

Winter/Spring  
2014

# the Spotlight



**After-School  
Teen Program**  
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**Ready to Play Ball!  
Pleasant Oaks Park**  
Opens Spring 2014  
page 27

**Community Center  
Grand Opening Celebration**  
January 26!



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

# Celebrate in Pleasant Hill!



Whether you are planning a wedding, throwing a birthday party, hosting a fundraiser, organizing a reunion, meeting with co-workers or celebrating a special family occasion, we can help make your event a memorable one!

## Choose your perfect setting right here in our community:

- Pleasant Hill Community Center
- Pleasant Hill Senior Center
- Pleasant Hill Teen Center
- Pleasant Hill Winslow Center
- Pleasant Hill Aquatic Park
- 7 beautiful picnic areas in Pleasant Hill Park, Rodgers Smith Park and Brookwood Park



## Pleasant Hill Recreation & Park District has the perfect venue for your next event.

For reservations and more information, contact us today.  
**(925) 682-0896**

## Join us!

### Pleasant Hill Community Center GRAND OPENING!

**Sunday, January 26, 2014**  
320 Civic Drive, Pleasant Hill  
2:00–5:00 pm

Celebrate the completion of your gorgeous new community center!

## Winter/Spring Registration Begins December 2, 2013

### NO ONLINE REGISTRATION FEES!

Register online at [pleasanthillrec.com](http://pleasanthillrec.com) for most of our classes and activities and make secure, safe online payments with Visa, Mastercard, or American Express. It's quick, easy, and ready when you are!

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## Dolphins Tree Lot

**November 29–December 23**

See page 24.

## Breakfast with Santa

1–10 yrs with parent

Register by December 10.

Senior Center

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

6159.101 12/14 Sa 8:30–9:45 am

6159.102 12/14 Sa 10:15–11:30 am

## Come Together Benefit Concert!

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

Community Center

\$25/person

5100.201 2/7 F 7:30–10:00 pm

## FREE! Partnership for Success—Summer Job Fair

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

DVC Cafeteria: 321 Golf Club Road

FREE! 3/5 W 10:00 am–1:00 pm

## Fairytale Princess Party

2–6 yrs with parent

Be a princess for a day with your Mom or Dad. Wear your princess dress. Includes fairytale princess story time, snack, and creating a special princess crown. Parents must also register. Register by March 12.

Winslow Center: Assembly Room

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

6163.201 3/19 W 3:30–4:30 pm

## Laugh, Love and Learn

**April 4, 2014** See page 22.

## Special Recreation Dances

**January 10 and April 11**

PHR&PD in partnership with the City of Concord and the City of Walnut Creek hosts dances specially designed for the developmentally disabled.

Senior Center: Chateau Hall, 7:00–9:00 pm

## Literary Women

### SAVE THE DATE!

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

Community Center: Perera Pavilion

4/26 Sa 9:30 am–3:00 pm

## Breakfast with Bunny

1–10 yrs with parent

Enjoy breakfast and crafts with Bunny. Bring camera. Pre-Registration by April 4.

Senior Center

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

6150.201 4/12 Sa 8:30–9:30 am

## Easter Pancake Breakfast & Boutique

After a delicious pancake breakfast, enjoy a wonderful spring selection of handmade items from the boutique.

**Saturday, April 19,**

**9:00 am–11:00 am**

Senior Center:

Chateau Room

Adults Ages 11 & up: \$5

Children Ages 5–10: \$3

Children 4 & under: Free

**Monthly  
Pancake  
Breakfasts  
on page 22**



## “Egg”citing Egg Hunt!

RAIN OR SHINE



**Saturday, April 19**

**Pleasant Hill Park • 147 Gregory Lane**

**Important! Pre-registration required by 12:00 pm, April 18!** To register call 682-0896. Free entertainment!

Dana Smith, Juggler 9:30 am

Music by Strawberry Fields 9:30 am

**Egg Hunt | \$6 per child**

**Check-in begins at 9:30 am!**

6160.201 0–3 yrs 10:30 am sharp!

6160.202 0–3 yrs 10:50 am sharp!

6160.203 4–6 yrs 11:15 am sharp!

6160.204 7–10 yrs 11:30 am sharp!

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



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

## preschool activities

### California Gymnastics **NEW!**

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

Instructor: California Gymnastics Staff  
**Community Center: Preschool Room 1**

### PARENT AND ME MOVEMENT AND GYMNASTICS

14–19 months and Parent

Enhance your child's motor development and confidence. Focus on rolling, climbing, hanging, spatial awareness, jumping, basic movement, hand-eye coordination, and gymnastic skills in a fun and social environment. Parent participation required.

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

6601.201	1/10–2/7	F	9:00–9:45 am
6601.202	2/14–3/14	F	9:00–9:45 am
6601.203	3/21–4/25*	F	9:00–9:45 am

\*No class 4/18

### PARENT AND ME GYMNASTICS

20 months–3 yrs and Parent

Designed for parents and toddlers. Will enhance children's motor development and confidence. Emphasis is placed on movement, basic gymnastics skills, rolling, climbing, hanging and jumping in a fun and social environment. Music games and group activities/circle time are introduced in this class. Parent participation required.

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

6603.201	1/10–2/7	F	9:45–10:30 am
6603.202	2/14–3/14	F	9:45–10:30 am
6603.203	3/21–4/25*	F	9:45–10:30 am

\*No class 4/18

Classes have moved back to the NEW Community Center!



### TINY TUMBLER GYMNASTICS

3–5 yrs

Designed to enhance your child's motor development skills, balance, coordination and confidence. Emphasis is placed on developing beginning gymnastics skills in a fun, non-competitive environment and also introduces children to learn to participate in a structured class without their parents. Music games and group activities are incorporated into each class.

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

6605.201	1/10–2/7	F	10:30–11:15 am
6605.202	2/14–3/14	F	10:30–11:15 am
6605.203	3/21–4/25*	F	10:30–11:15 am

\*No class 4/18

### Let's Make Music with Andrea Gaspari

12 months–4 years and Parent

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

**Community Center: Preschool Room 1**

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

6634.201	1/13–3/3*	M	9:15–10:00 am
6634.202	3/10–4/14	M	9:15–10:00 am

\*No class 1/20, 2/17

**7 classes \$110/\$95 (Dist. Res.)**

6635.201	1/14–2/25	Tu	5:30–6:10 pm
6635.202	1/14–2/25	Tu	6:15–6:55 pm
6636.201	3/4–4/15	Tu	5:30–6:10 pm
6636.202	3/4–4/15	Tu	6:15–6:55 pm

### Parent Tot Preschool Prep

22 mos–3 yrs

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

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

**Winslow Center: Room 1**

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

6655.201	1/31–3/7	F	9:00 am–10:45 am
6655.202	3/14–4/18	F	9:00 am–10:45 am
6655.203	5/2–6/6	F	9:00 am–10:45 am

## Preschool Classes, 2013–2014

2014–2015 Preschool Registration on March 8th!

**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, 2013; potty-trained not required.

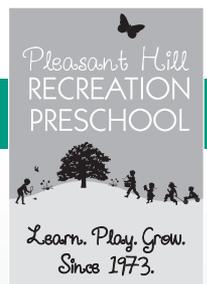
**Wee-Tot Co-Op:** Tu/Th 9:30 am–12:00 pm  
**Wee-Tot:** Tu/Th 9:30 am–12:00 pm

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

**New Horizons:** M/W/F 8:45–11:45 am  
**New Horizons:** Tu/W/Th 9:00 am–12:00 pm  
 Lunch Time 12:00–1:00 pm

For details go to:  
[pleasanthillrecpreschool.com](http://pleasanthillrecpreschool.com)

For **current openings** and details, call Preschool Director, Eran Perera, 682-0896 ext. 626, [eperera@pleasanthillrec.com](mailto:eperera@pleasanthillrec.com)



### PRE-K/ KINDERGARTEN—

Child must be 4 yrs–6 yrs or older as of Sept. 1, 2013. These

are classes for children entering Kindergarten in fall 2014.

**Pre-K:** M/W/F 12:30–3:30 pm  
**Pre-K:** Tu/W/Th 9:00 am–12:00 pm  
 Lunch Time 12:00–1:00 pm



### Pre-Ballet

3-5 yrs

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

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

**Senior Center: Dance Studio**  
8 classes | \$108/\$93 (Dist. Res.)

6619.201 1/6-3/10\* M 3:40-4:25 pm  
\*No class 1/20, 2/17

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

6619.202 3/17-4/28 M 3:40-4:25 pm

### Spanish Immersion Preschool

3 1/2-5 1/2 yrs

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

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

**Community Center: Preschool Room 2**  
5 weeks | \$165/\$150 (Dist. Res.)

6631.201 1/13-2/24\* M 9:00-12:00 pm  
\*No class 1/20, 2/17

7 weeks | \$225/\$210 (Dist. Res.)

6632.201 1/17-2/28 F 9:00-12:00 pm  
6631.202 3/3-4/14 M 9:00-12:00 pm  
6632.202 3/7-4/18 F 9:00-12:00 pm  
\$5 supply fee payable to instructor at first class.

### Tiny-Tot Morning Care

Walking to 36 months

Parents! Give yourself some time off. Let US watch your children. Indoor games, story time, snack time and outdoor playground time. Snack provided; bring beverage. Registration begins at 8:45 am on December 11 for session 201, and February 26 for session 202 at the Winslow Center, Room 1. After initial registration dates, call 682-0896 for registration information.

**Instructor:** Jan Ertola/Staff

**Winslow Center: Room 1**  
\$25/day child, space reserved

.201 1/13-3/26\* M/W 9:00 am-12:00 pm

.202 3/31-6/4\* M/W 9:00 am-12:00 pm

\*No class 1/20, 2/17, 4/21, 4/23, 5/26

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

### Young Rembrandts— **NEW!** Parent/Child Drawing Workshop

4-6 yrs and Parent

In this wonderful Young Rembrandts class you and your child will each complete your own drawing using the YR technique. Have fun drawing together and learning specific skills that help to develop your child's fine motor skills at home, and get them ready for Kindergarten.

**Instructor:** Young Rembrandts Instructor, *over 20 years of teaching drawing classes*

**Community Center: Preschool Room 1**  
3-day workshops | \$74/\$59 (Dist. Res.)

6620.201 1/21-1/23 Tu-Th 1:15-2:45 pm

6620.202 2/11-2/13 Tu-Th 1:15-2:45 pm

6620.203 3/11-3/13 Tu-Th 1:15-2:45 pm

6620.204 4/15-4/17 Tu-Th 1:15-2:45 pm

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

**Preschool Music Classes**  
on page 10

Attention families of preschoolers!  
Don't miss the 16th Annual

## Preschool & Parenting Fair

Sponsored by the Pleasant Hill/  
Walnut Creek Mothers' Club

**Saturday, January 11, 2014**  
11:00 am-2:00 pm **FREE!**

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

- Don't miss this opportunity to learn about 40 local preschools all in one stop.
- Preschools are located in Alamo, Concord, Lafayette, Pleasant Hill, Martinez, Walnut Creek
- Co-sponsored by Pleasant Hill Recreation & Park District

For information: [preschoolfair@gmail.com](mailto:preschoolfair@gmail.com)



### Pleasant Hill/Walnut Creek Mothers' Club

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

(925) 939-6466 • [mom4moms@gmail.com](mailto:mom4moms@gmail.com)

[www.phmothersclub.org](http://www.phmothersclub.org)



## Spring Fling Community Boutique

**Benefitting the Pleasant Hill Recreation Preschool**

Brought to you by the  
PHRPD Parent Committee

Please join us for a day of shopping and fun while supporting the Preschool and teachers! Lots of local vendors, bake sale, and raffle!

**March 29, 2014**  
11:00 am-3:00 pm

Winslow Center, 2590 Pleasant Hill Road  
Call 682-0896 for more information.

## youth classes

**Beginning Acrylics**

6–10 yrs

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

Instructor: Pat Jackson

**M.J. Studios: 670 Gregory Lane, Suite G****6 classes | \$92/\$77 (Dist. Res.)****6050.201** 1/31–3/7 F 3:15–4:15 pm**6050.202** 3/14–4/18 F 3:15–4:15 pm

\$20 lab fee payable at first class.

**Beginning Pastels**

6–10 yrs

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

Instructor: Pat Jackson

**M.J. Studios: 670 Gregory Lane, Suite G****6 classes | \$92/\$77 (Dist. Res.)****6048.201** 1/27–3/3 M 3:15–4:15 pm**6048.202** 3/10–4/14 M 3:15–4:15 pm

\$20 lab fee payable at first class.

**Beginning Watercolor**

6–10 yrs

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

Instructor: Pat Jackson

**M.J. Studios: 670 Gregory Lane, Suite G****6 classes | \$92/\$77 (Dist. Res.)****6049.201** 1/29–3/5 W 3:15–4:15 pm**6049.202** 3/12–4/16 W 3:15–4:15 pm

\$20 lab fee payable at first class.

**Pokémon NEW!**

6–10 yrs

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

Instructor: M.J. Studios

**M.J. Studios: 670 Gregory Lane, Suite G****6 classes | \$92/\$77 (Dist. Res.)****6051.201** 1/28–3/4 Tu 3:15–4:15 pm**6051.202** 3/11–4/15 Tu 3:15–4:15 pm

\$20 lab fee payable at first class.

**Young Rembrandts— African Safari Workshop NEW!**

7–13 yrs

Go on a Safari adventure with Young Rembrandts! We will explore the exciting land and many animals that inhabit Africa drawing a variety of animals in various scenes with different media. Our exploration through Africa allows for a bounty of adventure and creativity.

Instructor: Young Rembrandts Staff

**Community Center: Soroptimist Room 1****1 week | \$145/\$130 (Dist. Res.)****6074.201** 4/21–4/25 M–F 10:00 am–12:00 pm

\$15 lab fee payable at first class.

**Young Rembrandts— Junior Space Workshop NEW!**

5–7.5 yrs

We will draw several space-related drawings each day. Aliens, spaceships, the solar system and robots inspire us. We will complete our drawings with color pencils, and markers. Our final day will result in one large scene incorporating the characters we have learned. Media used will include pencils, color pencils, markers and Sharpies.

Instructor: Young Rembrandts Staff

**Community Center: Soroptimist Room 1****1 week | \$110/\$95 (Dist. Res.)****6074.202** 4/21–4/25 M–F 1:00–2:30 pm

\$15 lab fee payable at first class.

**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 ballet shoes. NO skirts or tutus please.

Instructor: Christie Tomlinson

**Senior Center: Dance Studio****8 classes | \$108/\$93 (Dist. Res.)****6042.201** 1/6–3/10\* M 4:30 pm–5:30 pm

No Class 1/20 &amp; 2/17

**7 classes | \$97/\$82 (Dist. Res.)****6042.202** 3/17–4/28 M 4:30 pm–5:30 pm

**Youth  
Music Classes  
on page 10**

**Yoga for Kids**

5–9 yrs

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

Instructors: Village Music School Staff

**Village Center for the Arts: 1720 Linda Dr.****6 weeks | \$130/\$115 (Dist. Res.)****6070.201** 1/18–2/22 Sa 12:10–12:55 pm**6070.202** 3/1–4/5 Sa 12:10–12:55 pm

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

**Cheerleading Basics NEW!**

Grades K–5

Have fun while learning the basics of being a cheerleader by a certified instructor. Students will learn motions, basic side line cheers, spirting, and more. A cheer routine will be performed for all parents on the last day of class.

Instructor: Morganne Wood or Julie Davis

**Community Center: Lobby****6 weeks | \$115/100 (Dist. Res.)****6075.201** 1/29–3/5 W 3:30–4:30 pm**Typing Basics with Microsoft Word NEW!**

Grades 3–5

Students will learn proper finger placement on the keyboard through memorization and drills to develop their skills. Students will also learn the basics about Microsoft Word including inserting clip art and pictures. This class will give students the start they need before entering higher division classes where most homework assignments are typed.

Instructor: Morganne Wood or Julie Davis

**Senior Center: Computer Lab****6 weeks | \$115/100 (Dist. Res.)****6075.202** 1/30–3/6 Th 3:30–4:30 pm

## youth sports everyone plays!

### NBA/WNBA Basketball

Coed Divisions 3-5 & 6-8

HOOP IT UP while learning skills, coordination, agility, team work, and sportsmanship through practice drills. Practices, arranged by the coaches, begin in early January. Includes a jersey and basketball.

**PH Education Center Gym:**  
1 Santa Barbara Road

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

5060.101 Play runs January-mid-March

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



### Kidz Love Soccer

2-10 yrs

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

**PH Park: 147 Gregory Lane**

#### 8-WEEK WINTER SESSIONS:

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

5032.113	Pre-Soccer: 4-5 yrs	2:55-3:30 pm
5033.113	Soccer 1: 5-6 yrs	3:30-4:15 pm
5031.113	Tot Soccer: 3 ½-4 yrs	5:00-5:30 pm

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

5030.114	Mom/Dad & Me: 2-3 ½ yrs	9:00-9:30 am
5033.114	Soccer 1: 5-6 yrs	9:40-10:25 am
5032.114	Pre-Soccer: 4-5 yrs	10:25-11:00 am
5031.114	Tot Soccer: 3 ½-4 yrs	11:00-11:30 am

## youth tennis

### Monthly Group Lessons

Top-quality classes begin on the first day of the month and run four consecutive weeks through the end of the month. Choose the class that meets your schedule. If you want more than one lesson per week, register for multiple classes. Register at least one week prior to first class. Please wear tennis shoes and bring tennis racquet and one unopened can of tennis balls.

Instructor: Joey Martinez

**College Park H.S. Tennis Courts: 320 Civic Dr.** (adjacent to Community Center parking lot)  
4 1-hour classes, 6-14 students | \$65/\$52 (Dist. Res.)

	Level	Day	Time	January	February	March	April
Youth 6-12 Yrs	B/AB	Tu	6:30-7:30 pm	5555.201	5555.202	5555.203	5555.204
	B/AB	W	6:30-7:30 pm	5584.201	5584.202	5584.203	5584.204

### PeeWee Tennis Lessons **NEW!**

4-5 yrs

Four weeks of fun—learn the basic skills and strategy of tennis while building important motor skills. Bring your own tennis racquet (Jr. size if possible).

Instructor: Joey Martinez

**College Park High School Tennis Courts:**  
320 Civic Drive (adjacent to Community Center parking lot)

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

5553.202	2/1-2/22	Sa	12:30-1:00 pm
5553.203	3/8-3/29	Sa	12:30-1:00 pm
5553.204	4/5-4/26	Sa	12:30-1:00 pm

### Playing Levels

**(B/AB) Beginner/Advanced Beginner—**  
Limited/minimal skills and playing experience.

### Spring Break Tennis Camp

6-12 yrs

Activities and games are age appropriate and the campers are sure to have fun learning a lifetime sport. Wear 'tennis' shoes; bring tennis racquet, one unopened can of tennis balls, water and a snack. Lunch is NOT provided.

Instructor: Joey Martinez

**College Park High School Tennis Courts:**  
320 Civic Drive (adjacent to Community Center parking lot)

5 classes | \$132/\$117 (Dist. Res.)

5589.201	4/21-4/25	M-F	9:00 am-12:00 pm
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### Soccer 2: Skillz & Scrimmages

7-10 yrs

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

**PH Park: 147 Gregory Lane**

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

5034.113	1/24-3/14	F	4:15-5:00 pm
5034.114	1/25-3/15	Sa	11:30-12:15 pm

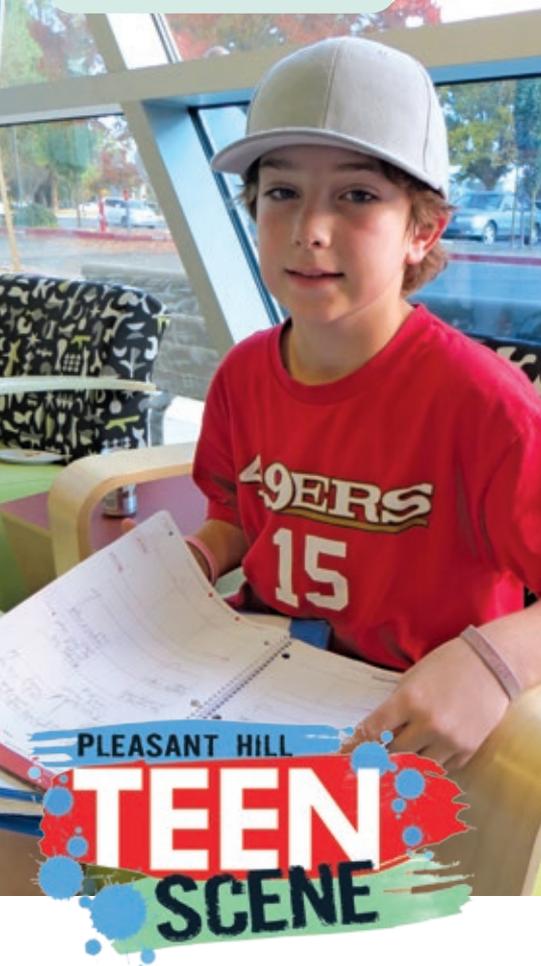
8 wks | \$126/\$111 (Dist. Res.)

5034.213	4/11-5/30	F	4:00-4:45 pm
5034.214	4/12-6/14*	Sa	11:35-12:20 pm

\*No class 4/19, 5/24

### **NEW! Spring Youth Flag Football League (Grades 3-8)**

April 5-May 17. For registration information, visit [pleasanthillrecsports.com](http://pleasanthillrecsports.com)



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

### Art at M.J. Studios: Manga Character Design

11–16 yrs

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

Instructor: M.J. Studios Staff

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

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

5109.201 1/28–3/4 Tu 4:15 pm–5:15 pm

5109.202 3/11–4/15 Tu 4:15 pm–5:15 pm

\$20 lab fee payable to instructor.

### Babysitting 101 for Beginners

10 yrs & Up

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

Instructor: Jenny Cooper

**Teen Center**

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

5105.201 4/5 Sa 9:00 am–2:00 pm

### FREE! College Funding Workshop

Adults

Make 2014 the year your college savings goal becomes a reality! Parents: take the stress out of college funding, by planning early! This workshop will give families the planning tools for ever increasing college costs. Learn about current and future college costs and fund sources. We will review financial aid, scholarships, loans, education savings accounts and tax advantaged investment strategies.

Instructor: Tracy Tamura

**Teen Center**

**1 class | FREE**

1/16 Th 6:30 pm–8:00 pm

1/18 Sa 10:00 am–11:30 am

Register at [fundsforthefuture.net](http://fundsforthefuture.net) or call the Teen Center at 691-5645.

### Introduction to Sewing

Grades 4–12

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

Instructor: Dolores Martinez

**Senior Center: Arts & Crafts Room**

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

5131.201 1/22–2/26 W 3:30–6:00 pm

5131.202 3/5–4/9 W 3:30–6:00 pm

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

### R U Job Ready? A Job Readiness Workshop

**NEW!**

15 yrs & up

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

Instructor: Laura Arevalo

**Teen Center**

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

5134.201 3/5–4/2 W 4:30–6:00 pm

\$50 lab fee payable to instructor.

### Loving Yourself Inside & Out: A Workshop for Pre-Teen Girls

**NEW!**

10–13 yrs

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

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

**Teen Center**

**1 workshop | \$37/\$30 (Dist. Res.)**

5136.201 3/1 Sa 10:00 am–12:00 pm

### Money Matters: For Teens & Their Families

**NEW!**

15 yrs & up

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

Instructor: Tracy Tamura

**Teen Center**

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

5106.201 2/4–2/6 Tu/W/Th 6:30–8:30 pm

**Teen Music Classes**  
on page 10

**Online Driver's Ed**  
15 yrs & up

An interactive, educational online course with the latest in animation, video, and web technology. Class includes: rules of the road, freeway driving, motorcycle and pedestrian safety, major causes of traffic collisions, alcohol/drugs, and more. Teens under 17½ years must obtain a learner's permit and driver's license. Upon completion, receive DMV-approved Driver's Education Certificate of Completion (OL 237). Sign up anytime at [safetydriversed.com/affiliates/phrec](http://safetydriversed.com/affiliates/phrec)  
Fee: \$75

**What's Your Game? Club**  
Grades 4–12 (All Levels)

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

Leader: Dave DeFabio

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

5102.201	1/3–2/21	F	6:00–10:00 pm
5102.202	2/28–4/18	F	6:00–10:00 pm

**Teen Fitness Classes**  
on pages 14–16

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

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

**Fee: \$350;**  
**\$14.50 each additional guest**

**Visit [phteenscene.com](http://phteenscene.com) for more information or call (925) 682-0896.**

**Teen Center Programs**

**Events are held 2nd Friday of every month! Check [phteenscene.com](http://phteenscene.com) for event information.**

**After School Programs, Grades 6–12: [phteenscene.com](http://phteenscene.com)**

Exciting new activities are happening at the Pleasant Hill Teen Center.

**Middle School After-School Program at the Teen Center:**

Enjoy a safe and fun place meant for teens with the perfect combination of structured activities and time to just hang out. Includes pool table, sports equipment, ping pong, foosball, homework help, tournaments, computer access, video games and more! Snacks available at the Snack Shack! Monday–Friday; School dismissal to 6:00 pm.

**\$35/\$25 (Dist. Res.) Annual Membership Fee**

**Fee options: \$130/month or \$35/week or 10-visit punch card \$80**

Transportation available from PHMS & VVMS (\$2 per day). Visit [phteenscene.com](http://phteenscene.com) or call 691-5645 for details.



**Teen Center Tile Project**

**Buy a tile!**

Here is your chance to have your name, or the names of friends or family members forever etched at the Pleasant Hill Teen Center. Tiles will be installed on a large planter along the exterior of the Teen Center along a park walkway. 4" x 8" Tiles: \$100 (up to 30 characters). *Benefits the Teen Center Capital Campaign.*  
**Deadline to order is January 4th. To order online, visit [phtc.engravedbricks.com](http://phtc.engravedbricks.com).**

## MUSIC CLASSES BY VILLAGE CENTER FOR THE ARTS

**Special Offer for PHRPD Participants!**

*All prices listed reflect discount.*

### preschool

#### Piano Steps

3½–6 yrs

Students will explore the world of music and piano using the “BIG” piano mat! This class teaches basic music and piano fundamentals while students have a blast “stepping” out melodies on the floor piano.

Instructors: Village Music School Staff

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

6625.201 1/18–2/22 Sa 10:00–10:40 am  
6625.202 3/1–4/5 Sa 10:00–10:40 am

#### Princess Songs

3½–6 yrs

Students will step into the shoes of musical royalty while they sings songs of timeless animated fairy tales! Receive a tote filled with musical and princess accessories. Tea party held at each class. Participants are encouraged to arrive in their princess attire.

Instructors: Village Music School Staff

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

6626.201 1/18–2/22 Sa 11:00–11:50 am  
6626.202 3/1–4/5 Sa 11:00–11:50 am

*\$15 lab fee payable to instructor at first class.*

### youth

#### Beats for Beginners: Drums

Grades 2–5

See “Beats for Beginners, Teen” for class description (this page).

Instructors: Village Music School Staff

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

6067.201 1/14–2/18 Tu 3:30–4:10 pm  
6067.202 2/25–4/1 Tu 3:30–4:10 pm

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



#### Keys to Piano

Grades 1–5

First time piano students will learn songs that are not only popular and fun to play, but help with sight-reading, rhythm, theory and many other musical fundamentals. Our patient instructors encourage students to learn and experience the language of music while building self-esteem and confidence. Home practice and workbook study required.

Instructors: Village Music School Staff

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

6064.201 1/18–2/22 Sa 2:20–3:00 pm  
6064.202 3/1–4/5 Sa 2:20–3:00 pm  
6064.203 1/16–2/20 Th 3:00–3:40 pm  
6064.204 2/27–4/3 Th 3:00–3:40 pm

*\$15 lab fee payable at first class.*

#### Youth Superstar Guitar!

Grades 2–5

See “Teen Superstar Guitar” for class description (this page).

Instructors: Village Music School Staff

**Teen Center**

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

6061.201 1/14–2/18 Tu 3:30–4:10 pm  
6061.202 2/25–4/1 Tu 3:30–4:10 pm

*\$15 lab fee payable at first class.*

### teens

#### Band of Voices: Pop Vocal

7–13 yrs

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

Instructors: Village Music School Staff

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

5120.201 1/16–2/20 Th 6:30–7:20 pm  
5120.202 2/27–4/3 Th 6:30–7:20 pm

*\$15 material fee payable at first class.*

#### Beats for Beginners, Teen

12 yrs & up

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

Instructors: Village Music School Staff

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

5121.201 1/14–2/18 Tu 4:20–5:00 pm  
5121.202 2/25–4/1 Tu 4:20–5:00 pm

*\$15 material fee (includes drumsticks) payable at first class.*

#### Performance Workshop

12 yrs & up

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

Instructors: Village Music School Staff

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

5110.201 1/14–2/4 Tu 6:30–7:30 pm  
5110.202 2/11–3/4 Tu 6:30–7:30 pm

5110.203 3/11–4/1 Tu 6:30–7:30 pm

*\$15 material fee payable at first class.*

#### Teen Superstar Guitar

12 yrs & up

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

Instructor: Village Music School Staff

**Teen Center**

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

5122.201 1/14–2/18 Tu 4:30–5:15 pm  
5122.202 2/25–4/1 Tu 4:30–5:15 pm

*\$15 material fee payable at first class.*

## adult art & music

### Acrylics

Beginning students will learn the classic fundamentals of painting. 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. Students bring supplies, supply list will be provided on first day of class. All levels welcome.

Instructor: Pat Jackson

Senior Center: Arts & Crafts Room

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

4520.201 1/6–2/3\* M 6:30–8:30 pm

4520.202 3/3–3/31\*\* M 6:30–8:30 pm

\*No class 1/20; \*\*No class 3/17

### Art with Mark Jezierny

#### DRAWING: SKETCHING & RENDERING

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

Instructor: Mark Jezierny

Senior Center: Arts & Crafts Room

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

4556.201 1/7–1/28 Tu 7:00–9:00 pm

#### ART WORKSHOP

This course is for anyone with an interest in drawing and/or painting and for those who feel that they are lacking in the basic fundamentals of various art applications. Experienced students can work in the medium of their choice. The instructor will try to individualize the class to each student as much as possible. Beginners encouraged.

Instructor: Mark Jezierny

Senior Center: Arts & Crafts Room

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

4556.202 3/4–3/25 Tu 7:00–9:00 pm

### Birding Contra Costa County

Early spring brings increased avian activity. Come observe on local brisk walks. Bring binoculars and bird guide if possible.

March 1—Meet at Community Center

March 8—McNabney Marsh

March 15—Mitchell Canyon (entrance fee)

March 22—Martinez Marina

Instructor: Jan Rae Cook

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

4738.201 3/1–3/22 Sa 9:00–11:00 am

### Braided Rug & Basket-Making Intro

16 yrs & up

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

Instructor: Arlene Magarian

Senior Center: Arts & Crafts Room

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

4578.201 3/8 Sa 1:00–4:00 pm

\$10 lab fee payable to instructor.

### Guitar, Beginning I

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

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

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

4583.201 1/8–1/29 W 6:30–7:30 pm

4583.202 2/1–2/22 Sa 2:00–3:00 pm

4583.203 3/5–3/26 W 6:30–7:30 pm

\$15 lab fee payable to instructor.



### Oil Painting or Watercolor

16 yrs & up (All levels)

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

Instructor: Trudi Edwards

Winslow Center: Rooms 1 & 2

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

4522.201 1/6–2/24\* M 7:00 pm–9:00 pm

\$30 lab fee, new students only. \*No class 1/20, 2/17

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

4522.202 3/3–4/14\* M 7:00 pm–9:00 pm

\$30 lab fee, new students only. \*No class 3/24

### Learning to Maximize Your Sewing Machine's Potential

**NEW!**

14 yrs & up

Learn to set up your machine and how to use the extra feet that came with it. Learn to choose the right needle and stabilizer for a project. Thread drawing or appliqué using free motion. Helpful tips for sewing clothing, home decorating or artistic quilts. Learn basic seams, finishes, etc. Please bring your sewing machine, the manual to your machine, thread and fabric. A yard of muslin or plain fabric is best.

Instructor: Dolores Martinez

Community Center: Soroptimist Room 1

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

4748.201 2/4–2/25 Tu 6:30–9:00 pm

4748.202 3/25–4/15 Tu 6:30–9:00 pm

\$20 lab fee payable to instructor.

## Drumming Intensive with John Waller

### HAND DRUMMING

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

Instructor: John Waller

**Winslow Center: Rooms 1 & 2**

**Drop In: \$11 per class**

**8-Class Punch Card: \$80\***

1/7-4/29\*\* Tu 7:30-8:25 pm

\*\*No class 3/4

### AFRO-CUBAN CONGA DRUMMING

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

Instructor: John Waller

**Winslow Center: Rooms 1 & 2**

**Drop In: \$11 per class**

**8-Class Punch Card: \$80\***

1/7-4/29\*\* Tu 8:30-9:25 pm

\*The punch card may be used for any of John Waller's Drumming classes, and does not expire. Checks only accepted at class for drop-ins. To pay with card or cash, stop by Community Center or District Office to purchase.

\*\*No class 3/4



## adult classes

### CPR & First Aid—American Heart

14 yrs & up

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

Instructor: Adrian Curry

**Senior Center: Classroom 2**

### ADULT & PEDIATRIC COMMUNITY CPR

Adult, child, and infant CPR; rescue breathing, and aid for an obstructed airway. First aid not included.

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

4702.201 1/25 Sa 10:00 am-2:00 pm

\$15 lab fee payable to instructor

### BLS HEALTHCARE PROVIDER

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

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

4702.202 3/22 Sa 10:00 am-4:00 pm

\$15 lab fee payable to instructor.

### ADULT & PEDIATRIC COMMUNITY FIRST AID CERTIFICATION & CPR

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

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

4702.203 4/26 Sa 10:00 am-4:00 pm

\$15 lab fee payable to instructor.

### Creative Writing Start YOUR Novel or Short Story

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

Instructor: Janice De Jesus

**Senior Center: Arts & Crafts Room**

**4 weeks | \$55/\$45 (Dist. Res.)**

4510.201 1/25-2/15 Sa 9:00-10:30 am

4510.202 3/1-3/22 Sa 9:00-10:30 am

4510.203 4/5-4/26 Sa 9:00-10:30 am

\$5 lab fee payable to instructor.

## Hypnotherapy for a Healthy Life

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

Instructor: Rosetta Bonavita

### WEIGHT LOSS

**Community Center: Republic Room**

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

4843.201 2/3 M 7:00-8:30 pm

### STOP SMOKING

**Community Center: Republic Room**

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

4843.202 3/31 M 7:00-8:30 pm

## Intermediate Spanish **NEW!**

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

Instructor: Suzanne Aldrich

**Community Center: Republic Room**

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

4532.201 1/22-3/26 W 6:00-7:30 pm

## The Art of Sustainable Sushi

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

Instructor: Aaron Thorne

**Senior Center: Kitchen**

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

4745.201 2/4-3/4 Tu 6:15-8:30 pm

4745.202 3/11-4/8 Tu 6:15-8:30 pm

\$50 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 to properly allocate your assets while minimizing risks and maximizing returns. A 233-page class notebook, included in class fee, is provided to each couple/individual.

Instructor: Bill Lahl

**Community Center: Republic Room**  
(Tuesday session)

**Senior Center: Classroom**  
(Saturday session)

2 weeks

**\$59/\$49 (Dist. Res.) per couple or individual**

4608.201 1/25, 2/1 Sa 9:30 am-12:30 pm

4608.202 1/28, 2/4 Tu 6:30-9:30 pm

### Wills, Trusts & Estate Planning

**It's Never Too Early to Plan!** You need this information for yourself, your parents, or your children. Topics: wills, living trusts, joint tenancies, tax planning, and how to avoid estate taxes and probate fees. Learn about the new estate tax rules and when to update your documents.

Instructor: Randall Thompson

**Community Center: Republic Room**

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

4610.201 1/27 M 7:00-8:30 pm

4610.202 4/7 M 7:00-8:30 pm



## adult dance

### Belly Dancing

Instructor: Sharifa Ohanesian, has instructed 25 years for the district; has taught and performed for 30 years; owned "Belly Dance Artists" and currently owns Creekside Studio for dance and music Haflas

### BELLY DANCE GODDESS WORKOUT

Experience the ultimate workout, 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 dance experience necessary.** Wear workout attire or loose clothing, slippers or barefeet, and hipscarf (instructor has some for loan).

**Senior Center: Dance Studio**

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

4132.201 1/14-2/18 Tu 6:30-7:30 pm

4132.202 3/4-4/8 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.

**Senior Center: Chateau Room**

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

4133.201 1/14-2/18 Tu 7:30-8:30 pm

4133.202 3/4-4/8 Tu 7:30-8:30 pm

## Online Learning anytime, anywhere...

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

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



#### Accounting & Finance

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

#### Business

- Nonprofit Fundraising Essentials
- Grant Writing
- Marketing

#### College Prep

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

#### Computer & Technology

- Photoshop
- Dreamweaver
- Microsoft Word, Excel, PowerPoint, Access, Publisher, Project, & Expression Web
- Adobe Acrobat
- Flash
- C++ Programming
- Java Programming
- Designing Effective Websites

#### Health Care & Medical

- Human Anatomy & Physiology
- Medical Transcription
- Medical Math

#### Language & Arts

- Writing Workshops
- Spanish (1 & 2, for Medical Professionals, in the Classroom, and for Law Enforcement)
- French
- Italian
- Japanese
- English

#### Personal Development

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

#### Teaching & Education

- Teaching students with ADHD

Just a click away! [www.ed2go.com/pleasanthillrec](http://www.ed2go.com/pleasanthillrec)

## Dance Like the Stars: Ballroom Dancing

16 yrs & up

If you think you can dance (even a little), this class is for you! The instructor's teaching style is easy to learn, low in stress, and will have you dancing after your first lesson. It is recommended to sign up with a partner. Singles will be assigned a partner at 1st class, if available. **Beginning:** Learn the basic steps and build on that foundation with easy variations. **Intermediate:** Challenging dance patterns, emphasis on style and leading.

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

**Community Center: Dance Studio**

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

Dance Style	Level	Date	Time
Fox Trot, Cha Cha Cha, Nite Club Two Step	Beginner	<b>4114.201</b> 1/15-2/19*	7:35-8:30 pm
Fox Trot, Cha Cha Cha, Nite Club Two Step	Intermediate	<b>4116.201</b> 1/15-2/19*	8:35-9:30 pm
Waltz, Tango, Jitterbug Swing	Beginner	<b>4114.202</b> 2/26-3/26	7:35-8:30 pm
Waltz, Tango, Jitterbug Swing	Intermediate	<b>4116.202</b> 2/26-3/26	8:35-9:30 pm
Mambo, Single Swing, Fox Trot	Beginner	<b>4114.203</b> 4/2-4/30	7:35-8:30 pm
Mambo, Single Swing, Fox Trot	Intermediate	<b>4116.203</b> 4/2-4/30	8:35-9:30 pm

\*No class 2/5



## Wedding Day's First Dance

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

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

**Community Center, Dance Studio**

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

<b>4101.201</b>	5/7	W	7:30-9:30 pm
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## Salsa Dancing with Soul and Spirit

All levels

Teaching the Soul and Spirit of Salsa with basic and advanced routines, which are collected by the instructor by many Salsa Champions that he has interviewed on his TV program since 1973 to the present. Do not wear sandals or tennis shoes. No alcohol based perfumes/scents due to instructor allergy.

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

**Community Center, Dance Studio**

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

<b>4155.101</b>	1/9-2/6	Th	7:30-8:30 pm
<b>4155.102</b>	2/13-3/20*	Th	7:30-8:30 pm
<b>4155.103</b>	3/27-4/24	Th	7:30-8:30 pm

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

<b>4156.101</b>	1/9-2/6	Th	8:30-9:30 pm
<b>4156.102</b>	2/13-3/20*	Th	8:30-9:30 pm
<b>4156.103</b>	3/27-4/24	Th	8:30-9:30 pm

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

**January 1-April 1, 2014**

\*No class 2/20

## adult health & fitness

### "Bollywood" Fusion

16 yrs & up

Bollywood dance with a Middle Eastern flair. Come and get your Bollywood groove going! Come dance to top Bollywood and Bhangra hits from the latest Bollywood movies. A good exercise for fitness and health. No experience necessary.

**Instructor:** Layla Habib, *professional dancer for over 20 years; instructor*

**Community Center, Dance Studio**

**4 weeks | \$50/\$41 (Dist. Res.)**

<b>4660.201</b>	1/8-1/29	W	6:30-7:30 pm
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**6 weeks/ \$73/\$59 (Dist. Res.)**

<b>4660.202</b>	3/5-4/9	W	6:30-7:30 pm
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### Fencing: The Ultimate Sport

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

**Instructor:** James Parker, *PHR&PD fencing instructor, 30 years*

**Winslow Center: Assembly Rm.**

**Experienced Fencers**

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

<b>4630.204</b>	1/6-4/28*	M	7:45-10:00 pm
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\*No class 1/20, 2/17

### Jazzercise

Co-Ed/Adult (Ongoing, All levels)

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

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

**Winslow Center: Assembly Room**

**Ongoing**

<b>AM</b>	M-Sa	9:00-10:00 am
<b>PM</b>	M-Th	5:45-6:45 pm

### Contemporary Self-Defense

16 yrs & up

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

Instructor: John Castro\*\*

#### Senior Center: Dance Studio

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

4687.201 1/9-2/6 Th 7:00-8:00 pm

4687.202 2/13-3/13 Th 7:00-8:00 pm

4687.203 3/20-4/24\* Th 7:00-8:00 pm

\*No class 4/3

### Karate

Grades 3-Adult (All levels welcome)

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

Instructor: John Castro\*\*

#### Community Center: Dance Studio

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

4638.201 1/7-2/4 Tu 7:30-8:45 pm

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

4638.202 2/11-3/18 Tu 7:30-8:45 pm

4638.203 3/25-4/29 Tu 7:30-8:45 pm

### Kick Boxing for Women

Focus is on fitness and correct form.

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

Instructor: John Castro\*\*

#### Community Center: Dance Studio

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

4648.201 1/6-2/10\* M 6:45-7:45 pm

4648.202 2/24-3/24 M 6:45-7:45 pm

4648.203 3/31-4/28 M 6:45-7:45 pm

\*No class 1/20

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

### Mixed Martial Arts with JKD Concepts

Co-Ed/Adult

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

Instructor: John Castro\*\*

#### Senior Center: Chateau Room

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

4652.201 1/8-2/5 W 7:20-8:20 pm

4652.202 2/12-3/12 W 7:20-8:20 pm

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

4652.203 3/19-4/23 W 7:20-8:20 pm

### Barre Plus Express

This 30-minute version of Strengthen from Within—Barre Plus is an efficient total body workout set to upbeat music. It 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 in 30 minutes. Bring mat, light weights and sneakers.

Instructor: Alison Klippel\*\*\*

#### Community Center: Dance Studio

Thurs AM | 8 weeks | \$108/\$93 (Dist. Res.)

4634.201 1/9-2/27 Th 10:15-10:45 am

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

4634.202 3/6-4/17 Th 10:15-10:45 am

### Pilates With a Ball

All levels

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

Instructor: Alison Klippel\*\*\*

#### Community Center: Dance Studio

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

4688.201 1/6-2/24\* M 5:30-6:30 pm

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

4688.202 3/3-4/14 M 5:30-6:30 pm

\*No class 1/20, 2/17

### Weight Training

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

Instructor: Alison Klippel\*\*\*

#### Winslow Center: Assembly Room

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

4643.201 1/10-2/28 F 10:30-11:30 am

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

4643.202 3/7-4/18 F 10:30-11:30 am

### Zumba® Fitness

All levels

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

Instructor: Alison Klippel\*\*\*

#### Community Center: Dance Studio

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

4691.201 1/7-2/25 Tu 9:10-10:10 am

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

4691.202 3/4-4/15 Tu 9:10-10:10 am

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



Thurs AM | 8 weeks | \$92/\$77 (Dist. Res.)

4690.201 1/9-2/27 Th 9:10-10:10 am

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

4690.202 3/6-4/17 Th 9:10-10:10 am

#### Senior Center: Dance Studio

Wed PM | 8 weeks | \$92/\$77 (Dist. Res.)

4689.201 1/8-2/26 W 5:30-6:30 pm

4694.201 1/8-2/26 W 6:30-7:30 pm

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

4689.202 3/5-4/16 W 5:30-6:30 pm

4694.202 3/5-4/16 W 6:30-7:30 pm

## Nia® Body-Mind-Spirit Exercise—You'll be Hooked!

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

Instructor: Janet Kaufman, *Certified Nia® Instructor*

### Community Center: Dance Studio

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

4693.201 1/6–2/10\* M 10:30–11:30 am  
 4693.202 2/24–3/24 M 10:30–11:30 am  
 4693.203 3/31–4/28 M 10:30–11:30 am

\*No class 1/20

### Community Center: Dance Studio

Tues PM | 6 weeks | \$81/\$66 (Dist. Res.)

4692.201 1/7–2/11 Tu 6:30–7:30 pm  
 4692.202 2/18–3/25 Tu 6:30–7:30 pm

### Community Center: Dance Studio

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

4692.203 4/1–4/29 Tu 6:30–7:30 pm



## Tai Chi

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

Instructor: Peter Marks, *District Tai Chi/Chi Kung Instructor for 20 years*

### Winslow Center: Assembly Room

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

4655.201 1/7–2/4 Tu 7:00–8:30 pm  
 4655.202 2/11–3/11 Tu 7:00–8:30 pm  
 4655.203 3/18–4/15 Tu 7:00–8:30 pm

## Chi Kung

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

### Senior Center: Dance Studio

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

4654.201 1/6–2/10\* M 7:30–8:45 pm  
 4654.202 2/24–3/24 M 7:30–8:45 pm  
 4654.203 3/31–4/28 M 7:30–8:45 pm

\*No class 1/20

## Total Fitness

### The Way to Energize & Vitalize

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

Instructor: Christie Tomlinson, *choreographer and instructor, 33 years*

### Senior Center: Dance Studio

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

4636.201 1/6–3/10\* M 5:45–7:15 pm  
 \*No class 1/20, 2/17

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

4636.202 3/17–4/28 M 5:45–7:15 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 tension and stress of everyday life.

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

### Community Center: Dance Studio

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

4657.201 1/6–2/10\* M 9:10–10:20 am  
 4657.202 2/24–3/24 M 9:10–10:20 am  
 4657.203 3/31–4/28 M 9:10–10:20 am

\*No class 1/20

### Senior Center: Chateau Room

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

4656.201 1/8–2/12\* W 6:00–7:15 pm  
 4656.202 2/19–3/26\* W 6:00–7:15 pm  
 4656.203 4/2–4/30 W 6:00–7:15 pm

\*No class 2/5, 3/12

## Yoga For All

14 yrs & up

You are as old as your spine is flexible. A regular yoga practice will improve and maintain flexibility, improve posture, prevent injury and relieve stress. Integrate basic yogic principles with modifications given for all levels. Yoga balances body, mind and spirit to reach optimal health and well-being. All abilities; no experience required. Wear loose clothing; bring a mat.

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

### Community Center: Dance Studio

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

4649.201 1/9–2/6 Th 6:00–7:10 pm  
 4649.202 2/13–3/20\* Th 6:00–7:10 pm  
 4649.203 3/27–4/24 Th 6:00–7:10 pm

\*No class 2/20

## Yoga (Sugi/Gentle)

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

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

### Winslow Center: Assembly Room

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

4637.201 1/7–2/11 Tu 10:30–11:45 am  
 4637.202 2/18–3/25 Tu 10:30–11:45 am  
 4637.203 4/1–5/13\* Tu 10:30–11:45 am

\*No class 4/22

## Zen Budo Kai Aiki Jujitsu The Ultimate Self-Defense Experience

16 yrs & up

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

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

### Winslow Center: Assembly Room

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

4667.201 1/8–2/12 W 7:30–8:45 pm  
 4667.202 2/19–3/26 W 7:30–8:45 pm  
 4667.203 4/2–5/7 W 7:30–8:45 pm

# Sports Website! [pleasanthillrecsports.com](http://pleasanthillrecsports.com)



## Visit our Sports Website:

Get league schedules, roster addition forms, registration packets, and information regarding rainouts, play-offs, make-up games, etc. at our sports website: [www.pleasanthillrecsports.com](http://www.pleasanthillrecsports.com)



## Sports Leagues

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

For details, visit [pleasanthillrecsports.com](http://pleasanthillrecsports.com), call (925) 682-0896 or email [sgeorge@pleasanthillrec.com](mailto:sgeorge@pleasanthillrec.com)

## Open Gym

PH Education Center Gym:  
1 Santa Barbara Road

### BASKETBALL

- \$5 per person
- Sunday, 8:00–10:00 am
  - Monday, 6:00–8:00 pm
  - Friday, 5:30–7:30 pm

### BADMINTON

- \$5 per Person
- Sunday, 10:00 am–12:00 pm

## tennis

### Monthly Group Lessons

Top-quality classes run four consecutive weeks through the end of the month. Choose the class that meets your schedule. If you want more than one lesson per week, register for multiple classes. Register at least one week prior to the first class. Please wear tennis shoes, bring racquet and one unopened can of tennis balls.

Instructor: Joey Martinez

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

4 1-hour classes, 6–14 students | \$65/\$52 (Dist. Res.)

### Playing Levels

**(B/AB) Beginner/Advanced Beginner—** Limited/minimal skills and playing experience.

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

### Private Tennis Lessons—

Can't make our scheduled classes? Call and tell us when you and/or your partner are available for either one or six hours of instruction. To arrange lessons, call/email (925) 682-0896, [sgeorge@pleasanthillrec.com](mailto:sgeorge@pleasanthillrec.com).

Instructor: Joey Martinez

### PRIVATE LESSONS: 5596

Per hour, any age/level: **\$71/\$57 (Dist. Res.)**

Six 1-hour classes, any age/level:

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

### SEMI-PRIVATE LESSONS: 5597

Two per/same level; must register together.

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

Per person,

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

	Level	Day	Time	January	February	March	April
Adult/ Teen 13+ yrs	B/AB	Th	6:30–7:30 pm	5565.201	5565.202	5565.203	5565.204
	INT	Th	7:30–8:30 pm	5566.201	5566.202	5566.203	5566.204

## air/sea adult trips

### Eastern Caribbean Cruise

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

**March 28–April 8, 2014**

**Cost: Starting at \$2,686**

### Asheville, Savannah **NEW!** and Charleston

This 9-day tour is CUSTOM! That means once it fills, there will be no additional dates available, so sign up soon! Start in the thriving "mountain town" of Asheville where you will enjoy such highlights as a trolley tour and visit to the Biltmore Estate. Then travel to Savannah where you will enjoy a guided tour of Savannah's Historic District and Andrew Low Home & Gardens. Next, it's off to Beaufort where you'll be charmed during your horse-drawn buggy tour. Finally, travel to Charleston to enjoy a tour, Boone Hall presentation and more! Prices include airfare, gratuities, insurance and 11 meals.

**April 29–May 7, 2014**

**Cost: \$3,749 pp/double; \$4,599 pp/single**

### America's National Parks

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

**May 17–28, 2014**

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

### Visit Ottawa Parliament!



### Best of Eastern Canada

*\$100 Discount for early sign-ups*

From the European-styled, old world elegance of Quebec City to the thundering magnificence of Niagara Falls, you'll love every moment of this 9-day tour of Eastern Canada. Enjoy two-night stays in Montreal, Quebec City, Ottawa and Toronto and city tours of each of them. Have breakfast at a local sugar shack and learn about maple syrup making before boarding the Maid of the Mist cruise to experience Niagara Falls up close. Watch the busy St. Lawrence River from high atop Montreal's Mount Royal and experience the energy of multicultural Toronto. Walk the cobble stone streets of old Quebec and see the majestic parliament buildings in Ottawa. From picturesque countryside to glistening skyscrapers, a truly unforgettable cultural and historical experience awaits you in the heart of eastern Canada. Prices include airfare, gratuities, insurance and 11 meals.

**July 27–August 3, 2014**

**Cost: \$3,359 pp/double; \$3,959 pp/single**

### Christmas on the Danube

*\$250 Discount for early sign-ups*

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

**December 4–12, 2014**

**Cost: \$3,639 pp/double**

### London & Paris **NEW!**

*\$250 Discount for early sign-ups*

Enjoy the best of London and Paris on this 8-day leisurely tour. All of the top sights are included, as well as plenty of free time for your own discoveries. See Buckingham Palace, the Tower of London, Big Ben and St. Paul's Cathedral. Enjoy a London theatre performance. Cross the channel on the high-speed Eurostar Train, where you will dine at the Eiffel Tower and cruise the River Seine at night. Finish your trip with a thrilling dinner and cabaret show at the Paradis Latin Cabaret. Prices include airfare, gratuities, insurance and 10 meals.

**September 8–15, 2014**

**Cost: \$4,349 pp/double; \$5,149 pp/single**

### Albuquerque **NEW!** Balloon Fiesta

*\$100 Discount for early sign-ups*

The Albuquerque Balloon Fiesta has grown into one of the world's most photographed events. Set in New Mexico, a place diverse in culture and scenic beauty, the Fiesta is simply one of the most spectacular displays of sound and color you are ever to witness. This exciting journey also includes time in Albuquerque and Santa Fe, two culturally rich cities. Visit the unique shops and restaurants of Old Town Albuquerque. Wind through the stunning Turquoise Trail. Set out on a walking tour of Santa Fe that highlights the St. Francis Cathedral and the end of the Santa Fe Trail. Experience the Santa Fe School of Cooking. Price includes air, transfers, gratuities, insurance, and eight meals.

**October 6–11, 2014**

**Cost: \$2,499 pp/double; \$3,099 pp/single**





**Experience South America** **NEW!**

*\$500 Discount for early sign-ups*  
Interested in exploring even more? Journey on our “Wonders” tour and add more of Argentina and Chile to your tour. Experience the Alpine village of Bariloche, view panoramic vistas from the top of Cerro Campanario on the renowned Circuito Chico, cross the Andes lakes, explore Santiago, and more! Optional Easter Island extension available. Price includes airfare, gratuities, insurance and 26 meals.

**October 23–November 8, 2014**  
**Cost: \$8,398 pp/double**



**Heritage of America** **NEW!**

*\$100 Discount for early sign-ups*  
There’s plenty of beauty and history on this tour stopping in New York City, Amish Country, Gettysburg, Shenandoah Valley, Monticello, Colonial Williamsburg, Mount Vernon, and Washington, D.C. Visit the presidential estates of Washington’s Mount Vernon and Jefferson’s Monticello. Walk the hallowed battlefield at Gettysburg. Tour some of Colonial Williamsburg’s 88 restored historic buildings. Learn first-hand about the Amish way of life while enjoying dinner with an Amish family. Travel along the famous Skyline drive and see amazing views of the Shenandoah Valley. Explore the countless treasures of the Smithsonian Institution, including the actual Apollo 11 Command Module and the Hope Diamond. Price includes airfare, gratuities, insurance and 14 meals.

**October 24–November 2, 2014**  
**Cost: \$3,376 pp/double; \$4,326 pp/single**

**Want to learn more?**

Full trip details are available online at [pleasanthillrec.com](http://pleasanthillrec.com) or email [jwusthoff@pleasanthillrec.com](mailto:jwusthoff@pleasanthillrec.com) for details and upcoming presentation information.

**Wonders of South America** **NEW!**

*\$250 Discount for early sign-ups*  
From Brazil’s marvelous Rio de Janeiro and Iguazu to Argentina’s serene city of Mendoza and lively Buenos Aires, delve into the vivacious cultures of South America. Look out from the top of Sugarloaf and enjoy a breathtaking view of Rio de Janeiro. Indulge in a Brazilian-style barbeque at one of Rio’s top “Churrascaria” restaurants. Ascend Corcovado by train to Christ the Redeemer, one of the new seven Wonders of the World. Behold the power of the Iguazu Falls and explore Iguazu National Park. Spend two nights in fantastic Buenos Aires, the “Paris of South America” and much more! Optional Brazil Amazon extension available. Price includes airfare, gratuities, insurance and 15 meals.

**October 23–November 2, 2014**  
**Cost: \$5,819 pp/double; \$6,969 pp/single**

**50+ trips**

Non-members pay an additional \$5.

**Trip Meeting**

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

**2014 Trip Meeting dates T.B.A.**

Please visit [phseniorcenter.com](http://phseniorcenter.com) and refer to the Senior Sounds for upcoming meeting dates and times.

**Pleasant Hill Senior Center**

**Trip Office:** 798-8747 (TRIP)  
Monday–Friday, 9:00 am–2:00 pm  
233 Gregory Lane

**Day Trips**

**CASINO TRIPS:** 1/14 (Cache Creek), 2/6 (Jackson Rancheria), more T.B.A.

**MYSTERY TRIPS:** Dates T.B.A.

**SIGHTSEEING/SHOWS:**

- 1/12 . . . . . Cirque du Soleil: Amaluna
- 1/19 . . . . . Harlem Globetrotters
- 1/25 . . . . . Peking Acrobats
- 2/25–2/27 . . . Reno Snow Train
- 3/23–3/24 . . . Las Vegas

*Many more day trips TBA!*  
*There are 4–6 day trips each month.*

*See more senior trip info at [phseniorcenter.com](http://phseniorcenter.com).*



**Online Learning**  
*anytime, anywhere...*

Just a click away!  
[www.ed2go.com/pleasanthillrec](http://www.ed2go.com/pleasanthillrec)

**Pleasant Hill Senior Center**(925) 798-8788 • 233 Gregory Lane • [www.phseniorcenter.com](http://www.phseniorcenter.com)

The Pleasant Hill award-winning Senior Club, sponsored by the Pleasant Hill Recreation & Park District, operates as a non-profit organization with an elected Board of Directors. Annual membership is open to men & women 50 years and over for \$15.

**Services**

Call for appointments and more information at 798-8788.

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

**50+ activities**

For a complete list of ongoing activities with times, dates, and their location, please visit [www.phseniorcenter.com](http://www.phseniorcenter.com).

**Stress Management and Self Healing with Qigong** **NEW!**

Students learn about stress and how it affects physical and mental health. The 20 gentle movements of T'ai Chi Chih/Qigong (a form of moving meditation) will teach students to become more calm, relaxed and balanced.

Instructor: Wendy Helms, Ph.D

**Senior Center: Classrooms**  
**8 classes | \$109/\$95 (Member)**

2242.201 1/9-2/27 Th 6:15 pm-7:30 pm

**Prelude to a Dance** **NEW!**

Learn all of the ballroom, swing, latin and country western dances. Fun! Easy! Exercise!

Instructor: Alex Pappas

**Senior Center: Dance Studio**  
**6 classes | \$51/\$45 (Member)**

2226.201 1/9-2/13 Th 11:00 am-12:00 pm

2226.202 2/20-3/27 Th 11:00 am-12:00 pm

2226.203 4/10-5/15 Th 11:00 am-12:00 pm

**Gentle Pilates** **NEW!**

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

Instructor: Janice De Jesus

**Senior Center: Classroom 1 & 2**  
**6 classes | \$63/\$57 (Member)**

2238.201 1/8-2/12 W 2:00-3:00 pm

2238.202 2/19-3/26 W 2:00-3:00 pm

2238.203 4/2-5/7 W 2:00-3:00 pm

**Tango for Seniors**

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

Instructor: Alex Pappas

**Senior Center: Dance Studio**  
**6 classes | \$51/\$45 (Member)**

2225.201 1/9-2/13 Th 10:15-11:00 am

2225.202 2/20-3/27 Th 10:15-11:00 am

2225.203 4/10-5/15 Th 10:15-11:00 am

**Beginning Ukulele**

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

Instructor: Glenn Staller

**Senior Center: Game Room**  
**6 classes | \$95/\$89 (Member)**

2236.201 1/6-2/24\* M 11:00 am-12:00 pm

\*No class on 1/20, 2/17

**Gentle Yoga**

Learn to do basic postures with modifications you can actually do! Yoga is beneficial for body, mind and spirit. Instructor has 500-hour certification with emphasis in yoga therapy. Bring your own mat.

Instructor: Maxine Davis

**Senior Center: Classrooms**  
**6 classes | \$77/\$69 (Member)/\$13 Drop in**

2235.201 1/2-2/6 Th 11:00 am-12:00 pm

2235.202 2/13-3/20 Th 11:00 am-12:00 pm

2235.203 3/27-5/8\* Th 11:00 am-12:00 pm

\*No class 4/3

**Basic Computer and YOU**

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

Instructor: Walter Sanchez

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

2300.201 1/9-1/23 Th 1:30-3:00 pm

2300.202 2/20-3/6 Th 1:30-3:00 pm

**Basic Computer and YOU: Part 2** **NEW!**

This is continuation of Basic Computer and you: You'll learn a basic understanding of the some of the Tools/Utilities in Windows such as Defrag, Disk Cleanup, Recycle Bin, Programs and Features, and more.

Instructor: Walter Sanchez

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

2303.201 1/30-2/13 Th 1:30-3:00 pm

2303.202 3/13-3/27 Th 1:30-3:00 pm

## Individual Computer Tutoring

Get individualized assistance with topics such as: Basic computer navigation, searching the Internet, creating and using an e-mail account, uploading files and software. Visit the open computer lab on Tuesday afternoons between 1:00 pm and 3:45 pm to schedule a tutoring.

Instructor: Leo Vardas

**Senior Center: Computer Lab**  
Per hour | \$25/\$20 (Member)

## Internet, Web and Email

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

Instructor: Leo Vardas

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

2301.201 2/4-3/4 Tu 10:00 am-12:00 pm

## American Sign Language for Beginners

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

Instructor: Sheila Holmes

**Senior Center: Game Room**  
8 weeks | \$155/\$140 (Member)

2216.201 1/8-2/26 W 1:30-3:00 pm

2216.202 3/5-4/23 W 1:30-3:00 pm

## Exploring Watercolor

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

Instructor: Casey Rasmussen White

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

2231.201 1/21-3/4\* Tu 9:30 am-12:00 pm

2231.202 3/18-4/29\*\* Tu 9:30 am-12:00 pm

2322.201 1/16-2/20 Th 12:15-2:45 pm

2322.202 3/6-4/17\*\*\* Th 12:15-2:45 pm

*Beginners pay an additional \$25 lab fee to instructor. \*No class 2/11; \*\*No class 4/8; \*\*\*No class 4/3*

## 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. Additional \$5 lab fee due at the first class.

Instructor: Melissa VanHoosen

**Senior Center: Game Room**  
6 weeks | \$72/\$66 (Member)

2250.201 1/28-3/4 Tu 6:30 pm-8:00 pm

## American Mah Jongg

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

Instructor: Judi Mesisca

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

2227.201 1/10-1/31 F 1:00 pm-4:00 pm

2227.202 3/7-3/28 F 1:00 pm-4:00 pm

*Additional \$8 supply fee due at first class.*

## Pinochle 101 **NEW!**

For beginners as well as those who haven't played for awhile and want to freshen and update their skills.

Instructor: Annie Stephens

**Senior Center: Classrooms**  
4 classes | \$20/\$15 (Member)

2223.201 1/9-1/30 Th 11:00 am-12:00 pm

## Quilting Courses

Instructor: Carol Madsen

**Senior Center: Chateau Room**

### BEGINNING QUILTING

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

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

2243.201 1/6-3/24\* M 12:30-3:00 pm

2243.201 3/31-6/9\* M 12:30-3:00 pm

*\*No class on 1/20, 2/17, 5/26*

### QUILTING: BEYOND THE BASICS

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

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

2244.201 1/6-3/24\* M 9:15 am-12:15 pm

2244.201 3/31-6/9\* M 9:15 am-12:15 pm

*\*No class on 1/20, 2/17, 5/26*

### QUILTING: BASICS+

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

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

2245.201 1/7-3/11 Tu 6:45-9:15 pm

2245.202 3/18-5/27\* Tu 6:45-9:15 pm

*\*No class on 4/22*

## Fit for Life: Senior Aerobics!

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

Instructor: Tari Nicholson

**Senior Center: Dance Studio**  
8 classes | \$35/\$30 (Member)  
8-class "anytime" Punch Card: \$40

2214.201 1/2-1/30\* Tu/Th 9:00 am-10:00 am

2214.202 2/4-2/27 Tu/Th 9:00 am-10:00 am

2214.203 3/4-3/27 Tu/Th 9:00 am-10:00 am

2214.204 4/1-4/29 Tu/Th 9:00 am-10:00 am

*\*No class on 1/23 & 1/28*



**Online Learning**  
anytime, anywhere...

Just a click away!  
[www.ed2go.com/pleasanthillrec](http://www.ed2go.com/pleasanthillrec)



## Living Tai Chi

Instructor: Jasmine-Rose Kam  
Senior Center: Dance Studio

### FOUNDATIONS

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

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

2210.201 1/6-3/10\* M 10:00 am-12:00 pm  
\*No class on 1/20, 2/17

### FOUNDATIONS & FORMS

Foundational practices plus forms work. Memory and homework involved. Prerequisite: Foundations Class/permission

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

2213.201 1/8-3/12\* W 9:30 am-12:30 pm  
\*No class on 1/22, 2/19

### FOUNDATIONS & FORMS PACKAGE

Student attends both Monday and Wednesday classes.

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

2218.201 1/6-2/5\*  
2218.202 2/10-3/12\*  
\*No class on 1/20, 1/22, 2/17, 2/19

## LINE DANCE

### New Basics class for those just learning!

Country Western, Polkas, Waltzes and Latin Line Dances. Partners are not required; men and women welcome.

**Basics:** for those brand new to Line Dance.

**Beginners:** must know basic steps.

*Note: please refrain from wearing heavy perfumes and scents. Instructor experiences perfume allergies.*

Instructor: Millie Dusha

Senior Center: Dance Studio

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

<b>Basics</b> <b>New!</b>	Sa	8:30-9:00 am
<b>Beginners</b>	Sa	9:00-10:00 am
<b>Improver</b>	Sa	10:00-11:00 am
<b>Easy Intermediate</b>	Sa	11:15 am-12:30 pm

No class 1/18, 4/19, 4/26, 5/3

High Beginner/Easy Intermediate

Workshop: 1/25 & 3/29, 9:00 am-1:30 pm, \$10

## Weight & Strength

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

Certified Personal Trainer: Debbie Murdock

Senior Center: Chateau Room

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

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

2201.202	2/3-2/27*	M/Th	8:15-9:15 am
2202.202	2/3-2/27*	M/Th	9:30-10:30 am
2205.202	2/3-2/27*	M/Th	5:30-6:30 pm
2201.204	4/7-4/28	M/Th	8:15-9:15 am
2202.204	4/7-4/28	M/Th	9:30-10:30 am
2205.204	4/7-4/28	M/Th	5:30-6:30 pm

\*No class 2/17

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

2201.201	1/2-1/30*	M/Th	8:15-9:15 am
2202.201	1/2-1/30*	M/Th	9:30-10:30 am
2205.201	1/2-1/30*	M/Th	5:30-6:30 pm

\*No class 1/20

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

2201.203	3/3-3/31	M/Th	8:15-9:15 am
2202.203	3/3-3/31	M/Th	9:30-10:30 am
2205.203	3/3-3/31	M/Th	5:30-6:30 pm

## Zumba Gold

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

Instructor: Barbara Ward

Senior Center: Dance Studio

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

Mondays 9:00 am-9:50 am

Fridays 10:00 am-10:50 am

\*No class on 1/20, 1/31, 2/17, 4/4



## senior events

### Care Management Series

The Care Management Series brings a variety of topics from experts in our community. This series is sponsored by the Chateaus of Pleasant Hill. Held the 2nd Thursday of each month from 2:00 pm to 3:30 pm at the Senior Center. Presentations are free however space is limited so please reserve your spot by calling 798-8788.

**January 9**—How to Hire In-Home Care, presented by Senior Helpers

**February 13**—Major FHA Changes to Reverse Mortgage Programs, presented by Open Mortgage

**March 13**—When do you Need Fiduciary Services? presented by Professional Fiduciary

**April 10**—What is Hospice & Palliative Care? presented by Hospice of the East Bay

### Pancake Breakfasts

All ages welcome! Our monthly pancake breakfasts feature pancakes or French toast, eggs, sausage, orange juice and coffee. First Sunday of the month, except in April due to Easter Pancake Breakfast.

January 5, February 2, and March 2  
8:00-10:00 am **New time!**

Tickets: Adults (11 & up) \$5;  
Children (5-10) \$3; 4 & under FREE  
Senior Center: Chateau Room

### Easter Pancake Breakfast & Boutique

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

Saturday, April 19: 9:00-11:00 am

Tickets: Adults (11 & up) \$5;  
Children (5-10) \$3; 4 & under FREE  
Senior Center: Chateau Room

## Save the Date!

Laugh, Love & Learn 2014  
Friday, April 4  
at the Senior Center

Call us in February for more information regarding this annual vendor fair and speaker series!

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

## clinics

### High School Pre-Season

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, *CPHS Head Swim Coach*

**PH Education Center Pool:**

**1 Santa Barbara Road**

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

**8215.102** 1/6–2/6 M–Th 3:30–5:00 pm

\*No class 1/20

### Spring Swim Clinics

6–13 yrs

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

Instructor: Talli Pitcher & Beth Heinen

**PH Education Center Pool:**

**1 Santa Barbara Road**

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

**8727.201** 2/4–2/13 Tu/Th 6:00–6:45 pm

**8727.202** 2/18–2/27 Tu/Th 6:00–6:45 pm

**8727.203** 3/4–3/13 Tu/Th 6:00–6:45 pm

**8727.204** 3/18–3/27 Tu/Th 6:00–6:45 pm

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

**8727.205** 4/1–4/17 Tu/Th 6:00–7:00 pm



### Pre-Swim Team Clinic

4–13 yrs

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

Instructor: Talli Pitcher & Beth Heinen

**PH Aquatic Park: 147 Gregory Lane**

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

**8208.201** 3/31–4/18 M/W/F 4:00–4:30 pm

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

**8209.201** 3/31–4/18 M/W/F 4:30–5:15 pm

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

Instructor: Talli Pitcher & Beth Heinen

**PH Aquatic Park: 147 Gregory Lane**

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

**8210.201** 3/31–4/18 M/W/F 5:15–6:00 pm

## water exercise

### Lap Swim/Swim for Fitness

16 yrs & up

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

Instructors: Beth Heinen, Staci Lindsay, Carol Madsen

**PH Education Center Pool:**

**1 Santa Barbara Road**

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

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

**8-Swim “Anytime” Punch Card: \$48**

**Swim For Fitness Hours\*:**

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

M/Tu/Th 7:00–8:00 pm

Holidays: 12/23–1/3, 1/20, 2/10, 2/17

\*Visit [www.pleasanthillrec.com](http://www.pleasanthillrec.com) to confirm hours and location.



### Water Aerobics & Water Blast

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

Instructor: Jeaneen Cowen, Sofia Nappo

**PH Education Center Pool:**

**1 Santa Barbara Road**

**Year-round classes | Drop-in \$7**

**Punch Card: \$45 (8 classes)**

Jeaneen W 7:20–8:20 am

Jeaneen Tu/Th 8:30–9:30 am

Jeaneen Tu/Th 6:00–7:00 pm

Sofia M/W/F 8:30–9:30 am

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

## classes

### Lifeguard Training

15 yrs & up

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

Instructor: Aquatics Staff

**PH Aquatic Park: 147 Gregory Lane**

**\$215/\$200 (Dist. Res.)**

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

**8715.201** 4/11–4/26 F 5:00–8:00 pm  
Sa 9:00 am–4:00 pm\*

**8715.202** 4/21–4/24 M–Th 9:00 am–5:00 pm

**8715.203** 5/16–5/31 F 5:00–8:00 pm

Sa 9:00 am–4:00 pm\*

\*30-minute daily lunch break included.

## Lifeguard Training Review

16 yrs & up

For students who have taken a lifeguard training course within the last four years and want to renew their certificates. Course includes lecture and video review, skills practice and testing (written & skills). Upon successful completion the American Red Cross will issue certificates in Lifeguarding/First Aid/CPR/AED. Pocket mask required; available for an additional fee when registering.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

\$125/\$110 (Dist. Res.)

(includes \$35 certificates fee to ARC)

8717.201 5/2-5/3 F 5:00-9:00 pm  
Sa 9:00 am-4:00 pm

8717.202 6/3-6/5 Tu/W/Th 4:00-8:30 pm  
30 minute daily lunch break included.

## Lifeguard Instructor Course **NEW!**

17 yrs & up

This course trains instructor candidates to teach Lifeguard Training, CPR/AED for Professional Rescuers and Health Care Providers course, Bloodborne Pathogens Training and Administering Emergency Oxygen. Must have current American Red Cross Lifeguarding/First Aid/CPR/AED certificate or equivalent, successfully complete the Online Session for the Lifeguarding Instructor course before the first class (details will be given after registering) and successfully pass the pre-requisites skills on the first day.

**Registration Deadline:** March 16, 2014.

Instructor: Korey Riley

PH Aquatic Park: 147 Gregory Lane

5 classes | \$200\*/\$185\* (Dist. Res.)

8718.201 3/31-4/9 M/W 5:00-9:00 pm  
Sa 9:00-1:00 pm

\*Additional \$35 due to American Red Cross for online session.

## special events

### 31st Annual Dolphins Tree Lot NOVEMBER 29-DECEMBER 23

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

**Winslow Center Parking Lot:**  
2590 Pleasant Hill Rd.

**Corner of Taylor & Pleasant Hill Road**  
Proceeds benefit the Pleasant Hill Dolphins Swim Team.

## Polar Bear Plunge

All Ages Welcome!

Start your New Year with an invigorating plunge in the unheated water of PH Aquatic Park! Warm up with coffee and hot chocolate after your plunge. Pre-register by January 9 to be guaranteed a long-sleeve shirt.

**Saturday, January 25, 2014, 12:00 pm**

PH Aquatic Park: 147 Gregory Lane

8780.201

\$20 Pre-register by 1/9 | \$25 (1/10-1/25)

## Private Aquatic Park Parties

Reserve the pool for your own private party! Rental fee includes two hours exclusive use of the diving pool, Sprayground, picnic area with barbecue grills, locker rooms. No alcohol or smoking permitted in the pool area. Extended use hours are available upon request/availability and use of the training pool requires an additional fee. Sprayground only parties are also available.

**For information & reservations,**  
call 682-0896.

## pleasant hill dolphins swim team celebrating 50 years!

For everything you need to know about the Dolphins Swim Team, including practice schedule, special discounts, Parent Work Fee and team calendar, visit [www.pleasanthillrec.com](http://www.pleasanthillrec.com).

**Tryouts: Wednesday, April 2, 6:00 pm** at PH Aquatic Park, 147 Gregory Lane.  
For new 8 yrs & under swimmers ONLY.

**Registration: January 6-May 20, 2014** at the District Office (M-F, 9:00 am-5:00 pm) or online at [www.pleasanthillrec.com](http://www.pleasanthillrec.com). For more information, call 682-0896.

Season Runs 4/28-8/11

**Registration Fees:**

1/6-2/28: \$305/\$290 (Dist. Res.)

3/1-4/4: \$315/\$300 (Dist. Res.)

4/5-5/20: \$355/\$340 (Dist. Res.)

Fee includes team t-shirt. Register early to take advantage of the payment plan.

**Registration Day:**

March 22, 10:00 am-12:00 pm

District Office: 147 Gregory Lane

Coaches and board members will be present to answer questions.



## Mini-Dolphins

7 yrs & under

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



## SPRING

**Try-outs:** Thursday, 4/17, 4:00 pm

**Registration Deadline:** Monday, 4/28

PH Aquatic Park: 147 Gregory Lane

\$110/\$95 (Dist. Res.)

8200.201 4/29-6/12 Tu/Th 3:45-4:15 pm  
Practice moves to PH Education Center 5/20

## SUMMER

**Try-outs:** Wednesday, 5/28, 3:45 pm

**Registration Deadline:** Friday, 6/6

\$30 discount when you also register for Spring Mini-Dolphins.

PH Education Center:  
1 Santa Barbara Road

\$195/\$180 (Dist. Res.)

8200.301 6/16-8/1 M/Tu/Th/F 1:00-1:30 pm  
No practice 6/30-7/4

## swim lessons

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

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

### PARENT/TOT (6 MOS-4 YRS)

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

### TINY TOT (3-4 YRS)

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

### PRE-SCHOOL (4-6 YRS)

Child must be ready to learn without parent participation. Skills: water adjustment, 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 6:1

### 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 instruction for all ability levels.

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

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

	12/3-12/12	1/7-1/16	1/21-1/30	2/4-2/13	2/18-2/27	3/4-3/13	3/18-3/27
6:00 pm	8616.107	8616.108	8616.109	8616.201	8616.202	8616.203	8616.204
6:20 pm	8617.107	8617.108	8617.109	8617.201	8617.202	8617.203	8617.204
6:40 pm	8618.107	8618.108	8618.109	8618.201	8618.202	8618.203	8618.204

### Spring Swim Lessons—PH Aquatic Park: 147 Gregory Lane

Tu/Th Private: **2 weeks, (4) 20-minute classes | \$79/\$64 (Dist. Res)**

	4/8-4/17	4/29-5/8	5/13-5/22	5/27-6/5
1:00 pm	8619.205	8619.206	8619.207	8619.208
1:20 pm	8620.205	8620.206	8620.207	8620.208
1:40 pm	8621.205	8621.206	8621.207	8621.208
5:00 pm	8613.205			8613.208
5:20 pm	8614.205			8614.208
5:40 pm	8615.205			8615.208
6:00 pm	8616.205	8616.206	8616.207	8616.208
6:20 pm	8617.205	8617.206	8617.207	8617.208
6:00 pm	8618.205	8618.206	8618.207	8618.208

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

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

Time	Age	SATURDAY		SUNDAY	
		4/5-5/3*	5/10-5/31	4/6-5/4*	5/11-6/1
10:00 am	Adult/Teen	8591.201	8591.203	8591.202	8591.204
10:30 am	Youth	8575.201	8575.203	8575.202	8575.204
11:00 am	Pre-School	8656.201	8656.203	8656.202	8656.204
11:30 am	Tiny Tot	8526.201	8526.203	8526.202	8526.204
12:00 pm	Parent/Tot	8510.201	8510.203	8510.202	8510.204

\*No class 4/19, 4/20

### Saturday & Sunday Private: 4 weeks, (4) 20-minute classes | \$79/\$64 (Dist. Res.)

Time	SATURDAY		SUNDAY	
	4/5-5/3*	5/10-5/31	4/6-5/4*	5/11-6/1
10:00 am	8626.201	8626.203	8626.202	8626.204
10:20 am	8627.201	8627.203	8627.202	8627.204
10:40 am	8628.201	8628.203	8628.202	8628.204
11:00 am	8629.201	8629.203	8629.202	8629.204
11:20 am	8630.201	8630.203	8630.202	8630.204
11:40 am	8631.201	8631.203	8631.202	8631.204
12:00 pm	8632.201	8632.203	8632.202	8632.204

\*No class 4/19, 4/20





Dear Friends of Pleasant Hill Recreation & Park District,

We hope you enjoyed our many activities and parks in 2013. We look forward to all the fun activities and events ahead.

In January 2014, we are thrilled to open your beautiful new Community Center! It's a "crown jewel" for Pleasant Hill! We are also proud to re-open the completely renovated Pleasant Oaks Park this spring. Both facilities are tremendous additions and improve the quality of life for our community.

Please take advantage of what these fantastic new facilities offer and take part in the many enriching, fun and affordable activities featured in this current Spotlight. In 2014, the fun begins here.

Happy New Year,

Bob 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

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

**Board Meetings:** 2nd & 4th Thursday;  
 6:30 pm—Measure "E" Bond Matters  
 7:00 pm—General Business  
 Administration, 147 Gregory Lane

**Complete overview map of District Parks & Facilities available online at [pleasanthillrec.com](http://pleasanthillrec.com)**

## The Spotlight: December 2013–April 2014

- Published three times a year; next issue March 2014.
- Circulation: 75,000 per issue; sent to homes and businesses in Pleasant Hill & surrounding areas.
- Additional copies available at District Office or local libraries and Pleasant Hill businesses.

**On the cover:** *Kylie Fischer and Aysha Harris.*

**On the back page:** *Rocky and Melanie Gaglioti.*  
*Photo by Ann Luke.*

# 3 Ways to Register Now!



**Online at [www.pleasanthillrec.com](http://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 December 2, 2013

See class listings for exceptions to registration dates. **For refund information, visit our website: [www.pleasanthillrec.com](http://www.pleasanthillrec.com).**  
**No online registration fees!**

### PH REC CLASS LOCATIONS

**Community Center:** 320 Civic Dr.  
**Senior Center:** 233 Gregory Lane  
**Teen Center:** 147 Gregory Lane  
**Winslow Center:** 2590 Pleasant Hill Rd.

### ADMINISTRATIVE STAFF

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

### CONTACT INFORMATION

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

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

**Teen Center:** 147 Gregory Lane • 691-5645

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

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

**Winslow Center:** 2590 Pleasant Hill Rd.

### CO-SPONSORED CLUBS & ORGANIZATIONS

**For club information, visit [pleasanthillrec.com/clubs.html](http://pleasanthillrec.com/clubs.html)**

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



### The Pleasant Hill Community Foundation

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

**Details: [info@phcommunityfoundation.org](mailto:info@phcommunityfoundation.org)**



### AMERICANS WITH DISABILITIES ACT (ADA)

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

# Pleasant Oaks Park

**OPENS SPRING 2014!**

Pleasant Hill Recreation & Park District's beautifully renovated Pleasant Oaks Park will open just in time for the 2014 PHBA season.

**EXCITING NEW FEATURES INCLUDE:**

- 5 completely renovated softball fields
- New full-sized soccer fields
- Shaded dugouts with warm-up bullpens at each field
- 3 enlarged batting cages
- Preschool play area (age 2-5)
- ADA-compliant walking path
- Several picnic areas including a new large group picnic site available for reservation
- 2 improved, paved parking lots and designated drop-off areas
- Benches & drinking fountains
- 150 new trees planted

**Get Ready to Play Ball!**

[pleasanthillrecsports.com](http://pleasanthillrecsports.com)



## Explore your world with us!

### Best of Eastern Canada

July 27–August 3, 2014

Explore Montreal, Quebec City, Ottawa, Niagara Falls, and Toronto on this beautiful eight-day tour! *(See page 18 for more details)*

For more information, call our Travel Office at (925) 798-8747 or visit [pleasanthillrec.com](http://pleasanthillrec.com).

*\$100 Discount for early sign ups!*



Check out our **New District Website!**

*A fresh new look & easier navigation.*

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



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Pleasant Hill Recreation & Park District • (925) 682-0896 • The Spotlight Winter/Spring, Volume 19, Issue 1

The perfect setting for your wedding ceremony and reception is right here in our community.



*Pleasant Hill Recreation & Park District invites you to visit our three beautiful new venues for your special day.*

**PLEASANT HILL  
COMMUNITY CENTER**  
*opening January, 2014*

**PLEASANT HILL SENIOR CENTER**  
*at Gregory Lane*

**PLEASANT HILL PARK PLACE**  
*at the Teen Center*

***Our wedding locations feature:***

- Beautiful park settings,
- Bright airy rooms with soaring vaulted ceilings and windows,
- Diverse room accommodations for small to large parties up to 400,
- New catering-friendly kitchen facilities,
- Convenient access to hotels, downtown, major freeways and airports.

**Contact Ryan Herriman at [rherriman@pleasanthillrec.com](mailto:rherriman@pleasanthillrec.com) or (925) 771-7639.**