

the Spotlight



NEW Teen
Center
Opening
Soon!

Teen Scene Programs
page 13



No More Online Fees!

pleasanthillrec.com



NEW Senior Center

Go to pleasanthillrec.com to see weekly construction updates and photos.

Plan a Picnic!

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

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

For rental details, call 682-0896.



Preschool Parties: Rent the Winslow Center Playground!
See page 8 for details.

The Spotlight: September–December 2012

- Published three times a year; next issue 11/2012.
- Circulation: 75,000 per issue; sent to homes and businesses in Pleasant Hill & surrounding areas.
- Pick up a second copy at District Office or local libraries and Pleasant Hill businesses.

On the cover: Featuring (left to right): Marissa St. Marseille, Breanna Klippel, Helena Encarnacion, Genesis Cassidy, Kayla Brooks, and Matt Cary. *Photo by Ann Luke*

On the back page: Bocce league players. *Photos by Ann Luke*



Dear Friends and Neighbors,

What exciting times for Pleasant Hill Recreation & Park District as we draw closer to the opening of the new Senior Center and Teen Center! Much work has gone into the planning, development and completion of these two new facilities. I very much appreciate the efforts of the Board of Directors, Staff, Architects, Project Manager, Construction Manager, Contractor and sub-contractors, and all who have participated in this process. We look forward to opening and sharing these buildings with the community and people of all ages. Keep an eye out for information on the Grand Openings!

We are also pleased to begin construction of the new Pleasant Hill Community Center. The architectural plans by the Dahlin Group are amazing! We will be opening the new Community Center in late 2013.

Thanks for your patience during the difficult construction times. The final outcomes will be enjoyed by the community for many years to come!

Sincerely,

Robert B. Berggren, *General Manager*

Mission Statement

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

BOARD OF DIRECTORS

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

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

ADMINISTRATIVE STAFF

Bob Berggren, *General Manager*
 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*

OFFICES

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

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

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

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

Winslow Center: 2590 Pleasant Hill Rd.

RENTALS—Call 682-0896 to rent:

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

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Co-sponsored Clubs & Organizations

- American Legion #331**
Will Castro, Cmdr, 933-6746
- Contra Costa Camera Club**
contracostacameraclub.org
- Diablo Valley Track & Field**
dvtfc.org or email: info@dvtvc.org
- East Bay Artists Guild**
eastbayartistsguild.org
- Friends of PH Library**
Call Janet Piper, 939-7915
- Friends of Rodgers Ranch**
rodgersranch.org; call 937-FORR
- Guild of Quilters**
contracostaquiltguild.org
- Las Juntas Artists**
Judi Visscher, judivi@comcast.net
- Onstage Theatre**
onstagetheatre.org
- PH Baseball Association**
phba.org
- PH DOG Owners Group**
Dog park Hotline, 210-6130
- PH 4th of July Commission**
phjuly4.com; Jim Bonato, 938-5433
- PH Garden Study Club**
phgsc.com; Lisa Robinson, 229-0500
- PH Historical Society**
Denise Koroslev, 387-0158
- PHMSA-AYSO Soccer**
phmsa.org; call 686-2824
- PH Tennis Club**
phtennisclub.org; call 930-9608
- P.H./W.C. Mothers' Club**
mom4mom.org; Hotline, 939-6466
- Society of Young Magicians**
Call Loren Lind, 825-5040
- Treadles to Threads**
treadles2threads.blogspot.com
- Veterans of Foreign Wars**
Post 3059; Call 945-1544

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 15, 2012

- See class listings for exceptions to registration dates. No refunds unless class/activity is changed or canceled by the District.
- All registrations are on a first-come, first-served basis. When enrollment is low, PHR&PD reserves the right to cancel the class/activity.
- If you register by mail for a class that has reached maximum enrollment, you will be notified and your check will be returned.
- Pre-registration is required at least three days prior to all workshops.
- Classes will not be held on Nov. 11, 21-22, Dec. 25-26, 31, and Jan 1-2. 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



 **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.

MARK YOUR CALENDAR!



Pleasant Hill Community Foundation Present the 12th Annual **Allied Waste Golf Classic at Contra Costa Country Club**
October 8, 2012

Hit a long drive for the youth and seniors of our community. Be a player and/or sponsor. Tournament proceeds benefit Pleasant Hill youth, Senior Care Management Program and College Park Athletic Programs, through the auspices of the Pleasant Hill Community Foundation, a non-profit organization.

For more information, contact Bob Berggren or Lance Hurtado at (925) 682-0896.

clinics

High School Pre-Season

Grades 9–12

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

Instructor: Carol Madsen

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

8 weeks | \$210/\$195 (Dist. Res.)

8215.701 11/26–1/31 M–Th 3:30–5:00 pm
No class 12/24–1/4, 1/21

4 Weeks | \$125/\$110 (Dist. Res.)

8215.702 1/7–1/31 M–Th 3:30–5:00 pm
No class 1/21

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 October 28. All students must be able to swim 25 yards freestyle with face in water.

Instructor: Aquatics Staff

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

8 weeks | \$154*/\$139* (Dist. Res.)

8350.701 9/9–10/21 Sun 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 11 and get a free 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 28, 2012

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

Individual: 8251.701

\$45 Pre-Reg by 10/11 | \$55 (10/12–race day)

Relay, up to 3 people: 8252.701

\$95 Pre-Reg by 10/11 | \$110 (10/12–race day)

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

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

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

Winter Swim Clinic **NEW!**

6–13 yrs

For the summer recreation swimmer. Focus is on stroke technique and drill progressions for competitive swimming. Must have prior competitive experience. PH Dolphins get the resident rate automatically when registering.

Instructor: Talli Pitcher

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

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

8727.701 11/27–12/20 Tu/Th 5:00–6:00 pm

Pre-Swim Team Clinic **NEW!**

8–13 yrs

For those without swim team experience who would like to learn the skills to be on a swim team or further develop their swimming skills. Focus is on developing skill in the four competitive strokes, starts and turns.

Instructor: Talli Pitcher

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

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

8214.701 1/8–1/31 Tu/Th 5:00–6:00 pm

Pleasant Hill Fall Swim Program

Experience a personal approach to coaching. Swim with outstanding coaches including Pleasant Hill Dolphin Coaches Devon Flaskerud, Beth Heinen, Carol Madsen, and Talli Pitcher. Swimmers will be encouraged to pursue their competitive goals through swim meet opportunities during the fall season. The Pleasant Hill Fall Swim Program provides a comprehensive program for all levels of desire and ability. PH Dolphins receive the resident rate.

Pre-Swim Team

4–13 yrs

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

Instructor: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

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

8208.701 9/11–11/8 Tu/Th 4:00–4:30 pm

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

8208.702 9/11–11/8 Tu/Th 4:30–5:15pm

For those without swim team experience who would like to learn the skills to be on a swim team or further develop their swimming skills. Focus is on developing skill in the four competitive strokes, starts and turns.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

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

8213.701 9/10–11/9 M/W/F 4:00–5:00 pm

Age Group Development

10 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: Talli Pitcher, Beth Heinen

PH Aquatic Park: 147 Gregory Lane

9 wks | \$205/\$190 (Dist. Res.)

8209.701 9/10–11/9 M/W/F 4:00–5:00 pm

Age Group Competitive

10–15 yrs

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. 10-year-old swimmers must have achieved a blue star or faster time in two strokes.

Coach: Devon Flaskerud

PH Aquatic Park: 147 Gregory Lane

9 weeks | \$255/\$240 (Dist. Res.)

8210.701 9/10–11/9 M/Tu/Th/F 5:30–6:45pm

water exercise



Aqua ZUMBA®

Aqua Zumba integrates the Zumba philosophy and its exotic rhythms and traditional aqua fitness. AZ is great for anyone 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: Rigel Cedeño, *Certified Aqua Zumba Instructor*

FREE TRIAL CLASS!

Wednesday, September 5

PH Aquatic Park: 147 Gregory Ln.

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

8120.701 9/10–11/5 M 7:00–8:00 pm
8121.701 9/12–11/7 W 7:00–8:00 pm

18 classes | \$125/\$110 (Dist. Res.); Drop-in \$8

8124.701 9/10–11/7 M/W 7:00–8:00 pm

Swim for Fitness

16 yrs & up

Stay fit, work on your stroke technique, improve your endurance; rejuvenate and energize your mind/body while you swim your way to a healthier life! Class includes a daily workout and instruction; basic swimming skills required. Water walking is also available in the shallow lanes.

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

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

13 weeks | Fee: \$110/\$100 (Dist. Res.)

8203.701 9/17–12/21 M/W/F 6:00–7:00 am
8205.701 9/17–12/21 M/W/F 1:00–2:00 pm
8204.701 9/17–12/20 M/Tu/Th 7:00–8:00 pm
 No class 11/12, 11/19–11/23

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

PRIVATE AQUATIC PARK PARTIES

Reserve the pool for your own private party! Includes two hours exclusive use of the diving pool, sprayground and picnic area. No alcohol or smoking permitted in the pool area. Extended use hours are available and use of the training pool requires an additional fee. Sprayground-only parties also available.

For information & reservations, call 682-0896. Two weeks advanced reservation required.

Water Aerobics

To Energize and Revitalize!

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

Instructor: Jeaneen Cowen

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

PH Aquatic Park: 147 Gregory Ln.

AM thru 11/8 Tu/Th 8:30–9:30 am
AM thru 11/8 W 7:20–8:20 am
PM thru 11/8 Tu/Th 7:00–8:00 pm

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

AM 11/13–3/21 Tu/Th 8:30–9:30 am
AM 11/13–3/21 W 7:20–8:20 am
PM 11/13–3/21 Tu/Th 6:00–7:00 pm

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

Water Blast

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

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

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

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

AM M/W/F 8:30–10:00 am

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

Water Walking

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

Instructor: Sara Stenson

**PH Aquatic Park: 147 Gregory Ln.
 8 classes | \$31/\$28 (Senior Member)**

2240.701 9/11–10/4 Tu/Th 8:30–9:30 am
2240.702 10/9–11/1 Tu/Th 8:30–9:30 am

classes

Kick, Splash and Bubbles

6 months–4 yrs

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

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Ln.

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

8505.701 9/4–9/13 Tu/Th 1:00–1:25 pm
8505.702 9/18–9/27 Tu/Th 1:00–1:25 pm
8505.703 10/2–10/11 Tu/Th 1:00–1:25 pm

Splashball

6–10 yrs

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

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Ln.

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

8750.701 9/9–10/28 Su 10:00–11:00 am



Public Swimming at Pleasant Hill Aquatic Park EXTENDED THROUGH SEPTEMBER!

Fall: Sept. 8–30, Sat & Sun, 1:00–5:00 pm

Public Swimming Admission

Under 2 years Free
 2–6 years. \$3.50
 7–17 years. \$4.00
 18 years/older \$4.00
 Seniors 55 years/older . . . \$3.50

Swim Punch Cards and Season Swim Passes will continue to be accepted for public swimming admission through September 30.

All persons entering the pool must pay admission. 15-minute rest breaks are observed every hour. Attendance determines availability of the training pool. If attendance is low, the facility may be closed after 3pm. No refunds if pool closes early. Coast Guard approved flotation devices allowed with adult supervision.

swim lessons

PARENT/TOT (6 MOS-4 YRS)

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

TINY TOT (3-4 YRS)

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

PRE-SCHOOL (4-6 YRS)

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

YOUTH (7-12 YRS)

Students will learn a variety of strokes, personal safety skills and diving techniques. Beginning students will learn elementary aquatic skills and water adjustment. More advanced students will refine their skills and learn how to incorporate swimming into a lifelong fitness program. Ratio 6:1

ADULT/TEEN (13 YRS/OVER)

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

PRIVATE (4 YRS-ADULT)

One-on-one instruction for all ability levels.



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

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

Fall Swim Lessons—PH Aquatic Park: 147 Gregory Lane

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

	9/4-9/13	9/18-9/27	10/2-10/11	10/16-10/25	10/30-11/8
1:00 pm	8619.701	8619.702	8619.703	8619.704	8619.705
1:20 pm	8620.701	8620.702	8620.703	8620.704	8620.705
1:40 pm	8621.701	8621.702	8621.703	8621.704	8621.705
5:20 pm	8614.701	8614.702	8614.703	8614.704	8614.705
5:40 pm	8615.701	8615.702	8615.703	8615.704	8615.705
6:00 pm	8616.701	8616.702	8616.703	8616.704	8616.705
6:20 pm	8617.701	8617.702	8617.703	8617.704	8617.705
6:40 pm	8618.701	8618.702	8618.703	8618.704	8618.705

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

	AGE	FEE	8/25-9/15	9/22-10/13	10/20-11/10
10:00 am	Adult/Teen	\$40/\$32*	8591.701	8591.703	8591.705
10:30 am	Youth	\$40/\$32*	8575.701	8575.703	8575.705
11:00 am	Pre-School	\$51/\$41*	8656.701	8656.703	8656.705
11:30 am	Tiny Tot	\$62/\$50*	8526.701	8526.703	8526.705
12:00 pm	Parent/Tot	\$42/\$34*	8510.701	8510.703	8510.705

*(Dist. Res)

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

	AGE	FEE	8/26-9/16	9/23-10/14	10/21-11/11
10:00 am	Adult/Teen	\$40/\$32*	8591.702	8591.704	8591.706
10:30 am	Youth	\$40/\$32*	8575.702	8575.704	8575.706
11:00 am	Pre-School	\$51/\$41*	8656.702	8656.704	8656.706
11:30 am	Tiny Tot	\$62/\$50*	8526.702	8526.704	8526.706
12:00 pm	Parent/Tot	\$42/\$34*	8510.702	8510.704	8510.706

*(Dist. Res)

Saturday Private

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

	8/25-9/15	9/22-10/13	10/20-11/10
10:00 am	8626.701	8626.703	8626.705
10:20 am	8627.701	8627.703	8627.705
10:40 am	8628.701	8628.703	8628.705
11:00 am	8629.701	8629.703	8629.705
11:20 am	8630.701	8630.703	8630.705
11:40 am	8631.701	8631.703	8631.705
12:00 pm	8632.701	8632.703	8632.705

Sunday Private

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

	8/26-9/16	9/23-10/14	10/21-11/11
10:00 am	8626.702	8626.704	8626.706
10:20 am	8627.702	8627.704	8627.706
10:40 am	8628.702	8628.704	8628.706
11:00 am	8629.702	8629.704	8629.706
11:20 am	8630.702	8630.704	8630.706
11:40 am	8631.702	8631.704	8631.706
12:00 pm	8632.702	8632.704	8632.706

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

Please speak to the lesson manager at the first session if you have any special requests or information regarding your child's swim lessons. Lesson managers supervise lessons on the pool deck; they will assist with any of your concerns.

Winter Swim Lessons **NEW!**

PH Education Center Pool: 1 Santa Barbara Road

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

	11/27-12/6	12/11-12/20	1/8-1/17	1/22-1/31
6:00 pm	8616.706	8616.707	8616.708	8616.709
6:20 pm	8617.706	8617.707	8617.708	8617.709
6:40 pm	8618.706	8618.707	8618.708	8618.709

preschool classes

F.A.M.E. Yamaha Music Center—Let's Make Music

3-5 yrs
A piano based music appreciation where children will learn music through a very natural approach. The beginning focuses on developing listening skills. Children are taught to listen and react to music with body movement and on the piano. Class limited to eight students. Group classes promote teamwork and a sense of accomplishment as the students and parents successfully make music together. Students express themselves with software specifically developed for this course. Registered students only to attend with parent.

Instructor: Fame Yamaha Music Center

140 Mayhew Way, Suite #A101

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

6635.701 9/10-10/15 M 1:30-2:15 pm

6635.702 10/22-12/3* M 1:30-2:15 pm

\$15 materials fee payable to instructor at first class.

*No class 11/12

Karate Fun 'n Games

4-6 yrs

This unique class is designed for your child who is begging to take karate. Focus is on fun and fitness while building coordination, balance, flexibility, and the skills needed for success in any style of martial arts. Uniforms optional, \$30; may be purchased from instructor.

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

Winslow Ctr: Assembly Rm, 2590 Pleasant Hill Rd.

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

6617.701 9/19-10/24 W 3:35-4:20 pm

6617.702 10/31-12/12* W 3:35-4:20 pm

*No class 11/21

Parent Tot Preschool Prep

22 months to 3 yrs

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

Instructor: Nancy Whiting

Winslow Ctr: Rm 1, 2590 Pleasant Hill Rd.

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

6655.701 9/7-10/12 F 9:00 am-10:45 am

6655.702 10/19-11/30* F 9:00 am-10:45 am

6655.703 12/7-1/25* F 9:00 am-10:45 am

*No class 11/23, 12/28, 1/4



No fees for online registration!

Pleasant Hill RECREATION PRESCHOOL

Learn. Play. Grow. Since 1973.

Preschool Classes, Fall 2012: Now Enrolling

For details go to www.pleasanthillrecpreschool.com

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, 2012; 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, 2012.

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

New Horizons: Tu/W/Th 9:00 am-12:00 pm **FULL**
Lunch Time 12:00-1:00 pm

PRE-K/JR. KINDERGARTEN—Child must be 3 yrs 11 mos-6 yrs or older as of Sept. 1, 2012. These are classes for children entering Kindergarten in fall 2013.

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

Pre-K: Tu/W/Th 9:00 am-12:00 pm **FULL**
Lunch Time 12:00-1:00 pm

For **current openings** and details, call Pre-school Director, Eran Perera, 682-0896 ext. 26, eperera@pleasanthillrec.com



Playground Birthday Parties

Looking for a secure outdoor setting for your child's next birthday party?

2-6 yrs

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.

RENT the Winslow Center Playground: 2590 Pleasant Hill Rd.

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

max. 30 children/adults



Pre-Ballet

3-5 yrs

The basics of ballet are presented in a fun atmosphere. Teaches grace and the joy of movement in addition to basic ballet technique. Child must be potty-trained and able to participate without parent's presence. Dress code: pink leotard, footed tights, and ballet slippers (no skirts).

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

Faith Lutheran Church:
50 Woodworth Ln.

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

6619.701 9/10-10/22 M 3:40-4:25 pm

6619.702 10/29-12/17* M 3:40-4:25 pm

*No class 11/12

Preschool Hip Hop

3½-5 yrs

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

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

Winslow Ctr: Assemby Rm,
2590 Pleasant Hill Rd.

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

6615.701 9/5-10/10 W 2:00-2:45 pm

6615.702 10/24-12/5* W 2:00-2:45 pm

*No class 11/21

Spanish Immersion Preschool

3½-5½ yrs

NEW!

Hola amigos, vamos a divertirnos, aprendiendo Español con Maestra Miriam— Hello friends, let's go and have fun learning Spanish with Maestra Miriam. Join 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, and making puzzles about fall. All the activities are in Spanish.

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

Gregory Gardens Elementary School:
Rm 11, 1 Corritone Court

6 weeks | \$147/\$132 (Dist. Res.)

6631.701 9/10-10/15 M 9:30-11:30 am

\$5 supply fee payable to instructor at first class

Tiny-Tot Morning Care

Walking to 3 yrs

Parents! Give yourself some time off. Let our experienced preschool staff 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 8 for session 701 and October 10 for session 702 at the Winslow Center, Rm #1. After initial registration dates, call 682-0896 to register or email cservice@pleasanthillrec.com.

Instructor: Jan Ertola/Staff

Winslow Ctr: Rm 1, 2590 Pleasant Hill Rd.
\$24/day child, space reserved

.701 9/5-10/31 M/W 9:00-12:00 pm

.702 11/5-1/16* M/W 9:00-12:00 pm

*No class 11/12, 11/19-11/21, 12/24-1/4

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



youth classes

Art with M.J. Studios

6–10 yrs

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

Instructor: Pat Jackson

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

BEGINNING PASTELS

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

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

6048.701	9/4–10/9	Tu	3:15–4:15 pm
6048.702	10/16–11/20	Tu	3:15–4:15 pm
6048.703	11/27–1/8*	Tu	3:15–4:15 pm

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

BEGINNING WATERCOLOR

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

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

6049.701	9/6–10/11	Th	3:15–4:15 pm
6049.702	10/18–11/29*	Th	3:15–4:15 pm
6049.703	12/6–1/10	Th	3:15–4:15 pm

\$20 lab fee payable at first class. *No class 11/22

BEGINNING ACRYLICS

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.

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

6050.701	9/7–10/12	F	3:15–4:15 pm
6050.702	10/19–11/30*	F	3:15–4:15 pm
6050.703	12/7–1/11	F	3:15–4:15 pm

\$20 lab fee payable at first class. *No class 11/23

**Public Swim Days
Extended Through
September!**

See page 5 for
more information.

Cartooning

6–10 yrs

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

Instructor: M.J. Studios

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

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

6051.701	9/5–10/10	W	2:00–3:00 pm
6051.702	10/17–11/21	W	2:00–3:00 pm
6051.703	11/28–1/2	W	2:00–3:00 pm

\$20 lab fee payable at first class.

Jazz Dance

6–10 yrs

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

Instructor: Christie Tomlinson

**Faith Lutheran Church:
50 Woodsworth Ln.**

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

6042.701	9/10–10/22	M	4:30–5:30 pm
6042.702	10/29–12/17*	M	4:30–5:30 pm

*No Class 11/12

Jewelry Designers in Mandarin

NEW!

Grades K–5

Become your own jewelry designer while enhancing your vocabulary in a foreign language! Our Jewelry Designers class encourages children to explore their creativity through an introduction to interesting colors, textures, and age-appropriate jewelry-making techniques, such as wire work, finger knitting, and stamping and dapping.

Instructor: Na Wang (Melody), *bilingual in Chinese and English and holds a Certificate of Proficiency in Standard Chinese. Along with being a jewelry artist, she has a background in radio broadcasting, and three years experience tutoring children in Mandarin Language and culture.*

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

5 classes | \$203/\$188 (Dist. Res.)

6069.701	9/10–10/8	M	3:30–4:30 pm
6069.702	11/5–12/3	M	3:30–4:30 pm

\$25 lab fee payable at first class.



Roy's Magic Workshops **NEW!**

Grades 2–5

Have you ever wondered how a magician can float something in the air? Or, how to cut a piece of rope in half and put it back together again? Learn these and many more interesting magical secrets by attending these after school MAGIC Workshops of Roy the Magician. Fees include all props, supplies, and take-home magic materials.

Instructor: Roy Porfido

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

1 workshop | \$84/\$69 (Dist. Res.)

6066.701	9/15	Sa	1:00–3:00 pm
6066.702	10/13	Sa	1:00–3:00 pm
6066.703	11/10	Sa	1:00–3:00 pm
6066.704	12/8	Sa	1:00–3:00 pm

\$5 lab fee payable at first class.

Yoga for Kids **NEW!**

6–8 yrs

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

Instructors: Village Music School Staff

Village Music School: 1720 Linda Dr.

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

6070.701	9/22–10/27	Sa	10:00 am–10:45 pm
6070.702	11/3–12/15*	Sa	10:00 am–10:45 pm

*No class 11/24

youth music classes

Beginning Drums

Grades 1–5

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

Instructors: Village Music School Staff

Village Music School: 1720 Linda Dr.

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

6067.701	9/18–10/23	Tu	3:30–4:10 pm
6067.702	10/30–12/11*	Tu	3:30–4:10 pm

\$12 lab fee payable at first class. *No class 11/20

Beginning Piano/Keyboard

Grades 1–5

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

Instructors: Village Music School Staff

Village Music School: 1720 Linda Dr.

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

6064.701	9/22–10/27	Sa	12:30–1:10 pm
6064.702	11/3–12/15*	Sa	12:30–1:10 pm
6064.703	9/19–10/24	W	1:00–1:40 pm
6064.704	10/31–12/12*	W	1:00–1:40 pm

\$15 lab fee payable at first class. *No class 11/21

Guitar for Kids, Beginning

Grades 2–5

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

Instructors: Village Music School Staff

Village Music School: 1720 Linda Dr.

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

6061.701	9/22–10/27	Sa	1:30–2:10 pm
6061.702	11/3–12/15*	Sa	1:30–2:10 pm
6061.703	9/19–10/24	W	2:00–2:40 pm
6061.704	10/31–12/12*	W	2:00–2:40 pm

\$10 lab fee payable at first class. *No class 11/24

Singing Class...Glee!

8–12 yrs

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

Instructors: Village Music School Staff

Village Music School: 1720 Linda Dr.

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

6065.701	9/20–10/11	Th	6:40–7:30 pm
6065.702	10/18–11/8	Th	6:40–7:30 pm
6065.703	11/15–12/13*	Th	6:40–7:30 pm

\$12 lab fee payable at first class. *No class 11/22



Voice Lessons... Songs of a Princess

4–11 yrs

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

Instructors: Village Music School Staff

Village Music School: 1720 Linda Dr.

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

6063.701	9/22–10/27	Sa	11:15 am–12:05 pm
6063.702	11/3–12/15*	Sa	11:15 am–12:05 pm

\$12 lab fee payable at first class. *No class 11/24

youth science classes

Academy of Future Space Explorers **NEW!**

6–11 yrs

Mad Science and NASA have teamed up to bring you the excitement and wonder of space in the NASA Academy of Future Space Explorers After-School Program! The Academy of Future Space Explorers takes children on a voyage of discovery. Topics include: Planets and Moons; Atmosphere & Beyond; Space Phenomena; Sun & Stars; Rocket Science; Space Travel; Space Technology and Living Space. In every class children build a fun and educational take-home project to fuel their future explorations!

Instructor: Mad Science of Mt. Diablo

Gregory Gardens Elementary School:
Rm 10, 1 Corritone Court

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

6062.701	9/28–11/02	F	3:30–4:30 pm
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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



No fees for online registration!

Family Science Series

5 yrs & up

Parent participation required for all workshops.

Instructor: Spectrum of Science Staff

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

SPACE—QUIVERING WITH CURIOSITY! **NEW!**

Imagine being a tiny traveler to the nether regions of the universe! Discover what "Curiosity" is, how it landed on Mars and why! Using an assortment of standard & found materials plus a little inspiration from wacky imaginations build your own space travel vehicle! Begin to know and understand difficulties of space travel. The future is in your hands.

1 workshop | \$44/\$29 (Dist. Res.)

6068.701 9/18 Tu 5:45–7:30 pm
\$8 lab fee payable at first class.

SLIME TIME **NEW!**

Learn how to make a rubbery, stretchy putty and a mystery material that's solid in one minute, liquid the next; don't forget the ooey goey slime that glows eerily in the dark. Learn the science behind these amazing polymers while mixing up gobs of goo! Parents pay only if they make their own personal goo! Enter to win a free science workshop.

1 workshop | \$44/\$29 (Dist. Res.)

6068.702 10/16 Tu 5:45–7:30 pm
\$8 lab fee payable at first class.

LIGHT UP YOUR THANKSGIVING TURKEY WITH ELECTRICAL CIRCUITS **NEW!**

Physics is FUN!! Join Spectrum of Science to learn about electricity & light up a Turkey! What is the difference between an open and closed circuit? Be a science sleuth, put it all together & take it home. Parents bring your kids for an exciting, enLIGHTning evening full of science & fun. Parents pay only if they light up their own turkey!

1 workshop | \$44/\$29 (Dist. Res.)

6068.703 11/13 Tu 5:45–7:30 pm
\$12 lab fee payable at first class.

youth sports

Karate for Youth

6–9 yrs

A beginning class on the basics of traditional Japanese Karate. Emphasizes correct form, Dojo etiquette, and self-protection skills. Students will learn through carefully structured drills and activities, with contact limited to focus mitts, as well as Kata (forms) to earn belt ranking in Shotokan Karate. Uniforms are required and may be purchased from the instructor for \$30.

Instructor: Elaine Castro, *Martial Arts instructor certified under Paul Vunak; Martial Arts involvement, 15 yrs.*

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

6 weeks | \$68/\$59 (Dist. Res.)

4646.701 9/11–10/16 Tu 4:15–5:00 pm

4646.702 10/23–11/27 Tu 4:15–5:00 pm



NBA/WNBA Basketball

Boys/grades 3–5 & 6–8

Girls/grades 3–5 & 7–8

Coed Divisions/grades 3–5 & 6–8

HOOP IT UP while learning skills, coordination, agility, team work, and sportsmanship through practice drills. Register Mon–Fri, 9:00 am–5:00 pm, until December 14 at the District Office, 147 Gregory Lane. Practices, arranged by the coaches, begin in mid/late December.

**PH Education Ctr: Gym,
1 Santa Barbara Rd.**

8 weeks | \$145*/\$135* (Dist. Res.)

5060.701 Play runs January through mid-March
Fee includes a jersey & basketball.

*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 NFL is sponsoring our Youth Flag Football League! Register online or at the Administration Office, 147 Gregory Lane, Mon–Fri, 9:00 am–5:00 pm. Closes on September 14. Season begins early October.

PH Education Ctr: 1 Santa Barbara Rd.

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

5050.601 Season starts October 6th
Fee includes a NFL sports shirt & football.

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

NFL Punt, Pass, Kick **FREE!**

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 Oaks Park: 2 tiered fields

FREE!

Saturday, September 22 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 Ln.

8 wks: Fri, 9/28–11/16 | \$109/\$99 (Dist. Res.)

5030.701 Mom/Dad & Me: 9:30–10:00 am
2–3½ yrs

5031.701 Tot Soccer: 3½ yrs 10:45–11:15 am

5031.702 Tot Soccer: 3½ yrs 4:45–5:15 pm

5032.701 Pre-Soccer: 4 yrs 10:10–10:45 am

5032.702 Pre-Soccer: 4 yrs 2:40–3:15 pm

5033.702 Soccer 1: 5–6 yrs 3:15–4:00 pm

5034.701 Soccer 2 & 3: 7–10 yrs 4:00–4:45 pm

8 wks: Sat, 9/29–11/17 | \$109/\$99 (Dist. Res.)

5030.711 Mom/Dad & Me: 9:00–9:30 am
2–3½ yrs

5031.711 Tot Soccer: 3½ yrs 11:00–11:30 am

5032.711 Pre-Soccer: 4 yrs 10:25–11:00 am

5033.711 Soccer 1: 5–6 yrs 9:40–10:25 am

5034.711 Soccer 2 & 3: 7–10 yrs 11:30–12:15 pm

**Youth Tennis
page 20**

community activities

Moonlight Movie

Friday, September 28, 7:00–8:30 pm

Watch a FREE movie on the City Hall Lawn!
Co-Sponsored by the Pleasant Hill Library.

Art, Jazz & Wine Fest 2012

Saturday & Sunday, October 6 & 7

Downtown Pleasant Hill, Crescent Drive

Share the Magic!

Friday, October 12

All new show every year! An evening filled with fun, mystery and excitement. Illusions, card experts, close-up performers, and clowns. Performances by **The Society of American Magicians**. Pre-registration is required. Sign-up early, seating is limited.

Winslow Ctr: 2590 Pleasant Hill Rd.

\$8/person

6154.701 10/12 F 7:00–9:00 pm

Trunk or Treat **NEW!**

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.

Pleasant Hill Park Parking Lot:
147 Gregory Lane

\$5 to enter your decorated vehicle

5164.701 10/26 F 5:30–7:30 pm

Teddy Bear Tea

Wednesday, November 14

3–10 yrs

Dress up in your party clothes and bring your parents for tea and cookies. Receive your very own Teddy Bear. Pre-Registration required by Nov 9.

Winslow Ctr: 2590 Pleasant Hill Rd.

\$8/person

6156.701 11/14 W 3:30–4:30 pm

Take home a turkey! 37th Annual Turkey Trot

Sunday, November 18

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 14 and get a free t-shirt. To register, download a flyer at pleasanthillrecsports.com, or call 682-0896. **NOTE: Not for beginning joggers; the course is hilly and entirely on trails.**

Briones Reg. Park: Bear Creek Entrance

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

5370.701 11/18 Sun 9:00 am

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



North Pole Revue '12

December 7–16

S.T.A.G.E. Troupe presents this Holiday Musical Comedy to get you in the holiday spirit with its story, singing, dancing, great costumes, and memorable characters. A MUST SEE!! Tickets: Call 943-SHOW

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

Breakfast with Santa

Saturday, December 15

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 December 10.

Pleasant Hill Senior Center:
233 Gregory Lane*

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

6159.701 12/15 Sa 8:30–9:45 am

6159.702 12/15 Sa 10:15–11:30 am

*Location subject to change





Exciting new things are happening at the **NEW Pleasant Hill Teen Center!**



MIDDLE SCHOOL AFTER-SCHOOL PROGRAM AT NEW TEEN CENTER!

Monday–Friday from school dismissal until 6:00 pm

Transportation available from PHMS & VVMS (additional fee)

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
- Homework Help
- Ping Pong
- Computer Access
- Sports Equipment
- Tournaments
- Foosball
- Video Games

...and more!

Snacks available at the Snack Shack!

Visit phteenscene.com or call 682-0896 for details.

HAVE YOUR BIRTHDAY PARTY AT THE TEEN CENTER!

Fun Party Theme packages available (includes staff and clean-up). Starting in December!

Call 682-0896 for more details!

Stay tuned for upcoming Teen events and activities at the New Teen Center!
www.phteenscene.com



teen scene programs

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

Art Classes at M.J. Studios

11–18 yrs

Instructor: MJ Studios Staff

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

DRAWING FOR TEENS

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

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

5108.701	9/6–10/11	Th	4:15–5:15 pm
5108.702	10/18–11/29*	Th	4:15–5:15 pm
5108.703	12/6–1/10	Th	4:15–5:15 pm

*\$20 lab fee payable to instructor. *No class 11/22*

MANGA CHARACTER DESIGN

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

6 weeks | \$97/\$84 (Dist. Res.)

5109.701	9/4–10/9	Tu	4:15–5:15 pm
5109.702	10/16–11/20	Tu	4:15–5:15 pm
5109.703	11/27–1/15*	Tu	4:15–5:15 pm

*\$20 lab fee payable to instructor. *No class 12/25, 1/1*

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

Winslow Ctr: Rm 3, 2590 Pleasant Hill Rd.

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

5105.701	9/22	Sa	9:00 am–2:00 pm
5105.702	11/17	Sa	9:00 am–2:00 pm

Beginning Drumming for Teens

11–18 yrs

Learn basic drum set techniques, rhythm, not value, rudiments and how to apply them to the drum set. You will also learn how to apply basic drum beats to music. LET'S ROCK!

Instructor: Bruce Jackson

M.J. Studios: 670 Gregory Lane, Suite G
6 weeks | \$104/\$94 (Dist. Res.)

5110.701 9/1–10/6 Sa 1:00–2:00 pm

5110.702 10/13–11/17 Sa 1:00–2:00 pm

\$15 lab fee payable to instructor

Beginning Guitar

12 yrs & up

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

Instructor: Village Music School Staff

Village Music School: 1720 Linda Drive

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

5122.701 9/20–10/25 Th 5:30–6:10pm

5122.711 9/22–10/27 Sa 2:30–3:10 pm

5122.702 11/1–12/13* Th 5:30–6:10pm

5122.712 11/3–12/15** Sa 2:30–3:10 pm

\$10 lab fee payable to instructor. *No class 11/22

**No class 11/24

Group Voice Lessons

Grades 6–12

Focus in this class will be group performances. Students will be encouraged to interact with each other while singing and learning basic techniques such as solos, harmonies, and choreography. Whether you are a super star ready to have solos or more likely to be shy and want to learn how to come out of your shell we will make you the strongest performer you can be!

Instructor: Stephanie Harwood, *Professional performer in Beach Blanket Babylon, 10+ years of live stage performances, and P.H. Star Quest Alum.*

Winslow Ctr: Assembly Rm:
2590 Pleasant Hill Rd.

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

5115.701 9/18–10/23 Tu 3:30–5:15 pm

5115.702 10/30–12/11* Tu 3:30–5:15 pm

\$5 lab fee payable to instructor. *No class 11/20

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

What's Your Game?

Grades 4–12 (All levels)

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

Leader: Dave DeFabio

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

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

5102.701 8/31–11/16 F 6:00–10:00 pm

5102.702 11/23–1/11 F 6:00–10:00 pm

North Pole Revue '12

Grades 4–College

Be a part of this hilarious holiday musical scheduled weekends from December 7–16. For your audition, prepare a one-minute upbeat song, one-minute monologue and be ready to move on stage. A parent-signed Medical Waiver must be completed prior to audition. For audition appointment, call 682-0896.

Director: Doña Foreman

Music Director: Greg Klein

AUDITIONS

9/15 and 9/22

Sat, 11:00 am, 12:00 pm, 1:00 pm

Callbacks: Sat, 9/29

REHEARSALS

Winslow Ctr: 2590 Pleasant Hill Rd.

Upstairs (Sat), Downstairs (Wed)

Fee: \$270*/\$255* (Dist. Res.)

5111.701 10/6–12/1 Sa 10:30 am–3:00 pm

W 4:00–6:00 pm

*Plus \$50 lab fee payable to Center Stage



Teen Center Tile Project

Buy a tile!

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.* **For order form visit www.pleasanthillrec.com.**

adult art & music

Acrylics

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

Instructor: Pat Jackson

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

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

4520.701 10/4–10/25 Th 10:00 am–12:00 pm

4520.702 11/29–12/20 Th 10:00 am–12:00 pm

4520.703 10/3–10/24 W 6:30–8:30 pm

4520.704 11/28–12/19 W 6:30–8:30 pm

\$30 lab fee payable to instructor

Oil Painting or Watercolor

16 yrs & up

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

Instructor: Trudi Edwards

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

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

4522.701 9/10–10/22* M 7:00–9:00 pm

4522.702 10/29–12/10** M 7:00–9:00 pm

\$30 lab fee, new students only. *No class 10/1.

**No class 11/12

Guitar, Beginning I

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

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

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

4583.701 10/3–10/24 W 6:30–7:30 pm

4583.702 11/28–12/19 W 6:30–7:30 pm

4583.703 10/6–10/27 Sa 2:00–3:00 pm

4583.704 12/1–12/22 Sa 2:00–3:00 pm

\$15 lab fee payable to instructor

Drumming Intensive

AFRICAN DJEMBE RHYTHMS

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

Instructor: John Waller

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

Drop In: \$11 per class

8-Class Punch Card: \$80*

9/4–12/18 Tu 7:30–8:25 pm

SAMBA DRUMMING

Samba drumming with big drums called surdo, agogo bell, snare drums and other Brazilian percussion create the groove. Brazilian rhythms have their roots from Africa. We learn to play each of these instruments as we work on traditional samba rhythms. There will be a potluck with Latin food on the last session (Dec. 18) along with playing samba drums.

Instructor: John Waller

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

Drop In: \$11 per class

8-Class Punch Card: \$80*

9/4–12/18 Tu 8:30–9:25 pm

*The punch card may be used for any of John Waller's Drumming classes, but not the Monthly Drum Circle, and does not expire.

Monthly Drum Circle

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

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

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

Drop-in: \$9

9/20, 10/18, 11/15, 12/20 Th 7:00–8:30 pm

Public Swim Days Extended Through September!

See page 5 for
more information.

Online Learning anytime, anywhere...



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

The variety of classes that are offered can enhance your performance at work, school and at home. Each class comes with a certificate of completion, which you can print on your own. Please visit <http://www.ed2go.com/pleasanthillrec> for more information and to register.

COURSES INCLUDE:

Accounting & Finance

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

Business

- Nonprofit Fundraising Essentials
- Grant Writing
- Marketing

College Prep

- ReadyMATH
- GED Prep
- GRE Prep
- GMAT Prep
- SAT/ACT Prep
- LSAT Prep

Computer & Technology

- Photoshop
- Dreamweaver
- Microsoft Word, Excel, PowerPoint, Access, Publisher, Project, & 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
- Spanish (1 & 2, for Medical Professionals, in the Classroom, and for Law Enforcement)
- French
- Italian
- Japanese
- English

Personal Development

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

Teaching & Education

- Teaching students with ADHD

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

adult classes

Dog Training

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

Instructor: Kou Nelson

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

TRAINING BASICS

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

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

4715.701 9/8–9/29 Sa 10:00–10:50 am
4715.703 10/13–11/3 Sa 10:00–10:50 am

WALKING THE DOG

Tired of being asked “who’s walking whom?” Learn how to teach your dog to walk calmly at your side both on and off leash.

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

4715.702 9/8–9/29 Sa 11:00 am–12:00 pm

COME WHEN CALLED

Learn the 3 basic rules to get your dog running to you whenever you call.

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

4715.704 10/13–11/3 Sa 11:00 am–12:00 pm

So, You’re Thinking About Getting a Puppy or a Dog

NEW!**(ONE EVENING WORKSHOP)**

Dogs make terrific companions and family members, but many people don’t realize the level of commitment needed. Learn about what it takes to be a responsible dog owner and find out how to be prepared for when you bring your furry addition into your home. People only, no animals.

Instructor: Kou Nelson

VFW Building: 1919 Wendell Ln.

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

4715.705 10/10 W 7:00–9:00 pm

Back at the Ranch...

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

Instructor: Denise Koroslev

Rodgers Ranch: 315 Cortsen Rd.

YOUR NATURAL MEDICINE CHEST

It is wise to have a first aid kit for minor emergencies. Learn what items to include for coughs & colds, earaches, indigestion, and insomnia. Some remedies can be found as close as your kitchen cabinets.

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

4750.701 9/29 Sa 9:30–11:30 am
\$5 lab fee payable to instructor

WINTER HERBS

Homemade dishes using herbs are a much healthier option. Find out how to harvest and preserve your herbs, continue growing herbs in the winter and incorporate them into your meals. We will taste a variety of dishes using herbs.

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

4750.702 10/13 Sa 9:30–11:30 am
\$5 lab fee payable to instructor

SMOOTH SKIN—NATURALLY

The creams and lip balms that you put on your skin may contain harmful ingredients that are being absorbed into your body. Learn an easy way to make your own creams, lip balms, & other skin products using natural oils & fragrances.

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

4750.703 11/3 Sa 9:30–11:30 am
\$5 lab fee payable to instructor

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

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

Instructor: Janice De Jesus, *MFA*

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

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

4510.701 9/8–9/29 Sa 10:00 am–12:00 pm
4510.702 10/13–11/3 Sa 10:00 am–12:00 pm
4510.703 11/24–12/15 Sa 10:00 am–12:00 pm
\$5 lab fee payable to instructor

Birding Contra Costa County

Say hello and goodbye to some migrating birds and check out our local year-round residents. Brisk walking; bring binoculars and bird guide if possible. Oct. 20: Hidden Lakes, Oct. 27: Mitchell Canyon (\$6 fee day of), Nov. 3: Lafayette/Moraga Regional Trail, Nov. 10: Martinez Marina. If needed, rainout date will be Sunday.

Instructor: Jan Rae Cook

Meet at parking lot at Chilpancingo and Morello in Pleasant Hill

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

4738.701 10/20–11/10 Sa 9:00–11:00 am

Braided Rug & Basket-Making Intro

Age 16 and up

Learn techniques of this traditional craft while making useful & decorative objects such as rug, basket, seat mat, pet bed, meditation/dance mat, etc. Interesting “tricks” demonstrated. Supplies provided.

Instructor: Arlene Magarian

Rodgers Ranch: 315 Cortsen Rd.

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

4578.701 9/22 Sa 1:00–4:00 pm
4578.702 10/13 Sa 1:00–4:00 pm
\$10 lab fee payable to instructor

Introduction to Improv

Life doesn’t have a script, why should you? Everyone can improvise. Learn the basic rules and skills in a fun, silly, safe, and supportive way. Play improv games and do improv scenes. No experience necessary.

Instructor: Steve Schultz

Winslow Ctr: Assembly Rm

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

4585.701 9/13–9/27 Th 7:50–9:30 pm
4585.702 11/1–11/15 Th 7:50–9:30 pm

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

Winslow Center: 2590 Pleasant Hill Rd.

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

4610.701 11/8 Th 7:00–9:00 pm

Hypnotherapy for Weight Loss & Healthy Living

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

Instructor: Rosetta Bonavita

Winslow Center: Assembly Rm

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

4843.701	10/18	Th	7:50–9:50 pm
4843.702	12/6	Th	7:50–9:50 pm

Stop Smoking with Hypnotherapy

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

Instructor: Rosetta Bonavita

Winslow Center: Assembly Rm

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

4843.703	10/25	Th	7:50–9:50 pm
4843.704	11/29	Th	7:50–9:50 pm

Understanding How to Work With Your Dreams **NEW!**

Have you ever wondered what your dreams mean? These two courses can help you understand them.

Instructor: Judith Lynn Palmer, CHT

Rodgers Ranch: 315 Cortsen Rd.

DREAM COURSE 101

You need not be a vivid dreamer or expert in dreams. There are other quality choices available to interpret, remember or access dreams. The purpose of this course is to give you the opportunity through dreaming to self-discover the treasures stored in your own personal spiritual life quests.

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

4586.701	10/6	Sa	12:00–3:00 pm
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DREAM COURSE 102

During this workshop, you will be introduced, work with and take home the metaphoric and symbolic choices available for interpreting dreams and clarifying your own personal and spiritual life quests.

Pre-requisites: Dream 101

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

4586.702	10/27	Sa	12:00–3:00 pm
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CPR–American Heart

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

Instructor: Adrian Curry, EMT, 21 yrs; CPR and First Aid instructor, 16 yrs.

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

ADULT & PEDIATRIC COMMUNITY CPR

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

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

4702.701	9/29	Sa	1:00–5:00 pm
4702.702	12/1	Sa	1:00–5:00 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.)

4702.703	11/17	Sa	11:00 am–5:00 pm
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\$15 lab fee payable to instructor

adult dance

Let's Go Dancing

Adults/Teens 16 yrs & up

You can do this! Bring your favorite partner and remember guys, ladies really appreciate a man who can dance. Have more fun on your cruise, at a wedding, or at a holiday party with all the basics provided to twirl on the dance floor with ease and LOOK GOOD!

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

Pacheco Community Ctr:
5800 Pacheco Blvd.

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

Wed, 7:15–8:15 pm

Class		Dates
Waltz, Cha, Cha, Cha, and Single Swing	4114.701	9/5–10/3
Fox Trot, Tango, Triple Swing	4114.702	10/10–11/14

*No class 10/31

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

Wed, 7:15–8:15 pm

Class		Dates
Rumba, Fox Trot, Triple Swing	4114.703	11/28–12/19

The Soul & Spirit of Salsa Club Dancing

Beginning and Continuing

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

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

Pacheco Community Ctr:
5800 Pacheco Blvd.

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

4155.701	9/5–10/3	W	8:30–9:30 pm
4155.702	10/10–11/7	W	8:30–9:30 pm
4155.703	11/14–12/12	W	8:30–9:30 pm

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



adult health & fitness

Cardio Belly Dance Fitness... & Beyond!

Dance your way to good health... fusion style! In a fitness format, these classes combine belly dance, aerobics, and other dance forms to give you a great overall cardio workout. For upper body toning, small hand weights (optional) are used. Veils provided. All levels; no experience necessary.

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

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

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

4660.701 9/12-10/17 W 6:30-7:30 pm

Contemporary Self-Defense

16 yrs & up (All levels)

Learn to protect yourself and loved ones by using a simple and effective approach. You will learn what you need to know to survive a street attack. Includes techniques from Hapkido, Kali, and Israeli martial arts. Wear comfortable clothing and shoes; bring eye protection. Padded sticks may be purchased from the instructor for \$25.

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

Winslow Ctr: Assembly Rm, 2590 Pleasant Hill Rd.

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

4687.701 9/12-10/10 W 9:05-10:00 pm

4687.702 10/17-11/14 W 9:05-10:00 pm

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

4687.703 11/28-12/19 W 9:05-10:00 pm

Fencing...

The Sport of Distinction

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

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

Winslow Ctr: Assembly Rm, 2590 Pleasant Hill Rd.

Drop in: \$5 per night/per person

4630.701 9/10-12/17 M 9:10-10:30 pm

No class 11/12

Jazzercise

Co-Ed/Adult (All levels)

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

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

Winslow Ctr: Assembly Rm, 2590 Pleasant Hill Rd.

Ongoing | register at class only

AM Tu/W/F/S 9:00-10:00 am

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

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

*No class 9/3, 11/21, 12/26

Karate

Grades 3-Adult

A Japanese non-contact karate. Students learn blocks, strikes, kicks, stance, and Kata (forms) to promote balance, respect, self-discipline, self-control, character, and confidence. Focus is on self-defense and health. Rank testing, black belt certification. Beginning/Intermediate class overlaps with advanced class during Kata practice from 8:15-8:45 pm.

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

Winslow Ctr: Assembly Rm, 2590 Pleasant Hill Rd.

BEGINNING/INTERMEDIATE

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

4638.701 9/18-10/16 Tu 7:45-8:45 pm

4638.702 10/23-11/20 Tu 7:45-8:45 pm

4 weeks | \$52/\$42 (Dist. Res.)

4638.703 11/27-12/18 Tu 7:45-8:45 pm

ADVANCED

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

4640.701 9/18-10/16 Tu 8:15-9:20 pm

4640.702 10/23-11/20 Tu 8:15-9:20 pm

4 weeks | \$52/\$42 (Dist. Res.)

4638.703 11/27-12/18 Tu 8:15-9:20 pm

\$1 lab fee included

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. Purchase 12-oz. boxing gloves (\$30) at first class. Wear sweats and running shoes; NO perfumes. All levels.

Instructor: John Castro

Pacheco Community Ctr: 5800 Pacheco Blvd.

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

4648.701 9/10-10/8 M 6:40-7:40 pm

4648.702 10/15-11/19* M 6:40-7:40 pm

*No class Nov. 12

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

4648.703 11/26-12/17 M 6:40-7:40 pm

Mixed Martial Arts with JKD Concepts

Co-Ed

Bring out your cat-like attributes of speed, flexibility, endurance, timing, power, coordination, balance, and fluid motion! Non-classical combative martial arts training emphasizes physical fitness and self-defense. Incorporates: 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

Winslow Ctr: Assembly Rm, 2590 Pleasant Hill Rd.

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

4652.701 9/19-10/17 W 8:05-9:00 pm

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

4652.702 10/24-11/14 W 8:05-9:00 pm

4652.703 11/28-12/19 W 8:05-9:00 pm

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

Get back in shape, maintain, or challenge your fitness level! Nia is cardiovascular fitness blending movements from Dance, Martial Arts, and the Healing Arts. Full-body conditioning increases flexibility, agility, and strength. All levels.

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

Winslow Ctr: Assembly Rm, 2590 Pleasant Hill Rd.

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

4692.701 9/11-10/23 Tu 6:40-7:35 pm

4692.702 10/30-12/11 Tu 6:40-7:35 pm

Pepper Spray Clinic*18+ yrs required*

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

Instructor: John Castro, *Certified Instructor*

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

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

4684.701 10/11 Th 7:50–9:00 pm
4684.702 12/6 Th 7:50–9:00 pm

Pilates Mat Class

Bring the mind, body, and breathing together in movement while learning the fundamentals of Pilates. Learn muscular control; core awareness, coordination, flexibility, and posture. Comfortable clothing; no shorts. Bring padded mat. All levels welcome.

Instructor: Alison Klippel, *Certified Instructor*

**Pacheco Community Ctr:
5800 Pacheco Blvd.**

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

4688.701 9/10–10/22 M 5:30–6:30 pm

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

4688.702 10/29–12/10* M 5:30–6:30 pm
*No class 11/12, 11/19

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

4689.701 9/5–10/17 W 5:30–6:30 pm
4689.702 10/24–12/19* W 5:30–6:30 pm
*No class 10/31, 11/21

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

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

4690.701 9/6–10/18 Th 10:45–11:45 am
4690.702 10/25–12/13* Th 10:45–11:45 am
*No class 11/22

Tai Chi

Exercise your mind and body. This is a highly-developed path of self-discovery and self-awareness bringing vitality to your life by invigorating your life's energy. Take both Tai Chi and Chi Kung; \$10 discount.

Instructor: Peter Marks

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

7 weeks | \$79/\$69 (Dist. Res.)

4654.701 9/5–10/17 W 11:30 am–12:45 pm
4654.702 10/24–12/12* W 11:30 am–12:45 pm
*No class 11/21

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

Non-competitive and self-rewarding, this simple blend of exercises will start you on the path of self-discovery. You will discover more about your own body, mind, and the many health benefits that come from practicing these traditional Chinese arts. Students learn at their own speed; continuing students are welcome. All ages benefit. Take both Chi Kung and Tai Chi; \$10 discount.

Instructor: Peter Marks



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

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

4682.701 9/5–10/17 W 10:30–11:25 am
4682.702 10/24–12/12* W 10:30–11:25 am
*No class 11/21

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 yrs.

Faith Lutheran Church: 50 Woodsworth Ln.

7 weeks | \$98/\$88 (Dist. Res.)

4636.701 9/10–10/22 M 5:45–7:10 pm
4636.702 10/29–12/17* M 5:45–7:10 pm
*No class 11/12

Weight Training

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

Instructor: Alison Klippel, *Certified Weight Training Instructor*

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

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

4643.701 9/14–11/30* F 10:45–11:45 am
*No class 9/21, 10/5, 11/2, 11/23

Hatha Yoga

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

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

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

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

4656.701 9/5–10/17 W 6:40–7:50 pm
4656.702 10/24–12/12* W 6:40–7:50 pm
*No class 11/21

Yoga Basics**You don't have to be a pretzel**

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

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

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

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

4649.701 9/10–10/1 M 7:50–9:00 pm
4649.702 10/8–10/29 M 7:50–9:00 pm
4649.703 11/5–12/3* M 7:50–9:00 pm
*No class 11/12



**No fees for
online registration!**

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 Ctr: Assembly Rm,
2590 Pleasant Hill Rd.**

3 weeks | \$42/\$32 (Dist. Res.)

4637.701 9/4-9/18 Tu 10:30-11:45 am

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

4637.702 10/16-11/13 Tu 10:30-11:45 am

4637.703 11/20-12/18 Tu 10:30-11:45 am

Zen Budo Kai Aiki Jujitsu Ultimate Self-Defense Experience

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

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

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

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

4667.701 9/12-10/24 W 7:45-9:00 pm

4667.702 10/31-12/19* W 7:45-9:00 pm

*No class 11/21



adult sports

Adult Flag Football

Play football under the lights. Team registration packets for the upcoming fall season are available through 9/21 at the Administration Office, 147 Gregory Lane or visit pleasanthillrecsports.com.

Take home a turkey! 37th Annual Turkey Trot

All ages (8.4 Mile Run)

November 18 • Briones Regional Park

Details on Page 12

Other Adult Sports Leagues

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

- Basketball (3 on 3)
- Basketball (5 on 5)
- Bocce
- Kickball
- Soccer (5 on 5)
- Softball
- Volleyball

Sports Website! pleasanthillrecsports.com

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

Visit www.pleasanthillrecsports.com.

tennis—all ages

Monthly Group Lessons

Top-quality instruction is available through Pleasant Hill Recreation & Park District. Classes begin on the first day of the month and run four consecutive weeks through the end of the month. Choose the class that meets your schedule. If you want more than one lesson per week, register for multiple classes. Register at least one week prior to the first class, which always begins the first week of the month. Classes may be combined or canceled if minimum numbers are not reached. Students may play before and after class if courts are available. Tennis shoes and racquet required. Class size: 6-14 students.

Instructor: Staff

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

4 classes | \$62/\$52 (Dist. Res.)

Playing Levels

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

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

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

	Level	Day	Time	September	October	November
Youth 6-12 yrs	B/AB	W	6:30-7:30 pm	5584.701	5584.702	5584.703
	INT	W	7:30-8:30 pm	5585.701	5585.702	5585.703
	B/AB	Sa	10:00-11:00 am	5588.701	5588.702	5588.703
Adult/ Teen 13+ yrs	B/AB	Tu	6:30-7:30 pm	5555.701	5555.702	5555.703
	B/AB	Th	6:30-7:30 pm	5565.701	5565.702	5565.703
	INT	Th	7:30-8:30 pm	5566.701	5566.702	5566.703
	B/AB	Sa	9:00-10:00 am	5575.701	5575.702	5575.703

Lessons By Arrangement

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

PRIVATE LESSONS: 5596

Per hour, any age/level:

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

Six 1-hr classes, any age/level:

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

SEMI-PRIVATE LESSONS: 5597

Two per/same level; must register together.

Per person, per hour:

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

Per person, six 1-hr classes:

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

air/sea adult trips

Pleasant Hill Rec offers a wide variety of local, national, and international trips for every budget and lifestyle.

Discover Panama: The Land Between the Seas

Explore the colors and natural beauty of Panama—a land between the seas. Ride the historic Panama Canal Railway from the Atlantic to the Pacific and stay at the Gamboa Rainforest Resort. Travel via dugout canoe to meet the indigenous Emberá people. Explore bustling local markets. Savor Panamanian dishes at an exclusive culinary demonstration. Enjoy a private salsa lesson. Visit the Smithsonian Galeta Marine Laboratory and the Miraflores Locks Visitor Center. Choose a morning cruise to Monkey Island or ride the Aerial Tram for canopy level views of the rainforest. Relax at the Intercontinental Playa Bonita beach resort. Complete the Panama experience with a partial transit through the Panama Canal that reveals the ambitious expansion project.

February 26–March 6, 2013
\$1,999 pp/double | Deposit: \$250

Colors of Provence

This delightful cultural and epicurean journey through the south of France features colorful markets, charming villages and landscapes that inspired master artists. Cheese and olive oil tastings, a visit to a famed vineyard, and a scenic cruise past villas and gardens in Nice unveil the magic of Provence and the French Riviera. Enjoy a relaxed three-night stay in a restored farmhouse in Avignon and soak up the essence of Provence. Explore the ancient Roman origins of this area. A hands-on cooking demonstration reveals the secrets of authentic Provençal cooking.

April 13–22, 2013
\$2,682 pp/double | Deposit: \$250

Find out more on September 6th...

For a presentation of the upcoming **Plains of Kenya** tour at 6:00 pm, our two **Europe** tours at 6:30 pm, and **Panama** at 7:00 pm in the District Office.

RSVP Required: 798-8747 x19.

England's Treasures (with London Extension)

Experience leisurely stays in England's beautiful countryside. Enjoy a classic English "Cream Tea" as you ride a restored steam train through the Cotswolds. Sail the picturesque Lake District, made famous by poets and artists, on a genuine Victorian steam yacht. Visit the elaborate 1st century Roman spas of Bath. Learn more about the 'fab four' at the "Beatles Story" museum. Visit Glastonbury Abbey to view the reputed resting place of King Arthur and explore Tintagel, believed to be the original Camelot Castle. See the spot from where the Pilgrims set sail. Tour the famed Wedgwood China factory. Enjoy time for lunch in the Cornish fishing village of Padstow. Experience British tradition during an overnight in a Manor House hotel. From Liverpool to rolling landscapes, from Salisbury Cathedral to Stonehenge, these are England's treasures.

April 4–13, 2013
\$2,049 pp/double | Deposit: \$250

Cruising Alaska

This 10-night cruise makes Alaska's beauty easy to access! Climb aboard the newly refurbished Grand Princess in San Francisco and return back home with NO FLIGHT needed. Ports of call include Juneau, Skagway, Ketchikan, and Victoria. Prices include group insurance rate, government taxes/fees, and shuttle to/from Port of San Francisco. Please see flier for cabin details and additional port information. Please note: cruise prices change quickly as the boat begins to fill! Sign-up soon to get good rates and a good cabin location.

May 20–30, 2013
Prices vary from \$1,925–\$2,990 pp/double with several options in between.

Deposit: \$600 pp/double



Also in 2013... Plains of Kenya, Niagara to New York, and more!



50+ trips

Non-members accompanying a senior pay an additional \$5. Trips include transportation, lodging, entrance fees, and meals as indicated. Cancellation insurance on long trips is available if not already included.

Trip Meeting

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

Meeting: 9/7, 10/5, 11/2
(Please call to confirm date)

Friday, 1:00 pm
*Winslow Center Assembly Room,
2590 Pleasant Hill Road*

Trip Office: 798-8747 (TRIP)
Mon–Fri, 9:00 am–2:00 pm
249 Gregory Ln.

Day Trips

CASINO TRIPS: 9/6 (Feather Falls), 10/2 (Cache Creek), 11/1 (Red Hawk), 12/6 (Black Oak)

MYSTERY TRIPS: 9/3, others T.B.A.

SIGHTSEEING/SHOWS:

9/1 Music Circus: Crazy for You
9/8 Quilt Museum/Antique Fair
9/13 Santa Cruz Follies
10/1–10/4 California Missions
10/6 Fleet Week
10/15 Apple Hill

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

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

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

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

Services

Call for appointments and more information at 798-8788

- Blood Pressure Screening
- Care Management Program (798-8788 ext. 17)
- Consult an Attorney Program
- Consult a Financial Advisor **NEW!**
- County Nutrition Program & Home Delivered Meals
- Grief Support Group (798-8788 ext. 17)
- Medicare & Supplemental Insurance Policy Counseling
- Notary Service
- "Amistad"—Spanish Resource Group
- Ticket Sales: BART, County Connection

50+ activities

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

Dancercise

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

Instructor: Mei-Mei Cheng

Chateau III: 175 Cleaveland Rd.

Drop-in only | \$4/\$2 (Member)

Tuesday 1:00–2:00 pm

Golden Notes Chorus

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

Instructor: Dee Wood

Chateau III: 175 Cleaveland Road

14 weeks | \$36/\$32 (Member)

2350.701 9/11–12/11 Tu 9:30–11:30 am

Living Tai Chi

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

Instructor: Jasmine-Rose Kam

Winslow Ctr: 2590 Pleasant Hill Road

8 weeks | \$69/\$61 (Member)

2210.701 9/10–11/12* M 11:00am–1:00 pm

*No class 9/24, 10/8

High Beginners & Intermediate Line Dance

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

Instructor: Millie Dusha

St. Andrews Church: 1601 Mary Drive

Drop-in | \$5 per class

High Beginners Sa 9:15–10:15 am

Intermediate Sa 10:15 am–12:00 pm

High Beginner/Easy Intermediate

Workshop: 10/27, 9:00 am–1:30 pm, \$10

No class 9/1, 9/8, 11/24, 12/22, 12/29



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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

Winslow Center: 2590 Pleasant Hill Road

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

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

2205.703 11/1–11/15 M/Th 5:30–6:30 pm

2201.704 12/3–12/17 M/Th 8:15–9:15 am

2202.704 12/3–12/17 M/Th 9:30–10:30 am

2205.704 12/3–12/17 M/Th 5:30–6:30 pm

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

2201.701 9/6–9/27 M/Th 8:15–9:15 am

2202.701 9/6–9/27 M/Th 9:30–10:30 am

2205.701 9/6–9/27 M/Th 5:30–6:30 pm

2201.703 11/1–11/19 M/Th 8:15–9:15 am

2202.703 11/1–11/19 M/Th 9:30–10:30 am

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

2205.702 10/1–10/29 M/Th 5:30–6:30 pm

No class 10/18

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

2201.702 10/1–10/29 M/Th 8:15–9:15 am

2202.702 10/1–10/29 M/Th 9:30–10:30 am

Zumba Gold

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

Instructor: Barbara Ward—**NEW INSTRUCTOR!**

St. Andrews Church: 1601 Mary Drive

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

5 classes | \$29/\$24 (Member)

2208.701 9/10–10/8 M 10:00–10:45 am

2208.702 10/15–11/19 M 10:00–10:45 am

2208.703 11/26–12/31 M 10:00–10:45 am

No class 11/12, 12/24

Music Reading Class **NEW!** for Singers

Recognize and understand note and rest values. Recognize and name the notes on the staff. Recognize and understand meter (time) signatures and key signatures. Learn how intervals look and sound and discover the importance of scales in reading music.

Instructor: Dee Wood

Chateau III: 175 Cleaveland Road

6 weeks | \$18/\$12 (Member)

2351.701 10/2–11/6 Tu 8:30–9:15 am

senior events

Bunco

Potluck at 2 pm; Bunco begins at 3 pm. Fun and friendly atmosphere where no prior knowledge of the game is necessary! Buy your ticket at the Senior Center office (relocated to the Little House).

**Sunday, 2:00–5:00 pm
September 30 & October 28**

No bunco in November or December.

Tickets: \$4 (bring potluck item to feed 4)
VFW Building: 1919 Wendell Ln.

"Cancer: Clear and Simple" **NEW!**

This two-part series includes: **Cancer 101**—a brief overview of cancer, cancer prevention, and signs and symptoms. **Common Cancers for Men and Women**—a look at the most common cancers, recommended screenings, and prevention tips. Registration includes a boxed lunch after each session, informative handouts and raffle entries. Space is limited; registration required. *This series is sponsored by SCAN Health Plan, Manor Care and Aegis of Pleasant Hill.*

**Thursday, 11:30 am–12:30 pm
October 4 & October 11**

Fee: \$10

Aegis of PH: 1660 Oak Park Blvd.



Get to Know your Gadget **NEW!**

While you may never be too old to learn, when it comes to gadgets, you can never be too young to teach which is why once again we are partnering with the Pleasant Hill Teen Council to help you figure out your gadget! **Our one-on-one appointments can cover cell phones, kindles, ipad, etc.**

Appointments required; please let us know what gadget you will be needing help with and if it's a cell phone, the make and model.

**Tuesday, November 20, 10:00 am–12:00 pm
FREE** (donations accepted and will go to the Teen Center's Furniture Fund)
VFW Building: 1919 Wendell Ln.

Taste of the Vine

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

**Friday, October 26 &
Thursday, December 6, 3:00–5:00 pm
\$7 presale | \$10 at the door**
Chateau III: 175 Cleaveland Rd.

Classroom in the Community

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

TOPICS & DATES:

8/29: Better Your Blood Pressure

9/26: Fall Prevention

**Wednesdays, 10:15–11:00 am
FREE**

*St. Andrew's Church, 1601 Mary Dr.,
Pleasant Hill*

Pave the way to the new senior center!

Your tax-deductible purchase of a brick will help to fund furnishings, fixtures and equipment for the new Senior Center. The brick you purchase will be engraved with your name, the name of someone special to you or the name of your company. Each brick paving the way to the new Senior Center costs \$200. **Call (925) 798-8788 for details.**

Be a part of tomorrow...today!

Buy a Brick!



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NEW Afternoon Bocce League

Coming this Fall!
For details, go to:
pleasanthillrecsports.com



**Parks
Make
Life
Better!**