

Fall/Winter
2014

the Spotlight



Adult Sports Leagues

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pleasanthillrec.com

TEEN CENTER

After-School Program



Grades
6-12

Join Us! Monday–Friday
School dismissal until 6:00 pm

Pleasant Hill Teen Center
147 Gregory Lane, Pleasant Hill

Now teens have a fun and safe place to go after school. The Teen Center offers a perfect combination of structured activities and time to just hang out!

- Monthly activity calendar
- Homework Help
- Computers
- Foosball, Ping Pong, Pool Table, Air Hockey
- Sports Equipment
- Outdoor Fitness
- Wii, Snack Shack, and MORE!

Membership includes:

- Discount on teen classes
- Special teen events
- ID card for security
- Snack Shack credit option
- 3 free days in August
- Trained adult staff (1:15)

Program Options

- Monthly \$135
- 10-visit Punch card \$85
- Catch-A-Ride Bus card \$40

Transportation available from PHMS and VVMS to Teen Center. Bus picks up in front of school. Purchase bus card to ride.

Membership required to participate in after-school program. Annual membership: \$35 /\$25 (Dist. Res.)



phteenscene.com
or call (925) 691-5645

Fall Registration Begins August 11th
see page 26.

NO ONLINE REGISTRATION FEES!

The Spotlight, September–December 2014:

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On the cover: Brian, Katie, Sam, and Joey Pieper. Photo by Ann Luke. At Pleasant Oaks Park.

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FREE! Holiday Festival is Back!

Wednesday, December 10, 5:00–8:00 pm

The annual Holiday Festival at the new Community Center is back and better than ever. Get into the holiday spirit with a variety of activities sure to delight the whole family. Chat with our famous Talking Christmas Tree. Enjoy youth holiday performances. Participate in arts & crafts. Ride the Holiday Express train. Take photos with strolling characters. Shop in holiday marketplace. Enjoy hot cocoa and cookies. And visit the big man himself, Santa Claus. Don't miss this magical evening of holiday fun. Sponsored by Republic Services.

Community Center: 320 Civic Drive



Teen Center Open House

Wednesday, August 20, 5:00–7:00 pm

See page 9.

Share the Magic

Friday, October 10

All new show every year! An evening filled with fun, mystery, and excitement. See illusions, card experts, close-up performers, by the Society of American Magicians. Come in costume for a chance to win a prize. Pre-registration required; please call 682-0898 for more details. Sign up early, space is limited. Doors open at 6:00 pm.

Community Center: Perera Pavilion

Admission: \$10

6154.401 10/10 F 7:00–10:00 pm

Trunk or Treat

Friday, October 24

Bring the whole family in costume and enjoy the evening going from trunk to trunk, collecting candy from community members who have decorated their vehicles for this fun, spooktacular event. Crafts, activities and a goodie bag for each child. Don't want to trick or treat? Register your decorated vehicle for a chance to win a great prize. Hot dogs and drinks available for \$1 each & supports the Pleasant Hill Teen Center. Free for trick-or-treaters. Donations appreciated; sponsored by Generations Church.

PH Park Parking Lot, 147 Gregory Lane

FREE to public; Trunk Entry Fee: \$5

5164.401 10/24 F 5:30–7:30 pm

Teddy Bear Tea

Wednesday, November 12

2–10 yrs

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

Senior Center: Dining Room

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

6156.401 11/12 W 3:30–4:30 pm

FREE! Holiday Boutique

Saturday, November 22, 9:00 am–2:00 pm

See page 25.

Turkey Trot Trail Run

Sunday, November 23, 9:00 am

See page 16.

Breakfast with Santa, Live Music by Paul Cotruvo

Saturday, December 13

1–10 yrs with parent

Santa will take time off from his busy schedule to join you and your family for a morning of holiday cheer, breakfast, and live entertainment. Breakfast includes pancakes, sausage and more. Don't forget your camera! Must pre-register by December 10. Children under 12 months are free and do not need to be registered to attend with a parent or sibling.

Senior Center: Chateau Room

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

6159.401 12/13 Sa 8:30–9:45 am

6159.402 12/13 Sa 10:15–11:30 am

Santa at Your Home

Monday & Tuesday, December 22 & 23

T'was the night before Christmas and Santa visited your house! Schedule a 10-minute visit at your home between 6:00–9:00 pm. Space limited. Reserve now. Sign up in the District Office or by calling 682-0896.

New Year's Eve Celebration

Wednesday, December 31

21+ yrs

Come dance your way into the New Year to the sounds of Cover2Cover! Let us take care of your New Year's Eve dinner plans as a VIP or come just for the dance party. No host beer, wine and cocktails. Visit pleasanthillrec.com for details. Space is limited. Tickets available November 1.

Senior Center: Chateau Room

VIP Ticket: \$85 | Dance Party Ticket: \$50



A Fond Farewell!

Eran Perera (left), Preschool Director and Maureen Valley (right), KIDSTOP Director retired this year after 25 and 15 years, respectively, from Pleasant Hill Recreation & Park District. Both these amazing women have touched the lives of so many families in our community with their love, caring and dedication to provide a nurturing and safe environment for our children. They will be missed!

With our deepest appreciation, we bid Eran and Maureen a fond farewell with best wishes for a very happy retirement.



preschool activities

California Gymnastics

California Gymnastic Services offers classes throughout the Bay Area and is structured to bring its innovative instructional program to Pleasant Hill. CGS has been teaching in the Bay Area since 1985.

Instructor: California Gymnastic Staff

Community Center: Dance Studio 1

PARENT AND ME GYMNASTICS

17 months–2 years, 11 months & parent

This class will enhance your child's motor development and confidence. Emphasis on movement, basic gymnastics skills, rolling, climbing, hanging and jumping in a fun and social environment. Musical games and group activities/circle time are introduced in this class. Parent participation required.

6 weeks | \$103/\$88 (Dist. Res.)

6603.401 9/19–10/24 F 9:30–10:15 am

6603.402 11/7–12/19* F 9:30–10:15 am

*No class 11/28; on 12/12 class located in

CC Soroptimist Room 1 & 2

TINY TUMBLER GYMNASTICS

3–5 yrs

Designed to enhance motor development skills, balance, coordination and confidence. Emphasis on developing beginning gymnastics skills in a fun, non-competitive environment. Introduces your child to learn to participate in a structured class without a parent. Music games and group activities are incorporated into each class.

6 weeks | \$103/\$88 (Dist. Res.)

6605.401 9/19–10/24 F 10:15–11:00 am

6605.402 11/7–12/19* F 10:15–11:00 am

*No class 11/28; on 12/12 class only located in

CC Soroptimist Room 1 & 2

Let's Make Music with Andrea Gaspari

18 months–4 yrs

Join this multi-award-winning teacher and performer in this magical fun-filled parent participation music class. You and your child will sing, dance, pretend all while learning to make music together.

Instructor: Andrea Gaspari, over 15 years teaching and performing in the Bay Area.

Winslow Center: Room 2

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

6636.401 9/8–11/3 M 9:30–10:10 am

No class 10/13

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

6636.402 11/17–12/15 M 9:30–10:10 am

Musical Babies **NEW!**

6 months–18 months

Explore the wonders of the musical language with your baby. Moms, Dads and Caregivers will love spending time watching their baby play with instruments, dance and sing their first songs.

Instructor: Andrea Gaspari, over 15 years teaching and performing in the Bay Area.

Winslow Center: Room 2

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

6637.401 9/8–11/3 M 11:15 am–12:00 pm

No class 10/13

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

6637.402 11/17–12/15 M 11:15 am–12:00 pm

Parent-Tot Preschool Prep

22 months–3 yrs

Parents! Come with your little one to enjoy songs, activities, and art while preparing your child to attend a class on his/her own. Children will learn to be with others as parents exchange ideas. Bring snack daily. Enrollment is limited. **Parent participant and registered child only.**

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

Community Center: Preschool Room 1

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

6655.401 9/5–10/10 F 9:00–10:45 am

6655.402 10/17–11/21 F 9:00–10:45 am

6655.403 12/5–1/23* F 9:00–10:45 am

*No class 12/26, 1/2

Piano and Me **NEW!**

3 yrs 6 months–6 yrs

Your child will learn to read and write notes, tonally and rhythmically while playing musical games, singing, dancing and playing instruments. Children will love making music in this class!

Instructor: Andrea Gaspari

Winslow Center: Room 2

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

6638.401 9/8–11/3 M 12:15–1:00 pm

No class 10/13

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

6638.402 11/17–12/15 M 12:15–1:00 pm



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. Attire: light pink leotard, tights, ballet shoes. NO skirts or tutus please.

Instructor: Christie Tomlinson

Community Center: Dance Studio 1

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

6619.401 9/8-10/27 M 3:30-4:15 pm

6619.402 11/3-12/22 M 3:30-4:15 pm

Spanish Immersion Preschool

3-5 yrs

Hola amigos, vamos a divertirnos, aprendiendo Espanol 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 Spring. All the activities are in Spanish.

Instructor: Spanish 4 Children Staff

Community Center: Preschool Room 2

6 weeks | \$213/\$198 (Dist. Res.)

6631.401 9/5-10/10 F 9:00 am-12:00 pm

6631.402 10/17-11/21 F 9:00 am-12:00 pm

\$6 supply fee payable to instructor at first class.

Tiny Tot Morning Care

Walking-3 yrs

Parents, give yourself some time off! Let US watch your children walking to 36 months. Indoor games, story time, snack time and outdoor playground time. Snack provided. Bring beverage. Registration begins at 8:45 am on 8/13 for session .401 and 10/8 for .402 at the Community Center Preschool Room 1. After initial registration dates, call 682-0896 for registration information. You will be billed unless your cancellation has been received by NOON one day prior to your reservation.

Instructor: Jan Ertola/staff

Community Center: Preschool Room 1

\$25/day per child, space reserved.

6610.401 9/3-10/30 M/W/Th 9:00 am-12:00 pm

6610.402 11/3-1/8 M/W/Th 9:00 am-12:00 pm

No class 11/24, 11/26, 11/27, 12/22-1/2/15

Young Rembrandts: FUNDamental Drawing

4-6 yrs

FUNDamental drawing classes teach children to draw with our step-by-step method to develop observation skills, increase fine motor skills, and handwriting readiness. Young children learn how to follow directions, hold and use a pencil, increase their attention span and grow their self-confidence so they will be successful in kindergarten. New lessons each session!

Instructor: Young Rembrandts Staff

Community Center: Republic Room

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

6616.401 9/3-10/1 W 10:30-11:30 am

6616.402 10/8-11/5 W 10:30-11:30 am

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

6616.403 11/12-12/17 W 10:30-11:30 am

No class 11/26, 12/10

Young Rembrandts: Eric Carle Workshop

4-6 yrs

Come explore the world of Eric Carle as we read different Eric Carle books then draw a lesson incorporating one aspect of the book we just enjoyed reading. Our creativity and imagination will play together as we create drawings of creatures like a caterpillar, a ladybug and a crab!

Instructor: Young Rembrandts Staff

Community Center: Republic Room

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

6617.401 9/2-9/30 Tu 10:00-11:30 am

\$10 supply fee payable to instructor at first class.

Young Rembrandts: Curious George Workshop

4-6 yrs

Children will be captivated by the world of H.A. and Margret Rey as we read Curious George books then draw a Young Rembrandts lesson based on the themes in the books. We will learn to draw a monkey, a kite and even a hot air balloon!

Instructor: Young Rembrandts Staff

Community Center: Republic Room

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

6617.402 10/7-11/4 Tu 10:00-11:30 am

\$10 supply fee payable to instructor at first class.

Recreation Preschool September 2014-June 2015

Introduce your child to the love of learning. 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 also 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, 2014; 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, 2014.

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

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

Lunch Time 12:00-1:00 pm

PRE-K/KINDERGARTEN—

Child must be 4 yrs-6 yrs or older as of Sept. 1, 2014. These are classes for children entering Kindergarten in fall 2015.

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

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

Lunch Time 12:00-1:00 pm

For **current openings** and more info, contact Preschool Director Sarah Smith at **676-5200, ext. 626.**



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

youth classes

Ballet

5–8 yrs

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

Instructor: Christie Tomlinson

Community Center: Dance Studio**8 weeks | \$124/\$109 (Dist. Res.)**

| | | | |
|-----------------|------------|---|--------------|
| 6042.401 | 9/8–10/27 | M | 4:30–5:30 pm |
| 6042.402 | 11/3–12/22 | M | 4:30–5:30 pm |

Pastels

6–10 yrs

The students will work in soft and oil, while learning technique, value and composition. Students will work from life photo and painting reference. Art history included.

Instructor: Pat Jackson

M.J. Studios: 670 Gregory Lane, Suite G**6 weeks | \$92/\$77 (Dist. Res.)**

| | | | |
|-----------------|-------------|---|--------------|
| 6048.401 | 9/8–10/13 | M | 3:15–4:15 pm |
| 6048.402 | 10/20–11/24 | M | 3:15–4:15 pm |

\$20 lab fee payable at first class.

Beginning Watercolor

6–10 yrs

Students will learn basic drawing concepts, technique, value, color, brushes and papers. Students will work from life and painting reference. History will be discussed.

Instructor: Pat Jackson

M.J. Studios: 670 Gregory Lane, Suite G**6 weeks | \$92/\$77 (Dist. Res.)**

| | | | |
|-----------------|-------------|---|--------------|
| 6049.401 | 9/3–10/8 | W | 3:30–4:30 pm |
| 6049.402 | 10/15–11/19 | W | 3:30–4:30 pm |

Drawing, Painting, Sculpture

Grades K–8

Draw, paint and sculpt a variety of subjects. Learn about elements of art including line, shape, color, form, space, composition and color mixing.

Instructor: Charlene Elliott

Community Center: Republic Room**4 weeks | \$89/\$74 (Dist. Res.)**

| | | | |
|-----------------|------------|---|--------------|
| 6073.401 | 9/15–10/6 | M | 3:15–4:30 pm |
| 6073.402 | 10/13–11/3 | M | 3:15–4:30 pm |

Beginning Acrylics

6–10 yrs

One of the easiest painting mediums. Students will learn basic drawing concepts, color and classical painting principles while working on canvas or canvas panels. Art history included.

Instructor: Pat Jackson

M.J. Studios: 670 Gregory Lane, Suite G**6 weeks | \$92/\$77 (Dist. Res.)**

| | | | |
|-----------------|-------------|---|--------------|
| 6050.401 | 9/5–10/10 | F | 3:15–4:15 pm |
| 6050.402 | 10/17–11/21 | F | 3:15–4:15 pm |

\$20 lab fee payable at first class.

Pokémon

6–10 yrs

Guaranteed to be a fun class! Students will learn to draw their favorite Pokémon characters by using simple shapes, working in graphite, colored pencil, pen & ink.

Instructor: M.J. Studios Staff

M.J. Studios: 670 Gregory Lane, Suite G**6 weeks | \$92/\$77 (Dist. Res.)**

| | | | |
|-----------------|-------------|----|--------------|
| 6051.401 | 9/2–10/7 | Tu | 3:15–4:15 pm |
| 6051.402 | 10/14–11/18 | Tu | 3:15–4:15 pm |

Young Rembrandts Anime & Manga Workshop

7–12 yrs

Why sit in front of the TV and watch cartoons when you can draw amazing characters and awesome scenes of your very own? Create illustrations influenced by popular Japanese anime and manga themes with a variety of facial expressions, action and movement to illustrate scenes.

Instructor: Young Rembrandts Staff

Community Center: Soroptimist Room**5 weeks | \$110/\$95 (Dist. Res.)**

| | | | |
|-----------------|-----------|---|--------------|
| 6074.401 | 10/6–11/3 | M | 3:45–5:15 pm |
|-----------------|-----------|---|--------------|

\$15 lab fee payable at first class.

Young Rembrandts Holiday Cards Drawing Workshop

6–13 yrs

Create your own special greeting cards while learning to draw a wonderful array of still life drawings. We will draw a holiday and winter imagery with highlights and shading to enhance. No prior experience needed. All supplies provided.

Instructor: Young Rembrandts Staff

Community Center: Soroptimist Room**5 weeks | \$90/\$75 (Dist. Res.)**

| | | | |
|-----------------|------------|----|----------------|
| 6074.402 | 11/1–11/29 | Sa | 10:00–11:00 am |
|-----------------|------------|----|----------------|

\$10 lab fee payable at first class.

youth sports

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.

Shin guards are required by the second meeting. All participants receive a Kidz Love Soccer Jersey. KLS Rain-out Hotline number is (888) 372-5803. For information, visit www.kidzlovesoccer.com

Instructor: Kidz Love Soccer Staff

PH Park: 147 Gregory Lane**8-WEEK FALL SESSIONS:****Fri, 9/26–11/14 | \$126/\$111 (Dist. Res.)**

| | | |
|-----------------|-----------------------|----------------|
| 5030.412 | Mom/Dad & Me: | 9:30–10:00 am |
| | 2–3.5 yrs | |
| 5031.412 | Tot Soccer: 3.5–4 yrs | 10:10–10:40 am |
| 5032.412 | Pre-Soccer: 4 yrs | 10:40–11:15 am |
| 5032.413 | Pre-Soccer: 4 yrs | 2:40–3:15 pm |
| 5033.413 | Soccer 1: 5–6 yrs | 3:15–4:00 pm |
| 5031.413 | Tot Soccer: 3.5–4 yrs | 4:45–5:15 pm |

Sat, 9/27–11/15 | \$126/\$111 (Dist. Res.)

| | | |
|-----------------|-----------------------|----------------|
| 5030.414 | Mom/Dad & Me: | 9:00–9:30 am |
| | 2–3.5 yrs | |
| 5033.414 | Soccer 1: 5–6 yrs | 9:40–10:25 am |
| 5032.414 | Pre-Soccer: 4–5 yrs | 10:25–11:00 am |
| 5031.414 | Tot Soccer: 3.5–4 yrs | 11:00–11:30 am |

4-WEEK FALL SESSION:**Fri, 9/26–10/17 | \$82/\$67**

| | | |
|-----------------|---------------|--------------|
| 5030.413 | Mom/Dad & Me: | 5:30–6:00 pm |
| | 2–3.5 yrs | |

8-WEEK WINTER SESSIONS:**Sat, 1/24–3/14 | \$126/\$111 (Dist. Res.)**

| | | |
|-----------------|-----------------------|----------------|
| 5030.513 | Mom/Dad & Me: | 9:00–9:30 am |
| | 2–3.5 yrs | |
| 5033.513 | Soccer 1: 5–6 yrs | 9:40–10:25 am |
| 5032.513 | Pre-Soccer: 4–5 yrs | 10:25–11:00 am |
| 5031.513 | Tot Soccer: 3.5–4 yrs | 11:00–11:30 am |

Fri, 1/23–3/13 | \$126/\$111 (Dist. Res.)

| | | |
|-----------------|-----------------------|--------------|
| 5032.512 | Pre-Soccer: 4–5 yrs | 2:55–3:30 pm |
| 5033.512 | Soccer 1: 5–6 yrs | 3:30–4:15 pm |
| 5031.512 | Tot Soccer: 3.5–4 yrs | 5:00–5:30 pm |

Kidz Love Soccer Skills & Scrimmage

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 participants receive a soccer jersey. **Shin guards are required by the second meeting.** KLS Rain-out Hotline number is (888) 372-5803. For details, visit: www.kidzlovesoccer.com

PH Park, 147 Gregory Lane**8 weeks | \$126/\$111 (Dist. Res.)**

5034.412 9/26–11/14 F 4:00–4:45 pm

5034.413 9/27–11/15 Sa 11:30 am–12:15 pm

5034.512 1/23–3/13 F 4:15–5:00 pm

5034.513 1/24–3/14 Sa 11:30 am–12:15 pm

NFL Youth Flag Football

Co-Ed, Grades 3–5 and 6–8

Hut! Hut! Hike! Join our Youth Flag Football Program sponsored by the National Football League. Weeknight practices are determined by each coach. Games are on Saturdays. Participants receive a jersey and football.

Instructor: Rec Staff

Pleasant Oaks Park: 2 Santa Barbara Road**6 weeks | \$145/\$130 (Dist. Res.)**

5050.401 10/11–11/15 Sa 10:00 am–2:00 pm

NBA/WNBA Youth Basketball

Grades 3–8

Hoop it up in our NBA/WNBA sponsored youth basketball program. Learn skills, coordination, agility, team work, and sportsmanship through practice drills. Practices arranged by coaches. Participants receive a sports jersey and basketball.

Instructor: Rec Staff

**PH Education Center Gym:
1 Santa Barbara Road****8 weeks | \$150/\$135 (Dist. Res.)**

5060.501 1/10–2/28 Sa 10:00 am–3:00 pm

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

Co-Ed, 8–13 yrs

The NFL PUNT, PASS & KICK (PPK) program is a national skills competition. Sign up at the park on the day of event and come show off what you can do! Birth certificate required. Tennis shoes only.

**Pleasant Hill Park Field: 147 Gregory Lane
Saturday, September 20, 10:00 am****Monthly Group
Youth Tennis Lessons**

6–12 yrs

Have a ball at group tennis lessons! Classes run four consecutive weeks through the end of the month. Classes may be combined or canceled if minimum numbers are not reached. Wear tennis shoes, bring racquet and one can of unopened tennis balls.

Instructor: Joey Martinez

**College Park H.S. Tennis Courts:
320 Civic Drive (adjacent to
Community Center parking lot)****4 weeks | \$65/\$52 (Dist. Res.)**

5555.401 9/9–9/30 Tu 6:30–7:30 pm

5555.402 10/7–10/28 Tu 6:30–7:30 pm

5555.403 11/4–11/25 Tu 6:30–7:30 pm

PLEASANT HILL RECREATION & PARK DISTRICT

**KIDSTOP**AT GREGORY GARDENS
ELEMENTARY**Where Kids Come First**

At KIDSTOP, parents can be confident that their Gators have a fun and safe place to stop before and after school.

KIDSTOP Children's Center offers:

- Loving, Safe and Nurturing Environment
- Balanced Enrichment Activities
- Upbeat, Caring and Professional Staff
- Convenient On-Site Location
- Affordable, Licensed Childcare
License #070213917

Come visit and meet our wonderful staff!www.pleasanthillrec.com

KIDSTOP is one of many programs offered by the Pleasant Hill Recreation & Park District.

Kidstop Children's Center | 1 Corritone Ct. | Pleasant Hill, CA 94523 | (925) 680-5298**Private Tennis Lessons**

Learn or improve your tennis skills with 1:1 or 1:2 personal coaching. Call and tell us when you and/or your tennis partner are available for either one or six hours of instruction. To arrange lessons, call/email (925) 682-0896, sgeorge@pleasanthillrec.com.

Private Lessons, any age level:

Per hour | \$71/\$57 (Dist. Res.)**Six 1-hr classes | \$292/\$277 (Dist. Res.)****Semi-Private Lessons:** Two per/same level; must register together.**Per hr* | \$38/\$30 (Dist. Res.)****Six 1-hr classes* | \$155/\$140 (Dist. Res.)**

*Fee is per person.

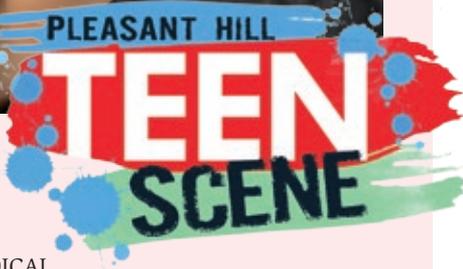
**Pee Wee Tennis
Now Available****4–5 yrs
Saturdays
at 12:30**

See website



Teen Scene programs are designed for youth in grades 6–12 unless otherwise noted. Some programs are open to youth and adults. REGISTER AT LEAST ONE WEEK PRIOR to start date 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. **Teen Scene Members receive a 10% discount on all enrichment classes.**



FREE! College Funding Workshop *Make 2014 the year your college savings goal becomes a reality!*

Adults
Parents: Take the stress out of college funding, by planning early! This workshop will give families the planning tools for ever increasing college costs. Learn about current and future college costs and fund sources. We will review financial aid, scholarships, loans, education savings accounts and tax advantaged investment strategies.

Instructor: Tracy Tamura

Teen Center: 147 Gregory Lane
1 class | FREE

11/20 Th 6:30–8:00 pm
Register at fundsforthefuture.net or call the Teen Center at 691-5645.

Online Driver's Ed

15 yrs & up
An interactive, educational online course with the latest in animation, video, and web technology. Class includes: rules of the road, freeway driving, motorcycle and pedestrian safety, major causes of traffic collisions, alcohol/drugs, and more. Teens under 17½ years must obtain a learner's permit and driver's license. Upon completion, receive DMV-approved Driver's Education Certificate of Completion (OL 237). Sign up anytime at safetydiversed.com/affiliates/phrec
Fee: \$59

Babysitting 101 for Beginners

10–18 yrs
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. Basic first aid, general safety, and what to do in an emergency is covered. Dress to play; bring a lunch.
Instructor: Jenny Cooper

Senior Center: Classroom
1 class | \$60/\$49 (Dist. Res.)

Teen Scene Members: \$55.60/\$44.60
5105.401 10/4 Sa 9:00 am–2:00 pm

Manga Character Design

11–16 yrs
Get creative! Learn the basics in drawing, anatomy, and creating original Manga characters that express dynamic emotions using inspiration from Japanese comic art. Manga history, Japanese culture, and how to develop a personal style will be discussed. A must for future Manga-Ka!
Instructor: M.J. Studios

MJ Studios: 670 Gregory Lane, Suite G
6 weeks | \$97/\$82 (Dist. Res.)

Teen Scene Members: \$89.30/\$74.30
5109.401 9/2–10/7 Tu 4:15–5:15 pm
5109.402 10/1–11/18 Tu 4:15–5:15 pm
\$20 lab fee payable to instructor.

CPR/First Aid for Teens **NEW!**

13–18 yrs
CPR and First aid can help you anywhere you are. Great certification to have in life. Learn adult & pediatric Community CPR—adult, child, and infant CPR, rescue breathing, and first aid. Cards are available upon successful completion of class.
Instructor: Sofia Nappo

Teen Center: Meeting Room
1 class | \$58/\$50 (Dist. Res.)

Teen Scene Members: \$55/\$47
5160.401 10/11 Sa 9:00 am–1:00 pm

Teen Hip Hop—Beginning **NEW!**

11–16 yrs
For teens only! Learn the latest and most popular hip hop dance moves, culminating in one choreographed piece at the end of the session. Class will consist of warm ups, stretching, breakdown of movement, choreography and cool down. Tennis shoes required.
Instructor: Stephanie Lynn

Community Center: Dance Studio 1
4 weeks | \$68/\$55 (Dist. Res.)

Teen Scene Members: \$63/\$50
5125.401 9/9–9/30 Tu 6:15–7:15 pm
5125.402 10/7–10/28 Tu 6:15–7:15 pm
5125.403 11/4–11/25 Tu 6:15–7:15 pm

What's Your Game? Club

Grades 6–12 (all levels)
Join your friends Friday nights at our strategy game club. Learn chess and nightmare chess. We play card games and board games such as zombies and Star Wars Miniatures. Tournaments, prizes, and many other events.
Leader: Dave DeFazio

Winslow Center: Room 1 & 2
8 weeks | \$5 Drop-in
Punch card: \$35 (8 classes)

5102.401 9/5–10/24 F 6:00–10:00 pm
5102.402 10/31–12/19 F 6:00–10:00 pm

**For teen/adult
dance and fitness classes
see pages 12–13**

**Teen
After School Program!**
See page 2



**FREE!
Teen Center Open House**

Wednesday, August 20, 5:00–7:00 pm

Get into the Teen Scene! Interested in Teen Center programs but not sure what it has to offer? Come check it all out! Meet the staff, check out the games and activities and enter our prize drawing! Sign-ups for after-school program, classes and activities will also be available. See you there.



**Have your Birthday Party
at the TEEN CENTER!**

**A perfect place to play, swim
and celebrate! No messy house!
No extra work!**

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. Teen Center has direct access to PH Aquatic Park.

\$350 | \$14.50 each additional guest

Visit phteenscene.com for more information
or call (925) 676-5200.



Tap into your inner artist!

For more art classes, see page 22



adult classes

Acrylics

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

Instructor: M.J. Studios

Community Center: Republic Room

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

| | | | |
|-----------------|------------|---|--------------|
| 4520.401 | 9/10-10/1 | W | 7:00-9:00 pm |
| 4520.402 | 10/15-11/5 | W | 7:00-9:00 pm |

Oil Painting or Watercolor

If you have been told you can't paint then this is the class for you! Beginners learn basic techniques on one painting, either oil painting or watercolor. Advance students work on a project of their 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.

Instructor: Trudi Edwards

Winslow Center: Rooms 1 & 2

5 weeks | \$62/\$52 (Dist. Res.)

| | | | |
|-----------------|-------------|---|--------------|
| 4521.401 | 9/15-10/13 | W | 7:00-9:00 pm |
| 4521.402 | 10/20-12/1* | W | 7:00-9:00 pm |

\$30 lab fee payable to instructor, new students only.
*No class on 11/10

Drawing: Sketching & Rendering

Learn to draw quickly, accurately and with confidence. Learning how to reduce objects down to their basic shapes and forms and sketching them onto paper will be the focus of this class. Topics include still life, composition, texture, basic perspective, shading along with landscape and figurative themes. Students should bring paper, pencils, ruler and eraser. Beginners welcome!

Instructor: Mark Jeziorny

Senior Center: Arts & Crafts Room

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

| | | | |
|-----------------|------------|----|--------------|
| 4556.401 | 10/7-10/28 | Tu | 7:00-9:00 pm |
|-----------------|------------|----|--------------|

| | | | |
|-----------------|------------|----|--------------|
| 4556.402 | 11/4-12/2* | Tu | 7:00-9:00 pm |
|-----------------|------------|----|--------------|

*No class 11/11

Beginning Spanish

Hola! Learn basic Spanish for travel. Communicate with clients and co-workers in your workplace. Converse with friends and family. Students will have fun learning basic conversational, reading and writing skills and gain knowledge about Spanish speaking countries, their history and culture. No previous knowledge is necessary. Please purchase and bring a Spanish dictionary and verb book to class; an example will be provided on first evening.

Instructor: Suzanne Aldrich

Senior Center: Classrooms 1 & 2

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

| | | | |
|-----------------|-------------|---|--------------|
| 4532.401 | 10/22-12/17 | W | 6:00-7:30 pm |
|-----------------|-------------|---|--------------|

No class 11/26

Back Care: At the Office & At Home

NEW!

Take care of your back! Dr. Kaplan will share tips that you can do yourself to keep your spine healthy. These tips include ergonomics, exercises, lifting techniques, lifestyle and nutritional support.

Instructor: Dr. Noah Kaplan

Senior Center: Dining Room

2 weeks | \$20/\$15 (Dist. Res.)

| | | | |
|-----------------|-----------|---|--------------|
| 4558.401 | 10/1-10/8 | W | 6:30-7:30 pm |
|-----------------|-----------|---|--------------|



Online Learning
anytime, anywhere...

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

Drumming Intensive with John Waller

This 8-class punchcard is good for any of John Waller's Adult Drumming Intensives and does not expire.

Instructor: John Waller

Winslow Center: Rooms 1 & 2

Drop-in: \$11 per class

8-class Punch Card: \$80

9/16–12/16 Tu 7:30–9:30 pm

The District is not responsible for lost or stolen cards. No class 11/11

Braided Rug & Basket Making Workshop

Join this fun introduction to making useful and decorative objects such as a rug, seat mat, pet bed, basket, meditation/dance mat or other. Interesting "tricks" demonstrated; all supplies provided.

Instructor: Arlene Magarian

Senior Center: Arts & Crafts Room

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

4578.401 10/18 Sa 1:00–4:00 pm

Guitar, Beginning I

Play tunes in just four weeks! Start 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 rent for \$20/month. Rental charges can be used towards purchase.

Instructor: M.J. Studios

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

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

4583.401 9/3–9/24 W 6:30–7:30 pm

4583.402 10/4–10/25 Sa 2:00–3:00 pm

\$15 lab fee payable to instructor.

CPR—Adult & Pediatric

14 yrs & up

Learn to save a life! Earn a two-year certification card and book covering course content. Cards are available upon successful completion of class.

Instructor: Josh Sauberman

Senior Center: Classroom 1

ADULT & PEDIATRIC CPR

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

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

4701.401 9/27 Sa 10:00 am–2:00 pm

\$15 lab fee payable to instructor.

Retirement Planning Today

Are you prepared for retirement? Learn how to create an informed plan to retirement while integrating your own goals and values with your finances. You will learn to use tax laws to your advantage and 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 person.

Instructor: Bill Lahl

Community Center: Republic Room

2 weeks | \$61/\$49 (Dist. Res.)

4608.401 10/25–11/1 Sa 9:30 am–12:30 pm

4608.402 11/6–11/13 Th 6:30–9:30 pm

Wills, Trusts & Estate Planning

Never too early to plan your will, trust and estate. You need this information for yourself, your parents, or your children. Topics: wills, living trusts, joint tenancies, and tax planning. Learn how to avoid estate taxes and probate fees. Learn about the new estate tax rules and when to update your documents.

Instructor: Randall Thompson

Community Center: Republic Room

1 workshop | \$15/\$12 (Dist. Res.)

4610.402 12/8 M 7:00–8:30 pm

BLS HEALTHCARE PROVIDER

BLS healthcare providers will learn adult, child and infant CPR, single and two rescuer CPR, choking, AED, pocket mask and bag-valve mask. Bring lunch, beverage.

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

4701.402 11/8 Sa 10:00 am–4:00 pm

\$15 lab fee payable to instructor.

ADULT & PEDIATRIC CPR & FIRST AID

Learn adult, child, and infant CPR, rescue breathing, and first aid.

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

4701.403 11/22 Sa 10:00 am–4:00 pm

Birding Contra Costa County

18 yrs & up

Discover a wonderful new way to enjoy the Fall season in Contra Costa County! Observe avian migrants as they leave our area and others return. Bring binoculars for our brisk walks. Meeting locations:
October 11: PH Community Center
October 18: Lafayette Reservoir
October 25: Lafayette/Moraga Regional Trail
November 1: Martinez Marina

Instructor: Jan Rae Cook

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

4739.401 10/11–11/1 Sa 9:0–11:00 am

Beginning & Intermediate Sewing

15 yrs & up

Review sewing machine set up and the use of appropriate feet for each project. Learn how to measure, design, and plan a project. Class projects include a table runner (Oct), holiday wall hanging or Christmas stocking (Nov)

Instructor: Dolores Martinez

Community Center: Soroptimist Room

4 weeks | \$110/\$95.00 (Dist. Res.)

4747.401 10/7–10/28 Tu 6:30–9:00 pm

4747.402 11/4–12/2 Tu 6:30–9:00 pm

Hypnotherapy for Weight Loss & Fitness

18 yrs & up

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

Instructor: Rosetta Colbath Bonavita

Community Center: McHale Room

1 workshop | \$62/\$50 (Dist. Res.)

4843.401 10/20 M 7:00–8:30 pm

Community Center: Republic Room

1 workshop | \$62/\$50 (Dist. Res.)

4843.402 11/17 M 7:00–8:30 pm

**For more adult classes
See pages 22–25**



adult dance

Belly Dance Goddess Workout

Experience the ultimate workout with a fusion of belly dance for cardio, pilates for core strength, and yoga for stretching, balance and serenity. Learn basic moves, transcend your worries, expand your social network and partake in special outings and events TBA for your pleasure! NO PREVIOUS EXPERIENCE NECESSARY.

Instructor: Sharifa

Senior Center: Dance Studio

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

| | | | |
|----------|-------------|----|--------------|
| 4132.401 | 9/2-10/7 | Tu | 6:30-7:30 pm |
| 4132.402 | 10/14-11/25 | Tu | 6:30-7:30 pm |

Belly Dance Styles

Develop your performance style, learn choreography, strengthen technique, and explore the gamut of Middle-Eastern dance styles. Basics of belly dance recommended. Bring hip scarf, veil and cymbals to start.

Instructor: Sharifa

Senior Center: Dance Studio

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

| | | | |
|----------|-------------|----|--------------|
| 4133.401 | 9/2-10/7 | Tu | 7:30-8:30 pm |
| 4133.402 | 10/14-11/25 | Tu | 7:30-8:30 pm |

Belly Dance Halloween Hafla

Have a howling good time at Sharifa's annual belly dance Halloween Hafla! Wear a costume, bring the family and celebrate Halloween with quirky belly dance entertainment provided by Sharifa's belly dance students and friends. Shop for costumes and gifts at the bazaar! Children's costume contest. Contact Sharifa if you want to be a vendor. Bring a big potluck dish to share. Pre-registration recommended: \$10 per single adult, children 12 & under free, seniors \$5. Belly Dance Student Showcase 6:00-8:00 pm

Community Center: Pavilion

| | | | |
|----------|-------|----|--------------|
| 4132.403 | 10/26 | Su | 3:30-8:30 pm |
|----------|-------|----|--------------|

"Bollywood" Fusion

16 yrs & up

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

Instructor: Layla Habib

Community Center: Dance Studio 1

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

| | | | |
|----------|-------------|---|--------------|
| 4660.401 | 9/10-10/8 | W | 6:30-7:25 pm |
| 4660.402 | 10/29-11/26 | W | 6:30-7:25 pm |

Dance Like The Stars

16 yrs & up

Impress family and friends with star-quality dance moves! Grab your favorite partner and learn all the basics needed to look good on the dance floor. See how easy and fun dancing can be!

Instructor: Alberta Bagneschi

Community Center: Dance Studio 1 & 2

5 weeks, Wednesdays | \$63/\$55 (Dist. Res.)

Waltz, Cha Cha, Cha, Single Swing

Beginning:

| | | | |
|----------|-------------|---|--------------|
| 4114.401 | 9/17-10/22* | W | 7:30-8:25 pm |
|----------|-------------|---|--------------|

Intermediate:

| | | | |
|----------|-------------|---|--------------|
| 4116.401 | 9/17-10/22* | W | 8:30-9:25 pm |
|----------|-------------|---|--------------|

*No class 10/8

Rumba, Fox Trot, Triple Swing

Beginning:

| | | | |
|----------|------------|---|--------------|
| 4114.402 | 10/29-12/3 | W | 7:30-8:25 pm |
|----------|------------|---|--------------|

Intermediate:

| | | | |
|----------|------------|---|--------------|
| 4116.402 | 10/29-12/3 | W | 8:30-9:25 pm |
|----------|------------|---|--------------|

Jingle Bell Rock Holiday Dance Party

16 yrs & up

Get into the holiday spirit with a special evening of dancing! Join Ballroom Dance students at their holiday dance party. Former students encouraged to come. Everyone welcome! Lots of great music and a fun dance lesson included. Bring an hors d'oeuvre to share. Buffet: 7:30-8:30 pm. Party ends at 9:30 pm. To register, call (925) 682-0896

Instructor: Alberta Bagneschi

Senior Center: Dance Studio

Individual Admission: \$6.00

| | | | |
|----------|-------|---|--------------|
| 4116.403 | 12/10 | W | 7:30-9:30 pm |
|----------|-------|---|--------------|

Salsa Dancing with Soul & Spirit

Learn the Soul and Spirit of Salsa with basic and advanced routines based on choreography from instructor's Salsa Championships (1973-2014). Do not wear sandals or tennis shoes. No alcohol based perfumes/scents due to instructor's allergy.

Instructor: Ron Bermudez

Community Center: Dance Studio 1 & 2

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

| | | | |
|----------|-----------|----|--------------|
| 4155.401 | 9/2-9/30 | Tu | 7:30-8:30 pm |
| 4155.402 | 10/7-11/4 | Tu | 7:30-8:30 pm |

Beginning | 4 weeks | \$49/\$40 (Dist. Res.)

| | | | |
|----------|--------------|----|--------------|
| 4155.403 | 11/18-12/16* | Tu | 7:30-8:30 pm |
|----------|--------------|----|--------------|

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

| | | | |
|----------|-----------|----|--------------|
| 4156.401 | 9/2-9/30 | Tu | 8:30-9:30 pm |
| 4156.402 | 10/7-11/4 | Tu | 8:30-9:30 pm |

Intermediate | 4 weeks | \$49/\$40 (Dist. Res.)

| | | | |
|----------|--------------|----|--------------|
| 4156.403 | 11/18-12/16* | Tu | 8:30-9:30 pm |
|----------|--------------|----|--------------|

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

*No class 12/9

West African Dance

16 yrs & up

Experience the pulsating rhythm and high energy of traditional West African Dances! Learn fluid dance movements, accented beats and the basic footwork, arm and hand techniques. Wear loose clothing; gym or yoga clothes, sneakers or bare feet.

Instructor: Aisha Sibri

Senior Center: Dance Studio

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

| | | | |
|----------|-------------|---|--------------|
| 4148.401 | 9/3-10/8 | W | 7:15-8:15 pm |
| 4148.402 | 10/15-11/19 | W | 7:15-8:15 pm |

adult health & fitness

Barre Plus Express

30-minute version of Strengthen from Within—Barre Plus combines the best of the Lottie Berk Method, ballet techniques and Pilates movement principles to provide an energizing, dance-based workout that strengthens, stretches and tones the whole body. It will leave you energized from head to toe. Bring mat, light weights and sneakers.

Instructor: Alison Raphael-Klippel

"The Barre Class is the perfect 'smorgasbord' of exercises compressed into an efficient time frame. You intensely work all areas of the body while enjoying upbeat music. A definite winner of a class!"

—Pam Norgaard, participant

Community Center: Dance Studio 1

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

4634.401 9/11–10/23 Th 10:15–10:45 am

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

4634.402 10/30–12/18 Th 10:15–10:45 am

No class 11/20, 11/27

Fencing: The Ultimate Sport

Fencing is a physical and mental challenge, developing mind and body while improving agility, alertness, balance, coordination, and competitiveness. Foils, plastrons/masks provided; bring own equipment if possible. Teen 16–17, welcome with parent.

Instructor: James Parker

Winslow Center: Assembly Room

Experienced Fencers

Drop-in: \$7/per night/per person

4630.404 9/8–12/22 M 7:45–10:00 pm

Hatha Yoga

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

Instructor: Linda Burkard

Senior Center: Chateau Room

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

4656.401 8/27–9/24 W 6:00–7:15 pm

4656.402 10/1–10/29 W 6:00–7:15 pm

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

4656.403 11/5–12/17 W 6:00–7:15 pm

Jazzercise

Co-Ed (Ongoing, all levels)

Life's too busy for boring workouts!

Body-blasting music mixes with 60 minutes of sweating, smiling and laughing through Pilates, yoga, and kickboxing moves. This is the new JAZZERCISE. Additional formats: FUSION: A circuit workout. CORE: Cardio with a crunching core focus. STRIKE: Cardio kickboxing. ASK FOR MONTHLY CALENDAR. Register at class only. Questions? Call Annemieke, (925) 323-2522.

Instructor: Annemieke Howsepian

Winslow Center: Assembly Room

5 weeks | Standard charge:

Please Call for Fee Information

Ongoing AM M–Sa 9:00–10:00 am

Ongoing PM M–Th 5:45–6:45 pm

No class 11/27, 12/25

Strength Training Class

Fire up the muscles, all of them, in this 40–50 minute muscles-only body toning workout. Ongoing class. Questions? Call Annemieke Howsepian, (925) 323-2522.

Instructor: Annemieke Howsepian

Winslow Center: Assembly Room

\$32/month | pay at class

Ongoing 9/6–12/27 Sa 8:00–8:45 am

Karate, Beginning/Intermediate

Grades 3–Adult (All levels)

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

Instructor: John Castro

Community Center: Dance Studio 2

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

4638.401 9/4–10/2 Th 7:15–8:30 pm

4638.402 10/9–11/6 Th 7:15–8:30 pm

4638.403 11/13–12/18 Th 7:15–8:30 pm

Kick Boxing for Women

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

Instructor: John Castro

Community Center: McHale Room

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

4648.401 9/8–10/6 M 6:40–7:40 pm

4648.402 10/13–11/10 M 6:40–7:40 pm

4648.403 11/17–12/15 M 6:40–7:40 pm

La Blast

16 yrs & up

Join a new generation of Cardio Dance workouts, created by Louis Van Amstel of "Dancing with the Stars" and "So You Think You Can Dance." Includes Latin dances like the ChaCha, Salsa, Jive and incorporates Quickstep, Lindy Hop and Disco. No experience necessary, no partner needed.

Instructor: Layla Habib

Senior Center: Dance Studio

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

4662.401 9/11–10/9 Th 7:15–8:10 pm

4 weeks | \$54/\$44 (Dist. Res.)

4662.402 10/30–11/20 Th 7:15–8:10 pm

Mixed Martial Arts

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 include Kung-Fu, Boxing, Kick Boxing, Karate and more. Contact is on pads, and kicking shields. Wear sweats and running shoes. Plan to purchase 12-oz. boxing gloves (\$30).

Instructor: John Castro

Senior Center: Chateau Room

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

4652.401 9/3–10/1 W 7:20–8:20 pm

4652.402 10/8–11/5 W 7:20–8:20 pm

4652.403 11/12–12/17 W 7:20–8:20 pm

Special Recreation Dances Music by Rhythm Master DJ

FRIDAYS, 7:00–9:00 PM

9/26 Walnut Creek Heather Farms

10/17 Pleasant Hill Senior Center

11/8 Concord Senior Center

12/19 Walnut Creek Heather Farms

Admission: \$6 per person (Caregivers free)

For more information, call Katrina Hunn at (925) 691-5645.



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.

Instructor: Janet Kaufman

Community Center: Dance Studio 2

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

| | | | |
|----------|-------------|----|--------------|
| 4692.401 | 9/2-9/30 | Tu | 6:30-7:30 pm |
| 4692.402 | 10/7-11/4 | Tu | 6:30-7:30 pm |
| 4692.403 | 11/18-12/16 | Tu | 6:30-7:30 pm |

Pepper Spray Clinic

Protect Yourself! Learn how to safely use Pepper Spray with equipment and drills. This important clinic teaches awareness, prevention, dealing with verbal confrontation and physical assault. Legal information provided.

Instructor: John Castro

Winslow Center: Assembly Room

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

| | | | |
|----------|-----|----|--------------|
| 4684.302 | 9/4 | Th | 7:00-8:10 pm |
|----------|-----|----|--------------|

Pilates

14 yrs & up

Are you up for a new and exciting challenge? Join Pilates for a fun workout that brings together the mind, body and breathing through movement while learning the fundamentals of Pilat. Learn Pilates fundamentals, muscular control; core awareness, coordination, flexibility and posture. Comfortable clothing; no shorts. Bring padded mat & ball is optional. All levels welcome.

Instructor: Alison Raphael-Klippel

Community Center: McHale Room

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

| | | | |
|----------|--------------|---|--------------|
| 4688.401 | 9/8-10/20 | M | 5:30-6:30 pm |
| 4688.402 | 10/27-12/15* | M | 5:30-6:30 pm |

*No class 11/24

Community Center: Sorooptimist Room

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

| | | | |
|----------|------------|---|--------------|
| 4689.401 | 9/10-10/22 | W | 6:30-7:30 pm |
|----------|------------|---|--------------|

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

| | | | |
|----------|--------------|---|--------------|
| 4689.402 | 10/29-12/17* | W | 6:30-7:30 pm |
|----------|--------------|---|--------------|

*No class 11/26

Community Center: Dance Studio 1

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

| | | | |
|----------|------------|----|---------------|
| 4690.401 | 9/11-10/23 | Th | 9:10-10:10 am |
|----------|------------|----|---------------|

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

| | | | |
|----------|--------------|----|---------------|
| 4690.402 | 10/30-12/18* | Th | 9:10-10:10 am |
|----------|--------------|----|---------------|

*No class 11/20, 11/27

Tai Chi

Learn how to coordinate your mind, body and breath using the Chinese national treasure. These forms of movements were designed to enhance the essence of your being. The energy system and philosophy represented by the Yin/Yang symbol can be incorporated into your daily life. Wear loose clothing.

Instructor: Peter Marks



Senior Center: Classrooms

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

| | | | |
|----------|-------------|----|--------------|
| 4655.401 | 9/9-10/21 | Tu | 7:15-8:45 pm |
| 4655.402 | 10/28-12/16 | Tu | 7:15-8:45 pm |

Chi Kung

Invalidate your body and spirit with simple, non-competitive Chi-Kung exercises. Use your mind and breath as tools to open new pathways for energy to flow through your body. Guaranteed results with practice. Wear loose clothing. All ages benefit.

Instructor: Peter Marks



Senior Center: Classrooms

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

| | | | |
|----------|-------------|----|--------------|
| 4654.401 | 9/25-10/30 | Th | 7:30-8:45 pm |
| 4654.402 | 11/6-12/18* | Th | 7:30-8:45 pm |

*No class 11/27

Total Fitness

Energize and vitalize your body from head to toe, inside and out! A 10-minute warm-up, a 30-minute aerobic (cardiovascular) segment followed by toning, strength training and cool down/stretch. Modifications for every BODY provided! Bring mat/towel, water bottle, hand weights.

Instructor: Christie Tomlinson

Community Center: Dance Studio 1

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

4636.401 9/8-10/27 M 5:45-7:15 pm
4636.402 11/3-12/22 M 5:45-7:15 pm

Weight Training Add-on

Pump up your workout routine with 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 Raphael-Klippel

Winslow Center: Assembly Room

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

4643.401 9/12-10/24 F 10:30-11:30 am

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

4643.402 10/31-12/19 F 10:30-11:30 am

Yoga (Sugi/Gentle)

ANYONE can do Sugi Yoga, even you! This non-traditional Yoga style is a combination of Hatha Yoga and the Feldenkrais technique of movement. Learn 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

Winslow Center: Assembly Room

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

4637.401 9/2-9/30 Tu 10:30-11:45 am
4637.402 10/7-11/4 Tu 10:30-11:45 am
4637.403 11/18-12/16 Tu 10:30-11:45 am

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

4637.411 9/4-10/2 Th 10:30-11:45 am
4637.412 10/9-11/6 Th 10:30-11:45 am
4637.413 11/13-12/18* Th 10:30-11:45 am

*No class 11/27

Yoga for All

You're as old as your spine is flexible. Engage in regular yoga practice to improve and maintain flexibility, improve posture, prevent injury and relieve stress. This class covers basic yogic principles with modifications given to accommodate all levels. Yoga balances body, mind and spirit to reach optimal health and well-being. All abilities welcome; no previous yoga experience necessary. Wear loose clothing and bring a mat.

Instructor: Maxine Younger

Community Center, Dance Studio 1

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

4649.401 9/11-10/23* Th 6:00-7:10 pm
4649.402 10/30-12/11** Th 6:00-7:10 pm

*No class 9/25; **No class 11/27

Zen Budo Kai Aiki Jujitsu

Discover the Ultimate Self Defense Experience. Take advantage of this 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: Timothy Delgman

Winslow Center: Assembly Room

5 weeks | \$69/\$56 (Dist. Res.)

4667.401 8/27-9/24 W 7:15-8:30 pm
4667.402 10/1-10/29 W 7:15-8:30 pm
4667.403 11/5-12/10* W 7:15-8:30 pm

*No class 11/26

Zumba® Fitness

Feel the beat! Join the Zumba® fitness revolution, a global lifestyle that fuses fitness with latin beats and other world rhythms turning each class into a fitness party! Wear comfortable workout clothes and shoes with little traction. Bring water and towel. Check website, www.pleasanthillrec.com, for October-December schedule.

Instructor: Alex Amor

Senior Center: Chateau Room

Drop-in: \$10 | Punchcard: \$80 (10 classes)

9/3-9/29 Sa 10:00-11:00 am

Senior Center: Dance Studio

Drop-in: \$10 | Punchcard: \$80 (10 classes)

9/3-9/27 W/Th 6:00-7:00 pm

**For more
adult dance and
fitness classes
See pages 23-25**

Online Learning anytime, anywhere...

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

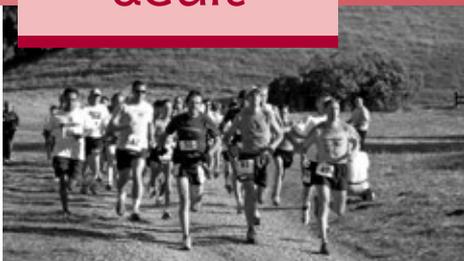
COURSE TOPICS INCLUDE:

- Accounting & Finance
- Business
- College Prep
- Computer & Technology
- Health Care & Medical
- Language & Arts
- Personal Development
- Teaching & Education



Just a click away!
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adult sports

Experience the Tradition! 39th Annual Turkey Trot Trail Run

Sunday, November 23

All Ages

Ready for a fun challenge? Experience the tradition of this annual 8.4-mile race in the beautiful hills of Briones Regional Park. Winners take home a turkey for Thanksgiving dinner! Top three finishers in each division receive medals. Divisions include: 13 yrs & under; 14-18; 19-29; 30-39; 40-49; 50+. The course starts and finishes at Bear Creek Staging area and includes trail running and an uphill trek to Briones Peak. This race is not for beginning joggers.

Pre-registration closes Wednesday, November 19. Pre-registration packets available on race day only. Race day registration begins at 7:30 am. On race day, enter Briones Regional Park through main gate off of Bear Creek Road.

For more information or phone registration, call (925) 682-0896 or email sgeorge@pleasanthillrec.com. Online registration available at pleasanthillrec.com.

**Briones Regional Park:
Bear Creek Entrance**

Participation Fee: \$20

Late Reg: additional \$5 beginning 11/20

5370.401 11/23 Su 9:00 am-1:00 pm

Rain or shine.

Private Tennis Lessons

Any age or level

Learn or improve your tennis skills with 1:1 or 1:2 personal coaching. To arrange lessons, call/email (925) 682-0896, sgeorge@pleasanthillrec.com

Instructor: Joey Martinez

Private Lessons, any age level:

Per hour | \$71/\$57 (Dist. Res.)

Six 1-hr classes | \$292/\$277 (Dist. Res.)

Semi-Private Lessons:

Two per/same level; must register together.

Per hr* | \$38/\$30 (Dist. Res.)

Six 1-hr classes* | \$155/\$140 (Dist. Res.)

*Fee is per person.



Visit our Sports Website: pleasanthillrecsports.com

For information including Open Gym days and hours, League Registration Packets, Schedules, Roster Addition Forms, Field Conditions and more!

Join us! Adult Sports Leagues

Team up with your friends for some adult sports fun

- Basketball (3 on 3, and 5 on 5)
- Flag Football
- Softball
- Kickball
- Volleyball
- Bocce
- Soccer (5 on 5)

Adult/Teen Group Tennis Lessons

13 yrs & up

Top-quality tennis classes run four consecutive weeks through the end of the month. Classes may be combined or canceled if minimum numbers are not reached. Wear tennis shoes, bring racquet and one can of unopened tennis balls. (A/AB) Beginner/Advanced—Limited/minimal skills and playing experience (INT) Intermediate—Familiar with all basic strokes; can maintain a rally; has playing experience.

Instructor: Joey Martinez

**College Park H.S. Tennis Courts:
320 Civic Drive**

(adjacent to Community Center parking lot)

BEGINNER/ADVANCED BEGINNER: 4 weeks | \$65/\$52 (Dist. Res.)

5565.401 9/4-9/25 Th 6:30-7:30 pm

5565.402 10/2-10/23 Th 6:30-7:30 pm

5565.403 11/6-12/4* Th 6:30-7:30 pm

*No class 11/27

INTERMEDIATE 4 weeks | \$65/\$52 (Dist. Res.)

5566.401 9/4-9/25 Th 7:30-8:30 pm

5566.402 10/2-10/23 Th 7:30-8:30 pm

5566.403 11/6-12/4* Th 7:30-8:30 pm

*No class 11/27

water exercise

Aqua Zumba®—Mon & Wed

16 yrs & up

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

AZ is great for people who have joint problems,

mobility issues, chronic conditions, weight issues, pregnant women or any healthy adult who wants a complete workout without stressing the joints. It is a fun cardio-conditioning and body toning class that feels like a party! No swimming skills required. Water shoes recommended.

Instructor: Sandra Franklin



PH Aquatic Park: 147 Gregory Lane

4 weeks | \$75/\$60 (Dist. Res.)

Drop-in: \$10

8124.401 9/8–10/1 M/W 7:00–8:00 pm

7 classes | \$68/\$55 (Dist. Res.)

Drop-in: \$10

8124.402 10/6–10/29 M/W 7:00–8:00 pm

No class 10/13

Lap Swim/Swim for Fitness

15 yrs & up

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

Instructors: Beth Heinen, Staci Lindsay, Carol Madsen

PH Education Center:

1 Santa Barbara Road

Monthly Swim Pass: \$58/\$48 (Dist. Res.)

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

8-swim “Anytime” Punchcard: \$48

Swim for Fitness Hours*

M/W/F: 6:00–7:00 am, 8:30–9:30 am, 1:00–2:00 pm

M/Tu/Th: 7:00–8:00 pm

Holidays: 9/1, 11/11, 11/27, 11/28, 12/22–1/2

*Visit www.pleasanthillrec.com for a calendar to confirm hours and location.

Water Aerobics

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

Instructor: Jeaneen Cowen, Wyatt Dunn

PH Aquatic Park: 147 Gregory Lane

Year-round classes | Drop-in \$7

Water Aerobics Punch Card: \$45 (8 classes)

Jeaneen W 7:20–8:20 am

Jeaneen Tu/Th 8:30–9:30 am

Jeaneen Tu/Th 7:00–8:00 pm

Wyatt M/W/F 8:30–9:30 am

Starting 9/29, Wyatt’s class meets at PH Education

Center Pool. Starting 11/10 all classes meet at PH

Education Center Pool and Jeaneen’s evening class

meets 6:00–7:00 pm.

No class on legal holidays, during the Nov/Dec

holiday break and instructor scheduled vacations.

Water Walking

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

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

4 weeks | \$50/\$40 (Dist. Res.)

4 weeks | Senior Club members:

\$45/\$35 (Dist. Res.)

2240.401 9/16–10/9 Tu/Th 8:30–9:30 am

2240.402 10/14–11/6 Tu/Th 8:30–9:30 am

PRIVATE AQUATIC PARK PARTIES

Reserve the pool for your own private party! Minimum 2-hour rental includes lifeguards. No alcohol or smoking permitted in the pool area. Fees are based on the parts of the facility used. Call the District Office at 682-0896 or visit www.pleasanthillrec.com for more information.

Triathlon Training Camp

8 yrs & up

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 November 2. Participants must be able to swim 25 yards of freestyle with face in the water.

Instructors: Talli Pitcher & Ana Castaneda

PH Education Center:

1 Santa Barbara Road

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

8250.401 9/14–11/2 Su 8:30–11:30 am

*\$25 less each additional registration in the same household.

Family Fun Triathlon

8 yrs & up

Join Pleasant Hill

Recreation for a

non-competitive,

family, fun fitness triathlon event which incorporates swimming, bicycling and running! Pre-register by October 16 to be guaranteed a t-shirt. Race day check-in begins at 8:00 am, race starts at 9:00 am.

PH Education Center:

1 Santa Barbara Road

Sunday November 2, 2014

8251.401 Individual:

\$45, Pre-register by 10/16 | \$60, 10/17–11/2

8252.401 Relay, up to 3 people:

\$110, Pre-register by 10/16 | \$140, 10/17–11/2



clinics

High School Pre-Season

Grades 9–12

Clinic open to all high school swimmers who want to prepare for their upcoming season with aerobic base training, central conditioning, dry land and nutrition. This is not a learn-to-swim clinic.

Instructor: Vicky Dewey

PH Education Center:

1 Santa Barbara Road

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

8215.401 1/5–2/5 M–Th 3:30–5:00 pm

No class 1/19

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.

Instructors: Talli Pitcher, Beth Heinen

PH Aquatic Park: 147 Gregory Lane

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

8208.401 9/9–10/30 Tu/Th 4:00–4:30 pm

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

8209.401 9/9–10/30 Tu/Th 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 to further develop their swimming skills. Focus will be in developing the four competitive strokes, starts and turns.

Instructor: Aquatics Staff

8 weeks | 9–13 yrs | \$200/\$185 (Dist. Res.)

8210.401 9/8–10/29 M/W/F 4:15–5:15 pm

Winter Swim Clinic

8th grade & under

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

Instructor: Talli Pitcher

PH Education Center:

1 Santa Barbara Road

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

8727.401 12/1–12/19 M/W/F 5:00–6:00 pm

classes

Splashball

6–10 yrs

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

Instructor: Justin Gribble

PH Aquatic Park: 147 Gregory Lane

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

8750.401 9/28–11/2 Su 5:00–6:00 pm



Mt. Diablo Dolphins

Mt. Diablo Dolphins is a registered USA Swim Club. Swimmers will be competing in USA swim meets in the fall (short course season). Age group is determined by the swimmer’s age for the 2015 summer season. Registration fees include USA Swimming membership. No class 10/31 & 11/11.

What Makes Mt. Diablo Dolphins Unique

Our experienced coaches provide the foundation and building blocks for each team member to succeed not only as an athlete, but also as a person. Individual members learn to contribute their unique strengths to support the overall success of the swim team. With MDD—MOTIVATION, DETERMINATION, DEDICATION and the sportsmanship of swimming, the team is united and grows together—as individuals and as a group of successful swimmers.

AGE GROUP DEVELOPMENT

12 yrs & under

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

Coaches: Vicky Dewey

PH Aquatic Park: 147 Gregory Lane

11 weeks | \$285*/\$270* (Dist. Res.)

8211.401 9/8–11/21 M/W/F 4:15–5:15 pm

*\$25 discount for 2nd+ sibling.



AGE GROUP COMPETITIVE

10–14 yrs

Technique, training concepts, and mental race preparation. Swimmers must have knowledge of all four competitive strokes and be ready and willing to accept new challenges and ideas. Must be able to read the pace clock.

Coaches: Talli Pitcher & Vicky Dewey

PH Aquatic Park (Tu/Th);

PH Education Center Pool (M/F)

11 weeks | \$315*/\$300* (Dist. Res.)

8212.401 9/8–11/21 M/F 6:30–7:45 pm

Tu/Th 5:30–6:45 pm

*\$25 discount for 2nd+ sibling.

HIGH SCHOOL COMPETITIVE

Grades 9–12

Technique, training concepts, and mental race preparation for high school swimmers.

Coaches: Vicky Dewey

PH Aquatic Park (Tu/Th);

PH Education Center Pool (M/F)

11 weeks | \$315*/\$300* (Dist. Res.)

8213.401 9/8–11/21 M/F 6:30–7:45 pm

Tu/Th 5:30–6:45 pm

*\$25 discount for 2nd+ sibling.

swim lessons

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

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

PARENT/TOT: 6 MOS-4 YRS

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

TINY TOT: 3-4 YRS

Child must be ready to learn without parent participation. Skills: Water adjustment, basic 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, starting with basic aquatic skills and water adjustment. More advanced students will refine their skills. Ratio 5:1

ADULT/TEEN: 12+ YRS

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: 3.5 YRS-ADULT

One-on-one swim instruction for all ability levels and ages.



Fall Swim Lessons—PH Aquatic Park: 147 Gregory Lane

Tu/Th Private: **2 weeks, (4) 20-min classes | \$85/\$70 (Dist. Res.)**

| | 9/9-9/18 | 9/23-10/2 | 10/7-10/16 | 10/21-10/30 |
|---------|----------|-----------|------------|-------------|
| 1:00 pm | 8619.401 | 8619.402 | 8619.403 | 8619.404 |
| 1:20 pm | 8620.401 | 8620.402 | 8620.403 | 8620.404 |
| 1:40 pm | 8621.401 | 8621.402 | 8621.403 | 8621.404 |
| 5:20 pm | 8614.401 | 8614.402 | 8614.403 | 8614.404 |
| 5:40 pm | 8615.401 | 8615.402 | 8615.403 | 8615.404 |
| 6:00 pm | 8616.401 | 8616.402 | 8616.403 | 8616.404 |
| 6:20 pm | 8617.401 | 8617.402 | 8617.403 | 8617.404 |
| 6:40 pm | 8618.401 | 8618.402 | 8618.403 | 8618.404 |

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

\$50/\$40 (Dist. Res.) | Parent/Tot: \$43/\$35 (Dist. Res.)

| | | SATURDAY | | SUNDAY | |
|----------|------------|----------|------------|----------|------------|
| Time | Age | 9/6-9/27 | 10/4-10/25 | 9/7-9/28 | 10/5-10/26 |
| 10:00 am | Adult/Teen | 8591.401 | 8591.403 | 8591.402 | 8591.404 |
| 10:30 am | Youth | 8575.401 | 8575.403 | 8575.402 | 8575.404 |
| 11:00 am | Pre-School | 8656.401 | 8656.403 | 8656.402 | 8656.404 |
| 11:30 am | Tiny/Tot | 8526.401 | 8526.403 | 8526.402 | 8526.404 |
| 12:00 pm | Parent/Tot | 8510.401 | 8510.403 | 8510.402 | 8510.404 |

Saturday & Sunday Private: 4 weeks, (4) 20-minute classes | \$85/\$70 (Dist. Res.)

| | | SATURDAY | | SUNDAY | |
|----------|--|----------|------------|----------|------------|
| Time | | 9/6-9/27 | 10/4-10/25 | 9/7-9/28 | 10/5-10/26 |
| 10:00 am | | 8626.401 | 8626.403 | 8626.402 | 8626.404 |
| 10:20 am | | 8627.401 | 8627.403 | 8627.402 | 8627.404 |
| 10:40 am | | 8628.401 | 8628.403 | 8628.402 | 8628.404 |
| 11:00 am | | 8629.401 | 8629.403 | 8629.402 | 8629.404 |
| 11:20 am | | 8630.401 | 8630.403 | 8630.402 | 8630.404 |
| 11:40 am | | 8631.401 | 8631.403 | 8631.402 | 8631.404 |
| 12:00 pm | | 8632.401 | 8632.403 | 8632.402 | 8632.404 |

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

Tuesday/Thursday Private:

2 weeks, (4) 20-minute classes | \$85/\$70 (Dist. Res.)

| | 11/4-11/18* | 12/2-12/11 | 1/6-1/15 | 1/20-1/29 |
|---------|-------------|------------|----------|-----------|
| 6:00 pm | 8616.405 | 8616.406 | 8616.407 | 8616.408 |
| 6:20 pm | 8617.405 | 8617.406 | 8617.407 | 8617.408 |
| 6:40 pm | 8618.405 | 8618.406 | 8618.407 | 8618.408 |

*No class 11/11

Explore your world with us!

Pleasant Hill Recreation & Park District Travel Services offer a variety of exciting adventures that allow you to experience unique cultures, gain broader perspectives and make new friendships in amazing, beautiful places in our great big world. We make traveling easy for adults (21+) with all-inclusive, organized trips that optimize your travel experience. No planning. No hassles. Just adventure.

Where in the world do you want to go?



Call our Travel Services office at (925) 798-8747 (TRIP) and volunteers such as Sonia Vardas, Nancy Webster & Jayne Savage will be happy to help you with your next travel adventure!

TRAVEL OFFICE INFORMATION:

Trip Coordinator: Cassie Eternal
Phone: (925) 798-8747 (TRIP)
Hours: Mon-Fri, 10:00 am-2:00 pm
Location: Senior Center, 233 Gregory Lane



Hawaii Islands Cruise

Experience the Aloha of the beautiful Hawaiian Islands on a 15-night round trip cruise from San Francisco. Visit Hilo, the Big Island, where just 30 miles away, the great Kilauea Volcano sits. Travel onward to Honolulu, home to the Koolau mountains and the best beaches for strolling. Continue to Nawiliwili, named after the Wiliwili trees, perfect for an island with the nickname "The Garden Island." Visit Maui's breathtaking beaches, the quaint town of Lahina and Mt. Haleakala, a dormant volcano. The final cruise destination is to the "Cinderella of the Pacific," Ensenada, Mexico, only a 90-minute drive to San Diego.

January 13-28, 2015

Cost: Call for Pricing (925) 771-7636

Mysteries of India

Spice up your travel experiences on this incredible 15-day Indian adventure. See the Taj Mahal bathed in the light of sunrise. Embark on an evening cruise across Lake Pichola. Enjoy magnificent views of the Jag Mandir Palace. Participate in a yoga class, a cooking demonstration, bindi tyings, even get a henna tattoo! See City Place in Jaipur. Experience two game drives in Ranthombore National Park. Tour Mother Teresa's Charity Home. Visit the site of Buddha's first sermon. Take an early morning ride on the holy River Ganges.

February 12-26, 2015

Cost: \$5,999 pp/double; \$7,299 pp/single

Rates Change 8/12

Portugal and Its Islands

\$250 Discount for early sign-ups

Discover a side of Portugal few travelers get to experience! Enjoy multi-night stays on the remote islands of São Miguel in the Açores (Azores) and on Madeira, the "pearl of the Atlantic." Explore medieval towns, charming coastal villages and breathtaking landscapes. Along the way, indulge in Portuguese cuisine, regional wines and traditional entertainment. Visit Sintra, Cascais and Estoril on Portugal's Riviera. Tour Lisbon and see how the Old World blends with the modern. Visit 4 UNESCO World Heritage sites, including the Batalha Monastery. From the twin lakes of Sete Cidades and fascinating landscapes of Lagoa do Fogo to Saint Christ's Church, home to the magnificent statue of the patron saint, Christ of the Miracles, hidden gems abound. Price includes airfare, gratuities, insurance, and 18 meals.

March 13-25, 2015

Cost: \$4,549 pp/double; \$5,199 pp/single

Florida: Soak in the Sunshine State

\$100 discount for early sign-ups

Bask in the sunshine on the endless stretches of white sand beaches stretching along the coast of this most southern state in the Union. Head to the Florida Keys and spend a full day in Hemingway's haunt—Key West. Travel through the natural splendor of the Everglades, an amazing ecosystem and habitat of alligators and other wildlife. Spend time in historical St. Augustine, the oldest city in the U.S., where you will see the Spanish military hospital and the Lightner Museum. Enjoy two free days in Orlando and take the opportunity to visit one of the many great parks in the area including Disney World, Universal Studios or The Holy Land Experience.

April 12–22, 2015

Cost: \$3,849 pp/double; \$3,779 pp/single

Rates Change on 10/12

South Dakota: Explore the American West

\$100 discount for early sign-ups

Discover the spirit of the American West. Travel to the legendary Black Hills and see the American prairie as it was 300 years ago. Explore the legends of the city of Deadwood, home to Wild Bill Hickok and Calamity Jane. Travel the backcountry of Custer State Park and along the impressive Needles Highway lined with famous granite spires. Visit magnificent Mt. Rushmore. See Crazy Horse Memorial, the world's largest sculpture still in progress.

June 16–22, 2015

Cost: \$2,165 pp/double; \$2,615 pp/single

Rates Change 12/16



Adventures on the Horizon

Coming soon

Dates and pricing available 10/2014. Please check pleasanthillrec.com for updates.

TUSCAN & UMBRIAN COUNTRYSIDE

Winter/Spring

Explora Italia! Spend 11 magical days exploring Rome, Oriveto, Spoleto, Bevagna, Montefalco, Assisi, Florence, Siena, Monteriggioni & San Gimignano. Wine tasting, Gothic Cathedrals, An authentically cooked meal from a local family, olive groves, Tuscan pastries and “Medieval Manhattan” are just a few of the wonderful Italian experiences to enjoy. Receive 16 meals and a discount if you sign up early. This trip only has 24 spots, smaller tour, means a more intimate experience.

HEART OF THE SOUTH

Spring 2015

Savor the Cajun flavor of the South in this decadent 8-day adventure. Experience New Orleans, the Jazz capital of the world, strolling the French Quarter, splurging on delicious beignets at Café du Monde. Visit Baton Rouge, Natchez, Vermilionville and, of course, the Bayou. Explore fascinating cemeteries, Stanton Hall, Court of Two Sisters, St. Louis Cathedral, Pirates Alley, the McIlhenny Tobasco Company and the Accidental Chef Cooking School. Receive 11 meals and a discount if you sign up early.



More Upcoming Adventures

- Australia
- Danube River Cruise 2015
- New York City

Visit pleasanthillrec.com or contact the Trip Office for information on upcoming travel adventures!

50+ trips

Pleasant Hill Recreation & Park District Travel Services offer special day trips and excursions for 50+ seniors. Meet new friends and have fun as you explore Northern California in the company of fellow travel enthusiasts. Non-Senior Club Members pay an additional \$10 for trips. **Not a Senior Club member yet? Stop by the Senior Center and sign up!**

Senior Trip Meeting

Want to learn more about senior trips? Attend a monthly Senior Trip Meeting to get a first look at our upcoming day trips, casino excursions and all-inclusive Air & Sea Travel Adventures. Many day trips and excursions sell out at the trip meeting! A waiting list is available in case of additional accommodation or cancellations. Meetings are the first Tuesday of the month, unless noted. We love suggestions to improve our travel program; bring your ideas to the meeting so we can continue to offer exciting adventures.

Senior Center: Chateau Room

Tuesdays, 1:00 pm: 8/5, 9/9*, 10/7, 11/4, 12/2

Please call Travel office at (925) 798-8747 (TRIP) to confirm dates.

**Changed due to Labor Day.*

50+ Day Trips & Excursions

Mystery Trips: A surprise adventure!
September 23rd: Easy/Medium Difficulty

CASINO EXCURSIONS:

9/4 RedHawk Casino
10/2 Graton
11/6 Thunder Valley
12/10.... Cache Creek

SIGHTSEEING/SHOWS:

8/23... Bodega Seafood Art & Wine Festival
SOLD OUT! Waiting list available.
8/31 ... Capitola Begonia Festival
9/10 ... Santa Cruz Follies
9/18... Rosie the Riveter Cruise & Land Tour
9/22... Bay Lights Sunset Cruise
(an evening excursion)
10/5... Sonoma Harvest Fair
10/8... Apple Hill
10/15.. Golden Gate Theatre *Pippa*
10/22.. Suspects Murder Mystery

More Senior Trip info: phseniorcenter.com

Coming Soon:

Monterey Bay Aquarium...October
I Love Lucy Live...November
Holiday Lights tour w/Craig Smith...
December

Pleasant Hill Senior Center
233 Gregory Lane • (925) 798-8788
www.phseniorcenter.com

The award-winning Pleasant Hill Senior Club, sponsored by the Pleasant Hill Recreation & Park District, operates as a non-profit organization with an elected Board of Directors. Annual membership: \$15. Sign up at PH Senior Center.

Services: Call for appointments and more information at 798-8788.

- Blood Pressure Screening
- Care Management Program
- Consult a Financial Advisor
- County Nutrition Program
- Medicare & Supplemental Insurance Policy Counseling
- Notary Service
- Ticket Sales: BART, County Connection
- Memory Screening
- CC Cafe, nutrition program



50+ activities

Beginning Ukulele

Learn to play the delightful ukulele! Focus on learning chords, strumming and melodies through playing contemporary and traditional Hawaiian songs. Notes in the open position will also be covered.

Instructor: Glenn Staller

Senior Center: Game Room
6 weeks | \$95/\$89 (Members)

2236.401 9/8–10/13 M 11:00 am–12:00 pm

2236.402 11/3–12/8 M 11:00 am–12:00 pm

\$20 lab fee for a book with CD payable to instructor.

Creative Writing from Life Experience

Discover and explore your creative forces through writing. We focus on life experiences as a resource. Using in class writing and reading we develop skills to open our creativity. This class is for those interested in writing their memoirs for their children, personal essays or fiction.

Instructor: Melissa Van Hoosen

Senior Center: Game Room
8 weeks | \$99/\$91 (Members)

2250.401 9/23–11/18 Tu 6:30–8:00 pm

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

Exploring Watercolor

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

Instructor: Casey Rasmussen White

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

2231.401 9/9–10/21* Tu 9:30 am–12:00 pm

2231.402 11/4–12/23** Tu 9:30 am–12:00 pm

2232.401 9/4–10/9 Th 12:15–2:45 pm

2232.402 10/23–12/4*** Th 12:15–2:45 pm

\$25 lab fee for beginners payable to instructor.

**No class 10/14; **No class 11/11, 11/18;*

****No class 11/27*

Watercolor Studio

Experience in-depth creative painting focused on one subject and large format techniques. Masterpieces will be made! Prerequisite: Exploring Watercolor or instructor permission. Chocolate provided.

Instructor: Casey Rasmussen White

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

2233.401 9/3–10/8 W 12:30–3:00 pm

2233.402 10/22–11/26 W 12:30–3:00 pm



Quilting Classes

Experience the joy of quilting in the company of friends.

Instructor: Carol Madsen

Senior Center: Chateau Room

BEGINNING QUILTING

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

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

2243.401 9/15–11/17 M 12:30–3:00 pm

Microsoft Word for Beginners

Learn to load, save, edit and print Word documents such as business letters, flyers or short stories. This course includes the basics such as how to edit (copy, cut, paste) and format (margins, fonts and indents).

Instructor: Donna Guidos

Senior Center: Computer Lab

3 weeks | \$45/\$40 (Members)

2304.401 9/5-9/19 F 10:00-11:30 am

2304.402 10/3-10/17 F 10:00-11:30 am

2304.403 11/7-11/21 F 10:00-11:30 am

2304.404 12/5-12/19 F 10:00-11:30 am

\$5 lab fee payable to instructor.

Fit for Life: Senior Aerobics!

Low impact easy dance moves for a good cardio workout. You'll have lots of FUN while burning calories. Muscle conditioning and stretching are part of the program. Appropriate routines for all fitness levels.

Instructor: Tari Nicholson

Senior Center: Dance Studio

\$35/\$30 (Members)

2214.401 9/2-9/30 Tu/Th 9:00-10:00 am

2214.402 10/2-10/30 Tu/Th 9:00-10:00 am

2214.403 11/4-11/27* Tu/Th 9:00-10:00 am

2214.404 12/2-12/30** Tu/Th 9:00-10:00 am

*No class on 11/11, 11/27; **No class on 12/25



QUILTING: BEYOND THE BASICS

Emphasis on quilting patterns using various techniques, some simple and others more complex. Participants should have completed at least one quilt.

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

2244.401 9/15-11/17 M 9:00 am-12:00 pm

QUILTING: BASICS+

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

12 weeks | \$65/\$60 (Members)

2245.401 9/16-12/9 Tu 6:45-9:15 pm

No class 11/11

QUILTING: HOLIDAY WORKSHOP

4 weeks | \$40/\$35 (Members)

2246.401 11/24-12/15 M 9:00 am-1:00 pm

SATURDAY QUILT-IN

Join fellow quilters on one Saturday each month. Focus on quilting and other related projects. Instructor will be on site for assistance as needed.

Senior Center: Classroom 1 & 2

5-class Punch Card: \$50 | Drop-in: \$13

Saturdays, 8:30-1:30 pm 9/20, 10/11, 11/15, 12/13

MACHINE QUILTING

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

Senior Center: Classroom 1 & 2

5 weeks | \$35/\$30 (Members)

2248.401 10/2-10/30 Th 9:30 am-12:00 pm





Flex for Fitness **NEW!**

Stretching and band resistance exercises that can be done sitting in a chair!

Instructor: Varies

Senior Center: Classroom 1 & 2
12-class "Anytime" Punch card: \$10

2228.401 9/3–12/31 W/F 9:30–10:25 am
 No classes on 11/28, 12/24, 12/26

Gentle Yoga

Regular Yoga practice builds strength, improves flexibility, balance and promotes a sense of calm. The breathing naturally becomes deeper, slower and more regular, benefiting the cardiovascular and immune system. Bring a yoga mat and a light blanket, wear loose clothing.

Instructor: Maxine Davis

Senior Center: Classroom 1 & 2
8 weeks | \$104/\$96 (Members)

2235.401 8/28–10/16 Th 11:00 am–12:00 pm
2235.402 10/23–12/18* Th 11:00 am–12:00 pm
 *No class 11/27

Line Dance

Learn a combination of country-western, polkas, waltzes and Latin line dances for men and women. Partners are not required! Basics: for those brand new to Line Dance. Beginners: must know basic steps. Note: please refrain from wearing heavy perfumes and scents due to instructor perfume allergies.

Instructor: Millie Dusha

Senior Center: Dance Studio
Drop-in: 1 class \$5, 2 classes \$8,
3 same-day classes \$10

| | | |
|--------------------------|----|-------------------|
| Basics | Sa | 8:30–9:00 am |
| Beginners | Sa | 9:00–10:00 am |
| Improver | Sa | 10:00–11:00 am |
| Easy-Intermediate | Sa | 11:15 am–12:30 pm |

No class 10/18, 11/1, 11/8, 11/29, 12/27

LINE DANCE WORKSHOP

High Beginner/Easy Intermediate

1 workshop | \$10

9/27 Sa 9:00 am–1:30 pm

Living Tai Chi

Instructor: Jasmine-Rose Kam
Senior Center: Dance Studio

FOUNDATIONS

This class is for both beginners and experienced students. Strengthen and relax with tai chi and qigong. Healing movement and meditation promote balance and resilience throughout life.

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

2210.401 9/15–11/17 M 10:00 am–12:00 pm
 No class 10/13, 11/10

FOUNDATIONS & FORMS

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.

This class is for experienced students only. Prerequisite: Foundations class

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

2213.401 9/17–11/19 W 9:30 am–12:30 pm
 No class 10/15, 11/12

FOUNDATIONS & FORMS PACKAGE

Students attend Monday and Wednesday.

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

2218.401 9/15–10/8 M/W 10:00 am–12:00 pm
2218.402 10/20–11/19* M/W 10:00 am–12:00 pm
 *No class 11/10, 11/12

Partner Up! **NEW!**

Neck & Shoulder Release with Reflexology Workshop. Learn how to give and receive a neck plus shoulder shiatsu chair massage and foot reflexology session. Ideal for couples, family and friends. Prepare to fully relax!

Instructor: Ashley Redford

Senior Center: Game Room
2 workshops | \$80 pp; \$150 per couple

2256.401 12/10–12/17 W 6:00–8:00 pm



Online Learning
 anytime, anywhere...

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

Point Release Technique **NEW!**

Learn how to decrease chronic pain, improve flexibility, enhance athletic performance and balance the body with PRT, a self-acupressure system that uses a tennis ball on key acupressure points that commonly hold tension, pain and imbalance.

Instructor: Ashley Redford

Senior Center: Game Room

1 week | \$45

| | | | |
|----------|-------|----|---------------|
| 2257.401 | 9/20 | Sa | 9:00–11:00 am |
| 2257.402 | 10/4 | Sa | 9:00–11:00 am |
| 2257.403 | 10/18 | Sa | 9:00–11:00 am |

3 weeks | \$105

| | | | |
|----------|-----------------|----|---------------|
| 2257.404 | 9/20/10/4/10/18 | Sa | 9:00–11:00 am |
|----------|-----------------|----|---------------|

Stress Management & Self Healing with T'ai-Chi-Chih/Qigong

Learn 20 easy movements of T'ai Chi Chih/Qigong and gain understanding of how stress affects body and mind.

Instructor: Wendy Helms

Senior Center: Classroom 1 & 2

8 weeks | \$96/\$88 (Member)

| | | | |
|----------|-----------|----|--------------|
| 2242.401 | 9/4–10/23 | Th | 6:15–7:30 pm |
|----------|-----------|----|--------------|

7 weeks | \$96/\$88 (Members)

| | | | |
|----------|-------------|----|--------------|
| 2242.402 | 10/30–12/18 | Th | 6:15–7:30 pm |
|----------|-------------|----|--------------|

No class 11/27

StretchFit Method: Core Basics **NEW!**

Learn basic core anatomy with stretches, strengthening movements and stability positions. Safely improve overall function, strength and flexibility with attention to micro-attachments, multi-directional techniques and detailed muscle activation.

Instructor: Ashley Redford

Senior Center: Classroom 1 & 2

4 weeks | \$60/\$55 (Members)

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|----------|------------|----|---------------|
| 2255.401 | 9/4–9/25 | Th | 9:00–10:00 am |
| 2255.402 | 11/6–12/4* | Th | 9:00–10:00 am |

*No class 11/27

Weight & Strength

Enjoy the best combination of low-impact training and strengthening all in one fun session. Improve your flexibility, strength, balance and well being. Appropriate for all fitness levels! Students should bring their own weights and floor mats. Try it out! Drop-in: \$8 for first time trial class.

Certified Personal Trainer: Debbie Murdock

Senior Center: Chateau Room

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

| | | | |
|----------|-----------|------|---------------|
| 2201.401 | 9/4–9/29* | M/Th | 8:15–9:15 am |
| 2202.401 | 9/1–9/29* | M/Th | 9:30–10:30 am |
| 2205.401 | 9/4–9/29* | M/Th | 5:30–6:30 pm |

*No class 9/15, 9/18, 9/22

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

| | | | |
|----------|------------|------|---------------|
| 2201.402 | 10/2–10/30 | M/Th | 8:15–9:15 am |
| 2202.402 | 10/2–10/30 | M/Th | 9:30–10:30 am |
| 2205.402 | 10/2–10/30 | M/Th | 5:30–6:30 pm |

7 classes | \$49/\$42 (Member)

| | | | |
|----------|------------|------|---------------|
| 2201.403 | 11/3–11/24 | M/Th | 8:15–9:15 am |
| 2202.403 | 11/3–11/24 | M/Th | 9:30–10:30 am |
| 2205.403 | 11/3–11/24 | M/Th | 5:30–6:30 pm |

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

| | | | |
|----------|------------|------|---------------|
| 2201.404 | 12/1–12/18 | M/Th | 8:15–9:15 am |
| 2202.404 | 12/1–12/18 | M/Th | 9:30–10:30 am |
| 2205.404 | 12/1–12/18 | M/Th | 5:30–6:30 pm |

Zumba Gold

This easy to follow dance/fitness class is a lower impact version of Zumba, designed for the active older adult and for those new to Zumba. You do not need to be a dancer to participate. Classes are fun with Latin beats and other international rhythms. First time trial class only \$5.

Instructor: Barbara Ward

Senior Center: Dance Studio

8-class "Anytime" Punch Cards | \$60

Mondays 9:00–9:50 am

Fridays 10:00–10:50 am

No class on 9/1, 11/28, 12/26, 12/29 and 1/2

senior events**Pancake Breakfasts**

Bring family and friends to our monthly breakfasts and enjoy pancakes or French toast, eggs, sausage, orange juice and coffee. All ages welcome!

1st Sunday of the month, 8:30–10:30 am
September 7, October 5, November 2, December 7

Tickets: Adults (11+) \$5

Children (5–10 yrs) \$3 • 4 & under Free!

Senior Center: Chateau Room

Vagabond Players are back!

Grab lunch before the play at our Chef's Lunch (not included in ticket price), then watch this award-winning live theater group put on a show. **September 12:** The 25th Annual Putnam County Spelling Bee; **November 7:** The Cemetery Club.

Fridays, 1:00 pm

Tickets: Pre-sale \$7; Day of: \$12

Senior Center: Chateau Room

FREE! Holiday Boutique

Get an early start on your holiday shopping! Choose from a huge selection of handmade items: baby items, quilts, scarves, jewelry and much more! Quality made gifts at affordable prices. Free Admission.

Saturday, November 22: 9:00 am–2:00 pm

Senior Center

Taste of the Vine

Sip a glass of wine and relax in the company of friends. A variety of red and white wines plus light hors d'oeuvres will be served. Non-alcoholic beverages available. Sponsored by The Chateaus of Pleasant Hill.

Friday, October 24: 3:00–5:00 pm

Friday, December 5: 3:00–5:00 pm

Tickets: Pre-sale \$10; Day of \$15 (based on availability)

Senior Center: Dining Room

FREE! Care Management Series

The Care Management Series brings a variety of topics from experts in our community. Presentations are free but space is limited. Sponsored by the Chateaus of Pleasant Hill. Call (925) 798-8788 to reserve your spot.

September 11: Parkinson's 101 presented by Griswold Home Care

October 9: The Facts on Alzheimer's Disease, presented by the Alzheimer's Association

November 13: Maintaining Mental Health During the Holidays, presented by the Advisors on Aging

December 11: Creative gifts for the senior who has everything, presented by The Chateaus of Pleasant Hill

2nd Thursday each month, 2:00–3:30 pm, Senior Center



Dear Friends of Pleasant Hill Recreation & Park District,

We are very pleased to have all four of the Measure E bond projects completed—the Teen Center, Senior Center, Community Center and Pleasant Oaks Park. The Community Center and Pleasant Oaks Park were the last two projects to wrap up this year and grand openings celebrated. We are thrilled with the overwhelming positive community response and the remarkable increase in activity enrollment, event attendance and rentals resulting from these four new facilities. We would like to acknowledge the Bond Oversight Committee for their outstanding efforts in following the progress of the bond projects, specifically in regards to the financial information related to the expenses of the Measure E projects. Committee members include Frank Gorham, Lisa Hagopian, Erin Hirst, Harold Jeffrey, Marie Simons, Norman Vanhole and Leo Vardas.

Now that the new Community Center is open again, we are excited to bring back the popular annual Holiday Festival on December 10, 2014. Please join us in this traditional holiday celebration for your whole family.

As we say goodbye to 2014, we also say goodbye to two special retiring District employees, Eran Perera, Preschool Director (25 years) and Maureen Valley, Director of Kidstop (15 years). We appreciate their many years of dedicated service to the families in our community. We wish them the best in their retirement.

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

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

Board Meetings: 2nd & 4th Thursday;
 7:00 pm—General Business
 Administration, 147 Gregory Lane

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.

Registration Begins August 11, 2014

See class listings for exceptions to registration dates. **For refund info, visit pleasanthillrec.com.**

ADMINISTRATIVE STAFF

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

CO-SPONSORED CLUBS & ORGANIZATIONS

For club information, visit pleasanthillrec.com/clubs.html

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

PH REC LOCATIONS

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

Community Center: 320 Civic Drive
 M–F, 9:00 am–4:30 pm • 676-5200

Senior Center: 233 Gregory Lane
 M–Th, 9:00 am–4:00 pm; F, 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:
 on Paso Nogal Road • **Hotline:** 210-6130

Winslow Center: 2590 Pleasant Hill Road

Map of District Parks & Facilities available at pleasanthillrec.com.



The Pleasant Hill Community Foundation

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



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. PHR&PD welcomes persons with disabilities. For information, call 682-0896.

Pleasant Hill Community Center

A Perfect Setting for Your Next Event



*Planning a holiday party?
Reserve your space now!*

Holiday Parties
Weddings
Conferences
Business Meetings
Family Reunions
Anniversary Celebrations
Bar mitzvahs



Venue Features:

- Beautiful park setting
- Bright airy rooms with soaring vaulted ceiling & windows
- Diverse room accommodations for small to large parties up to 400
- Catering-friendly kitchen
- Convenient access to hotels, downtown, major freeways & airports



On Location with Ryan

Ryan Herriman, our Facilities Coordinator is always on location at one of our gorgeous new facilities to provide a personal tour and discuss your rental options. Ryan's single goal is to find the perfect setting for your next event. With over 15 years of hands-on hospitality and resort experience, you benefit from Ryan's expertise. He knows what venues and settings will work and what won't for any type of event. Ryan, a local native, spends his time off-site with his family and playing volleyball with friends. To reserve your perfect event setting, contact Ryan and experience top-notch customer service from a friendly and fun professional.

rherriman@pleasanthillrec.com • (925) 676-5200



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Pleasant Hill, CA 94523

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Explore your world with us!

Pleasant Hill Recreation & Park District Travel Services

All-inclusive Overseas Adventures
Local Tours • Sightseeing & Shows
Casino Excursions • Mystery Day Trips

No planning. No hassles. Just adventure.
Let us bring you the world.

See featured travel adventures on pages 20–21 or visit pleasanthillrec.com.

Travel Services Contact:

Cassie Eternal, Travel Coordinator
Phone: (925) 798-8747 (TRIP)

Office Hours: Mon–Fri, 10:00 am–2:00 pm
Location: Senior Center, 233 Gregory Lane
www.pleasanthillrec.com

