

Winter/Spring
2013

the Spotlight



**From rendering
to reality...**

Join us for the
Grand Opening of
the **Senior Center**
January 5, 2013

Turn to page 25



pleasanthillrec.com



NEW Community Center

Opens late 2013!



Enjoy our Parks!

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.



The Spotlight: December 2012–April 2013

- Published three times a year; next issue 3/2013.
- 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: Nancy Webster, Andy Benz and other Seniors Center members in front of the new Senior Center. *Photos by Ann Luke*

On the back page:
Photos courtesy of Collette Vacations and Princess Cruiselines



Dear Friends and Neighbors,

We enter this holiday season with many things to be grateful for including the completion and Grand Opening of our new Teen Center and the anticipation of opening our new Senior Center which will have its Grand Opening on Saturday, January 5th from 1:00–4:00 pm. Both buildings are beautiful and as you will see as you flip through this Spotlight, we have packed them both full of great new classes and programs as well as bringing back those which were relocated during construction.

We owe huge thanks to the many businesses and organizations who have allowed the District to continue its programs during construction including St. Andrews Presbyterian Church, Hillcrest Congregational Church, Faith Lutheran Church, Village Music School, Pacheco Community Center, Mt. Diablo Unified School District, Chateau's and Aegis of Pleasant Hill. The District appreciates these churches and agencies who allowed us to continue offering recreation and vital service programs to our community.

Remember to check the District website, www.pleasanthillrec.com, for continuous updates on the Community Center and Pleasant Oaks Park projects.

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*

OFFICE LOCATIONS

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

Senior Center: 233 Gregory Lane
 M–Th, 9:00 am–4:30 pm; Fri, 9:00 am–3:00 pm
 798-8788 • Fax 798-8837

Teen Center: 147 Gregory Lane • 691-5645

Park Maintenance Operations: 310 Civic Drive
 M–F, 6:30 am–3:00 pm
 671-4649 • Fax 676-7628

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

Winslow Center: 2590 Pleasant Hill Rd.

RENTALS—Call to rent:

- New Senior Center, 233 Gregory Lane, 798-8788
- New Teen Center, 147 Gregory Lane, 691-5645
- Winslow Center, 2590 Pleasant Hill Rd., 682-0896
- Ball Fields, Picnic Areas & Picnic Kit, Bocce Courts, Volleyball Courts & Equipment, 682-0896
- Pools: PH Aquatic Park, Education Center Pool, 682-0896

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Co-sponsored Clubs & Organizations

Go to our website, www.pleasanthillrec.com for club descriptions & meeting information.

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; Allen Vinson, 938-2373

PH Garden Study Club
phgsc.com; Debbie Arnold, 825-3892

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 November 27, 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. 24-25 and Jan. 1. 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.



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

Details: info@phcommunityfoundation.org

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 Center 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 April 21. All students must be able to swim 25 yards freestyle with face in the water.

Instructors: Talli Pitcher & Ana Castaneda

PH Education Center Pool:
1 Santa Barbara Rd.

7 weeks | \$155*/\$140* (Dist. Res.)

8250.801 2/24–4/14** Sun 8:30–11:30 am
*\$25 less each additional registration in the same household. **No class 3/31

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 April 3 to be guaranteed t-shirt. Relay registration includes t-shirt and goody bags for each person. Race day check-in begins at 8:00 am, race starts at 9:00 am.

Sunday, April 21, 2013

PH Education Center Pool:
1 Santa Barbara Rd.

Individual: 8251.801

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

Relay, up to 3 people: 8252.801

\$95 Pre-Reg by 4/3 | \$115 (4/4–race day)

Spring Swim Clinics

6–13 yrs

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

Instructor: Talli Pitcher

PH Education Center Pool:
1 Santa Barbara Rd.

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

8727.801 2/5–2/14 Tu/Th 6:00–6:45 pm

8727.802 2/19–2/28 Tu/Th 6:00–6:45 pm

8727.803 3/5–3/14 Tu/Th 6:00–6:45 pm

8727.804 3/19–3/28 Tu/Th 6:00–6:45 pm

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

8727.805 4/9–4/25 Tu/Th 6:00–6:45 pm

Pre-Swim Team Clinic

4–13 yrs

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

Instructor: Talli Pitcher

PH Aquatic Park: 147 Gregory Lane

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

8208.801 4/8–4/26 M/W/F 4:00–4:30 pm

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

8209.801 4/8–4/26 M/W/F 4:30–5:15 pm

For those without swim team experience who would like to learn the skills to be on a swim team or further develop their 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 | 8–13 yrs | \$120/\$105 (Dist. Res.)

8214.701 1/8–1/31 Tu/Th 5:00–6:00 pm

PH Aquatic Park: 147 Gregory Lane

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

8210.801 4/8–4/26 M/W/F 5:15–6:00 pm



Pleasant Hill Recreation & Park District

AQUATIC REFUND POLICY—Pleasant Hill Recreation & Park District strives to provide the highest quality in programs and services. For any concerns regarding the quality of our programs and/or instructors, please contact us by the 2nd class meeting, 682-0896, so that we may work to resolve your concerns. Satisfaction guaranteed!

If circumstances beyond your control impact your ability to participate in our programs and/or it becomes necessary for you to transfer to another date/time, transfers or credits on account will be assessed a \$5 administration fee and a cash refund/credit to your charge card will be assessed a \$10 processing fee (unless the activity is changed or canceled by the District.) With the exception of medical emergencies, all requests for transfers/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.

water exercise



aqua

ZUMBA

Aqua ZUMBA®

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

Instructor: Rigel Cedeño, Certified Aqua Zumba Instructor

PH Education Center Pool:
1 Santa Barbara Rd.

4 classes | \$38/\$30 (Dist. Res.); Drop-in \$8

8121.801 1/9–1/30 W 7:00–8:00 pm

AQUATIC PARK RENTALS

Reservation forms, available at the District Office, 147 Gregory Lane, must be completed and deposits/use fees (if applicable) paid in order to confirm any pool reservation. MINIMUM OF TWO WEEKS ADVANCED RESERVATION IS REQUIRED. Parties held at the PH Aquatic Park, 147 Gregory Lane.

For information call 682-0896.

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. Self-guided water walking is available in the shallow lanes.

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

PH Education Center Pool:
1 Santa Barbara Rd.

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

8203.801 1/7-3/29* M/W/F 6:00-7:00 am

8205.801 1/7-3/29* M/W/F 1:00-2:00 pm

8204.801 1/7-3/28* M/Tu/Th 7:00-8:00 pm

*No class 1/21, 2/11, 2/18

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

Water Aerobics

To Energize and Revitalize!

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

Instructor: Jeaneen Cowen

PH Education Center Pool:
1 Santa Barbara Rd.

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

AM 11/13-3/28 Tu/Th 8:30-9:30 am

AM 11/13-3/28 W 7:20-8:20 am

PM 11/13-3/28 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

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

Instructor: Sofia Nappo

PH Education Center:
1 Santa Barbara Rd.

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

AM M/W/F 8:30-10:00 am

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

classes

Lifeguard Training

15 yrs & up

Become an American Red Cross certified Lifeguard! After successful completion, the American Red Cross will issue certificates in Lifeguarding/First Aid/CPR/AED and Administering Emergency Oxygen. Bring lunch. Visit pleasanthillrec.com for required pre-requisites, which must be successfully completed on the first day of class.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

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

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

8715.801 4/1-4/4 M-Th 9:00 am-4:30 pm

30-minute daily lunch break included.

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

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

30-minute lunch break on Saturday included.

Lifeguard Training Review

16 yrs & up

For students who have taken a lifeguard training course within the last four years and want to renew their certificates.

Course includes lecture and video review, skills practice and testing (written & skills). Upon successful completion, the American Red Cross will issue certificates in Lifeguarding/First Aid/CPR/AED. Pocket mask required; available for an additional fee when registering.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

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

(includes \$35 certification fee to ARC)

8717.801 4/5-4/6 F-Sa 9:00 am-4:00 pm

30-minute daily lunch break included.

8718.802 6/4-6/6 Tu/W/Th 4:00-8:30 pm

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.

Water Safety Instructor

16 yrs & up

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

Instructor: Korey Riley

PH Aquatic Park: 147 Gregory Lane

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

(includes all books and materials)

8716.801 4/8-5/13 M/W 5:30-8:30 pm

special events

30th Annual Dolphins Tree Lot

NOVEMBER 23-DECEMBER 23

Monday-Saturday, 9:00 am-9:00 pm
Sunday, 12:30-9:00 pm

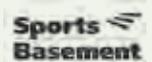
Winslow Center Parking Lot:
2590 Pleasant Hill Rd.

(Corner of Taylor & Pleasant Hill Rd.)

Proceeds benefit the Pleasant Hill Dolphins Swim Team.

4th Annual Polar Bear Plunge

All ages welcome!



Start your New Year with an invigorating plunge in the unheated water of PH Aquatic Park! Warm up with coffee and hot chocolate after your plunge. Pre-register by Dec. 13 to be guaranteed long sleeve shirt. Thank you to our Sponsor: Sports Basement Walnut Creek.

Tuesday, January 1, 2013, 12:00 pm
PH Aquatic Park: 147 Gregory Lane

8780.801

\$15 Pre-Reg by 12/13 | \$20 (12/14-1/1)

Dolphins Crab Feed

Dolphins are proud to partner with the Lions Club of Pleasant Hill on this year's Crab Feed. For details, tickets or to donate a silent auction, call 682-0896 or visit www.pleasanthillrec.com.

Saturday, February 9, 2013, 6:00 pm
PH Senior Center: 233 Gregory Lane

\$50 per person



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 (6-12 YRS)

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

ADULT/TEEN (12 YRS/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 & Water Safety Program! The program features six levels of learn-to-swim instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience as they progress through all six levels, and to help ensure that they master swimming skills.

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

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

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

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

	12/11-12/20	1/8-1/17	1/22-1/31	2/5-2/14	2/19-2/28	3/5-3/14	3/19-3/28
6:00 pm	8616.707	8616.708	8616.709	8616.801	8616.802	8616.803	8616.804
6:20 pm	8617.707	8617.708	8617.709	8617.801	8617.802	8617.803	8617.804
6:40 pm	8618.707	8618.708	8618.709	8618.801	8618.802	8618.803	8618.804

Spring Swim Lessons—PH Aquatic Park: 147 Gregory Lane

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

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

	AGE	4/6-4/27	5/4-5/25	6/1-6/22
9:00 am	Adult/Teen	8591.801	8591.803	8591.805
9:30 am	Youth	8575.801	8575.803	8575.805
10:00 am	Pre-School	8655.801	8655.803	8655.805
10:30 am	Tiny Tot	8525.801	8525.803	8525.805
11:00 am	Pre-School	8656.801	8656.803	8656.805
11:30 am	Tiny Tot	8526.801	8526.803	8526.805
12:00 pm	Parent/Tot*	8510.801	8510.803	8510.805

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

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

	AGE	4/7-4/28	5/5-5/26	6/2-6/23
9:00 am	Adult/Teen	8591.802	8591.804	8591.806
9:30 am	Youth	8575.802	8575.804	8575.806
10:00 am	Pre-School	8655.802	8655.804	8655.806
10:30 am	Tiny Tot	8525.802	8525.804	8525.806
11:00 am	Pre-School	8656.802	8656.804	8656.806
11:30 am	Tiny Tot	8526.802	8526.804	8526.806
12:00 pm	Parent/Tot*	8510.802	8510.804	8510.806

Tu/Th Private:

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

		4/9-4/18	4/23-5/2	5/7-5/16	5/21-5/30
1:00 pm		8619.805	8619.806	8619.807	8619.808
1:20 pm		8620.805	8620.806	8620.807	8620.808
1:40 pm		8621.805	8621.806	8621.807	8621.808
5:00 pm		8613.805			8613.808
5:20 pm		8614.805			8614.808
5:40 pm		8615.805			8615.808
6:00 pm		8616.805	8616.806	8616.807	8616.808
6:20 pm		8617.805	8617.806	8617.807	8617.808
6:40 pm		8618.805	8618.806	8618.807	8618.808

Saturday Private:

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

		4/6-4/27	5/4-5/25	6/1-6/22
9:00 am		8623.801	8623.803	8623.805
9:20 am		8624.801	8624.803	8624.805
9:40 am		8625.801	8625.803	8625.805
10:00 am		8626.801	8626.803	8626.805
10:20 am		8627.801	8627.803	8627.805
10:40 am		8628.801	8628.803	8628.805
11:00 am		8629.801	8629.803	8629.805
11:20 am		8630.801	8630.803	8630.805
11:40 am		8631.801	8631.803	8631.805
12:00 pm		8632.801	8632.803	8632.805

Sunday Private:

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

		4/7-4/28	5/5-5/26	6/2-6/23
9:00 am		8623.802	8623.804	8623.806
9:20 am		8624.802	8624.804	8624.806
9:40 am		8625.802	8625.804	8625.806
10:00 am		8626.802	8626.804	8626.806
10:20 am		8627.802	8627.804	8627.806
10:40 am		8628.802	8628.804	8628.806
11:00 am		8629.802	8629.804	8629.806
11:20 am		8630.802	8630.804	8630.806
11:40 am		8631.802	8631.804	8631.806
12:00 pm		8632.802	8632.804	8632.806

Check out the Spring/Summer Spotlight in March for June weekday lessons.

pleasant hill dolphins swim team

Have Fun! Swim Fast! One of the county's top recreational swim teams offering competitive swimming in an atmosphere of fun. Instruction in racing dives and all four competitive strokes and turns. Conditioning/self-improvement are stressed. Includes daily practice in all phases of competitive swimming and weekly swim meets in the summer (held on Wednesday evenings & Saturday mornings). The team also offers special activities (waterslides, pizza nights, age-group parties) for swimmers and their families. Swimmers must be able to swim 15 yards of freestyle (face in the water with rhythmic breathing). Liability waivers/fees must be paid prior to any participation.



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

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

Spring practice held at PH Aquatic Park: 147 Gregory Ln.
Practice moves to PH Education Center Pool:
1 Santa Barbara Rd. on May 20.
Summer practice at PH Education Center Pool:
1 Santa Barbara Rd.

Registration: January 7-May 19, 2013 at the District Office (M-F, 9:00 am-5:00 pm) or online at www.pleasanthillrec.com. For more information, call 682-0896. **Register by February 28 and pay 2012's rate!**

Jan 7-Feb 28 \$295/\$280 (Dist. Res.)

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

April 6-May 19 \$345/\$330 (Dist. Res.)

Fee includes team t-shirt. Payment plan available.

Save the Date!

Team Meeting: May 16

Time Trials: May 19

Visit www.pleasanthilldolphins.com for more information on the 2013 calendar.

Registration Day:

Saturday, March 23, 10:00 am-12:00 pm

New families are encouraged to attend. Coaches and board members will be present to answer questions at the District Office, 147 Gregory Lane.

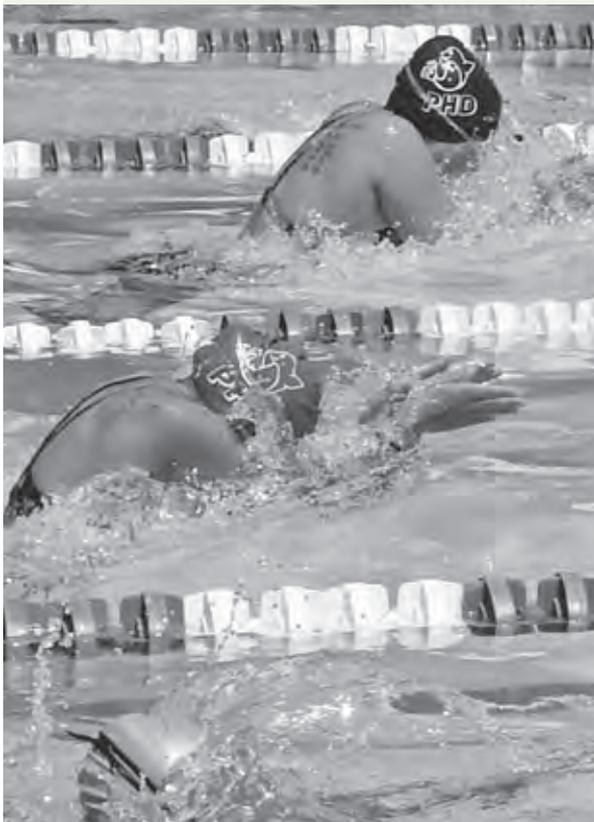
***Work Assignments:** Parents/families play a vital role in the success of this program and **parent participation is required**. Each family must sign up for all of their work assignments or pay a buy-out fee of \$350 to the PH Dolphins Parent Club by April 22. For more information on work assignments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

Special Discounts:

- Sibling Discount: \$25 off registration fee for each additional swimmer in the same family.
- High School Athlete Special (must currently be participating in a Spring High School Sport.) \$50 off the registration fee. Swim May 20-July 29. Must register at the District Office during team registration period to receive discount.
- Swimmers, 13-18 yrs, bring a new swimmer, 13-18 yrs, to the Dolphins and receive \$40 discount per swimmer. Registration forms/payment for both swimmers must be provided concurrently during team registration period.

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

No practice May 27, July 3-5. Practices for County meet qualifying swimmers, July 30-Aug 9.



Mini-Dolphins

7 yrs and under

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

SPRING

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

Registration Deadline:

Monday, 4/29

PH Aquatic Park: 147 Gregory Ln.

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

8200.801

4/30-6/13 Tu/Th 3:45-4:15 pm

Practice moves to PH Education Center 5/21

SUMMER

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

Registration Deadline: Friday, 6/7

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

PH Education Center Pool:

1 Santa Barbara Rd.

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

8200.901

6/17-7/29 M/Tu/Th/F 1:30-2:00 pm

No practice 7/3-7/5



preschool classes

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

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. Experience first-hand the first six lessons of this International Two Year Curriculum.

Instructor: Fame Yamaha Music Center

140 Mayhew Way, Suite #A101

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

6635.801 1/28-3/11* M 1:30-2:15 pm

6635.802 3/18-4/29* M 1:30-2:15 pm

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

*No class 2/18, 3/25

JumpBunch Sports & Fitness for Kids **NEW!**

3-5 yrs

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

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

Winslow Center: Assembly Rm, 2590 Pleasant Hill Rd.

6 classes | \$91/\$76 (Dist. Res.)

6616.801 1/7-2/25* M 11:45 am-12:15 pm

6616.802 3/4-4/15* M 11:45 am-12:15 pm

*No class 1/21, 2/18, 4/1

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 Center: Assembly Rm, 2590 Pleasant Hill Rd.

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

6617.801 1/16-2/13 W 3:35-4:20 pm

6617.802 2/20-3/20 W 3:35-4:20 pm

6617.803 3/27-4/24 W 3:35-4:20 pm



Parent Tot Preschool Prep

22 months to 3 yrs

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

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

Winslow Ctr: Rm 1, 2590 Pleasant Hill Rd.

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

6655.801 2/1-3/8 F 9:00-10:45 am

6655.802 3/15-4/26* F 9:00-10:45 am

*No class 4/5

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.

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

PH Senior Center: Dance Studio, 233 Gregory Ln.

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

6619.801 1/7-3/4* M 3:40-4:25 pm

*No class 1/21, 2/18

8 classes | \$116/\$101 (Dist. Res.)

6619.802 3/11-4/29 M 3:40-4:25 pm

Preschool Hip Hop

3½-5 yrs

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

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

Winslow Center: Assembly Rm, 2590 Pleasant Hill Rd.

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

6615.801 1/9-2/13 W 2:00-2:45 pm

6615.802 2/27-4/3 W 2:00-2:45 pm

Spanish Immersion Preschool

3 1/2–5 1/2 yrs

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

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

**Gregory Gardens Elementary School:
Rm 11, 1 Corritone Court**

6 weeks | \$180/\$165 (Dist. Res.)

6631.801 1/7–2/25* M 9:30–12:00 pm

6631.802 3/4–4/15* M 9:30–12:00 pm

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

*No class 1/21, 2/18 and 4/1

Tiny-Tot Morning Care

Walking to 3 yrs

Parents! Give yourself some time off. Let US watch your children. Indoor games, story time, snack time and outdoor playground time. Snack provided. Bring beverage. Registration begins at 8:45 am on Dec. 5 for session 801 and Feb. 20 for session 802 at the Winslow Center, Rm #1. After initial registration dates, call 682-0896 to register.

Instructor: Jan Ertola/Staff

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

.801 1/23–3/27* M/W 9:00 am–12:00 pm

.802 4/8–6/5* M/W 9:00 am–12:00 pm

*No class 2/18, 5/27

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



Attention families of preschoolers!
Don't miss the 15th Annual

Preschool & Parenting Fair

Sponsored by the Pleasant Hill/
Walnut Creek Mother's Club

**Saturday, January 12, 2013
9:00 am–12:00 pm FREE!**

Pleasant Hill Senior Center
233 Gregory Lane, Pleasant Hill
(off Contra Costa Blvd. by Pleasant Hill Park)

For information, email:
preschoolfair@gmail.com



- 40 Preschools located in Alamo, Concord, Lafayette, Pleasant Hill, Martinez, and Walnut Creek
- A myriad of parenting and family resources in the East Bay
- Co-sponsored by Pleasant Hill Recreation & Park District



Pleasant Hill/Walnut Creek Mother's Club

"Nurturing the nurturer by providing support and information to parents with young children"

(925) 939-6466 • mom4moms@gmail.com

www.mom4mom.org



**No fees for
online registration!**

Pleasant Hill RECREATION PRESCHOOL



Learn. Play. Grow.
Since 1973.

Preschool Classes, 2012–2013: Enrolling NOW

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 4 yrs–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

**Mark your calendar for Fall 2013
Preschool Registration on March 9th!**

For details go to www.pleasanthillrecpreschool.com

youth camps

**Lego Winter Break Camp:
Jedi Engineering** **NEW!**

Grades 1-4

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets. A new offering of original designs for young Jedi from Play-Well TEKologies.

Instructor: Play-Well Staff

Village Music School: 1720 Linda Dr.**3 days | \$170/\$155 (Dist. Res.)****6069.801** 1/2-1/4 W-F 9:00 am-12:00 pm**Spanish Winter Break Camp** **NEW!**

5-10 yrs

Es Invierno, it is Winter. Juguemos con la nieve, lets play with the snow. In this wonderful Winter Camp your child will learn Spanish conversation. Your child/children will also learn all the great things about Winter, all in Spanish. Their imagination will take them up to the mountains full of snow to make snow angels, and have snow ball fights. Enjoy new friends and many more fun activities.

Instructor: Miriam Lattanzi

**Gregory Gardens Elementary School:
Rm 10, 1 Corritone Court****2 days | \$128/\$113 (Dist. Res.)****6068.801** 1/3-1/4 Th/F 9:30 am-2:00 pm

\$5 lab fee payable at first class.



youth classes

Beginning Acrylics

6-10 yrs

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

Instructor: Pat Jackson

M.J. Studios: 670 Gregory Lane, Suite G**6 classes | \$92/\$77 (Dist. Res.)****6050.801** 1/25-3/1 F 3:15-4:15 pm**6050.802** 3/8-4/12 F 3:15-4:15 pm

\$20 lab fee payable at first class.

Beginning Pastels

6-10 yrs

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

Instructor: Pat Jackson

M.J. Studios: 670 Gregory Lane, Suite G**6 classes | \$92/\$77 (Dist. Res.)****6048.801** 1/22-2/26 Tu 3:15-4:15 pm**6048.802** 3/5-4/9 Tu 3:15-4:15 pm

\$20 lab fee payable at first class.

Beginning Watercolor

6-10 yrs

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

Instructor: Pat Jackson

M.J. Studios: 670 Gregory Lane, Suite G**6 classes | \$92/\$77 (Dist. Res.)****6049.801** 1/24-2/28 Th 3:15-4:15 pm**6049.802** 3/7-4/11 Th 3:15-4:15 pm

\$20 lab fee payable at first class.



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

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.)****6051.801** 1/23-2/27 W 2:00-3:00 pm**6051.802** 3/6-4/10 W 2:00-3:00 pm

\$20 lab fee payable at first class.

Introduction to Sewing **NEW!**

Grades 4-5

Learn to hem, sew on buttons and make basic repairs to your favorite clothes. Use basic hand stitches to decorate or cover stains. Customize shirts, skirts, pants or bags by adding fabric shapes. Learn to recycle fabric to make something new. No sewing experience required. This is a great life skill to learn. Please bring a three ring binder to store all written instructions for future use. Cutting and measuring tools will be provided.

Instructor: Dolores Martinez

PH Senior Center: 233 Gregory Ln.**6 weeks \$92/\$77 (Dist. Res.)****6073.801** 1/9-2/13 W 2:30-4:30 pm**6073.802** 2/20-3/27 W 2:30-4:30 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

PH Senior Center: 233 Gregory Ln.**7 classes | \$111/\$96 (Dist. Res.)****6042.801** 1/7-3/4* M 4:30-5:30 pm

*No class 1/21, 2/18

8 classes | \$124/\$109 (Dist. Res.)**6042.802** 3/11-4/29 M 4:30-5:30 pm

No fees for online registration!

**"Make and Mail" NEW!
Holiday Card Workshops**

5–10 yrs

Students will have fun painting Holiday themes on canvas paper in acrylics. Students will paint two holiday pictures and we will photograph them and put them on a CD to take home. Parents can use the CD to print holiday cards for family and friends, and the paintings can be given as holiday gifts. Register early; class is limited to ten.

Instructor: Pat Jackson

M.J. Studios: 670 Gregory Lane, Suite G**1 workshop | \$65/\$50 (Dist. Res.)****6072.801** 12/1 Sa 11:00 am–2:00 pm**6072.802** 12/8 Sa 11:00 am–2:00 pm**Discover the Magic**

Grades 2–5

Let us discover the magic in your child by helping them build self-confidence, self-esteem, hand-eye coordination and the ability to speak in front of a group by learning how to perform easy-to-do magic tricks. They will learn how to float an object in the air, read people's minds and many more fascinating magic tricks. Price includes all props and supplies. There will be an opportunity after class to purchase additional magic tricks. Second workshop of the month is a continuation of the first workshop, but the first workshop is not required.

Instructor: Roy Porfido

PH Senior Center: 233 Gregory Ln.**1 workshop | \$84/69 (Dist. Res.)****6066.801** 1/12 Sa 9:00–11:00 pm**6066.802** 1/26 Sa 9:00–11:00 pm**6066.803** 3/9 Sa 9:00–11:00 pm**6066.804** 3/23 Sa 9:00–11:00 pm

\$5 lab fee payable at first class.

Yoga for Kids

6–8 yrs

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

Instructors: Village Music School Staff

Village Music School: 1720 Linda Dr.**6 weeks | \$92/\$77 (Dist. Res.)****6070.801** 1/12–2/16 Sa 10:00–10:45 am**6070.802** 2/23–4/6* Sa 10:00–10:45 am**6070.803** 4/13–5/18 Sa 10:00–10:45 am

*No class 3/30

**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.)****6067.801** 1/8–2/12 Tu 3:30–4:10 pm**6067.802** 2/19–3/26 Tu 3:30–4:10 pm**6067.803** 4/2–5/7 Tu 3:30–4:10 pm

\$12 lab fee payable at first class.

Beginning Piano/Keyboard

Grades 1–5

We believe that when children have fun with music lessons they will "play" for years. Students 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.)****6064.801** 1/12–2/16 Sa 12:30–1:10 pm**6064.802** 2/23–4/6* Sa 12:30–1:10 pm**6064.803** 4/13–5/18 Sa 12:30–1:10 pm**6064.804** 1/10–2/14 Th 2:30–3:10 pm**6064.805** 2/21–3/28 Th 2:30–3:10 pm**6064.806** 4/4–5/9 Th 2:30–3:10 pm

\$15 lab fee payable at first class. *No class 3/30

**S. T. A. G. E. Troup
Schoolhouse Rock!
Grades 3–High School
page 15**

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.)****6061.801** 1/12–2/16 Sa 1:30–2:10 pm**6061.802** 2/23–4/6* Sa 1:30–2:10 pm**6061.803** 4/13–5/18 Sa 1:30–2:10 pm**6061.804** 1/9–2/13 W 3:30–4:10 pm**6061.805** 2/20–3/27 W 3:30–4:10 pm**6061.806** 4/3–5/8 W 3:30–4:10 pm

\$10 lab fee payable at first class. *No class 3/30

Musical Theatre Class...Glee!

8–12 yrs

A willingness to sing and have fun are the only requirements to join. Our teacher plays piano while encouraging everyone to be and sing at their best! Basic vocal techniques will be introduced as students sing 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.**6 weeks | \$132.5/\$117.5 (Dist. Res.)****6065.801** 1/10–2/14 Th 6:40–7:30 pm**6065.802** 2/21–3/28 Th 6:40–7:30 pm**6065.803** 4/4–5/9 Th 6:40–7:30 pm

\$12 lab fee payable at first class.

Singing Class...Princess Songs

4–11 yrs

Students will improve their voice while singing songs of timeless animated fairytales. Our focus is for each Princess to have a great time as they build strong voices and fond memories of a magical age. At 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.)****6063.801** 1/12–2/16 Sa 11:15 am–12:05 pm**6063.802** 2/23–4/6* Sa 11:15 am–12:05 pm**6063.803** 4/13–5/18 Sa 11:15 am–12:05 pm

\$12 lab fee payable at first class. *No class 3/30

youth science classes

Creatures of the Earth **NEW!**

6-11 yrs

Uncover what human and animal bodies have in common and explore the chemistry that happens in your kitchen with a Digestor Inspector. Watch a marshmallow burn its calories before your eyes and take home a pedometer to measure your steps to health! Dive into our dissection of the ocean and sea life by making a model ocean. Learn about animals by investigating their tracks and unique adaptations. Learn how to take a cast of an animal track and take home your own experiment set! Learn about camouflage and explore the amazing sounds animals make to communicate. Get down to earth and learn about the difference between insects and bugs, view the world like an insect, and discover insect defenses!

Instructor: Mad Science of Mt. Diablo

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

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

6062.801 4/12-5/17 F 3:30-4:30 pm

Light and Energy **NEW!**

6-11 yrs

Electrons, Photons, and Protons! Jump into this exciting electrical adventure and survive the circuit maze! Be amazed as we fish for feathers with electrons and conduct hair-raising experiments with an electrostatic generator. Discover the light properties of colors, use a prism to separate the wavelengths of light, and mix things up with a Technicolor Blender. Watch an underwater volcano demonstrate the properties of heat and bounce with Boinks while connecting with kinetic energy.

Instructor: Mad Science of Mt. Diablo

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

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

6071.801 1/25-3/1 F 3:30-4:30 pm



**No fees for
online registration!**

youth sports

NBA/WNBA Basketball

Coed Divisions, Grades 3-5 & 6-8

HOOP IT UP while learning skills, agility, coordination, team work, and sportsmanship through practice drills. Register online anytime or M-F, 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 Center Gym:
1 Santa Barbara Road**

8 weeks | \$150*/\$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.

Karate for Youth

6-9 yrs

A beginning class on the basics of traditional Japanese Karate, which 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: John Castro, *Certified instructor under Paul Vunak of the PFS/JKD Association; holds 6th degree black belts in Judo, Karate, Jujitsu.*

**Winslow Center, Assembly Room:
2590 Pleasant Hill Road**

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

4641.801 1/15-2/12 Tu 4:15-5:00 pm

4641.802 2/19-3/19 Tu 4:15-5:00 pm

6 weeks | \$72/\$59 (Dist. Res.)

4641.803 3/26-4/30 Tu 4:15-5:00 pm



Kidz Love Soccer

2-10 yrs

This soccer 'school' is a recreational setting for children to learn soccer through age-appropriate skill demonstrations, games, and instructional scrimmages in a safe, non-competitive environment. Facilitated by professional coaches in the Kidz Love Soccer method. **Shin guards are required by the second meeting.** KLS Rain-out Hotline number is (888) 372-5803. For information, visit www.kidzlovesoccer.com

PH Park: 147 Gregory Ln.

8 wks: Fri, 1/25-3/15 | \$114/\$99 (Dist. Res.)

5030.801 Mom/Dad & Me: 9:30-10:00 am
2-3½ yrs

5031.801 Tot/Pre-Soccer: 10:10-10:45 am
3½-5 yrs

5032.802 Pre-Soccer: 4-5 yrs 2:40-3:15 pm

5033.802 Soccer 1: 5-6 yrs 3:15-4:00 pm

5031.802 Tot-soccer: 3½-4 yrs 4:45-5:15 pm

8 wks: Sat, 1/26-3/16 | \$114/\$99 (Dist. Res.)

5030.811 Mom/Dad & Me: 9:00-9:30 am
2-3½ yrs

5033.812 Soccer 1: 5-6 yrs 9:40-10:25 am

5032.811 Pre-Soccer: 4-5 yrs 10:25-11:00 am

5031.811 Tot Soccer: 3½-4 yrs 11:00-11:30 am

Soccer Skillz & Scrimmages **NEW!**

7-10 yrs

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

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

5034.801 1/25-3/15 F 4:00-4:45 pm

5034.811 1/26-3/16 Sa 11:30-12:15 pm



**Youth
Tennis
page 23**

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

**TEEN CENTER PROGRAM
GRADES 6TH-12TH
MONDAY-FRIDAY
SCHOOL DISMISSAL TO 6:00 PM**

The Pleasant Hill Teen Center
147 Gregory Lane, Pleasant Hill

Enjoy a safe and fun place meant for teens with the perfect combination of structured activities and time to just hang out!

**Annual Membership required for ALL.
\$35/\$25 for PHRPD residents**

BEGINNING DECEMBER 3, 2012...

- Transportation from middle school to Teen Center \$2 a day (from PHMS, VVMS and CP). Available to anyone including drop-in teens.
- Monthly activity calendar
- Pool table
- Sports Equipment
- Ping-Pong
- Foosball
- Computers
- Video Games
- Snack shack
- and more!



High School Hang Out

Starting December 4th

Enjoy some down time with your friends at the Teen Center. The Teen Center is open to you for billiards, foosball, ping-pong, movies, games, study hall and more. Grab your friends and come enjoy this beautiful facility.

GRADES 9-12

Tuesday & Thursday, 6:00-9:00 pm

**Annual Membership required for ALL.
\$35/\$25 for PHRPD residents**

Waiver required



Friday Night Events

**The 2nd Friday of every month,
6:00-8:00 pm**

Check phteenscene.com for event theme.

HAVE YOUR BIRTHDAY PARTY AT THE TEEN CENTER!

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

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

Visit phteenscene.com for more information or call (925) 691-5645.



TEEN SCENE

Teen Scene programs are designed for youth in grades 6–12 unless otherwise noted; 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, conte, and graphite, rendering realistically from photo reference and life.

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

5108.801 1/24–2/28 Th 4:15–5:15 pm

5108.802 3/7–4/11 Th 4:15–5:15 pm

\$20 lab fee payable to instructor.

MANGA CHARACTER DESIGN

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

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

5109.801 1/22–2/26 Tu 4:15–5:15 pm

5109.802 3/5–4/9 Tu 4:15–5:15 pm

\$20 lab fee payable to instructor.

Babysitting 101 for Beginners

10 yrs & up

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

Instructor: Jenny Cooper

Teen Center: 147 Gregory Lane

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

5105.801 3/9 Sa 9:00 am–2:00 pm

Beginning Drumming for Teens

11–18 yrs

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

Instructor: Bruce Jackson

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

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

5110.801 1/19–2/23 Sa 1:00–2:00 pm

5110.802 3/2–4/6 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.)

5122.801 1/10–2/14 Th 4:30–5:10 pm

5122.802 2/21–3/28 Th 4:30–5:10 pm

5122.803 4/4–5/9 Th 4:30–5:10 pm

5122.811 1/12–2/16 Sa 2:30–3:10 pm

5122.812 2/23–4/6* Sa 2:30–3:10 pm

5122.813 4/13–5/18 Sa 2:30–3:10 pm

\$10 lab fee payable to instructor. *No class 3/30



Introduction to Sewing **NEW!**

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

Instructor: Dolores Martinez

PH Senior Center: Arts & Crafts Room, 233 Gregory Lane

GRADES 6-8

Customize shirts, skirts, pants or bags by adding fabric shapes. Bring a three ring binder to store all written instruction for future use. Cutting and measuring tools will be available. First day of class we will go over our first project and supplies you will need to bring for the next class.

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

5131.801 1/9-2/13 W 4:30-6:30 pm

5131.802 2/20-3/27 W 4:30-6:30 pm

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

GRADES 9-12

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

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

5132.801 1/10-2/14 Th 4:30-6:30 pm

5132.802 2/21-3/28 Th 4:30-6:30 pm

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

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, motorcycles 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? Holiday Camp

Grades 4-8 (all levels)

Join us this holiday for your favorite strategy games, arts & crafts, movies and board games. Spend a wonderful time with your friends enjoying new chess games, star wars miniatures, Vader football and Boba baseball.

Leader: Dave DeFabio

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

1 week: \$145 | 2 weeks: \$245

5103.801 12/24-12/28* M-F 10:00 am-6:00 pm

5103.802 12/31-1/4* M-F 10:00 am-6:00 pm

*No class 12/25, 1/1

What's Your Game?

Grades 4-12 (all levels)

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

Leader: Dave DeFabio

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

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

5102.801 1/18-3/8 F 6:00-10:00 pm

5102.802 3/15-5/10* F 6:00-10:00 pm

*No class 3/29

S.T.A.G.E. Troupe: Schoolhouse Rock!

Grades 3-High School

Be a part of this lively, entertaining and educational score made famous during the Saturday Morning cartoon breaks of the 70's and 80's. "Just A Bill", "Conjunction Junction" and "A Noun is a Person, Place or Thing" are just some of the iconic and memorable songs from this classic show. Reimagined for the live stage, this class will teach basic musical theater principals including singing, acting and movement for the stage and culminate with a weekend of performances. All persons who sign up for the class are guaranteed a part in the show, but students interested in a principal (lead) role will need to audition by preparing a one minute song (up tempo or ballad). Please provide your own sheet music (an accompanist will be provided) or bring a CD with backing tracks. For an audition appointment, please call 682-0896.

Instructor/Director: G.A. Klein

Winslow Center: Upstairs (Sat.); Downstairs (Thur.); 2590 Pleasant Hill Rd.

7 weeks | \$270/\$255 (Dist. Res.)

5111.801 1/19-3/2 Sa 10:30 am-3:00 pm
Th 4:00-6:00 pm

\$50 lab fee payable to PHRPD.



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.*

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

community activities



Breakfast with Santa

1-10 yrs with parent
Pre-Registration by Dec. 10. Call for availability.

Hillcrest Congregational Church,
404 Gregory Ln.
(location subject to change)

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

Come Together Benefit Concert!

An All-Star Benefit Show for Pleasant Hill teen concerts and programs.

Winslow Center, 2590 Pleasant Hill Rd.

\$25/person

5100.801 2/15 F 7:30-10:00 pm

Partnership for Success— Summer Job Fair

Looking for a summer job? Come to the Summer Job Fair with 25+ recruiters looking to hire for summer positions.

DVC Cafeteria: 321 Golf Club Rd.

FREE! 2/27 W 10:00 am-2:00 pm

Prom Preview Fashion Show

Enjoy an afternoon with the latest Prom Fashions worn by members of the Pleasant Hill Teen Council. This fundraising event's proceeds benefit the Teen Center Furniture fund. Light refreshments included.

PH Senior Center: Chateau Rm, 233 Gregory Ln.

Fee: \$15

5199.801 3/3 Su 2:00-4:00 pm

Fairytale Princess Party

2-6 yrs

Be a princess for a day with your Mom or Dad. Wear your princess dress. Includes Fairytale Princess Story Time, a snack, and creating a very special princess crown. Register by April 5.

Winslow Center: Assembly Rm,
2590 Pleasant Hill Rd.

Admission: \$8/\$7 (Dist. Res.)

6163.801 4/10 W 3:30-4:30 pm

Breakfast with Bunny

1-10 yrs with parent

Enjoy breakfast and crafts with Bunny.

Pre-Registration by March 20.

PH Senior Center, 233 Gregory Ln.

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

6150.801 3/23 Sa 8:30-9:30 am

Literary Women SAVE THE DATE!

Bay Area Bluestocking Festival of Authors. For readers as well as writers! Check our website in January for registration information.

PH Senior Center: Chateau Rm,
233 Gregory Ln.

4/20 Sa 9:30 am-3:00 pm



"Egg" Citing Egg Hunt!

Saturday, March 30

Pleasant Hill Park • 147 Gregory Lane

Important! Pre-registration required
by 12:00 pm, March 29!

To register call 682-0896

Dana Smith, Juggler 9:30 am
Music by Strawberry Fields 9:30 am

Egg Hunt | \$6 per child
Check-in begins at 9:30 am!

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

RAIN OR SHINE

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

Find the Golden Ticket
in your egg and win a
SPECIAL PRIZE!



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



Rentals Have Begun!

Our newest rental space is open and ready for your next event!

We've already started booking fundraisers, meetings, birthdays and more throughout 2013.

Book your date before someone else grabs it!

The Teen Center is perfect for groups of 30-100 people.

Birthday Party packages available! see page 13



Details and pictures of the **new Senior Center** will be online in late December. Several options available, with rooms ranging from moderate sized classrooms to the spacious Chateau Room for large events.



Visit pleasanthillrec.com for rental packet and application information.

adult art & music

Acrylics

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

Instructor: Pat Jackson

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

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

4520.801	1/9-1/30	W	6:30-8:30 pm
4520.802	1/10-1/31	Th	10:00 am-12:00 pm
4520.803	2/6-2/27	W	6:30-8:30 pm
4520.804	2/7-2/28	Th	10:00 am-12:00 pm
4520.805	3/6-3/27	W	6:30-8:30 pm
4520.806	3/7-3/28	Th	10:00 am-12:00 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. All levels. Beginners pay \$30 lab fee to instructor.

Instructor: Trudi Edwards

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

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

4522.801	1/14-3/4*	M	7:00-9:00 pm
4522.802	3/11-4/22**	M	7:00-9:00 pm

\$30 lab fee for new students only, to cover supplies for first project. *No class 1/21, 2/18. **No class 4/1

Braided Rug and Basket-Making Intro

16 yrs & up

Attend one or both! Learn the 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; recycled materials are used.

Instructor: Arlene Magarian

Rodgers Ranch: 315 Cortsen Rd.

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

4578.801	2/16	Sa	1:00-4:00 pm
4578.802	3/16	Sa	1:00-4:00 pm

\$10 lab fee payable to instructor.

Guitar, Beginning I

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

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

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

4583.801	1/5-1/26	Sa	2:00-3:00 pm
4583.802	1/9-1/30	W	6:30-7:30 pm
4583.803	2/2-2/23	Sa	2:00-3:00 pm
4583.804	2/6-2/27	W	6:30-7:30 pm
4583.805	3/2-3/23	Sa	2:00-3:00 pm
4583.806	3/6-3/27	W	6:30-7:30 pm

\$15 lab fee payable to instructor.

Drumming Intensive

Instructor: John Waller

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

AFRICAN DJEMBE RHYTHMS

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

Drop-in: \$11 | 8-class punch card: \$80*

4575.805	1/8-4/30*	Tu	7:30-8:25 pm
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*No class 3/5

CONGA DRUM BASICS

Learn to play mambo or tumbao on conga with its distinct hand movements that create the grooves most associated with Afro-Cuban music. There is a relaxed way to play and these sessions will help you to build the rhythms slowly and perfectly. We will work on a variety of rhythms from Cuba, Brazil and Africa. We will also play along to some fun, easy Latin music CD's during class. Conga drum provided.

Drop-in: \$11 | 8-class punch card: \$80*

4581.805	1/8-4/23**	Tu	8:30-9:25 pm
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*Punch card may be used for any of John Waller's drumming classes, but not the Monthly Drum Circle, and does not expire. **No class 3/5

Monthly Drum Circle

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

Instructor: John Waller

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

Drop-in: \$9

1/17, 2/21, 3/21, 4/18	Th	7:00-8:30 pm
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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 <ul style="list-style-type: none"> Accounting Fundamentals I & II Quickbooks Stocks, Bonds & Investing Protect Your Money, Credit & Identity | Health Care & Medical <ul style="list-style-type: none"> Human Anatomy & Physiology Medical Transcription Medical Math |
| Business <ul style="list-style-type: none"> Nonprofit Fundraising Essentials Grant Writing Marketing | Language & Arts <ul style="list-style-type: none"> Writing Workshops Spanish (1 & 2, for Medical Professionals, in the Classroom, and for Law Enforcement) French Italian Japanese English |
| College Prep <ul style="list-style-type: none"> ReadyMATH GED Prep GRE Prep GMAT Prep SAT/ACT Prep LSAT Prep | Personal Development <ul style="list-style-type: none"> Resume Writing Lose Weight & Keep it off Digital Photography |
| Computer & Technology <ul style="list-style-type: none"> Photoshop Dreamweaver Microsoft Word, Excel, PowerPoint, Access, Publisher, and more | Teaching & Education <ul style="list-style-type: none"> Teaching students with ADHD |
- Plus many more!**

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, *The Collaborative Dog, LLC*.

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

TRAINING BASICS

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

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

4715.801 1/26-2/16 Sa 10:00-10:50 am

4715.803 3/2-3/23 Sa 10:00-10:50 am

AKC CANINE GOOD CITIZEN PREP & EVALUATION**NEW!**

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

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

4715.802 1/26-3/9 Sa 11:00 am-12:00 pm

So, You're Thinking About Getting a Puppy or a Dog One Evening Seminar

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

PH Senior Center: Dining Room, 233 Gregory Lane

1 workshop | \$15/\$10 (Dist. Res.)
per family or individual

4715.804 3/20 W 7:00-9:00 pm

CPR & First Aid—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

PH Senior Center: Classroom 1 & 2, 233 Gregory Lane

ADULT & PEDIATRIC COMMUNITY CPR & FIRST AID

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

1 workshop | \$78/\$63 (Dist. Res.)

4702.801 2/23 Sa 10:00 am-4:00 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 | \$50/\$40 (Dist. Res.)

4702.802 3/23 Sa 10:00 am-4:00 pm

\$15 lab fee payable to instructor.

ADULT & PEDIATRIC COMMUNITY CPR

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

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

4702.803 4/27 Sa 10:00 am-2:00 pm

\$15 lab fee payable to instructor.

Creative Writing Start YOUR Novel or Short Story

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

Instructor: Janice De Jesus

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

4 weeks | \$66/\$53 (Dist. Res.)

4510.801 1/12-2/2 Sa 10:00 am-12:00 pm

4510.802 2/16-3/9 Sa 10:00 am-12:00 pm

4510.803 3/23-4/13 Sa 10:00 am-12:00 pm

\$5 lab fee payable to instructor.

Hypnotherapy for a Healthy Life

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

Instructor: Rosetta Bonavita

WEIGHT LOSS

PH Senior Center: Classroom 1 & 2, 233 Gregory Lane

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

4843.801 2/9 Sa 10:00 am-12:00 pm

STRESS REDUCTION **NEW!**

PH Senior Center: Dance Studio, 233 Gregory Lane

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

4843.802 3/21 Th 6:00-8:00 pm

STOP ALL BAD HABITS **NEW!**

PH Senior Center: Dance Studio, 233 Gregory Lane

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

4843.803 4/25 Th 6:00-8:00 pm

Understanding How to Work With Your Dreams

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

Instructor: Judith Lynn Palmer

Rodgers Ranch: 315 Cortsen Rd.

DREAM COURSE 101

You need not be a vivid dreamer or expert in dreams to interpret, remember or access your dreams. Get the basic information, to begin working with your dreams.

1 workshop | \$50/\$40 (Dist. Res.)

4586.801 1/19 Sa 12:00 pm-3:00 pm

\$5 lab fee payable to instructor.

DREAM COURSE 102

During this workshop you will be introduced to and handle six styles of metaphoric and symbolic interpretations to help you clarify your own personal and spiritual life quests through your dreams. You will have the option of bringing one of your dreams with you to be interpreted on a group basis. Pre-requisites: Dream 101.

1 workshop | \$50/\$40 (Dist. Res.)

4586.802 1/26 Sa 12:00-3:00 pm

\$5 lab fee payable to instructor.

Retirement Planning Today **NEW!**

Are you prepared for retirement? Learn how to create an informed plan to retirement while integrating your own goals and values with your finances. You will learn to use tax laws to your advantage and to properly allocate your assets while minimizing risks and maximizing returns. Individual situations addressed. 233-page class notebook included in class fee and one copy is provided to each couple or each individual. Securities and Investment Advisory services offered through Financial Network Investment Corp., member SIPC.

Instructor: Bill Lahl

PH Senior Center: Room TBA, 233 Gregory Lane

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

4608.801 1/26 & 2/2 Sa 9:30 am–12:30 pm

4608.802 1/29 & 2/5 Tu 6:30 pm–9:30 pm

Spanish for Beginners **NEW!**

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

Instructor: Suzanne Aldrich

PH Senior Center: Classroom 1 & 2, 233 Gregory Lane

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

4532.801 1/23–3/27 W 6:00–7:30 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

PH Senior Center: Dining Room, 233 Gregory Lane

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

4610.801 2/28 Th 6:30–8:30 pm

adult dance

Belly Dancing

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

PH Senior Center: Chateau Room, 233 Gregory Lane

BELLY DANCE CORE BASICS

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

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

4132.801 1/15–2/12 Tu 6:30–7:30 pm

4132.802 2/19–3/19 Tu 6:30–7:30 pm

4132.803 3/26–4/23 Tu 6:30–7:30 pm

BELLY DANCE STYLES

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

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

4133.801 1/15–2/12 Tu 7:30–8:30 pm

4133.802 2/19–3/19 Tu 7:30–8:30 pm

4133.803 3/26–4/23 Tu 7:30–8:30 pm

Salsa Dancing with Soul and Spirit

Beginning and Continuing

By student demand, beginners will be taught many more patterns or routines in a less disciplined system that allows students to advance at their own pace. Includes the new stylish salsa dance basics for all styles that are easier to learn, 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. No alcohol-based perfumes/scents due to instructor allergy.

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

PH Senior Center: Dance Studio 233 Gregory Lane

BEGINNING

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

4155.801 1/10–2/7 Th 7:30–8:30 pm

4155.802 2/14–3/14 Th 7:30–8:30 pm

4155.803 3/28–5/2* Th 7:30–8:30 pm

*No class 4/25

INTERMEDIATE

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

4156.801 1/10–2/7 Th 8:30–9:30 pm

4156.802 2/14–3/14 Th 8:30–9:30 pm

4156.803 3/28–5/2* Th 8:30–9:30 pm

*No class 4/25

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

4155.804 1/10–5/2*

*No class 4/25

Dance Like the Stars Ballroom Dancing

16 yrs & up

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

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

PH Senior Center: Dance Studio 233 Gregory Lane

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

Dance Style	Level		Date	Time
Fox Trot, Cha-Cha-Cha, Samba	Beginner	4114.801	1/16–2/20*	7:15–8:10 pm
Fox Trot, Cha-Cha-Cha, Samba	Intermediate	4116.801	1/16–2/20*	8:15–9:10 pm
Waltz, Tango, Triple Swing	Beginner	4114.802	2/27–3/27	7:15–8:10 pm
Waltz, Tango, Triple Swing	Intermediate	4116.802	2/27–3/27	8:15–9:10 pm
Rumba, Fox Trot, Triple Swing	Beginner	4114.803	4/3–5/1	7:15–8:10 pm
Rumba, Fox Trot, Triple Swing	Intermediate	4116.803	4/3–5/1	8:15–9:10 pm

*No class 2/6

Wedding Day's First Dance

Marrying soon? Videotaping your wedding reception? Turn the first dance from plain and commonplace to a styled and flared event! Using very basic Fox Trot and Waltz dance steps with special attention to the beginning and ending of your dance, you can look terrific! PRE-REGISTRATION REQUIRED; please register early.

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

**PH Senior Center: Dance Studio,
233 Gregory Lane**

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

4101.801 5/8 W 7:15–9:15 pm

adult health & fitness

"Bollywood" Fusion

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

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

Teen Center: 147 Gregory Lane

6 weeks | \$72/\$59 (Dist. Res.)

4660.801 1/23–3/6* W 6:30–7:30 pm

4660.802 4/3–5/8 W 6:30–7:30 pm

*No class 2/20

Contemporary Self-Defense

16 yrs & up

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

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.*

**PH Senior Center: Chateau Room,
233 Gregory Lane**

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

4687.801 1/16–2/13 W 8:15–9:15 pm

4687.802 2/20–3/20 W 8:15–9:15 pm

4687.803 3/27–4/24 W 8:15–9:15 pm

Fencing, Beginning The Ultimate Sport

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

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

Jazzercise

Co-Ed/Adult (Ongoing, All levels)

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

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

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

Ongoing | Register at class only

AM M–Sa 9:00–10:00 am

PM Tu/W 5:30–6:30 pm

PM M/Th 6:40–7:40 pm

Karate

Grades 3–Adult

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

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

**PH Senior Center: Classrooms 1 & 2,
233 Gregory Lane**

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

4638.801 1/15–2/12 Tu 7:30–8:45 pm

4638.802 2/19–3/19 Tu 7:30–8:45 pm

6 weeks | \$72/\$59 (Dist. Res.)

4638.803 3/26–4/30 Tu 7:30–8:45 pm

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

BEGINNING

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

4630.801 1/7–3/4* M 7:45–8:45 pm

4630.802 3/11–4/22 M 7:45–8:45 pm

*No class 1/21, 2/18

EXPERIENCED FENCERS

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

4630.803 1/7–4/22* M 8:45–10:00 pm

*No class 1/21, 2/18

Kick Boxing for Women

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

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

**PH Senior Center: Dance Studio,
233 Gregory Lane**

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

4648.801 1/7–2/11* M 7:30–8:30 pm

4648.802 2/25–3/25 M 7:30–8:30 pm

4648.803 4/1–4/29 M 7:30–8:30 pm

*No class 1/21

Mixed Martial Arts with JKD Concepts

Co-Ed/Adult

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

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

**PH Senior Center: Chateau Room,
233 Gregory Lane**

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

4652.801 1/16–2/13 W 7:00–8:00 pm

4652.802 2/20–3/20 W 7:00–8:00 pm

4652.803 3/27–4/24 W 7:00–8:00 pm

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

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

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

PH Senior Center: Dance Studio, 233 Gregory Lane

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

4692.801	1/15-2/26	Tu	6:30-7:30 pm
4692.802	3/5-4/16	Tu	6:30-7:30 pm

Pepper Spray Clinic

18 yrs & up 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 Center, Rms 1 & 2, 2590 Pleasant Hill Rd.

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

4684.801	1/24	Th	7:50-9:00 pm
4684.802	4/25	Th	7:50-9:00 pm

Pilates With a Ball

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

Instructor: Alison Klippel, *Certified Instructor*

Winslow Center: 2590 Pleasant Hill Rd.

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

4688.801	1/7-3/4*	M	5:30-6:30 pm
4688.802	3/11-4/29**	M	5:30-6:30 pm

*No class 1/21, 2/18. **No class 4/1

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

4690.801	1/10-2/28	Th	10:30-11:30 am
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Thurs AM | 7 weeks | \$83/\$68 (Dist. Res.)

4690.802	3/7-4/25*	Th	10:30-11:30 am
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*No class 4/4

PH Senior Center: Dance Studio 233 Gregory Lane

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

4689.801	1/9-2/20	W	5:30-6:30 pm
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Wed PM | 8 weeks | \$93/\$78 (Dist. Res.)

4689.802	2/27-4/24*	W	5:30-6:30 pm
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*No class 4/3



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

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

Instructor: Peter Marks, *instructor for 19+ years*

Winslow Center: Assembly Rm, 2590 Pleasant Hill Rd.

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

4654.801	1/2-2/6	W	10:30-11:45 am
4654.802	2/13-3/20	W	10:30-11:45 am
4654.803	3/27-5/1	W	10:30-11:45 am

Total Fitness The Way to Energize & Vitalize

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

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

PH Senior Center: Dance Studio, 233 Gregory Lane

7 weeks | \$111/\$96 (Dist. Res.)

4636.801	1/7-3/4*	M	5:45-7:15 pm
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*No class 1/21, 2/18

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

4636.802	3/11-4/29	M	5:45-7:15 pm
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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.*

PH Senior Center: Dance Studio, 233 Gregory Lane

8 weeks | \$113/\$98 (Dist. Res.)

4642.801	1/8-2/26	Tu	11:00 am-12:00 pm
4642.802	3/4-4/30*	Tu	11:00 am-12:00 pm

*No class 4/2

Winslow Center: Assembly Rm, 2590 Pleasant Hill Rd.

7 weeks | \$101/\$86 (Dist. Res.)

4643.801	1/11-2/22	F	10:30-11:30 am
4643.802	3/1-4/19*	F	10:30-11:30 am

*No class 4/5

Hatha Yoga

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 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.*

Teen Center: 147 Gregory Lane

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

4657.801	1/7-3/4*	M	9:00-10:10 am
4657.802	3/11-4/22	M	9:00-10:10 am

*No class 1/21, 2/18

Winslow Center: Assembly Rm, 2590 Pleasant Hill Rd.

6 weeks | \$72/\$59 (Dist. Res.)

4656.801	1/2-2/6	W	6:40-7:50 pm
4656.802	2/13-3/20	W	6:40-7:50 pm
4656.803	3/27-5/1	W	6:40-7:50 pm



Yoga For All

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

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

PH Senior Center: Classrooms 1 & 2, 233 Gregory Lane

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

4648.801 1/10–2/28 Th 6:45–7:45 pm

4648.802 3/7–5/2* Th 6:45–7:45 pm

*No class 4/4

Yoga (Sugi/Gentle)

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

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

Winslow Center: Assembly Rm, 2590 Pleasant Hill Rd.

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

4637.801 1/8–2/26 Tu 10:30–11:45 am

4637.802 3/5–4/30* Tu 10:30–11:45 am

*No class 4/2

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

8 weeks | \$102/\$87 (Dist. Res.)

4667.701 1/9–2/27 W 7:45–9:00 pm

4667.702 3/6–4/24 W 7:45–9:00 pm

Zumba® Fitness **NEW!**

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

Instructor: Alison Klippel, *Certified Zumba® Instructor*

PH Senior Center, Dance Studio

233 Gregory Lane

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

4691.801 1/9–2/20 W 4:20–5:20 pm

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

4691.802 2/27–4/24* W 4:20–5:20 pm

*No class 4/3

adult sports leagues

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

Sports Website!

Go to www.pleasanthillrecsports.com, where you can check on field conditions, print schedules, roster addition forms, and registration packets.



tennis—all ages

Monthly Group Lessons

Classes begin on the first day of the month and run four consecutive weeks through the end of the month. Tennis shoes and racquet required. Classes may be combined or canceled based on number of registrants.

Instructor: Joey Martinez, *Head Coach College Park Boys Tennis, Assistant Coach DVC.*

College Park H.S. Tennis Courts: 320 Civic Dr. (adjacent to Community Center parking lot)
4 classes | \$64/\$52 (Dist. Res.)

	Level	Day	Time	January	February	March	April
Youth 6–12 yrs	B/AB	W	6:30–7:30 pm	5584.801	5584.802	5584.803	5584.804
	INT	W	7:30–8:30 pm			5585.803	5585.804
	B/AB	Sa	6:30–7:00 pm	5588.801	5588.802	5588.803	5588.804
Adult/ Teen 13+ yrs	B/AB	Tu	6:30–7:30 pm			5555.803	5555.804
	B/AB	Th	6:30–7:30 pm	5565.801	5565.802	5565.803	5565.804
	INT	Th	7:30–8:30 pm	5566.801	5566.802	5566.803	5566.804
	B/AB	Sa	5:30–6:30 pm	5575.801	5575.802	5575.803	5575.804

Playing Levels

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

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

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

Lessons By Arrangement—

To arrange lessons, call (925) 682-0896.
 Instructor: Staff

PRIVATE LESSONS: 5596

Per hour, any age/level: **\$70/\$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

Cruising Alaska SPACE FILLING!

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.

Trains of the Colorado Rockies

Experience the majesty of the Colorado Rockies from four trains that celebrate the can-do spirit of the Old West. Scale Pike's Peak on the world's highest cog railway. Climb aboard an 1881 steam train for a journey through the San Juan Mountains. Travel the Trail Ridge Road, the highest continuous highway in the U.S., reaching 12,183 ft. Discover the ancient culture of the Anasazi Indians at Mesa Verde National Park. Relish cowboy culture in an evening of authentic dining and entertainment. Tour highlights include: Denver, Rocky Mountain National Park, Georgetown Loop Railroad, Grand Junction, Colorado National Monument, Durango & Silverton Railroad, Durango, Royal Gorge Railroad, Colorado Springs, and Garden of the Gods. **Price includes:** air, transfers, gratuities, insurance, and 12 meals.

July 26–August 3, 2013

\$2,779 pp/double; \$3,379 pp/single

\$100 EARLY BOOKING DISCOUNT through January 26

Looking for a roommate?

This winter, we will be hosting a chance to meet other individual travelers on our trips to help you find potential roommates. Info will be posted on pleasanthillrec.com and phseniorcenter.com in early January! Stay tuned...

Plains of Kenya (with optional Tanzania Extension)

Explore the pure scenic vistas and magnificent wildlife of Kenya. Discover the thriving culture and experiences that make it one of the most popular African countries to visit. Numerous game drives bring you in search of the "Big 5" on your once-in-a-lifetime safari adventures. Visit the Rothschild Giraffe Sanctuary. Spend two nights at the Kigio Wildlife Conservancy and the elegant Mt. Kenya Safari Club. Three nights in the Masai Mara feature a traditional bush dinner with Masai dance performance and full-day game drive with picnic lunch in the spectacular landscape. **Price includes:** air, transfers, gratuities, insurance, and 33 meals.

September 14–27, 2013

\$7,629 pp/double; \$9,179 pp/single

\$250 EARLY BOOKING DISCOUNT through December 14

Niagara Falls to New York City **NEW!**

This custom 7-day tour takes us to a variety of new places as we travel through the state of New York. Travel to Lockport for a cruise on the Erie Canal, take the Arcade and Attica Railroad vintage train ride, and cross into Canada to see the mighty Niagara Falls up close. As we continue to travel through New York we will visit the historic Sonnenberg Gardens and Mansion, Cooperstown, the National Baseball Hall of Fame and Museum, and West Point Military Academy. Our journey ends in New York City, where you will have a chance to extend your tour to include 4 more nights touring this wonderful city (details and pricing to come). **Price includes:** air, taxes, gratuities, cancellation waiver and insurance, hotel and airport transfers, and 9 meals.

October 4–10, 2013

\$2,919 pp/double;

\$3,719 pp/single

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

Call Jessie at 798-8747 x19 to find out 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: 1/4, 2/1, 3/1, 4/5

(Please call to confirm date)

Friday, 1:00 pm

Pleasant Hill Senior Center,
233 Gregory Lane

Trip Office: 798-8747 (TRIP)

Mon–Fri, 9:00 am–2:00 pm

249 Gregory Lane

Day Trips

CASINO TRIPS: 2/7 (Jackson Rancheria), 3/5 (Cache Creek), 5/2 (Thunder Valley)

MYSTERY TRIPS: Winter dates T.B.A.

SIGHTSEEING/SHOWS:

1/16 Nunset Blvd.

1/22 Sacramento Discover (ft. Norman Rockwell & Rail Museum)

1/25 Royal Treasures from the Louvre (Louis & Marie)

1/30 Wicked (in SF)

2/2 Chinese New Year Celebration

2/14 Valentine's Day Show

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



Senior Center Grand Opening

JANUARY 5TH, 2013 • 1:00–4:00 PM

Join the excitement as we celebrate the Grand Opening of the Senior Center! Festivities will kick off with the customary ribbon cutting followed by an afternoon of fun. Here are just a few things you won't want to miss:

- **Boutique** with handmade items for sale. Baby items, scarves, and gifts!
- **Free Blood Pressure Screening**
- **Fitness class demonstrations:** try out a new class before you register! Mini classes will be held throughout the day in the Dance Studio
- Class, activity & program **representatives onsite** to answer questions and take suggestions
- **Membership Drive**—sign up for discounts, perks and the latest program news

Discounts on class registrations

Raffles throughout the day

Treats and goodies served in the dining room

Live music from the Basin Street Band

Plus more!

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

50+ activities & services

For a complete list of ongoing activities and services with times, dates and their location, please visit our website or call the office.

Art Healing Workshop **NEW!**

Art Healing is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts, solve problems, develop interpersonal skills, reduce stress and more. Painting on water surface is the subject of this workshop, a technique call Suminagashi. Class fee includes all supplies.

Instructor: Jaleh Alavi & Bahram Khamjani

PH Senior Center: Arts & Craft Room

1 class | \$35/\$29 (Member)

2264.801 2/16 Sa 10:00 am–1:00 pm

Life Stories Worth Sharing **NEW!**

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

Instructor: Terra Wilson-Kaysser

PH Senior Center: Computer Lab

7 weeks | \$96/\$87 (Member)

2250.801 1/15–2/26 Tu 10:00–11:30 am

2250.802 3/12–4/23 Tu 10:00–11:30 am

Dancercise

A multi-cultural rhythm-inspired dance exercise, incorporating fast and slow dance intervals to create a dynamic and effective fitness system. Class is offered in cooperation with the Chinese American Senior Center. Drop-in for 1st-time students only, \$3.

Instructor: Mei-Mei Cheng

PH Senior Center: Dance Studio

10-class Punch Card | \$30

Thursday 11:00–11:50 am

Luk Tung Kuen (LTK) **NEW!**

LTK is a form of exercise comprised of 36 movements involving all parts of the human body to promote circulation of blood and strengthen nerves and muscles. Some movements brighten the eyes, promote coordination, normalize blood pressure and improve memory. Offered in cooperation with the Chinese American Senior Center. Drop-in for 1st-time students only, \$3.

Instructor: Angielita Sandgard

PH Senior Center: Dance Studio

10-class Punch Card | \$30

Thursday 10:00–10:50 am

Computer Basics **NEW!**

Participants will learn basic computer terminology, initial set-up procedures and how to use computer components like a keyboard and mouse.

Instructor: Delena Penner, SCAN Health Plan

PH Senior Center: Computer Lab

1 class | \$25/\$21 (Member)

2300.801 2/7 Th 10:00 am–12:00 pm

Internet Basics **NEW!**

Get connected to information and people on the internet! Participants will learn how to access the internet, set up an email account and search for information on a browser.

Instructor: Delena Penner, SCAN Health Plan

PH Senior Center: Computer Lab

2 classes | \$33/\$29 (Member)

2301.801 3/5, 3/7 Tu/Th 10:00 am–12:00 pm

Dance for Joy **NEW!**

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

Instructor: Judi Corey

PH Senior Center: Dance Studio

8 weeks | \$55/\$48 (Member)

2221.801 1/10–2/28 Th 2:30–3:15 pm

2221.802 3/7–4/25 Th 2:30–3:15 pm

Pinochle 101 **NEW!**

Come learn how to play a fun card game that includes bidding & taking tricks, or come to brush-up on the game, the rules and skills. Handout with rules and scoring provided.

Instructor: Annie Stephens

PH Senior Center: Game Room

4 weeks | \$15/\$12 (Member)

2223.801 1/10–1/31 Th 1:30–4:00 pm

2223.802 4/4–4/25 Th 1:30–4:00 pm

Quilting: Basics & Beyond **NEW!**

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

Instructor: Carol Madsen

PH Senior Center: Chateau Room

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

2244.801 1/7–3/25* M 9:00 am–12:00 pm

10 weeks | \$55/\$52 (Member)

2245.801 1/10–3/7 Th 6:45–9:15 pm

*No class on 1/21, 2/18

Living Tai Chi: Foundations

Strengthen and relax with tai chi and qigong. Healing movement and meditation promote balance and resilience throughout life. With gentleness and grace we learn to harmonize mind, body and spirit with the goal of opening range of movement and improving balance. This class is for both beginners and experienced students.

Instructor: Jasmine-Rose Kam

PH Senior Center: Dance Studio

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

2210.801 1/7-3/11* M 10:00 am-12:00 pm

2210.802 4/1-5/20 M 10:00 am-12:00 pm

*No class 1/21 & 2/18

Living Tai Chi: Foundations & Forms Package

Register for Monday & Wednesday, the ideal learning format.

4 weeks | \$96/\$84 (Member)

2218.801 1/7-2/6* M 10:00 am-12:00 pm

2218.802 2/11-3/13** W 9:30 am-12:30 pm

*No class 1/21, 1/23. **No class 2/18, 2/20

Living Tai Chi: Foundations & Forms **NEW!**

Strengthen and relax with tai chi and qigong. Healing movement and meditation promote balance and resilience throughout life. With gentleness and grace we learn to harmonize mind, body and spirit with the art and discipline of tai chi movement.

Interest in learning the Yang style 108 long form. Prerequisite: Foundations Class.

Instructor: Jasmine-Rose Kam

PH Senior Center: Dance Studio

8 weeks | \$102/\$93 (Member)

2213.801 1/9-3/13* W 9:30 am-12:30 pm

2213.802 4/3-5/22 W 9:30 am-12:30 pm

*No class 1/23 & 2/20

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

PH Senior Center: Classrooms 1 & 2 (Monday PM class held in Chateau Rm)

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

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

2201.801 1/7-1/31* M/Th 8:15-9:15 am

2202.801 1/7-1/31* M/Th 9:30-10:30 am

2205.801 1/7-1/31* M/Th 5:30-6:30 pm

*No class 1/21

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

2201.802 2/4-2/28* M/Th 8:15-9:15 am

2202.802 2/4-2/28* M/Th 9:30-10:30 am

2205.802 2/4-2/28* M/Th 5:30-6:30 pm

*No class 2/18

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

2201.803 3/4-3/28* M/Th 8:15-9:15 am

2202.803 3/4-3/28* M/Th 9:30-10:30 am

2205.803 3/4-3/28* M/Th 5:30-6:30 pm

*No class 3/11, 3/14, 3/18

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

2201.804 4/1-4/29 M/Th 8:15-9:15 am

2202.804 4/1-4/29 M/Th 9:30-10:30 am

2205.804 4/1-4/29 M/Th 5:30-6:30 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. Current students get advance registration for this class.

Instructor: Dee Wood

PH Senior Center: Chateau Room

12 weeks | \$39/\$35 (Member)

2350.801 1/8-3/26 Tu 9:30-11:30 am

Fit for Life

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

Instructor: Tari Nicholson

PH Senior Center: Dance Studio

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

8-class Anytime Punch Card: \$40

2214.801 1/8-1/31 Tu/Th 9:00-10:00 am

2214.802 2/5-2/28 Tu/Th 9:00-10:00 am

2214.803 3/5-3/28 Tu/Th 9:00-10:00 am

2214.804 4/2-4/30 Tu/Th 9:00-10:00 am

Beginners, Improver & Easy Intermediate Line Dance

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

Instructor: Millie Dusha

PH Senior Center: Dance Studio

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

Beginners Sa 9:00-10:00 am

Improver Sa 10:15-11:15 am

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

No class 1/5, 1/12, 1/19, 2/16, 4/27, 5/4

High Beginner/Easy Intermediate

Workshop: 1/26 & 3/30, 9:00 am-1:30 pm, \$10



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!

PH Senior Center: Dance Studio

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

8 classes | \$45 / \$39 Member

2207.801 1/4-3/1* F 10:00-10:45 am

1/4 class will be held at St. Andrews.

2207.802 3/8-4/26 F 10:00-10:45 am

2208.801 1/7-3/11* M 9:00-9:45 am

2208.802 3/18-5/6 M 9:00-9:45 am

*No class 1/21, 2/15, 2/18

**For information on trips,
turn to page 24**

senior programs & events

Bunco

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

Sunday, 2:00–5:00 pm

Jan. 27, Feb. 24, Mar. 24, Apr. 28

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

PH Senior Center: Classrooms 1 & 2

Pancake Breakfasts

Our monthly pancake breakfast is back! Enjoy a stack of pancakes with eggs, sausage and orange juice. Adults (11 & up): \$5; Children (5–10): \$3; 4 & under: Free

First Sunday of the month:

Feb. 3, Mar. 3, 9:00–11:00 am

PH Senior Center: Chateau Rm

Driving Safely for Seniors & the Department of Motor Vehicles

The DMV created the Senior Ombudsman Program to keep seniors driving for as long as they can do so safely. Join Rosemary Robles, Community Outreach Senior Ombudsman, for an overview of available services. Please pre-register at the Senior Center.

FREE!

PH Senior Center: Chateau Rm

2262.801 1/11 F 1:30 pm

Crab Feed

Annual fundraiser! All you can eat fresh crab, pasta, salad, garlic bread and dessert! Don't miss the 50/50 split raffle and other chances to win! Buy your tickets early and insure you're there for the first crab feed in the NEW Senior Center!

Friday, Jan. 25, 6:00 pm

(doors open at 5:45 pm)

Fee: \$45/\$40 (Member)

PH Senior Center: Chateau Rm & Dining Rm



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Mardi Gras Social

If you weren't able to make it to New Orleans this year—don't worry! Let us fill your wine glass with some wonderful wine selections (non-alcoholic available). Appetizers will be served. Sponsored by The Chateaus of Pleasant Hill.

Friday, Feb. 12, 3:00–5:00 pm

Tickets: \$10/\$15 (sold at the door based on availability)

PH Senior Center: Dining Rm

Valentine's Dance

Grab your valentine or some friends and dance the afternoon away! Live music, light refreshments and loads of fun. Dance partner is not necessary!

Friday, Feb. 14, 2:00–4:00 pm

Tickets: \$11 presale / \$15 at the door

PH Senior Center: Chateau Rm

Will My Kids Ever Grow Up?

Explore the ways in which parenting adult children impacts your life. Fran Rapoport of Discovery Counseling Center of SRV will share tips on how to be a parent to your grown children.

FREE!

PH Senior Center: Classroom

2262.802 2/20 W 1:00 pm

Kindle 101

Do you have a Kindle (electronic book reader) and don't know how to use it? Are you thinking about purchasing one? Register for this class to learn about the e-reader, Kindle. Bring your Kindle if you have one; however a Kindle is not required to attend the class! Pre-registration is required!

FREE!

PH Senior Center: Dining Rm

2262.803 2/28 Th 2:00–3:00 pm

Guide Dog Q&A Session

The San Ramon Valley Guide Dog group will be at the senior center to talk about their program. They will share information on how a person becomes eligible to have a guide dog, how the puppies are trained, and they will even bring some of their puppy students. You don't want to miss this fun and educational program! Pre-registration is suggested.

FREE!

PH Senior Center: Chateau Rm

2262.804 3/8 F 1:30 pm

CPR: Adult & Pediatric

Adult, child, and infant CPR; rescue breathing, and aid for an obstructed airway. Class fee covers two-year certification card and book of course content. Cards are available upon successful completion of class.

PH Senior Center: Classroom

1 workshop | \$39/\$34 (Member)

2224.801 3/6 W 12:00–4:00 pm

\$15 lab fee payable to instructor

Easter Pancake Breakfast & Spring Boutique

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

Saturday, March 30, 8:00–11:00 am:

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

Children (5–10 yrs): \$3

4 & under: **FREE!**

PH Senior Center: Chateau Rm

Get to Know your Gadget

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. Pre-registration is highly recommended.

FREE!

PH Senior Center: Arts & Crafts Rm

2262.805 4/2 Tu 10:00 am–12:00 pm

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, Apr. 26, 4:00–6:00 pm

Tickets: \$10/\$15 (sold at the door based on availability)

PH Senior Center: Dining Rm

Save the Date!

2013 Laugh, Love & Learn

Friday, May 10 at the PH Senior Center



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More info on page 24!