9-11/22 M/W/F 4:00-5:00 pm

*\$25 discount for 2nd+ sibling

Age Group Competitive

10 yrs & up

Technique, training concepts, dry-land conditioning, and mental race preparation. Swimmers must have knowledge of all four competitive strokes and be ready and willing to accept new challenges and ideas.

Coach: Talli Pitcher and Vicky Dewey

PH Aquatic Park: 147 Gregory Lane (Tu/Th)

PH Education Center Pool:

1 Santa Barbara Road (M/F)

11 weeks | 10-12 yrs | \$270*/\$255* (Dist. Res.)

8210.101 9/9-11/22 M/F 6:30-7:30 pm
Tu/Th 5:30-6:30 pm

11 weeks | 12+ yrs | \$310*/\$290* (Dist. Res.)

8212.101 9/9-11/22 M/F 6:30-7:45 pm
Tu/Th 5:30-6:45 pm

*\$25 discount for 2nd+ sibling

PRIVATE AQUATIC PARK PARTIES

Reserve the pool for your own private party! Rental fee includes two hours exclusive use of the diving pool, sprayground and picnic area. No alcohol or smoking permitted in the pool area. Training pool (shallow water, four lanes) use requires an additional \$60 fee. Extended use hours and sprayground-only parties are also available.

For information & reservations, call 682-0896.

swim lessons

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

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

PARENT/TOT (6 MOS-4 YRS)

Parent and child participate together and receive instruction in water adjustment, swim readiness skills, and water safety. Swim attire: tight-fitting "swim pants" and swimsuit. No disposable or cloth diapers.

TINY TOT (3-4 YRS)

Child must be ready to learn without parent participation. Skills: water adjustment, elementary aquatic skills and water safety. Ratio 3:1

PRE-SCHOOL (4-6 YRS)

Child must be ready to learn without parent participation. Skills: water adjustment, basic aquatic skills, stroke development and water safety. Abilities may vary. Ratio 4:1

YOUTH (6-12 YRS)

Students will learn a variety of strokes, personal safety skills and diving techniques, starting with basic aquatic skills and water adjustment. More advanced students will refine their skills. Ratio 6:1

ADULT/TEEN (12+ YRS)

New strokes and techniques for stroke improvement will be taught. Skills: floating, kicking, crawl stroke, backstroke, breaststroke, butterfly, diving, and turns. Ratio 6:1

PRIVATE (4 YRS-ADULT)

One-on-one instruction for all ability levels.



Fall Swim Lessons—PH Aquatic Park: 147 Gregory Lane

Tu/Th Private: **2 weeks, (4) 20-min classes | \$75/\$60 (Dist. Res.)**

***2 weeks, (3) 20-min classes | \$60/\$48 (Dist. Res.)**

	9/3-9/12	9/17-9/26	10/1-10/10	10/15-10/24	10/29-11/7*
1:00 pm	8619.101	8619.102	8619.103	8619.104	8619.105
1:20 pm	8620.101	8620.102	8620.103	8620.104	8620.105
1:40 pm	8621.101	8621.102	8621.103	8621.104	8621.105
5:20 pm	8614.101	8614.102	8614.103	8614.104	8614.105
5:40 pm	8615.101	8615.102	8615.103	8615.104	8615.105
6:00 pm	8616.101	8616.102	8616.103	8616.104	8616.105
6:20 pm	8617.101	8617.102	8617.103	8617.104	8617.105
6:40 pm	8618.101	8618.102	8618.103	8618.104	8618.105

*No class 10/31

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

\$50/\$40 (Dist. Res.) | Parent/Tot: \$42/\$35 (Dist. Res.)

Time	Age	SATURDAY		SUNDAY	
		9/21-10/12	10/19-11/9	9/22-10/13	10/20-11/10
10:00 am	Adult/Teen	8591.101	8591.103	8591.102	8591.104
10:30 am	Youth	8575.101	8575.103	8575.102	8575.104
11:00 am	Pre-School	8656.101	8656.103	8656.102	8656.104
11:30 am	Tiny Tot	8526.101	8526.103	8526.102	8526.104
12:00 pm	Parent/Tot	8510.101	8510.103	8510.102	8510.104

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

Time	SATURDAY		SUNDAY	
	9/21-10/12	10/19-11/9	9/22-10/13	10/20-11/10
10:00 am	8626.101	8626.103	8626.102	8626.104
10:20 am	8627.101	8627.103	8627.102	8627.104
10:40 am	8628.101	8628.103	8628.102	8628.104
11:00 am	8629.101	8629.103	8629.102	8629.104
11:20 am	8630.101	8630.103	8630.102	8630.104
11:40 am	8631.101	8631.103	8631.102	8631.104
12:00 pm	8632.101	8632.103	8632.102	8632.104

Winter Swim Lessons—PH Education Center Pool: 1 Santa Barbara Road

Tuesday/Thursday Private:

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

	11/12-11/21	12/3-12/12	1/7-1/16	1/21-1/30
6:00 pm	8616.106	8616.107	8616.108	8616.109
6:20 pm	8617.106	8617.107	8617.108	8617.109
6:40 pm	8618.106	8618.107	8618.108	8618.109

beginner music classes

By Village Music School

Special Offer for PHRPD Participants!
All prices listed reflect discount.

Band of Voices: Pop Vocal

7–13 yrs

A willingness to sing and have fun are required! The class instructor will accompany the group, while encouraging everyone to perform at their best. Basic vocal techniques and choreography will be introduced while students have a blast singing classic and current pop songs! This fun group vocal class focuses on teamwork and camaraderie.

Instructors: Village Music School Staff

Village Center for the Arts: 1720 Linda Dr.
6 weeks | \$119/\$104 (Dist. Res.)

5120.101 9/26–10/31 Th 6:30–7:20 pm

5120.102 11/7–12/19* Th 6:30–7:20 pm

\$15 materials fee payable to instructor.

*No class 11/28

Beats for Beginners: Drums

Grades 2–12

Beats for Beginners mixes modern technology with rudimentary technique to introduce a variety of ways to create beats and rhythms. Various percussion instruments will be introduced and demonstrated. Students will learn to use drumsticks, proper drumming technique, and how to read basic rhythmic notation. Play rhythmic games together in a team environment!

Instructors: Village Music School Staff

Village Center for the Arts: 1720 Linda Dr.
6 weeks | Grades 2–5 | \$119/\$104 (Dist. Res.)

6067.101 9/24–10/29 Tu 3:30–4:10 pm

6067.102 11/5–12/10 Tu 3:30–4:10 pm

\$15 materials fee payable at first class.

6 weeks | 12+ yrs | \$119/\$104 (Dist. Res.)

5121.101 9/24–10/29 Tu 4:20–5:00 pm

5121.102 11/5–12/10 Tu 4:20–5:00 pm

\$15 materials fee payable at first class.



Performance Workshop **NEW!**

12 yrs & up

Singers/actors/musicians/poets in this class should come prepared with their own material (bring sheet music/backing track for accompaniment). Instructor will address stage presence, delivery and creative approach. This class fosters peer to peer encouragement and is a supportive environment for audition preparation, performing original material, or simply to practice!

Instructors: Village Music School Staff

Village Center for the Arts: 1720 Linda Dr.
4 weeks | \$87/\$72 (Dist. Res.)

5110.101 9/24–10/15 Tu 6:30–7:30 pm

5110.102 10/22–11/12 Tu 6:30–7:30 pm

5110.103 11/19–12/10 Tu 6:30–7:30 pm

\$15 materials fee payable at first class.

Piano Steps **NEW!**

3 ½–6 yrs

Your little one will explore the world of music and piano using the “BIG” piano mat! Piano Steps teaches basic music and piano fundamentals while participants have a blast “stepping” out melodies on the floor piano.

Instructor: Village Music School Staff

Village Center for the Arts: 1720 Linda Dr.
6 weeks | \$125/\$110 (Dist. Res.)

6625.101 9/28–11/2 Sa 10:00–10:40 am

6625.102 11/9–12/14 Sa 10:00–10:40 am

Keys to Piano

Grades 1–5

First time piano students will learn songs that are popular and fun to play, and also help with sight-reading, rhythm, theory and other musical fundamentals. Our patient instructors encourage students to learn and experience the language of music while building self-esteem and confidence. Home practice and workbook study required.

Instructors: Village Music School Staff

Village Center for the Arts: 1720 Linda Dr.
6 weeks | \$119/\$104 (Dist. Res.)

6064.103 9/26–10/31 Th 3:00–3:40 pm

6064.101 9/28–11/2 Sa 2:20–3:00 pm

6064.104 11/7–12/19* Th 3:00–3:40 pm

6064.102 11/9–12/14 Sa 2:20–3:00 pm

\$15 materials fee payable at first class.

*No class 11/28

Princess Songs **NEW!**

4–7 yrs

Students will step into the shoes of musical royalty while they sings songs of timeless animated fairy tales! Princesses will receive a tote filled with musical and princess accessories, and each class comes complete with a fabulous tea party! Class participants are encouraged to arrive in their princess attire.

Instructor: Village Music School Staff

Village Center for the Arts: 1720 Linda Dr.
6 weeks | \$125/\$110 (Dist. Res.)

6626.101 9/28–11/2 Sa 11:00–11:50 am

6626.102 11/9–12/14 Sa 11:00–11:50 am

\$15 materials fee payable at first class.

Superstar Guitar!

Grades 2–12

Learn to play popular songs, power chords, riffs and have fun doing it! Designed to give first time guitar students musical success quickly. Essential guitar fundamentals are made easy and fun! Students must bring their own guitar; rentals are available from Village Music School for an additional fee.

Instructors: Village Music School Staff

Teen Center

6 classes | Grades 2–5 | \$119/\$104 (Dist. Res.)

6061.101 9/24–10/29 Tu 3:30–4:10 pm

6061.102 11/5–12/10 Tu 3:30–4:10 pm

\$15 materials fee payable at first class.

6 classes | 12+ yrs | \$119/\$104 (Dist. Res.)

5122.101 9/24–10/29 Tu 4:30–5:15 pm

5122.102 11/5–12/10 Tu 4:30–5:15 pm

\$15 materials fee payable at first class.

preschool activities

Computer Time **NEW!** with Dr. Lio

3-5 yrs

A fun, engaging, social and educational learning activity for preschoolers. Course focuses on language skills through educational software such as Reader Rabbit and PBS.org. Preschoolers will develop academic skills through small group activities. Parent participation once per session. Registered child and parent only may attend.

Instructor: Dr. Lio, 15 years teaching experience with preschoolers, Doctorate in Developmental Psychology

Gregory Gardens Elementary School: 1 Corritone Court, Room 25

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

6640.101 9/10-10/15 Tu 3:30-4:00 pm

6640.102 10/29-12/10* Tu 3:30-4:00 pm

*No class 11/26

Parent Tot Preschool Prep

22 mos-3 yrs

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

Instructor: Nancy Whiting, preschool teacher with PHRPD for over 10 years

Winslow Center: Room 1

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

6655.101 9/6-10/11 F 9:00 am-10:45 am

6655.102 10/18-11/22 F 9:00 am-10:45 am

6655.103 12/6-1/24* F 9:00 am-10:45 am

*No class 12/27, 1/3

Pre-Ballet

3-5 yrs

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

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

Senior Center: Dance Studio

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

6619.101 9/9-10/21 M 3:40-4:25 pm

6619.102 10/28-12/16* M 3:40-4:25 pm

*No class 11/11

Spanish Immersion Preschool

3 1/2-5 1/2 yrs

Hola amigos, vamos a divertirnos, aprendiendo Español con Maestra Miriam. Hello friends, let's go and have fun learning Spanish with Maestra Miriam. Join Miriam in this hands-on interactive and stimulating environment. In this class your child will develop social, fine and gross motor skills. Your child will have fun singing, doing creative art, making puzzles, and other wonderful activities about fall. All the activities are in Spanish.

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

Gregory Gardens Elementary School: 1 Corritone Court, Room 25

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

6631.101 9/9-10/14 M 9:30-12:00 pm

6632.101 9/13-10/18 F 9:30-12:00 pm

6631.102 10/21-12/9* M 9:30-12:00 pm

6632.102 10/25-12/6** F 9:30-12:00 pm

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

*No class 11/11, 11/25. **No class 11/29

Playground Birthday Parties

2-6 yrs

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

Winslow Center Playground: 2590 Pleasant Hill Road

\$81/\$66 (Dist. Res.)

max. 30 children/adults

Tiny-Tot Morning Care

Walking to 36 mos

Parents! Give yourself some time off.

Let US watch your children. Indoor games, story time, snack time and outdoor playground time. Snack provided. Bring beverage. Registration begins at 8:45 am on August 14 for session 101 and October 9 for session 102 at the Winslow Center, Room #1. After initial registration dates, call 682-0896 for registration information.

Instructor: Jan Ertola/Staff

Winslow Center: Room 1

\$25/day child, space reserved

.101 9/4-10/30 M/W 9:00-12:00 pm

.102 11/4-1/8* M/W 9:00-12:00 pm

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

*No class 11/11, 11/25, 11/27, 12/23-1/1/14



Preschool Classes, Fall 2013

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

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

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

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

NEW HORIZONS—Child must be 3 yrs 3 mos-4 yrs 3 mos as of Sept. 1, 2013.

New Horizons: M/W/F 8:45-11:45 am

New Horizons: Tu/W/Th 9:00 am-12:00 pm

Lunch Time 12:00-1:00 pm

PRE-K/ KINDERGARTEN—

Child must be 4 yrs-6 yrs or older as of

Sept. 1, 2013. These are classes for children entering Kindergarten in fall 2014.

Pre-K: M/W/F 12:30-3:30 pm

Pre-K: Tu/W/Th 9:00 am-12:00 pm

Lunch Time 12:00-1:00 pm

**For details go to:
pleasanthillrecpreschool.com**

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

youth classes

Ballet

5-7 yrs

This class is designed for the budding ballerina! Floor exercises will increase strength and flexibility. Using the barre will teach basic positions, and proper body alignment. Dance steps will be taught to improve coordination and grace. Attire: black leotard, pink tights, pink ballet shoes (NO skirts or tutus please).

Instructor: Christie Tomlinson

Senior Center: Dance Studio

7 classes | \$97/\$82 (Dist. Res.)

6042.101 9/9-10/21 M 4:30-5:30 pm

6042.102 10/28-12/16* M 4:30-5:30 pm

*No class 11/11

Beginning Acrylics

6-10 yrs

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

Instructor: Pat Jackson

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

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

6050.101 9/6-10/11 F 3:15-4:15 pm

6050.102 10/18-11/22 F 3:15-4:15 pm

\$20 lab fee payable at first class.

Beginning Pastels

6-10 yrs

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

Instructor: Pat Jackson

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

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

6048.101 9/9-10/14 M 3:15-4:15 pm

6048.102 10/21-11/25 M 3:15-4:15 pm

\$20 lab fee payable at first class.



KIDSTOP is currently open to Gregory Gardens Elementary School students. For more on this exciting before-and-after school program, call Director Maureen Valley. (925) 680-5298

Beginning Watercolor

6-10 yrs

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

Instructor: Pat Jackson

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

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

6049.101 9/4-10/9 W 3:15-4:15 pm

6049.102 10/16-11/20 W 3:15-4:15 pm

\$20 lab fee payable at first class.

Cartooning

6-10 yrs

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

Instructor: M.J. Studios

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

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

6051.101 9/4-10/9 W 2:00-3:00 pm

6051.102 10/16-11/20 W 2:00-3:00 pm

\$20 lab fee payable at first class.

Now That's Gross NEW!

Grades K-1

Hit number 10 on the GressoMeter making the best tasting treats with the grossest names such as: Worms in Mud (chocolate graham crackers for dirt, pudding for mud, and worms made out of marshmallows), and Blood Brain Clot ("brains" made of Jell-O mold with pieces of raspberries and strawberries stuck inside).

Instructor: Rainbow Chefs

Senior Center: Dining Room

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

6073.101 9/16-10/21 M 3:30-4:30 pm

\$24 lab fee payable at first class.

Storybook Cook NEW!

Grades K-1

Take recipes from favorite children's books and turn them into fun, delicious meals!

Instructor: Rainbow Chefs

Senior Center: Arts & Crafts Room

6 weeks \$122/\$107 (Dist. Res.)

6073.102 10/28-12/16* M 3:30-4:30 pm

\$24 lab fee payable at first class.

*No class 11/11, 11/25

Iron Chef Challenge NEW!

Grades 2-5

Take one special ingredient in every class to really study and learn about. Your child will then use that ingredient to turn it into a creative dish to be "judged" on their talent. Ask them to prepare it at home so you can get a chance to judge it too.

Instructor: Rainbow Chefs

Teen Center

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

6073.103 9/18-10/23 W 2:00-3:00 pm

6073.104 10/30-12/11* W 2:00-3:00 pm

\$24 lab fee payable at first class. *No class 11/27

Yoga for Kids

5-9 yrs

Come join the fun! Yoga for kids is designed to engage junior yogis through age-appropriate postures and fun activities. Providing benefits of increased focus and flexibility, students gain greater self-esteem and compassion for others. It's fitness and fun for the mind and body.

Instructors: Village Music School Staff

Village Center for the Arts: 1720 Linda Dr.

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

6070.101 9/28-11/2 Sa 12:10-12:55 pm

6070.102 11/9-12/14 Sa 12:10-12:55 pm

\$15 lab fee payable at first class (includes mat).



Youth Music Classes on page 7



No fees for online registration!



youth sports everyone plays!

NBA/WNBA Youth Basketball

Coed Grades 3-5, 6-8

HOOP IT UP while learning skills, coordination, agility, team work, and sportsmanship through practice drills. Registration closes December 19. Practices, arranged by the coaches, begin in mid/late-December. Fees include a jersey and basketball.

PH Education Center Gym:
1 Santa Barbara Road

8 weeks | \$150*/\$135* (Dist. Res.)

5060.101 Play runs January-mid-March
*A \$50 refund is given to parents interested in coaching, and who complete training provided by the District.

NFL Flag Football

Coed, Grades 3-8

The National Football League is sponsoring our Youth Flag Football League! Registration closes on September 20. Season begins early October. Fees include a NFL sports shirt and football.

PH Education Center Field:
1 Santa Barbara Road

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

5050.901 Season starts October 5
*A \$75 refund is given to parents interested in coaching, and who complete training provided by the District.

FREE! NFL Punt, Pass, Kick

Boys & girls, 8-13 yrs

Sign up at the park and come show off what you can do! Birth certificate required. Tennis shoes only. Co-sponsored by the NFL.

Pleasant Hill Park Field

FREE!

9/21 Sa 10:00 am-12:00 pm

Kidz Love Soccer

2-10 yrs

This soccer 'school' is a recreational setting for children to learn soccer through age-appropriate skill demonstrations, games, and instructional scrimmages in a safe, non-competitive environment. Facilitated by professional coaches in the Kidz Love Soccer method.

Shin guards are required by the second meeting. Register by one week prior to class. KLS Rain-out Hotline number is (888) 372-5803. For information, visit www.kidzlovesoccer.com

PH Park: 147 Gregory Lane

4-WEEK FALL SESSION:

Fri, 9/27-10/18 | \$69/\$55 (Dist. Res.)

5030.102 Mom/Dad & Me: 5:30-6:00 pm
2-3½ yrs

8-WEEK FALL SESSIONS:

Fri, 9/27-11/15 | \$115/\$100 (Dist. Res.)

5030.101 Mom/Dad & Me: 9:30-10:00 am
2-3½ yrs

5031.101 Tot Soccer: 3½-4 yrs 10:10-10:45 am

5031.102 Tot Soccer: 3½-4 yrs 4:45-5:15 pm

5032.101 Pre-Soccer: 4 yrs 10:45-11:20 am

5032.102 Pre-Soccer: 4 yrs 2:40-3:15 pm

5033.102 Soccer 1: 5-6 yrs 3:15-4:00 pm

Sat, 9/28-11/16 | \$115/\$100 (Dist. Res.)

5030.111 Mom/Dad & Me: 9:00-9:30 am
2-3½ yrs

5032.111 Pre-Soccer: 4 yrs 10:25-11:00 am

5033.111 Soccer 1: 5-6 yrs 9:40-10:25 am

5031.111 Tot-Soccer: 3½-4 yrs 11:00-11:30 am

8-WEEK WINTER SESSIONS:

Fri, 1/24-3/14 | \$115/\$100 (Dist. Res.)

5032.113 Pre-Soccer: 4 yrs 2:55-3:30 pm

5033.113 Soccer 1: 5-6 yrs 3:30-4:15 pm

5031.113 Tot Soccer: 3½ yrs 5:00-5:30 pm

Sat, 1/25-3/15 | \$115/\$100 (Dist. Res.)

5030.114 Mom/Dad & Me: 9:00-9:30 am
2-3½ yrs

5032.114 Pre-Soccer: 4 yrs 10:25-11:00 am

5033.114 Soccer 1: 5-6 yrs 9:40-10:25 am

5031.114 Tot-Soccer: 3½-4 yrs 11:00-11:30 am



Kidz Love Soccer 2: Skillz & Scrimmages

7-10 yrs

Enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages where kids develop team tactics, positions and strategic play. All levels are welcome. Each participant receives a soccer jersey. Shin guards are required.

PH Park: 147 Gregory Lane

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

5034.101 9/27-11/15 F 4:00-4:45 pm

5034.111 9/28-11/16 Sa 11:30 am-12:15 pm

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

5034.113 1/24-3/14 F 4:15-5:00 pm

5034.114 1/25-3/15 Sa 11:30 am-12:15 pm

youth tennis

Monthly Group Lessons

Top-quality instruction is available through Pleasant Hill Recreation & Park District. Classes begin on the first day of the month and run four consecutive weeks through the end of the month. Classes may be combined or canceled if minimum numbers are not reached. Tennis shoes and racquet required.

Instructor: Joey Martinez

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

4 1-hour classes, 4-10 students | \$65/\$52 (Dist. Res.)

	Level	Day	Time	September	October	November
Youth 6-12 yrs	B/AB	Tu	6:30-7:30 pm	5555.101	5555.102	5555.103
	B/AB	W	6:30-7:30 pm	5584.101	5584.102	5584.103

Playing Levels

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

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

TEEN Scene

Teen Scene programs are designed for youth in grades 6 through 12 unless otherwise noted. REGISTER BY AT LEAST ONE WEEK PRIOR to start to avoid cancellations. A signed MEDICAL WAIVER for all minor participants must be on file in our office by the day prior to start of program.

Art at M.J. Studios: Manga Character Design

11-16 yrs

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

M.J. Studios: 670 Gregory Lane, Suite G
6 weeks | \$94/\$79 (Dist. Res.)

5109.101 9/3-10/8 Tu 4:15-5:15 pm
5109.902 10/15-11/19 Tu 4:15-5:15 pm
5109.903 11/26-1/14* Tu 4:15-5:15 pm
\$20 lab fee payable to instructor.
*No class 12/24, 12/31

Teen Music Classes
on page 7

Babysitting 101 for Beginners

10 yrs & up

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

Instructor: Jenny Cooper

Teen Center

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

5105.101 10/5 Sa 9:00 am-2:00 pm

FREE! College Funding Workshop

Adults

Make 2013 the year your college savings goal becomes a reality! Parents: take the stress out of college funding, by planning early! This workshop will give families the planning tools for ever increasing college costs. Learn about current and future college costs and fund sources. We will review financial aid, scholarships, loans, education savings accounts and tax advantaged investment strategies. Register at fundsforthefuture.net or call the Teen Center at 691-5645.

Instructor: Tracy Tamura

Teen Center

1 class | FREE

9/19 Th 6:30-8:00 pm
9/21 Sa 10:00-11:30 am

Cooking Classes by Rainbow Chefs **NEW!**

Grades 6-9

Instructor: Rainbow Chefs

Teen Center

IRON CHEF CHALLENGE

Take one special ingredient in every class and really study and learn about it. Students will then use that ingredient to turn it into a creative dish, and then be "judged" on their talent.

6 weeks | \$123/\$108 (Dist. Res.)

5127.101 9/18-10/23 W 3:30-5:00 pm

5127.102 10/30-12/11* W 3:30-5:00 pm

\$36 lab fee payable at first class. *No class 11/27

LET'S THROW A PARTY!

This class will show you how to throw a great, fun and delicious party. Learn everything from menu planning, to themes, to recipe selections, to table setting, picking out party colors, decorating prepared recipes to look presentable and appetizing and how to plan each recipe portions. We will do many recipes from appetizers, salads, main dishes and, of course, dessert tables. Menu examples: mango marinated kabobs, crostini with dip, brushetta, cream puffs, chocolate covered strawberries, and crepes with fillings, etc.

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

5128.101 9/21-10/12 Sa 9:00-11:00 am

\$32 lab fee payable at first class.

THE GOURMET BAKESHOP

Cookies, tortes, brownies, fruit tarts, chocolate strawberries, and so much more! Get your aprons on—we're baking gourmet treats for everyone. Learn great tricks, techniques and the art of HEALTHY baking! Some of the desserts will be cheesecakes, pana cotta, Italian cookies, cupcakes, sweet crepes, fruit tart, meringue cookies, lemon pie, cherry/apple strudels, brownies, soufflés, etc. So if you have a sweet tooth this one is for you!

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

5128.102 11/2-11/23 Sa 9:00-11:00 am

\$32 lab fee payable at first class.



Teen Center Tile Project

Here is your chance to have your name, or the names of friends or family members forever etched at the Pleasant Hill Teen Center. Tiles will be installed on a large planter along the exterior of the Teen Center along a park walkway. 4" x 8" Tiles: \$100 (up to 30 characters). *Benefits the Teen Center Capital Campaign.*

Deadline to order is January 4th. To order online, visit phtc.engravedbricks.com.

Buy a tile!

Teen/Adult
CPR and First Aid
on page 15



Introduction to Sewing

Grades 4–12

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

Instructor: Dolores Martinez

Senior Center: Arts & Crafts Room

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

5131.101 9/18–10/9 W 3:30–6:00 pm

5131.102 10/16–11/6 W 3:30–6:00 pm

5131.103 11/13–12/11* W 3:30–6:00 pm

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

*No class 11/27

Job Training Classes **NEW!**

Create a Powerful & Effective Resume Designed to Get You Job Interviews

14 yrs & up

In today's tight job market, having the right resume in hand can assist you in landing the right interviews. A good resume is the best piece of marketing for your job search. You never get a second chance to make a first impression. Learn how to let your strengths shine through during your interview and make yourself stand out.

Instructor: Laura Arevalo

Senior Center: Computer Room

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

5135.101 9/30–11/4* M 6:00–7:30 pm

\$50 lab fee payable at first class.

*No class 10/14, 10/28

Are You Job Ready?— **NEW!** A Job Readiness Workshop

15 yrs & up

So, you have found a job that you think is perfect for you. Now what? Today's job market is not the same as it was 10 or 20 years ago. The job search is drastically different than it was in 1990, yet when we start looking for a job we seem content to follow the advice that was being dispensed two decades ago! That needs to stop. In today's economy you can't afford to be an outdated job seeker.

Instructor: Laura Arevalo

Teen Center

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

5134.101 10/2–10/30 W 4:30–6:00 pm

\$50 lab fee payable to instructor.

Loving Yourself **NEW!** Inside & Out—A Workshop for Pre-Teen Girls

10–13 yrs

Learn about body image, where it comes from and how to develop a more positive self-image through fun and interactive activities. Individual and group exercise will focus on building self esteem, developing healthy habits and learning to accept yourself and others. Discover what makes you unique and begin to feel better about yourself just the way you are.

Instructor: Alicia A. Laub, MA, LMFT and LeAnne Rozner, MA, MFT

Teen Center

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

5136.101 9/14 Sa 10:00 am–12:00 pm

Money Matters: **NEW!** For Teens & Their Families

15 yrs & up

Money... you have a lifetime to earn, save and spend it so don't make costly mistakes learning how to manage it. This workshop is a chance for teens and their parent(s) to make the most of their hard earned money. The first day of the workshop is for teens, second is for parents and third is for all participants. Learn about buying a vehicle, checking and savings accounts, credit cards and investing.

Instructor: Tracy Tamura

Teen Center

3 classes | \$55/\$45 (Dist. Res.)

5106.101 10/16, 10/17 & 10/19

W/Th 6:30–8:30 pm

Sa 10:30 am–12:30 pm

Online Driver's Ed

15 yrs & up

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

Fee: \$75

Video Production **NEW!**

12 yrs & up

Join us for an exciting opportunity to explore the art of video making. Learn to script, shoot and edit as you create your own short film. The fundamentals of production and basic equipment will be discussed. Video camera not required but is helpful.

Instructor: Larry Hunt

Teen Center

8 classes | \$130/\$105 (Dist. Res.)

5133.101 9/5–10/24 Th 3:15–5:15 pm

"What's Your Game?" Club

Grades 4–12 (All levels)

Join your friends Friday Nights at our strategy game club. Learn chess and nightmare chess. We play card games and board games such as zombies and star wars miniatures. Tournaments, prizes, and many other events.

Leader: Dave DeFabio

Winslow Center: Rooms 1 & 2

8 weeks | \$5 Drop-in

Punch card: \$35 (8 classes)

5102.101 9/6–10/25 F 6:00–10:00 pm

5102.102 11/1–12/20 F 6:00–10:00 pm

Check phteenscene.com for additional classes and events!

**Teen Tennis Classes
on page 23**

After-School Programs, Grades 6–12

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

Teen Center Open House

Interested in the Teen Center but not sure what it has to offer? Come check it all out! Meet the staff, check out the games & activities, see class demonstrations and enter our prize drawing! Sign-ups for classes and activities will also be available.

8/21 W 2:30 pm–5:00 pm

MIDDLE SCHOOL AFTER-SCHOOL PROGRAM AT THE NEW TEEN CENTER!

Monday–Friday School dismissal until 6:00 pm

The Pleasant Hill Teen Center
 147 Gregory Lane, Pleasant Hill

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

\$8 per day

\$35/\$25 (Dist. Res.) Membership Fee required July through June



Newspaper Fashion Show

HAVE YOUR BIRTHDAY PARTY AT THE TEEN CENTER!

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

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

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



FREE! Bully Movie and Panel

Brought to you by the Pleasant Hill Teen Council & the Contra Costa Library Teen Advisory Group (T.A.G.)

Bullying has become a big issue amongst young people. Join your parents and peers for a viewing of the movie *Bully* and a panel discussion that will take a closer look at bullying and ways to prevent it.

Free

10/19 Sa 6:00–9:30 pm

adult art & music

Acrylics

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

Instructor: Pat Jackson

Senior Center: Arts & Crafts Room

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

4520.101	9/4-9/25	W	7:00-9:00 pm
4520.102	10/9-10/30	W	7:00-9:00 pm

Art with Mark Jezierny **NEW!**

DRAWING: SKETCHING & RENDERING

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

Instructor: Mark Jezierny

Senior Center: Arts & Crafts Room

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

4556.101	9/10-10/1	Tu	7:00-9:00 pm
4556.102	10/8-10/29	Tu	7:00-9:00 pm

Birding Contra Costa County

Time to look for fall migrating birds and our local year-round residents. Brisk walking; bring binoculars and bird guide if possible. September 21—Hidden Lakes Park (meet at Chilpancingo/Morello parking lot in park); September 28—Briones Bear Creek (entrance fee); October 5—Briones/Alhambra; October 12—Martinez Marina.

Instructor: Jan Rae Cook

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

4738.101	9/21-10/12	Sa	9:00-11:00 am
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Braided Rug & Basket-Making Intro

16 yrs & up

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

Instructor: Arlene Magarian

Senior Center: Arts & Crafts Room

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

4578.101	9/21	Sa	1:00-4:00 pm
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\$10 lab fee payable to instructor.

Guitar, Beginning I

Amaze 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 available to rent for \$20/month.

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

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

4583.101	9/4-9/25	W	6:30-7:30 pm
4583.102	10/5-10/26	Sa	2:00-3:00 pm
4583.103	11/6-11/27	W	6:30-7:30 pm

\$15 lab fee payable to instructor.

Oil Painting or Watercolor

16 yrs & up

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

Instructor: Trudi Edwards

Winslow Center: Rooms 1 & 2

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

4522.101	9/9-10/21*	M	7:00-9:00 pm
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5 weeks | \$62/\$52 (Dist. Res.)

4522.102	11/4-12/9*	M	7:00-9:00 pm
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\$30 lab fee, new students only.

**No class 9/30, 11/11*

Drumming Intensive

AFRICAN DJEMBE RHYTHMS

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

Instructor: John Waller

Winslow Center: Rooms 1 & 2

Drop In: \$11 per class

8-Class Punch Card: \$80**

9/10-12/17*	Tu	7:30-8:25 pm
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**No class 10/29*

AFRO-CUBAN CONGA DRUMMING

Every week we warm up and get our left hand to play the heel/tip patterns closely associated with this style of drumming. We learn basic Afro-Cuban contemporary and folkloric rhythms. It's great fun when we also play along to Santana, Gato Barbieri, Buena Vista Social Club, and more!

Instructor: John Waller

Winslow Center: Rooms 1 & 2

Drop In: \$11 per class

8-Class Punch Card: \$80*

9/10-12/17**	Tu	8:30-9:25 pm
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**The punch card may be used for any of John Waller's Drumming classes, and does not expire.*

***No class 10/29*



**No fees for
online registration!**

adult classes

Dog Training

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

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

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

TRAINING BASICS

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

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

4715.101 9/7–9/28 Sa 10:00–10:50 am

4715.102 10/12–11/2 Sa 10:00–10:50 am

BUILDING ON THE BASICS

Work on duration, distance and distractions with the basics, and work on recall and not pulling on the leash.

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

4715.103 9/7–9/28 Sa 11:00–11:50 am

4715.104 10/12–11/2 Sa 11:00–11:50 am

CPR & First Aid—American Heart

12 yrs & up

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

Instructor: Adrian Curry

Senior Center: Classrooms 1 & 2

ADULT & PEDIATRIC COMMUNITY CPR

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

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

4702.103 9/21 Sa 10:00 am–2:00 pm

\$15 lab fee payable to instructor.

BLS HEALTHCARE PROVIDER

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

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

4702.102 10/12 Sa 10:00 am–4:00 pm

\$15 lab fee payable to instructor.

ADULT & PEDIATRIC COMMUNITY CPR & FIRST AID

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

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

4702.101 11/9 Sa 10:00 am–4:00 pm

\$15 lab fee payable to instructor.

Hypnotherapy for a Healthy Life

While in a blissful hypnotic trance you will be able to reach that part of your mind where you can make all the changes you desire. Once your thoughts are aligned with what is healthy for you, the behavior becomes easier, and your life begins to blossom. Please bring a towel or mat for the floor.

Instructor: Rosetta Bonavita

Senior Center: Classroom

WEIGHT LOSS

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

4843.101 10/3 Th 7:00–9:00 pm

STOP SMOKING

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

4843.102 11/14 Th 7:00–9:00 pm

Intermediate Spanish NEW!

This class is designed for those who have had some Spanish. We will review the present tense, concentrate on the past tenses of Spanish, the imperfect and the preterit and introduce the conditional and future tenses. Learn basic Spanish for travel, job and conversation. This class will concentrate on conversation skills as well as some reading and writing skills.

Instructor: Suzanne Aldrich

Senior Center: Classrooms 1 & 2

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

4532.101 9/18–11/20 W 6:00–7:30 pm

**The Art of Sustainable Sushi**

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

Instructor: Aaron Thorne

Senior Center: Kitchen

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

4745.101 9/3–10/1 Tu 6:15–8:30 pm

4745.102 10/8–11/5 Tu 6:15–8:30 pm

\$50 lab fee payable to instructor.

Quick & Easy Meals NEW! for 1 or 2 Persons

If you want to cook but do not know how or are too busy, this class will teach you how to make meals that are quick, easy, fun, healthy and delicious. This class makes cooking enjoyable, and teaches you how to “revise” regular recipes to serve 1–2 portions. **1st class:** orientation from 3:00–4:00 pm; **2nd class:** appetizers, soups and salads; **3rd class:** main dishes with sides and sauces; **4th class:** desserts.

Instructor: Suzanne Aldrich

Senior Center: Kitchen

4 weeks | \$105/\$90 (Dist. Res.)

4745.103 9/16–10/7 M 3:00–6:00 pm

\$30 lab fee payable to instructor.

Adult Classes continue on page 18

community events

Pancake Breakfasts

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

**1st Sunday of the month:
9:00 am–11:00 am**

August 4 September 8*
October 6 November 3
December 1

Senior Center: Chateau Room

Adults Ages 11 & up: \$5
Children Ages 5–10: \$3
Children 4 & under: Free

*September 8th Pancake breakfast is a fundraiser for Contra Costa County Fall Prevention Program.

Del Valle Family Camp Out

Saturday, September 7, 2:00 pm check-in
Sunday, September 8, 11:00 am check-out
All Ages

Enjoy one night of camping at Del Valle in Livermore. Dinner, breakfast, s'mores, games and a night hike included. Limited to 40 campers. For more information, visit pleasanthillrec.com.

Fee: \$15/person

FREE! Green Movie Night at the Teen Center

Friday, September 20, 6:00–8:30 pm

Wall-E—A startling vision of the future, *Wall-E* is an entertaining movie for all ages and provides a reminder of the importance of caring for the planet. Enjoy refreshments and visit with friends and neighbors from the community. Sponsored by the Chamber of Commerce's Green Business Committee.

Art, Jazz & Wine Fest 2013

Saturday & Sunday, October 5 & 6

Downtown Pleasant Hill, Crescent Drive

Share the Magic!

Friday, October 11, 7:00–9:00 pm

Celebrate our 22nd year! Join an evening of fun, mystery and excitement with illusions, card experts, close-up performers, jugglers and more. Performances by The Society of American Magicians. Come in costume for a chance to win a prize. Pre-registration is required; sign up early, seating is limited.

Winslow Center

Fee: \$10/person

6154.101 10/11 F 7:00–9:00 pm



Teddy Bear Tea

Wednesday, November 6, 3:30–4:30 pm
Ages 3–10 yrs with parent

Dress up in your party clothes and bring your parents for tea and cookies. Receive your very own Teddy Bear. Pre-Registration required by November 1. Parents must register also.

Senior Center: Dining Room

Admission per person: \$10/\$9 (Dist. Res.)

6156.101 11/6 W 3:30–4:30 pm

Holiday Boutique

Saturday, November 23, 9:00 am–3:00 pm

Get an early start on your holiday shopping! Visit our Holiday Boutique and choose from a huge selection of handmade items. Baby items, quilts, scarves, jewelry and much more! Quality made items at affordable prices.

Senior Center | FREE Admission

Santa at Your Home

Sunday & Monday, December 22 & 23

Space limited. Reserve now!



Take Home a Turkey! 38th Annual Turkey Trot

Sunday, November 24, Rain or Shine
All ages (8.4 mile run)

Enter this challenging annual race at Briones Regional Park. Start and finish at Bear Creek Staging Area, including uphill to Briones Peak (elev. 1483 ft.). A map and registration form are available on the website. Divisions include: 13 yrs and Under; 14–18 yrs; 19–29 yrs; 30–39 yrs; 40–49 yrs; and 50 yrs and above. Winners receive turkeys. The top three finishers in each division will receive medals. Pre-register by November 20 and get a free t-shirt. To register, go to pleasanthillrec.com, or call 682-0896. **NOTE: Not for beginning joggers; the course is hilly and entirely on trails.**

**Briones Regional Park,
Bear Creek Entrance**

\$20 Pre-registration; \$25 Race Day

61570.101 11/24 Su 9:00 am

Thank you to our sponsors: Hands on Chiropractic, and Alpine Awards.

Breakfast with Santa

Saturday, December 14

1–10 yrs with parent

Santa has taken time off from his busy schedule to join you and your family for a morning of holiday cheer, breakfast, and live entertainment. Breakfast includes pancakes, sausage and more. Don't forget your camera. Must pre-register by Dec 10.

Senior Center: Chateau Hall

Admission per person: \$8.50/\$7.50 (Dist. Res.)

6159.101 12/14 Sa 8:30–9:45 am

6159.102 12/14 Sa 10:15–11:30 am

Trunk or Treat

Friday, October 25, 5:30 pm–7:30 pm

Come in costume and collect candy from community members who have decorated their vehicles for this spooktacular event. Crafts, activities and a goodie bag for each child. Don't want to trick-or-treat? Decorate your vehicle to win a great prize. Hot Dogs and drinks available for \$1. FREE for Trick-or-Treaters. Sponsored by Generations Church.

PH Park Parking Lot: 147 Gregory Lane

Fee: \$5 to enter your decorated vehicle

5164.101 10/25 F 5:30 pm–7:30 pm



New Chateau Room

Rental Venues

Versatile and economical—
it's the perfect setting for your
next life event.

- Weddings
- Reunions
- Picnics
- Birthday Parties
- Corporate Events

Our Unique Rental Venues Include:

- Community Center (Opens Jan. 2014)
- Senior Center (New!)
- Teen Center (New!)
- Winslow Center
- Aquatic Center
- PH Education Center Pool
- Pleasant Hill Park
- Rodgers-Smith Park
- Brookwood Park

www.pleasanthillrec.com
(925) 682-0896



New Community Center opens in January

rental venues



Make a difference

Be recognized in our community with your generous support of our new Senior Center, Teen Center, Community Center and Pleasant Oaks Park.

Help us meet our goal to complete the final touches for all four of our new Pleasant Hill Recreation venues. We still need furniture, fixtures and equipment.

WALL DEDICATION (\$500+)

With your generous donation, your designated name will be etched on a beautiful clear slate within the Capital Campaign Dedication Wall located in the Pleasant Hill Senior Center, Teen Center and Community Center. Contact our office to secure your special place on our Dedication Walls.

ROOM DEDICATION (\$5,000+)

Honor and recognize your family, a loved one, a business or organization for many years to come by naming a room in one or more of our new Pleasant Hill Recreation centers. Special signage will commemorate your generous contribution and your exceptional commitment to our community. Contact our office to discuss room-naming opportunities available in each center.

Additional donation opportunities such as designated donations, pledges and bequests are also welcome contributions. Any donation over \$500 will be recognized with your name on our Dedication Walls.

To get your name dedication etched in recognition this year, the deadline is October 10, 2013.



Thank you for your interest and on-going investment in our new Pleasant Hill Recreation & Park District centers and sports fields. Together we are building better and beautiful places to celebrate, play and learn in our community.

TO OFFER YOUR SUPPORT, CALL (925) 682-0896.

Cooking for the Holidays **NEW!**

Impress your friends and family this holiday season with new appetizers and desserts! **1st class:** orientation from 6:00–7:00 pm; **2nd class:** appetizers—learn how to make decorative food crudité platters as well as drinks, mini sandwiches, spreads, dips, canapés and how to garnish; **3rd class:** desserts—have fun making and decorating holiday cookies and sweets for your holiday parties and gifts.

Instructor: Suzanne Aldrich

Senior Center: Kitchen

4 weeks | \$85/\$70 (Dist. Res.)

4745.104 11/18–12/9 M 6:00–9:00 pm
\$25 lab fee payable to instructor.

The Conversation Project **NEW!**

This workshop is designed to help adult children and their elders have a conversation about what matters most at the end of life. You will prepare a conversation in order to have a shared understanding of what matters most to you and your loved ones. Class will discuss some of the legal and medical documents that will help honor wishes. Presented by Hospice of the East Bay. Pre-registration required; call 798-8788.

Senior Center: Dining Room

2 weeks | Free

9/10, 9/24 Tu 6:00–7:30 pm

Retirement Planning Today

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

Instructor: Bill Lahl

Senior Center: Dining Room (Tuesday session) & Classrooms (Saturday session)
2 weeks

\$61/\$49 (Dist. Res.) per couple or individual

4608.101 10/19, 10/26 Sa 9:30 am–12:30 pm

4608.102 10/22, 10/29 Tu 6:30–9:30 pm

Savvy Social Security Planning **NEW!**

WHAT BABY BOOMERS NEED TO KNOW TO MAXIMIZE RETIREMENT INCOME

After being told for years that S.S. is “going broke,” baby boomers are realizing that it will soon be time to collect. The decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive. This seminar covers the basics of S.S. and reveals strategies for maximizing benefits.

Instructor: George Noceti of Morgan Stanley

Senior Center: Arts & Crafts Room

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

4743.101 9/19 Th 6:30–8:00 pm

FREE! College Funding Workshop on page 11

Wills, Trusts & Estate Planning

IT'S NEVER TOO EARLY TO PLAN

You need this information for yourself, your parents, or your children. Topics: wills, living trusts, joint tenancies, tax planning, and how to avoid estate taxes and probate fees. Learn about the new estate tax rules and when to update your documents.

Instructor: Randall Thompson

Senior Center: Arts & Crafts Room

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

4610.101 10/7 M 6:30–8:30 pm

adult dance

Belly Dancing

Instructor: Sharifa Ohanesian, *over 25 years with the District, been teaching and performing for 30 years; owned “Belly Dance Artists” and currently owns Creekside Studio for dance and music Haflas*

Senior Center: Dance Studio

BELLY DANCE CORE BASICS

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

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

4132.101 9/10–10/15 Tu 6:30–7:30 pm

4132.102 10/22–11/26 Tu 6:30–7:30 pm

BELLY DANCE STYLES

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

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

4133.101 9/10–10/15 Tu 7:30–8:30 pm

4133.102 10/22–11/26 Tu 7:30–8:30 pm

BELLY DANCE HAFLA

Pre-registration recommended.

\$5 per person or \$10 per family

4132.103 10/25 F 6:30–9:30 pm

Online Learning anytime, anywhere...

PHRPD has teamed up with Ed2Go to offer you exceptional online educational opportunities. The classes offered can enhance your performance at work, school and home. Printable certificate of completion included. Visit <http://www.ed2go.com/pleasanthillrec> for more information and to register. **COURSE TOPICS INCLUDE:**

Accounting & Finance

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

Business

- Nonprofit Fundraising Essentials
- Grant Writing
- Marketing

College Prep

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

Computer & Technology

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

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

Health Care & Medical

- Human Anatomy & Physiology
- Medical Transcription
- Medical Math

Language & Arts

- Writing Workshops

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

Personal Development

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

Teaching & Education

- Teaching students with ADHD

Plus many more!



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

Dance Like the Stars: Ballroom Dancing

16 yrs & up

If you think you can dance (even a little), this class is for you! The instructor's teaching style is easy to learn, low in stress, and will have you dancing after your first lesson. It is recommended to sign up with a partner. Singles will be assigned at first class, if available.

Beginning: Learn the basic steps and build on that foundation with easy variations.

Intermediate: Challenging dance patterns, emphasis on style and leading.

Instructor: Alberta Bagneschi, *instructor of Ballroom Dance for over 26 years*

Senior Center: Dance Studio

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

Dance Style	Level		Date	Time
Fox Trot, Cha Cha Cha, Nite Club Two Step	Beginner	4114.101	9/11-10/9	7:15-8:10 pm
Fox Trot, Cha Cha Cha, Nite Club Two Step	Intermediate	4116.101	9/11-10/9	8:15-9:10 pm
Waltz, Tango, Jitterbug Swing	Beginner	4114.102	10/16-11/13	7:15-8:10 pm
Waltz, Tango, Jitterbug Swing	Intermediate	4116.102	10/16-11/13	8:15-9:10 pm

BALLROOM HOLIDAY WORKSHOP

You and your partner have an opportunity to learn a simple but showy Fred and Ginger Style Fox Trot. This jazzy number will be choreographed by Alberta Bagneschi. A short and easy two-minute Fox Trot routine designed just for my beginner-intermediate level students. Taught and perfected in six hours! Perfect fun for the holidays!

Senior Center: Dance Studio

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

4114.103 11/27-12/11 W 7:15-9:15 pm



Salsa Dancing with Soul and Spirit

All levels

Beginners will be taught many patterns or routines in a less disciplined system that allows students to advance at their own pace. Social salsa dancing event on last class of session. Do not wear sandals or tennis shoes. No alcohol based perfumes/scents due to instructor allergy.

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

Senior Center: Dance Studio

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

4155.101	8/29-9/26	Th	7:30-8:30 pm
4155.102	10/3-11/7*	Th	7:30-8:30 pm
4155.103	11/14-12/19*	Th	7:30-8:30 pm

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

4156.101	8/29-9/26	Th	8:30-9:30 pm
4156.102	10/3-11/7*	Th	8:30-9:30 pm
4156.103	11/14-12/19*	Th	8:30-9:30 pm

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

4157.101	8/29-9/26	Th
4157.102	10/3-11/7*	Th
4157.103	11/14-12/19*	Th

*No class 10/31, 11/28

Jingle Bell Rock— A Holiday Dance Party

Everyone is welcome. Mark your calendars and put aside an evening for dancing! Join the students of Wednesday night Ballroom Dance classes at their holiday dance party. Former students are encouraged to come. Bring hors d'oeuvre to share for the buffet, 7:30-8:30 pm, with lots of great dance music until 9:30 pm. A fun dance lesson included!

**Senior Center: Dance Studio,
Arts & Crafts Room**

\$10/couple, \$6/single

4116.103 12/18 W 7:30-9:30 pm



Beginning Hawaiian and Tahitian Dance **NEW!**

15 yrs & up

Learn Hula and Tahitian Dance! Students will learn basic steps and how to dance in a group. They will learn dance posture and how to dance with expression, grace and confidence. Class will go over general Hawaiian and Tahitian culture as well. Bring pareo/wrap and skirt.

Instructor: Dance instructors from Ka'ohi Nani o Mana'olana dance troupe, *with over 20 years of Polynesian Dance experience and 10 years of instruction experience*

**Winslow Center: Assembly Room
(upstairs)**

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

4146.101	8/31-9/28	Sa	10:15-11:45 am
4146.102	10/12-11/9	Sa	10:15-11:45 am
4146.103	11/16-12/21*	Sa	10:15-11:45 am

*No class 11/30



adult health & fitness

"Bollywood" Fusion

16 yrs & up

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

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

Senior Center: Dance Studio

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

4660.101	9/12-10/10	Th	6:20-7:20 pm
4660.102	10/24-11/21	Th	6:20-7:20 pm

Contemporary Self-Defense

16 yrs & up (All levels)

Learn to protect yourself, your loved ones and what you need to know to survive a street attack using concepts and instruction. This is reality-based street self-defense. Learn how to use verbal and preventive skills to avoid conflict, and when all else fails, how to fight for your life with field-tested techniques.

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

Senior Center: Chateau Hall

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

4687.101	9/4-10/2	W	8:15-9:15 pm
4687.102	10/9-11/6	W	8:15-9:15 pm

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

4687.103	11/13-12/18	W	8:15-9:15 pm
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Fencing: The Ultimate Sport

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

Instructor: James Parker, *PHR&PD Fencing Instructor, 30 years*

Winslow Center: Assembly Room

Experienced Fencers

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

4630.104	9/16-12/23*	M	8:45-10:00 pm
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*No class 11/11

Jazzercise

Co-Ed (Ongoing, All levels)

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

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

Winslow Center: Assembly Room

Ongoing | Register at class only

AM	M-Sa	9:00-10:00 am
PM	Tu/W/Th	5:30-6:30 pm
PM	M	6:40-7:40 pm

Karate

Grades 3-Adult (All levels welcome)

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

Instructor: John Castro**

Senior Center: Classrooms 1 & 2

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

4638.101	9/10-10/8	Tu	7:30-8:45 pm
4638.102	10/15-11/12	Tu	7:30-8:45 pm
4638.103	11/19-12/17	Tu	7:30-8:45 pm

Kick Boxing for Women

Focus is on fitness and correct form. Learn stance, punch, kick, parry, and block techniques. Contact is on focus gloves, pads, and air-shields only. Includes stretching, shadow boxing, and drills. Plan to purchase 12-oz. boxing gloves (\$30) at first class. Wear sweats/running shoes; NO perfumes. All levels.

Instructor: John Castro**

Senior Center: Chateau Room

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

4648.101	8/26-9/30*	M	6:45-7:45 pm
4648.102	10/7-11/4	M	6:45-7:45 pm
4648.103	11/18-12/16	M	6:45-7:45 pm

*No class 9/2

** John Castro is a certified instructor under Paul Vunak of the PFS/JKD Association; holds 6th degree black belts in Judo, Karate, Jujitsu



Online Learning
anytime, anywhere...

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

Mixed Martial Arts with JKD Concepts

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

Instructor: John Castro**

Senior Center: Chateau Hall

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

4652.101	9/4-10/2	W	7:00-8:00 pm
4652.102	10/9-11/6	W	7:00-8:00 pm

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

4652.103	11/13-12/18	W	7:00-8:00 pm
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Strengthen From Within—Barre Plus

This workout is a fun, full body workout set to upbeat music. It combines the best of the Lotte Berk Method, ballet techniques and Pilates movement principles to provide an energizing, dance-based workout that strengthens, stretches and tones the whole body. Muscles are worked to fatigue to provide optimum results. Bring mat, light 2-3 lb. weights, and sneakers.

Instructor: Alison Klippel***

Senior Center: Dance Studio

Wed PM | 5 weeks | \$100/\$85 (Dist. Res.)

4635.101	9/4-10/9*	W	6:00-7:00 pm
4635.102	10/16-11/13	W	6:00-7:00 pm

Wed PM | 4 weeks | \$84/\$69 (Dist. Res.)

4635.103	11/20-12/18*	W	6:00-7:00 pm
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**No class 9/18, 11/27*

BARRE PLUS EXPRESS

This 30-minute version of Barre Plus is an efficient total body workout. It will leave you energized from head to toe in just 30 minutes. Bring mat, light weights, and sneakers.

Teen Center

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

4635.101	9/5-10/3	Th	10:10-10:40 am
4635.102	10/10-11/7	Th	10:10-10:40 am
4635.103	11/14-12/12	Th	10:10-10:40 am

***Alison Klippel is a certified instructor in Barre, Pilates, Weight Training, Zumba, and Group X

Pilates with a Ball

All levels

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

Instructor: Alison Klippel***

Winslow Center: Assembly Room

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

4688.101	9/9-10/7	M	5:30-6:30 pm
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Mon PM | 4 weeks | \$50/\$41 (Dist. Res.)

4688.102	10/14-11/14	M	5:30-6:30 pm
4688.102	11/18-12/16*	M	5:30-6:30 pm

**No class 11/25*

Teen Center

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

4690.101	9/5-10/3	Th	9:00-10:00 am
4690.102	10/10-11/7	Th	9:00-10:00 am
4690.103	11/14-12/19*	Th	9:00-10:00 am

**No class 11/28*

Weight Training

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

Instructor: Alison Klippel***

Winslow Center: Assembly Room

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

4643.101	9/6-10/11	F	10:30-11:30 am
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8 weeks | \$92/\$77 (Dist. Res.)

4643.102	10/25-12/20*	F	10:30-11:30 am
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**No class 11/29*

Zumba® Fitness

All levels

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

Instructor: Alison Klippel***

Senior Center: Dance Studio

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

4691.101	9/4-10/2	W	5:00-5:50 pm
4691.102	10/9-11/6	W	5:00-5:50 pm
4691.103	11/13-12/18*	W	5:00-5:50 pm

**No class 11/27*

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

All levels

Get back in shape, maintain, or challenge your fitness level! Nia is cardiovascular fitness blending movements from dance, martial arts, and the healing arts. Full-body conditioning to increase flexibility, agility, and strength. Set to music ranging from New Age, Electronic, World Music, and Pop. Optional: towel or mat for cool down.

Instructor: Janet Kaufman, *certified Nia® instructor*

Winslow Center: Assembly Room

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

4692.101	9/10-10/8	Tu	6:45-7:45 pm
4692.102	10/15-11/12	Tu	6:45-7:45 pm
4692.103	11/19-12/17	Tu	6:45-7:45 pm

Tai Chi Chi Kung

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

Instructor: Peter Marks, *District Tai Chi/Chi Kung instructor for 19 years*

Senior Center: Classrooms 1 & 2

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

4655.101	9/10-10/15	Tu	6:15-7:30 pm
4655.102	10/22-12/10	Tu	6:15-7:30 pm



Total Fitness

The Way to Energize & Vitalize

Work your body from head to toe, inside and out! A 10-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 years

Senior Center: Dance Studio

7 weeks | \$97/\$82 (Dist. Res.)

4636.101 9/9–10/21 M 5:45–7:15 pm

4636.102 10/28–12/16* M 5:45–7:15 pm

*No class 11/11

Hatha Yoga

Find balance in the body and mind, release tension in the hips and lower back, standing poses will help build strength, chest openers and backbends to help open the heart area, then focus on the shoulders, neck and head, releasing tension and stress of everyday life.

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

Winslow Center: Assembly Room

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

4656.101 9/11–10/9 W 6:40–7:50 pm

4656.102 10/16–11/13 W 6:40–7:50 pm

4656.103 11/20–12/18 W 6:40–7:50 pm

Yoga For All

14 yrs & up

Develop or expand your practice of yoga postures while learning relaxation and breathing techniques. You will be challenged in a gentle, safe way with clear instruction and demonstration. All ages and abilities welcome; no previous yoga experience is necessary. Wear loose clothing and bring a mat.

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

Senior Center: Classrooms 1 & 2

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

4649.101 9/5–10/10* Th 6:45–7:55 pm

4649.102 10/17–11/21* Th 6:45–7:55 pm

*No class 9/19, 10/31

Yoga (Sugi/Gentle)

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

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

Winslow Center: Assembly Room

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

4637.101 8/27–10/15* Tu 10:30–11:45 am

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

4637.102 10/22–12/10 Tu 10:30–11:45 am

*No class 9/17

Zen Budo Kai Aiki Jujitsu

The Ultimate Self-Defense Experience

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

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

Winslow Center: Assembly Room

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

4667.101 9/4–10/9 W 8:00–9:15 pm

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

4667.102 10/16–11/13 W 8:00–9:15 pm

4667.103 11/20–12/18 W 8:00–9:15 pm





Adult Sports & Leagues

**Basketball (3 on 3, 5 on 5) • Flag Football • Bocce • Kickball • Soccer (5 on 5)
Softball • Volleyball • Tennis • Drop-in Sports**

Take Home a Turkey! 38th Annual Turkey Trot

All ages (8.4 mile run)

Rain or shine! Enter this challenging annual race at Briones Regional Park. Start and finish at Bear Creek Staging Area, including uphill to Briones Peak (elev. 1483 ft.). A map and registration form are available on the website. Divisions include: 13 yrs & under; 14–18 yrs; 19–29 yrs; 30–39 yrs; 40–49 yrs; and 50 yrs & up. Winners receive turkeys. The top three finishers in each division will receive medals. Pre-register by 11/20 and get a free t-shirt. To register, go to pleasanthillrec.com, or call 682-0896. NOTE: Not for beginning joggers; the course is hilly and entirely on trails. Thank you to our sponsors: Hands on Chiropractic, and Alpine Awards.

Briones Regional Park, Bear Creek Entrance

\$20 Pre-registration; \$25 Race Day

5370.101 11/24 Su 9:00 am

Sports Website!

www.pleasanthillrecsports.com

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



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

tennis

Monthly Group Lessons

Top-quality instruction is available through Pleasant Hill Recreation & Park District. Classes begin on the first day of the month and run four consecutive weeks through the end of the month. Classes may be combined or canceled if minimum numbers are not reached. Tennis shoes and racquet required.

Instructor: Joey Martinez

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

4 1-hour classes, 4–10 students | \$65/\$52 (Dist. Res.)

	Level	Day	Time	September	October	November
Adult/ Teen 13+ yrs	B/AB	Th	6:30–7:30 pm	5565.101	5565.102	5565.103
	INT	Th	7:30–8:30 pm	5566.101	5566.102	5566.103

Playing Levels

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

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

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

Lessons By

Arrangement—Can't make our scheduled classes? Call and tell us when you and/or your partner are available for either one or six hours of instruction. Register early; there is limited time available with our instructor. To arrange lessons, call (925) 682-0896.

PRIVATE LESSONS: 5596

Per hour, any age/level:

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

Six 1-hour classes, any age/level:

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

SEMI-PRIVATE LESSONS: 5597

Two per/same level;
must register together.

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

Per person,

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

air/sea adult trips

Country Roads of the Emerald Isle **NEW!**

**Book by Sep 6th for \$250 off!*

From ancient castles and historic Dublin to less-traveled roads and charming villages, this small-group adventure brings together the best of the Emerald Isle for a group of only 24 travelers! Spend two incredible nights experiencing the culture of Dublin, Ireland's rollicking capital city. Step into the local culture as you stay in a country farmhouse B&B. Cruise down the River Lee. Travel the Ring of Kerry. Experience the wild terrain of West Cork. Jump into everyday life when you visit some favorite local pubs with your tour manager. Price includes: air, transfers, gratuities, insurance, and 14 meals.

March 8–18, 2014

Cost: \$3,999 pp/double; \$4,399 pp/single

Eastern Caribbean **NEW!** Cruise

Embark on this ten-day journey aboard the Emerald Princess. Fly to Ft. Lauderdale where you will spend one night before enjoying a city tour and boarding your vessel. Dock at Antigua, St. Lucia, Barbados, St. Kitts, St. Thomas and Nassau to experience the striking beaches and beauty of the Caribbean Sea. Relax at each destination or sign up for one of the ship's extensive offerings of day excursions. Price includes airport transfers and insurance.

March 28–April 8, 2014

Cost: Starting at \$2,686

Want to learn more? We will be having an evening presentation for the following tours on Wednesday, September 25th:

6:00 pm: National Parks of America, America's South, Best of Eastern Canada

7:00 pm: London & Paris, South America, Christmas on the Danube

Schedule subject to change; please call 798-8747 to RSVP and confirm times.

**Call (925) 798-8747
for Trip Information**



America's National Parks **NEW!**

**\$100 Discount for early sign-ups*

Explore the vast treasures of the American west as you journey to five fantastic national parks on this 12-day journey. Relish overnight stays in a lodge nestled in the heart of Yellowstone and in a National Historic Landmark inside the Grand Canyon. Enjoy a breakfast cruise on Lake Powell. Marvel at the magnitude and color of Zion's cliffs. Enjoy two-night stays in Salt Lake City and Jackson Hole. Drive through the incredible Bighorn Mountains and the great Sioux Nations Territory before seeing Mt. Rushmore and Crazy Horse Monument. Price includes: air, transfers, gratuities, insurance, and 16 meals.

May 17–28, 2014

Cost: \$3,819 pp/double; \$4,819 pp/single

Best of Eastern Canada **NEW!**

**\$? Discount for early sign-ups*

From the European-styled, old world elegance of Quebec City to the thundering magnificence of Niagara Falls, you'll love every moment of this 9-day tour of Eastern Canada. Enjoy two-night stays in Montreal, Quebec City, Ottawa and Toronto and city tours of each of them. Have breakfast at a local sugar shack and learn about maple syrup making before boarding the Maid of the Mist cruise to experience Niagara Falls up close. Watch the busy St. Lawrence River from high atop Montreal's Mount Royal and experience the energy of multicultural Toronto. Walk the cobble stone streets of old Quebec and see the majestic parliament buildings in Ottawa. From picturesque countryside to glistening skyscrapers, a truly unforgettable cultural and historical experience awaits you in the heart of eastern Canada.

Dates and Cost TBA

Christmas on the Danube **NEW!**

**Tour sells out EXTREMELY quickly!*

Sign up now to guarantee your spot for next year; \$250 discount for early sign-ups

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

December 4–12, 2014

Cost: Starting at \$3,639

Also coming in 2014:

May: America's South (Georgia & South Carolina—details TBA)

September: London & Paris

November: South America

And more TBA!

50+ trips

Non-members pay an additional \$5.

Trip Meeting

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

Meeting: 9/6, 10/4, 11/1, 12/6

(Please call to confirm dates and time)
Pleasant Hill Senior Center

Trip Office: 798-8747 (TRIP)

Monday–Friday, 9:00 am–2:00 pm
233 Gregory Lane

Day Trips

CASINO TRIPS: 9/9 (Cache Creek),
10/3 (Thunder Valley), 11/7 (Black Oak)

MYSTERY TRIPS: 9/10, 10/8;
additional dates T.B.A.

SIGHTSEEING/SHOWS:

9/1 Capitola Begonia Festival

9/12 Santa Cruz Follies

9/18 Elkhorn Slough

9/22 California International
Airshow

9/26 Half Moon Bay

10/19 Disney on Ice

10/22 Apple Hill

12/1–12/2 . . . Overnight Reno

Many more day trips TBA!

There are 4–6 day trips each month.



Pleasant Hill Senior Center

(925) 798-8788 • 233 Gregory Lane • www.phseniorcenter.com

The award-winning Pleasant Hill Senior Club, sponsored by the Pleasant Hill Recreation & Park District, operates as a non-profit organization with an elected Board of Directors. Annual membership is open to men & women 50 years and over for \$12. Members receive a monthly newsletter and discounts on numerous classes and special events.

Services

Call for appointments and more information at 798-8788.

- Blood Pressure Screening
- Care Management Program
- Consult an Attorney Program
- Consult a Financial Advisor
- County Nutrition Program & Home Delivered Meals
- Grief Support Group
- Medicare & Supplemental Insurance Policy Counseling
- Notary Service
- Ticket Sales:
BART, County Connection

Memoir Writing **NEW!**

Learn the basics of writing your memoir from gathering ideas to turning memories into stories and organizing them in a manuscript ready for publication. Class includes reading excerpts from memoirs, writing exercises and sharing of written work with peers.

Instructor: Janice De Jesus

Senior Center: Arts & Crafts Room

6 classes | \$57/\$52 (Member)

2249.101 10/3 – 11/14* Th 1:30–3:00 pm

*No class on 10/31

Therapeutic Pilates **NEW!**

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

Instructor: Janice De Jesus

Senior Center: Classroom 1

6 classes | \$63/\$57 (Member)

2238.101 9/4 – 10/9 W 2:00–3:00 pm

2238.102 10/16–11/20 W 2:00–3:00 pm

50+ activities

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

Tango for Seniors **NEW!**

Learn basic patterns and movements in both American and Argentine Tango. An easy and a fun way to exercise both body and mind. No partner required.

Instructor: Alex Pappas

Senior Center: Dance Studio

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

2225.101 9/5–10/10 Th 11:00 am–12:00 pm

2225.102 10/17–11/21 Th 11:00 am–12:00 pm



Beginning Ukulele **NEW!**

Just that... the basics of playing the ukulele. Focus is on learning chords and transitions through playing songs. In this course, we will cover chords, rhythms, music reading through playing contemporary and traditional Hawaiian songs. Additional \$15 lab fee due in class for book with CD.

Instructor: Glenn Staller

Senior Center: Classroom 2
6 classes | \$95/\$89 (Member)

2236.101 9/10–10/15 Tu 11:00 am–12:00 pm
 2236.102 10/22–11/26 Tu 11:00 am–12:00 pm

Gentle Yoga **NEW!**

Deep breathing is beneficial to the cardiovascular and immune system. Bring a yoga mat & light blanket. Wear loose clothing.

Instructor: Maxine Davis

Senior Center: Classrooms
6 classes | \$75/\$69 (Member)/\$13 Drop in

2235.101 9/12–10/17 Th 11:00 am–12:00 pm
 2235.102 10/24–12/12* Th 11:00 am–12:00 pm
 *No class 11/7, 11/28

Basic Computer and YOU

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

Instructor: Walter Sanchez

Senior Center: Computer Room
3 weeks | \$45/\$40 (Member)

2300.101 9/12–9/26 Th 1:30–3:00 pm
 2300.102 11/7–11/21 Th 1:30–3:00 pm

Individual Computer Tutoring

Get individualized assistance with topics such as: basic computer navigation (use of keyboard and mouse), searching the internet, creating and using an e-mail account, uploading files and software. Call for available time slots.

Instructor: Leo Vardas

Senior Center: Computer Lab
Per Hour: \$25/\$20 (Member)

Internet, Web & Email **NEW!**

Become an Inter-NAUT in Cyberspace—a beginner's and hands-on course with lecture and lab for computer novices. Students will learn how to "surf" the web and explore related applications such as hotel or airline reservations; setup and use email accounts; understand the difference between internet and web and be aware of security issues.

Instructor: Leo Vardas

Senior Center: Computer Room
4 weeks | \$45/\$40 (Member)

2301.101 9/10–10/1 Tu 10:00 am–12:00 pm

American Sign Language for Beginners **NEW!**

Students will learn alphabetic fingerspelling, numeric fingerspelling, shapes, greetings, phrases and symbols that people use in daily life. By the end of the course, students will be able to communicate in ASL on a basic level. This class is for those that can hear or are hard of hearing.

Instructor: Sheila Holmes

Senior Center: Game Room
8 weeks | \$165/\$150 (Member)

2216.101 10/2–11/20 W 1:30–3:00 pm

Exploring Watercolor

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

Instructor: Casey Rasmussen White

Senior Center: Arts & Crafts Room
6 weeks | \$85/\$72 (Member)

2231.101 9/17–10/29* Tu 9:30 am–12:00 pm
*Beginners pay an additional \$25 lab fee to instructor. *No class on 10/8*

Creative Writing from Life Experience **NEW!**

Discover and explore your creative forces through writing. We focus on life experiences as a resource. Using in-class writing and reading we develop skills to open our creativity. This class is for those interested in writing their memoirs for their children, personal essays or fiction. Additional \$5 lab fee due at the first class.

Instructor: Melissa VanHoosen

Senior Center: Game Room
6 weeks | \$96/\$87 (Member)

2250.101 9/24–10/29 Tu 6:30–8:00 pm

American Mah Jongg **NEW!**

Learn the basics of this rummy-like game using tiles and pre-set hands.

Instructor: Carol Desaulniers

Senior Center: Game Room
4 classes | \$30/\$25 (Member)

2227.101 9/6–9/27 F 1:00–4:00 pm
 2227.102 11/1–11/22 F 1:00–4:00 pm

Melody Makers **NEW!**

Sing and enjoy up-tunes and ballads from bygone years. Different themes are offered such as show tunes, songs from musicals, westerns, songs from different cultures and patriotic songs. Piano accompaniment and song books are provided.

Instructor: Dolores Mendenhall

Senior Center: Classrooms
12 classes | \$57/\$52 (Member)/\$6 drop in

2233.101 9/9–12/9* M 11:00 am–12:00 pm
 *No class 10/14, 11/11

QUILTING COURSES

Instructor: Carol Madsen

Senior Center: Chateau Room (Machine Quilting held in Arts & Crafts Room)

BEGINNING QUILTING **NEW!**

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

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

2243.101 9/16–11/25* M 12:30–3:00 pm
 *No class 11/11

BASIC MACHINE QUILTING **NEW!**

Each class will emphasize a different quilting technique beginning with stitch in the ditch and building up to making feathers.

5 weeks | \$40/\$35 (Member)

2246.101 9/26–10/24 Th 6:45–9:15 pm

QUILTING: BEYOND THE BASICS

Emphasis on quilting patterns using various techniques, some simple and others more complex.

10 weeks | \$65/\$60 (Member)

2244.101 9/16–11/25* M 9:15 am–12:15 pm
 *No class 11/11

QUILTING: BASICS+

Learn the basics of creating your own quilt or continue to develop more advanced techniques while building friendships with other who share your interest in quilting.

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

2245.101 9/17–11/19 Tu 6:45–9:15 pm



Fit for Life: Senior Aerobics!

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

Instructor: Tari Nicholson

Senior Center: Dance Studio

8 classes | \$35/\$30 (Member)

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

2214.101 9/3-9/26 Tu/Th 9:00-10:00 am

2214.102 10/1-10/31* Tu/Th 9:00-10:00 am

2214.103 11/5-11/26 Tu/Th 9:00-10:00 am

2214.104 12/3-12/31* Tu/Th 9:00-10:00 am

*No class 10/10, 10/15, 12/24

Living Tai Chi

Instructor: Jasmine-Rose Kam

Senior Center: Dance Studio

FOUNDATIONS

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

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

2210.101 9/16-11/18* M 10:00 am-12:00 pm

*No class 10/14, 11/11

FOUNDATIONS & FORMS

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

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

2213.101 9/18-11/20* W 9:30 am-12:30 pm

*No class 10/16, 11/13

FOUNDATIONS & FORMS PACKAGE

Student attends both Monday and Wednesday classes.

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

2218.101 9/16-10/9

2218.102 10/21-11/20*

*No class 11/11, 11/13

Beginners, Improver & Easy 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

Senior Center: Dance Studio

Drop-in: 1 class \$5, 2 classes \$8,

3 classes \$10 (same day)

Beginners Sa 9:00-10:00 am

Improver Sa 10:00-11:00 am

Easy Intermediate Sa 11:15 am-12:30 pm

9/28 class moved to Chateau Room.

No class 11/30, 12/21, 12/28

High Beginner/Easy Intermediate

workshop: October 26, 9:00 am-1:30 pm, \$10

Weight & Strength

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

Certified Personal Trainer: Debbie Murdock

Senior Center: Chateau Room

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

6 classes | \$42/\$36 (Member)

2201.103 11/4-11/25* M/Th 8:15-9:15 am

2202.103 11/4-11/25* M/Th 9:30-10:30 am

2205.103 11/4-11/25* M/Th 5:30-6:30 pm

*No class 11/11

5 classes | \$35/\$30 (Member)

2201.104 12/2-12/16 M/Th 8:15-9:15 am

2202.104 12/2-12/16 M/Th 9:30-10:30 am

2205.104 12/2-12/16 M/Th 5:30-6:30 pm

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

2201.101 9/5-9/30 M/Th 8:15-9:15 am

2202.101 9/5-9/30 M/Th 9:30-10:30 am

2205.101 9/5-9/30 M/Th 5:30-6:30 pm

9 classes | \$63/\$54 (Member)

2201.102 10/3-10/31 M/Th 8:15-9:15 am

2202.102 10/3-10/31 M/Th 9:30-10:30 am

2205.102 10/3-10/31 M/Th 5:30-6:30 pm

Zumba Gold

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

Instructor: Barbara Ward

Senior Center: Dance Studio

8-class "Anytime" Punch Card: \$52

Mondays 9:00-9:45 am

Fridays 10:00-10:45 am

*No class on 9/2, 11/11, 11/29, 12/23, 12/27, 12/30

senior events

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

Pancake Breakfasts

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

First Sunday of the month:

Aug. 4, Sept. 8*, Oct. 6, Nov. 3, Dec. 1
9:00-11:00 am

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

Children (5-10) \$3; 4 & under FREE

Senior Center: Chateau Room

*9/8 pancake breakfast is a fundraiser for

Contra Costa County Fall Prevention Program.

Holiday Boutique

Get an early start on your holiday shopping! Visit our Holiday Boutique and choose from a huge selection of handmade items. Baby items, quilts, scarves, jewelry and much more! Quality-made items at affordable prices.

Senior Center

FREE Admission

11/23 Sa 9:00 am-3:00 pm

Pave the way to the new Senior Center!

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