

Winter/Spring
2015

the Spotlight



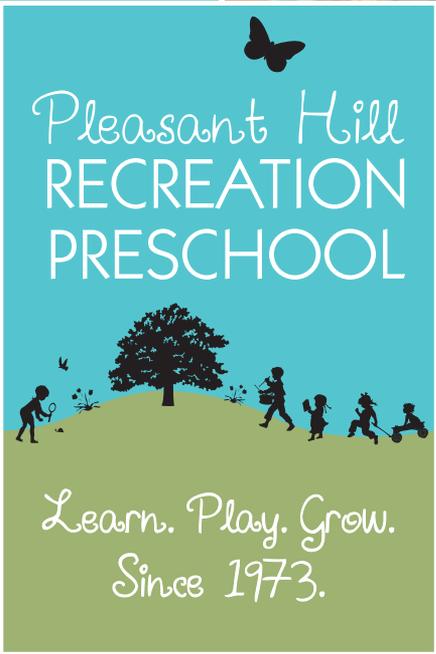
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Preschool**
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pleasanthillrec.com



Pleasant Hill RECREATION PRESCHOOL

Learn. Play. Grow.
Since 1973.



The Pleasant Hill Recreation & Park District Preschool has been encouraging the love of learning since 1973. Our preschool establishes the foundation for a child's future education. Come grow with us!

Our Philosophy: A child who is playing is a child who is learning.

We offer programs to promote the social, emotional, physical, and cognitive development of each child. Our experienced teachers encourage individual confidence, self-esteem, and social skills that children need to be happy and successful.

2015-16 Registration Opens February 7, 2015

Come see how we encourage the love of learning in our classrooms. Schedule your personal visit with Preschool Director, Sarah Smith
(925) 676-5200 ext. 626 | ssmith@pleasanthillrec.com



PRESCHOOL LOCATIONS:

PH Community Center: 320 Civic Drive, Pleasant Hill
Winslow Center: 2590 Pleasant Hill Road, Pleasant Hill

Programs

Classes are in session September–June. Tuition is divided into nine monthly payments due by the 20th of each month.

WEE-TOT

2 yrs 6 mos–3 yrs 6 mos

- Co-op Tuesday/Thursday
9:30 am–12:00 pm, Winslow Center
2014–15 Fee: \$215/\$195 (Dist. Res.)
2015–16 Fee: \$220/\$200 (Dist. Res.)
- Tuesday/Thursday,
9:30 am–12:00 pm, Winslow Center
2014–15 Fee: \$290/\$270 (Dist. Res.)
2015–16 Fee: \$295/\$275 (Dist. Res.)

NEW HORIZONS

3 yrs 3 mos–4 yrs 3 mos

Students required to be fully potty-trained.

- Monday/Wednesday/Friday
8:45–11:45 am, Winslow Center
- Tuesday/Wednesday/Thursday
9:00 am–12:00 pm, Community Center
2014–15 Fee: \$335/\$315 (Dist. Res.)
2015–16 Fee: \$340/\$320 (Dist. Res.)

PRE-K

4–6 yrs

Students required to be fully potty-trained.

- Monday/Wednesday/Friday
12:30–3:30 pm, Winslow Center
- Tuesday/Wednesday/Thursday
9:00 am–12:00 pm, Community Center
2014–15 Fee: \$335/\$315 (Dist. Res.)
2015–16 Fee: \$340/\$320 (Dist. Res.)

LUNCHTIME

- Tuesday/Thursday
12:00–1:00 pm, Community Center

Fee: \$9 per day;
\$8 per day with pre-registration

Winter/Spring Registration Begins December 8 see page 26.

NO ONLINE REGISTRATION FEES!

The Spotlight,

December 2014–April 2015:
Published three times/year; next issue March 2015. Circulation: 68,000 per issue; sent to homes and businesses in Pleasant Hill and surrounding areas. Copies available at District Office, and local libraries and businesses.

On the cover: Elise Hinken, Isla Oh, Colin Vencko. Photo by Ann Luke.

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Dolphins Tree Lot Open

November 28–December 24

See page 24.

Monthly Family Pancake Breakfasts

January 4, February 1, March 1

See page 22.

Crab Feed

January 23

See page 22.

Special Recreation Dances

Friday, January 9 & April 10

PH Recreation & Park District, in partnership with City of Concord and City of Walnut Creek, hosts dances specifically designed for developmentally disabled adults.

Senior Center: Chateau Room

Admission: \$7 per person

1/9, 4/10 F 7:00–9:00 pm

My Little Sweetheart Dinner Dance **NEW!**

Friday, February 13

Parents! Celebrate Valentine’s Day with your little sweetheart. Dinner, dancing for boys, girls ages 2–10 with parents. Pasta, salad, bread, dessert included. Siblings under 2 welcome. Pre-Registration required per person by February 9.

Senior Center: Chateau Room

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

6163.501 2/13 F 6:00–7:30 pm

Come Together 5 Benefit Concert

Friday, February 27

Come Together 5—An All-Star Benefit Show for Pleasant Hill Teen Concerts. Tickets may be purchased online. Must be 21 years old to register. Buy tickets at <https://cometogether5.eventbrite.com>

Community Center: Perera Pavilion

Tickets: \$20 per person

2/27 F 7:30–10:30 pm

FREE! Partnership for Success Summer Job & Internship Fair

Wednesday, March 4

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

DVC: 321 Golf Club Road

Free! 3/4 W 10:00 am–1:00 pm

Breakfast with Bunny

Saturday, March 28

1–10 yrs with parent

Enjoy pancake breakfast and crafts with Bunny! Bring your camera. All attending must register. Pre-registration by March 23. Must register parent and child. Children under 12 months in a stroller or backpack are free and do not need to be registered to attend with a parent or sibling.

Senior Center: Dining Room

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

6150.501 3/28 Sa 8:30–9:30 am

Easter Pancake Breakfast & Boutique

Saturday, April 4, 9:00–11:00 am

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

Senior Center: Chateau Room

Tickets: Adults 11+: \$5

Children 5–10 yrs: \$3 | 4 & under: Free!

Literary Women

Save the Date! Saturday, April 25

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

Community Center: Perera Pavilion

4/25 Sa 9:30 am–3:00 pm

Laugh, Love and Learn

May 8 at the Senior Center

See page 22.

Wine, Women & Shoes

Fundraiser

Save the Date!

Sunday, May 17

Community Center



“Egg”citing Egg Hunt! Saturday, April 4 (RAIN OR SHINE)

Pleasant Hill Park • 147 Gregory Lane

Important! Pre-registration is required. Register by 12:00 pm, April 3.

All who attend come away with a goody and a smile. Bring your camera and your Easter baskets. Enjoy visits with the Easter Bunny. Have fun with facepainting and other “egg”citing activities. Catch the Pleasant Hill Express running all morning long. Find the GOLDEN TICKET in your hunt area to win a special prize! All activities close at noon. Activities begin at 9:30 am and close at 12:00 pm. Free entertainment starts at 9:30 am.

Dana Smith, Juggler • Music by Strawberry Fields



Egg Hunt | \$6 per child

Check-in begins for ALL AGE GROUPS at 9:30 am

6160.501 0–3 yrs 10:30–10:45 am

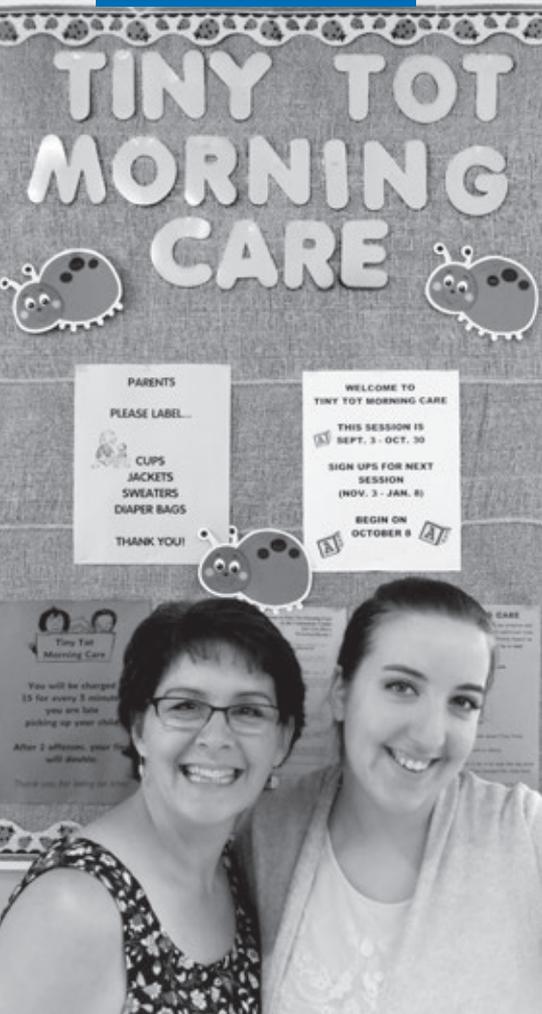
6160.502 0–3 yrs 10:50–11:05 am

6160.503 4–6 yrs 11:15–11:30 am

6160.504 7–10 yrs 11:30–11:45 am



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



Free Hugs!

Jan Ertola (left) and Stephanie Carson (right) provide a loving and nurturing environment for your child in Tiny Tot Morning Care. Jan, our lead caregiver, has been caring for tiny tots for six years with the program. Stephanie recently joined the Tiny Tot team this year and has been a great addition.

What do they love best about Tiny Tots? Free hugs!

preschool activities

California Gymnastics

California Gymnastic Services has been teaching innovative instructional classes in the Bay Area since 1985.

Instructor: California Gymnastics Staff
Community Center: Soroptimist Room

PARENT AND ME GYMNASTICS

18 months–36 months & parents

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

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

6603.501	1/9–2/6	F	9:30–10:15 am
6603.502	2/13–3/13	F	9:30–10:15 am
6603.503	3/20–4/24	F	9:30–10:15 am

No class 4/3

TINY TUMBLER GYMNASTICS

3–5 yrs

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

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

6605.501	1/9–2/6	F	10:15–11:00 am
6605.502	2/13–3/13	F	10:15–11:00 am
6605.503	3/20–4/24	F	10:15–11:00 am

No class 4/3

PHWC Mothers' Club
17th Annual

PRE-SCHOOL FAIR

10am - 1pm • SATURDAY, JAN 24, 2015
PLEASANT HILL COMMUNITY CENTER
320 Civic Drive, Pleasant Hill, Ca. 94523

phwcmothersclub.org
preschoolfair@gmail.com
(925) 939-6466

Tiny Tot Morning Care

Walking to 3 yrs

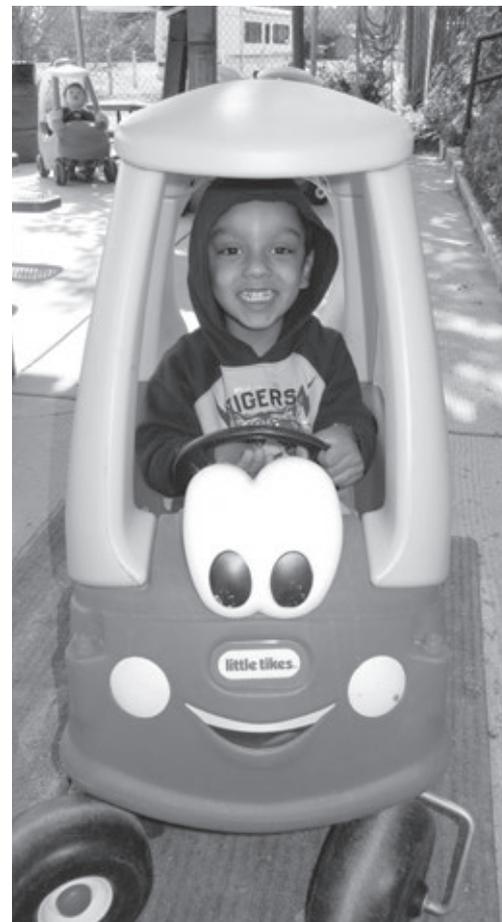
PARENTS! Give yourself some time off. Let US watch your children, walking to 36 months. Indoor play, songs, story time, snack time and outdoor playground time. Snack provided. Bring beverage. Registration begins at 8:45 am on December 10 for session .501 and February 25 for .502 at the Community Center Preschool Room 1. After initial registration dates, call (925) 676-5200 for registration information. \$25/day/child, space reserved. Parents may register for a maximum of three days per week. You will be billed unless your cancellation has been received by NOON one day prior to your reservation.

Instructor: Jan Ertola

Community Center: Preschool Room 1
\$25/day per child

.501	1/12–3/26	M–Th	9:00 am–12:00 pm
.502	3/30–6/4	M–Th	9:00 am–12:00 pm

No class 1/19, 2/16, 4/6–4/9, 5/25





Spanish Immersion Preschool

3–5 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 Spring. All the activities are in Spanish.

Instructor: Spanish 4 Children

Community Center: Preschool Room 2

7 weeks | \$246/\$231 (Dist. Res.)

6631.501 1/9–2/20 F 9:00 am–12:00 pm

6631.502 2/27–4/17 F 9:00 am–12:00 pm

\$7 lab fee payable at first class. No class 4/10

Let's Make Music with Andrea Gaspari

18 months–4 yrs

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

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

Winslow Center: Room 2

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

6636.501 1/5–3/2 M 10:30–11:10 am

6636.502 3/9–4/27 M 10:30–11:10 am

No class 1/19, 2/16, 4/6

Musical Babies

6 months–18 months

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

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

Winslow Center: Room 2

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

6637.501 1/5–3/2 M 11:15 am–12:00 pm

6637.502 3/9–4/27 M 11:15 am–12:00 pm

No class 1/19, 2/16, 4/6

Music, Piano and Me

3 yrs 6 months–6 yrs

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

Instructor: Andrea Gaspari, *more than 15 years teaching and performing in the Bay Area*

Winslow Center: Room 2

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

6638.501 1/5–3/2 M 9:45–10:25 am

6638.502 3/9–4/27 M 9:45–10:25 am

No class 1/19, 2/16, 4/6

Parent Tot Preschool Prep

1–3 yrs

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

Instructor: Preschool Staff

Community Center: Preschool Room 3

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

6655.501 1/30–3/6 F 9:00–10:45 am

6655.502 3/13–4/24 F 9:00–10:45 am

6655.503 5/1–6/5 F 9:00–10:45 am

No class 4/10

Pre-Ballet

3–5 yrs

The basics of ballet are presented in a fun atmosphere. Teaches grace and the joy of movement in addition to basic ballet technique. Child must be potty trained and able to participate without parent's presence. Attire: light pink leotard, tights, ballet shoes. NO skirts or tutus please.

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

Community Center: Dance Studio 1

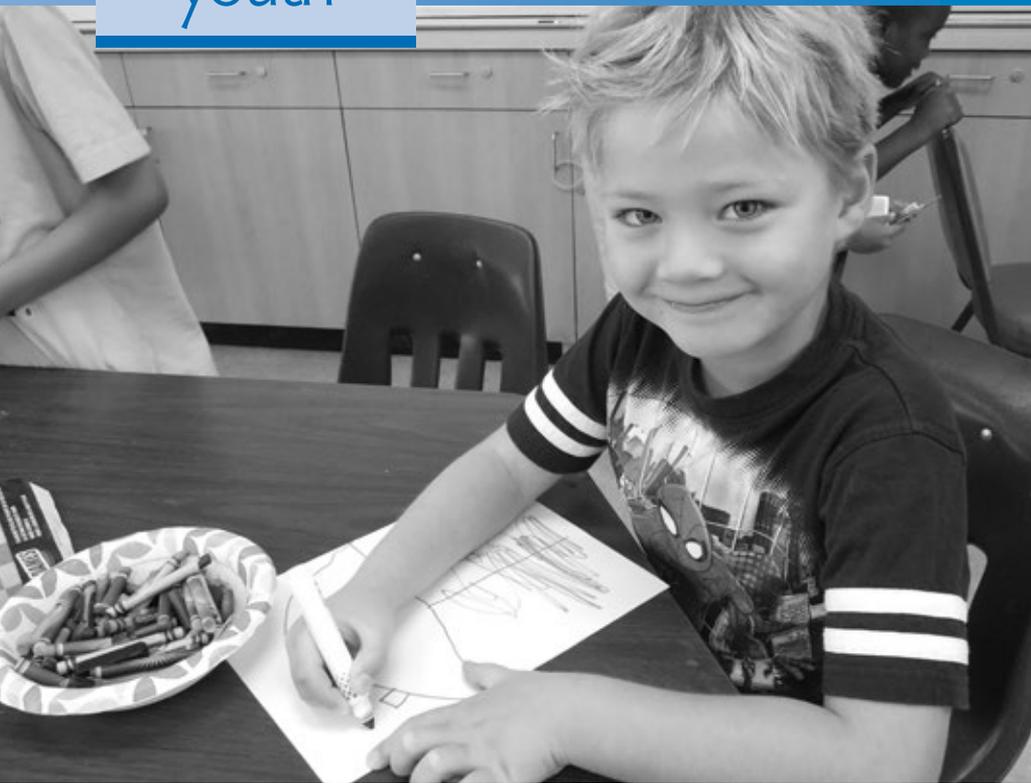
8 weeks | \$116/\$101 (Dist. Res.)

6619.501 1/5–3/9 M 3:30–4:15 pm

6619.502 3/16–5/4 M 3:30–4:15 pm

No class 1/19, 2/16





youth classes

Ballet

5–10 yrs

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

Instructor: Christie Tomlinson

Community Center: Dance Studio

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

6042.501 1/5–3/9 M 4:30–5:30 pm

6042.502 3/16–5/4 M 4:30–5:30 pm

No class 1/19, 2/16

Family Yoga

5–10 yrs

Stellarflow family Yoga, for a parent and their child is a great way to bond, release tension, strengthen core muscles, increase mindfulness and build self-esteem.

Instructor is a Stellarflow 200hr-RYT (Registered Yoga Teacher).

Instructor: Sherry Ellingson

Senior Center: Dance Studio

5 weeks | \$65*/\$55* (Dist. Res.)

6043.501 2/2–3/9 M 5:00–6:00 pm

*Per family. No class 2/16

Drawing, Painting & Sculpture

Grades K–8

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

Instructor: Charlene Elliott

Community Center: Republic Room

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

6073.501 1/13–2/3 Tu 3:15–4:30 pm

6073.502 2/10–3/3 Tu 3:15–4:30 pm

6073.503 3/10–3/31 Tu 3:15–4:30 pm

\$20 lab fee payable at first class.

Pastels

6–10 yrs

Students will work in soft and oil pastels, while learning technique, value and composition. We will work from life photo and painting reference. Art history included. We will draw a still life, create a key chain and work from painting references.

Instructor: Pat Moseuk

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

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

6048.501 1/5–2/9 M 2:00–3:00 pm

6048.502 2/16–3/23 M 2:00–3:00 pm

6048.503 3/30–5/4 M 2:00–3:00 pm

\$20 lab fee payable at first class.

Beginning Watercolor

6–10 yrs

Students will learn basic drawing concepts, technique, value, color, brushes and papers. We will work from life and painting reference. Art history included.

Instructor: Pat Moseuk

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

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

6049.501 1/7–2/11 W 3:15–4:15 pm

6049.502 2/18–3/25 W 3:15–4:15 pm

6049.503 4/1–5/6 W 3:15–4:15 pm

\$20 lab fee payable at first class.

Beginning Acrylics

6–10 yrs

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

Instructor: Pat Moseuk

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

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

6050.502 2/20–3/27 F 3:15–4:15 pm

6050.503 4/3–5/8 F 3:15–4:15 pm

\$20 lab fee payable at first class.

Pokémon & MineCraft

6–10 yrs

Students will have fun in this class learning to draw favorite characters by using simple shapes. We will also create our own characters & scenes while working in graphite, color pencil, pen and ink.

Instructor: Pat Moseuk

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

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

6051.501 1/6–2/10 Tu 3:15–4:15 pm

6051.502 2/17–3/24 Tu 3:15–4:15 pm

6051.503 3/31–5/5 Tu 3:15–4:15 pm

\$20 lab fee payable at first class.



Roy's Magic Workshops

7–12 yrs

Discover MAGIC in your child by building self-confidence and self-esteem through the entertaining art of MAGIC. Three separate sessions; all different. Take one or all three. 10% discount if you enroll for two classes and 15% discount if you register for all three at the same time. Class is limited to just 12 students.

Instructor: Roy Porfido

Senior Center: Game Room**1 workshop | \$60/\$45 (Dist. Res.)**

6066.501 1/10 Sa 9:00–11:00 am

6066.502 2/14 Sa 9:00–11:00 am

6066.503 3/14 Sa 9:00–11:00 am

\$10 lab fee payable at first class.

Building Confidence—PPS101**NEW!**

6–8 yrs

Students develop the beginning building blocks of public speaking: preparation, practice and focus. Students will also learn the importance of body language, varying voice tempo, tone, good openings and closes. Within the fun milieu of show and tell, storytelling and poetry recitals, students will develop more confidence and skill expressing themselves to a group.

Instructor: Ritu Khurana

Senior Center: Classroom 2**8 weeks | \$180/\$165 (Dist. Res.)**

6072.501 1/14–3/4 W 3:00–4:00 pm

Introduction to Speech Writing—PPS102**NEW!**

6–8 yrs

Young students will learn how to write a good speech in six easy steps. Students learn the importance of writing like they speak—how to make it personal. They also practice crafting interesting openings and memorable finishes. Example topic: My Favorite Animal. Students are encouraged to use props, stories, jokes and pictures. We make speech writing easy and fun!

Instructor: Ritu Khurana

Senior Center: Classroom 2***8 weeks | \$180/\$165 (Dist. Res.)**

6072.502 3/11–4/29 W 3:00–4:00 pm

*4/1 class meets in Senior Center: Game Room.

Sciensational Workshops—Follow Me Robot

7–12 yrs

How would you like to build a robot that has four built-in microphones? Your robot will detect the sound source and in turn it will move and turn accordingly. Build your own robot to take home! Enter your robot in our Sumo wrestling and obstacle course events.

Instructor: Sciensational Workshops For Kids

Community Center: Republic Room**1 week | \$235/\$220 (Dist. Res.)**

6076.501 4/6–4/7 M/Tu 9:00 am–4:30 pm

Model Airplanes, Bridge Building, Electronics

7–12 yrs

Build your own rubber-powered model airplane. Use your model as a learning tool in aerospace education, or just have fun building a sound airplane that actually flies when assembled. Build and design model bridges. We will have a bridge building contest to see which can hold the most weight. Students will build six electronic projects.

Instructor: Sciensational Workshops For Kids

Community Center: Republic Room**2 days | \$235/\$220 (Dist. Res.)**

6076.502 4/8–4/9 W–Th 9:00 am–4:30 pm

Young Rembrandts—African Safari Workshop

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

Senior Center: Arts & Crafts Room**5 weeks | \$140/\$125 (Dist. Res.)**

6078.501 2/21–3/21 Sa 10:00 am–12:00 pm

\$15 lab fee payable at first class.

**youth sports****Kidz Love Soccer**

2–6 yrs

This soccer 'school' is a recreational setting for children to learn soccer through age-appropriate skill demonstrations, games, and instructional scrimmages. All participants will receive a Kidz Love Soccer (KLS) Jersey. KLS Rain-out Hotline number is (888)372-5803. For information, visit www.kidzlovesoccer.com

Instructor: Kidz Love Soccer staff

Pleasant Hill Park: 147 Gregory Lane**8-WEEK WINTER SESSIONS:****Fri, 1/23–3/13 | \$126/\$111 (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: 3½–4 yrs 5:00–5:30 pm

Sat, 1/24–3/14 | \$126/\$111 (Dist. Res.)5030.114 Mom/Dad & Me: 9:00–9:30 am
2–3½ yrs

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: 3½–4 yrs 11:00–11:30 am

8-WEEK SPRING SESSIONS:**Fri, 4/17–6/5 | \$126/\$111 (Dist. Res.)**5030.601 Mom/Dad & Me: 9:30–10:00 am
2–3½ yrs5030.602 Mom/Dad & Me: 5:30–6:00 pm
2–3½ yrs5031.601 Tot/Pre-Soccer: 10:10–10:45 am
3½–5 yrs5031.602 Tot/Pre Soccer: 4:45–5:20 pm
3½–5 yrs

5033.601 Soccer 1: 5–6 yrs 3:15–4:00 pm

Sat, 4/18–6/13 | \$126/\$111 (Dist. Res.)5030.611 Mom/Dad & Me: 8:30–9:00 am
2–3½ yrs5030.612 Mom/Dad & Me: 9:05–9:35 am
2–3½ yrs

5031.611 Tot Soccer: 3.5–4 yrs 11:05–11:35 am

5032.611 Pre Soccer: 4–5 yrs 10:30–11:05 am

5033.611 Soccer 1: 5–6 yrs 9:45–10:30 am

No class 5/23



Kidz Love Soccer— Skills & 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 welcome. KLS Rain-out Hotline number is (888)372-5803. For details, visit: www.kidzlovesoccer.com

Instructor: Kidz Love Soccer

Pleasant Hill Park: 147 Gregory Lane
8 weeks | \$126/\$111 (Dist. Res.)

5034.113	1/23–3/13	F	4:15–5:00 pm
5034.114	1/24–3/14	Sa	11:30–12:15 pm
5034.601	4/17–6/5	F	4:00–4:45 pm
5034.611	4/18–6/13	Sa	11:35 am–12:20 pm

No class 5/23

NFL Youth Flag Football

Co-Ed, Grades 3–5 and 6–8

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

Instructor: Staff Rec

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

5050.501	4/18–6/6	Sa	10:00 am–2:00 pm
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No games 5/23

Tennis: PeeWee

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

5553.501	2/7–2/28	Sa	11:30–12:00 pm
5553.502	3/7–3/28	Sa	11:30–12:00 pm
5553.503	4/4–4/25	Sa	11:30–12:00 pm

Tennis: Youth

6–12 yrs

Classes run four consecutive weeks each month. Classes may be combined or canceled if minimum numbers are not reached. Wear tennis shoes, bring racquet and one can of unopened tennis balls. **Beginner/Advance Beginner**—minimal skills and playing experience. Interested in private or semi-private tennis lessons? Call (925) 682-0896 or email Sheila George at sgeorge@pleasanthillrec.com.

Instructor: Joey Martinez

College Park High School: Tennis Courts
4 weeks | \$65/\$52 (Dist. Res.)

5555.501	1/6–1/27	Tu	6:30–7:30 pm
5555.502	2/3–2/24	Tu	6:30–7:30 pm
5555.503	3/3–3/24	Tu	6:30–7:30 pm
5555.504	4/7–4/28	Tu	6:30–7:30 pm

Spring Break Tennis Camp

6–12 yrs

Activities, games and drills are age-appropriate and the campers are sure to have fun learning a lifetime sport! Each camper will need to bring a tennis racquet, one unopened can of tennis balls, wear “tennis” shoes, and bring water and a snack.

Instructor: Joey Martinez

College Park High School: Tennis Courts
1 week | \$132/\$117 (Dist. Res.)

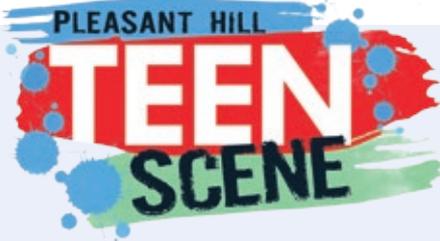
5589.501 4/6–4/10 M–F 9:00 am–12:00 pm



For Teen/Adult tennis,
see page 14.

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

5584.501	1/7–1/28	W	6:30–7:30 pm
5584.502	2/4–2/25	W	6:30–7:30 pm
5584.503	3/4–3/25	W	6:30–7:30 pm
5584.504	4/1–4/22	W	6:30–7:30 pm



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

Teen Scene Members receive a 10% discount on all enrichment classes.

Pleasant Hill Teen Council
Grades 6–12

The PH Teen Council is now accepting applications for the 2015–2016 school year. Teen Scene is a program for teens by teens. Teen council representatives from local middle and high schools plan activities, classes, dances, sports and trips for students in grade 6 through college. Teen Scene Meetings held the first and third Monday mid September–June (excluding holiday). Application deadline: April 17, 2015. Candidates will be interviewed in early May. Download application at phteenscene.com. Questions? Call (925) 691-5645.

Babysitting 101 for Beginners
10–18 yrs

Learn the skills needed to be a trusted and responsible babysitter. Learn about child development, bedtime strategies, discipline, how to find jobs and ways to make babysitting fun 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

Senior Center: Classroom

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

Teen Scene members: \$55.60/\$44.60 (Dist. Res.)

5105.501 3/7 Sa 9:00 am–1:00 pm

FREE! College Funding Workshop March 19
Make 2015 the year your college savings goal becomes a reality!
For Adults

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

Instructor: Tracy Tamura

Teen Center
1 class | FREE

3/19 Th 6:30–8:00 pm

Register at fundsforthefuture.net or call the Teen Center at (925) 691-5645.

CPR/First Aid for Teens
13–18 yrs

CPR and First aid can help you anywhere you are. This is a great certification to have in life. You will learn adult & pediatric Community CPR—adult, child, and infant CPR, rescue breathing, and first aid. Cards are available upon successful completion of class.

Instructor: Sofia Nappo

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

Teen Scene Members: \$55/\$47 (Dist. Res.)

5160.501 3/14 Sa 9:00 am–1:00 pm

Teen Hip Hop—Beginning
11–16 yrs

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

Instructor: Stephanie Lynn

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

Teen Scene Members: \$63/\$50 (Dist. Res.)

5125.501 1/6–1/27 Tu 6:15–7:15 pm

5125.502 2/3–2/24 Tu 6:15–7:15 pm

5125.503 3/10–3/31 Tu 6:15–7:15 pm

No class 1/20

Manga Character Design
11–16 yrs

Get creative! Learn 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, Japanese culture and how to develop a personal style will be discussed. A must for future Manga-Ka!

Instructor: M.J. Studios staff

MJ Studio: 670 Gregory Lane #G
6 weeks | \$97/\$82

Teen Scene Members: \$89.30/\$74.30 (Dist. Res.)

5109.501 1/6–2/10 Tu 4:15–5:15 pm

5109.502 2/17–3/24 Tu 4:15–5:15 pm

5109.503 3/31–5/5 Tu 4:15–5:15 pm

\$20 lab fee payable at first class

For Teen/Adult dance and fitness classes, see pages 11–15.

Online Driver's Ed

15 yrs & up

An interactive, educational online course with the latest in animation, video, and web technology. Class includes: rules of the road, freeway driving, motorcycle and pedestrian safety, major causes of traffic collisions, alcohol/drugs, and more.

Teens under 17½ years must obtain a learner's permit and driver's license.

Upon completion, receive DMV-approved Driver's Education Certificate of Completion (OL 237). Sign up anytime at safetydriversed.com/affiliates/phrec

Fee: \$59

Public Speaking & Debate

Level 1

NEW!

9-15 yrs

Learn how to write and give speeches with confidence, humor, quotes, stories, eye contact and supportive body language. By learning in debating how to make strong arguments backed by reasoning and evidence, students also develop stronger critical thinking. Students debate on a variety of fun, age-appropriate topics in various formats.

Instructor: Ritu Khurana, Bay Area Debate Club

Senior Center: Classroom 2

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

5114.501 1/14-3/4 W 4:15-5:15 pm

Public Speaking & Debate

Level 2

NEW!

9-15 yrs

This follow up class is a combination of Advanced Public Speaking and Speech Writing and Debates. It prepares students on both aspects of public speaking and debates—writing effective speeches and presenting them persuasively. The aim is to have your child write and give a well-structured, engaging speech. Students also study how to write speeches on different kinds of topics and for different occasions.

Instructor: Ritu Khurana, Bay Area Debate Club

Senior Center: Classroom 2

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

5114.502 3/11-4/29 W 4:15-5:15 pm



Teen Scene Dream Team

Meet the dynamic Teen Center After-school Program staff that creates a fun and safe place for teens to go after school.

Sofia Nappo, Windy Rolandelli, Katie Alden, Daivon Ballard, Jenny Cooper, Katrina Hunn (Teen Program Supervisor) and Jordan Louis

Did you know that teens who participate in after-school programs are 3X LESS likely to skip class and participate in unsafe behaviors than teens who do not participate? After-school programs also contribute to boosting teen self-confidence and academic performance.

For more information about our popular Teen Center After-school Program, visit phteenscene.com

What's Your Game?

Grades 6-12 (All levels)

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

Instructor: David DeFabio

Winslow Center: Rooms 1 & 2

8 weeks | \$5 Drop-in

Punch card: \$35 (8 classes)

5102.511 12/26-2/13 F 6:00-10:00 pm

5102.512 2/20-4/10 F 6:00-10:00 pm

Have your Birthday Party at the TEEN CENTER!

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

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

\$350 | \$14.50 each additional guest

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



Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

adult health & fitness

Barre Plus Express

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

Instructor: Alison Raphael-Klippel

Community Center: Dance Studio 1
8 weeks | \$95/\$80 (Dist. Res.)

4634.501 1/8-2/26 Th 10:15-10:45 am
4634.502 3/5-4/30 Th 10:15-10:45 am
1/8 class in Republic Room. No class 4/9

Fencing: The Ultimate Sport

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

Instructor: James Parker

Winslow Center: Assembly Room

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

1/5-4/27 M 7:45-10:00 pm
No class 1/19, 2/16

Jazzercise

Co-Ed (Ongoing, all levels)

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

Instructor: Annemieke Howsepian

Winslow Center: Assembly Room
Please Call for Fee Information

AM M-Sa 9:00-10:00 am
PM M-Th 5:45-6:45 pm

Strength45

Fire up the muscles, all of them, in this 40-50 minute muscles-only body toning workout. Ongoing class. \$32/month, pay at class. Questions? Call Annemieke Howsepian, (925) 323-2522.

Instructor: Annemieke Howsepian

Winslow Center: Assembly Room
\$32 per month

1/3-3/28 Sa 8:00-8:45 am

Karate— Beginning/Intermediate

Grades 3-Adult (All levels)

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

Instructor: John Castro

Community Center: Dance Studio 2
6 weeks | \$74/\$60 (Dist. Res.)

4638.501 1/8-2/12 Th 7:15-8:30 pm

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

4638.502 2/19-3/19 Th 7:15-8:30 pm

4638.503 4/2-4/30 Th 7:15-8:30 pm

Kick Boxing for Women

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

Instructor: John Castro

Community Center: Seroptimist Room
5 weeks | \$62/\$50 (Dist. Res.)

4648.501 1/5-2/9 M 6:40-7:40 pm

4648.502 2/23-3/30 M 6:40-7:40 pm

4648.503 4/6-5/4 M 6:40-7:40 pm

No class 1/19, 3/23

La Blast® **NEW!**

16 yrs & up

Join a new generation of Cardio Dance workouts. La Blast® was created by Louis Van Amstel of "Dancing with the Stars" and "So You Think You Can Dance." Workout includes Latin dances like the ChaCha, Salsa, Jive and incorporates Tango, Waltz and other ballroom dances. No experience necessary, no partner needed.

Instructor: Lois Davis, *Certified La Blast® instructor*

Senior Center: Dance Studio
5 weeks | \$68/\$55 (Dist. Res.)

4662.501 1/8-2/5 Th 7:15-8:10 pm

4662.502 2/26-3/26 Th 7:15-8:10 pm

4662.503 4/16-5/14 Th 7:15-8:10 pm

Mixed Martial Arts

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

Instructor: John Castro

Senior Center: Chateau Room
6 weeks | \$74/\$60 (Dist. Res.)

4652.501 1/7-2/11 W 7:20-8:20 pm

4652.502 2/18-4/1 W 7:20-8:20 pm

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

4652.503 4/8-5/6 W 7:20-8:20 pm

No class 3/25

Nia® Body-Mind-Spirit Exercise

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. You'll be HOOKED! Optional: towel or mat for cool down.

Instructor: Janet Kaufman

Community Center: Dance Studio 2
6 weeks | \$80/\$65 (Dist. Res.)

4692.501 1/6-2/10 Tu 6:30-7:30 pm

4692.502 2/17-3/24 Tu 6:30-7:30 pm

4692.503 3/31-5/5 Tu 6:30-7:30 pm

NEW!

Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.



Pilates

14 yrs & up (All levels)

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

Instructor: Alison Raphael-Klippel

Community Center: McHale Room

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

4688.501 1/5-3/2 M 5:30-6:30 pm

4688.502 3/9-4/27 M 5:30-6:30 pm

No class 1/19, 2/16, 4/6

Community Center: Soroptimist Room 1 & 2

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

4689.501 1/7-2/25 W 6:30-7:30 pm

4689.502 3/4-4/29 W 6:30-7:30 pm

No class 4/8

Community Center: Dance Studio 1

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

4690.501 1/8-2/26 Th 9:10-10:10 am

4690.502 3/5-4/30 Th 9:10-10:10 am

No class 4/9

Gentle Pilates

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: Alison Raphael-Klippel

Senior Center: Dance Studio

8 weeks | \$92/\$80 (Dist. Res.)

Senior Club Members: \$84/\$72 (Dist. Res.)

2238.501 1/7-2/25 W 1:00-2:00 pm

2238.502 3/4-4/29 W 1:00-2:00 pm

No class 4/8

Flex for Fitness

Stretching and band resistance exercises. Can be done in a chair.

Instructor: Varies

Senior Center: Classroom 1 & 2

12-class "Anytime" Punch card: \$15

Senior Club Member: \$12

Wednesdays & Fridays 9:30-10:30 am

Wednesdays & Fridays 10:30-11:30 am

Fit for Life

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

Instructor: Tari Nicholson

Senior Center: Dance Studio

4 weeks | \$40/\$35 (Dist. Res.)

Senior Club Members: \$35/\$30 (Dist. Res.)

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

2214.501 1/6-1/29 Tu/Th 9:00-10:00 am

2214.502 2/3-2/26 Tu/Th 9:00-10:00 am

2214.503 3/3-3/31 Tu/Th 9:00-10:00 am

2214.504 4/2-4/30 Tu/Th 9:00-10:00 am

Total Fitness

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

Instructor: Christie Tomlinson

Community Center: Dance Studio 1

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

4636.501 1/5-3/9 M 5:45-7:15 pm

4636.502 3/16-5/4 M 5:45-7:15 pm

No class 1/19, 2/16

StretchFit Method: Core Basics

Learn and practice a unique approach to developing core strength by integrating core anatomy, posture conditioning, partnered practice and specific core engaging exercises.

Instructor: Ashley Redford

Senior Center: Classroom 1 & 2

4 weeks | \$61/\$53 (Dist. Res.)

Senior Club Members: \$56/\$48 (Dist. Res.)

2255.501 1/22-2/12 Th 9:45-10:45 am

Therapeutic Stretching **NEW!**

Enjoy the many benefits of gentle stretching with Point Release Technique to reduce pain and improve overall function.

Instructor: Ashley Redford

Senior Center: Classroom 1 & 2

5 weeks | \$75/\$65 (Dist. Res.)

Senior Club Members: \$69/\$59 (Dist. Res.)

2258.501 2/19-3/19 Th 9:45-10:45 am

StretchFit Method: **NEW!** Joint Openers

Learn and practice gentle stretches and movements to open the joints, improve posture, decrease pain and improve balance.

Instructor: Ashley Redford

Senior Center: Classroom 1 & 2

5 weeks | \$75/\$65 (Dist. Res.)

Senior Club Members: \$69/\$59 (Dist. Res.)

2259.501 1/15-2/12 Th 8:30-9:30 am

2259.502 2/19-3/19 Th 8:30-9:30 am

Tai Chi

Learn to coordinate your mind, body and breath using circular movements and postures taken from Tai Chi, a Chinese martial art system which is represented by the now famous Yin/Yang symbol. Wear loose comfortable clothing.

Instructor: Peter Marks



Senior Center: Classrooms

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

4655.501 1/6-2/10 Tu 7:15-8:45 pm

4655.502 2/17-3/24 Tu 7:15-8:45 pm

4655.503 3/31-5/5 Tu 7:15-8:15 pm

Winslow Center: Assembly Room

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

4655.511 1/8-2/12 Th 3:00-4:30 pm

4655.512 2/19-3/26 Th 3:00-4:30 pm

4655.513 4/2-5/7 Th 3:00-4:30 pm

Stress Management & Self Healing with Qigong

Understand how stress affects the body and mind. Learn slow, easy T'ai Chi Chih/Qigong movements for calmness and balance. This moving meditation is an excellent form of stress management.

Instructor: Wendy Helms

Senior Center: Classroom 1 & 2

8 weeks | \$110/\$96 (Dist. Res.)

Senior Club Members: \$101/\$87 (Dist. Res.)

2242.501 1/8-2/26 Th 6:15-7:30 pm

2242.502 3/12-4/30 Th 6:15-7:30 pm

NEW! Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

Living Tai Chi—Foundations

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

Instructor: Jasmine-rose Kam

Senior Center: Dance Studio 
8 weeks | \$86/\$75 (Dist. Res.)

Senior Club Members: \$78/\$67 (Dist. Res.)

2210.501 1/5–3/9 M 10:00 am–12:00 pm

2210.502 3/30–5/18 M 10:00 am–12:00 pm

No class 1/19 & 2/16

Living Tai Chi—Foundations & Forms

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

This class is for experience student only.

Prerequisite: Foundations Class.

Instructor: Jasmine-rose Kam

Senior Center: Dance Studio 
8 weeks | \$119/\$104 (Dist. Res.)

Senior Club Members: \$109/\$94 (Dist. Res.)

2213.501 1/7–3/11 W 9:30 am–12:30 pm

2213.502 4/1–5/20 W 9:30 am–12:30 pm

No class 1/21, 2/18

Living Tai Chi—Foundations & Forms Package

Students attend class Mondays and Wednesdays. Two days a week of supervised practice provide ideal conditions to jump start your own personal daily practice. Memory and homework involved.

Instructor: Jasmine-rose Kam

Senior Center: Dance Studio 
4 weeks | \$105/\$91 (Dist. Res.)

Senior Club Members: \$96/\$82 (Dist. Res.)

2218.501 1/5–2/4 M 10:00 am–12:00 pm

W 9:30 am–12:30 pm

2218.502 2/9–3/11 M 10:00 am–12:00 pm

W 9:30 am–12:30 pm

2218.503 3/30–4/22 M 10:00 am–12:00 pm

W 9:30 am–12:30 pm

2218.504 4/27–5/20 M 10:00 am–12:00 pm

W 9:30 am–12:30 pm

No class 1/19, 1/21, 2/16, 2/18

Weight & Strength

Enjoy the best combination of low impact training and strengthening all in one session. Improve flexibility, strength, balance and well being. For all fitness levels! Bring weights and a floor mat.

Instructor: Debbie Murdock

Senior Center: Chateau Room 
8-class "Anytime" Punch card: \$40

7 classes | \$56/\$49 (Dist. Res.)

Senior Club Members: \$51/\$44 (Dist. Res.)

2201.501 1/5–1/29 M/Th 8:15–9:15 am

2202.501 1/5–1/29 M/Th 9:30–10:30 am

2205.501 1/5–1/29 M/Th 5:30–6:30 pm

2210.502 2/2–2/26 M/Th 8:15–9:15 am

2202.502 2/2–2/26 M/Th 9:30–10:30 am

2205.502 2/2–2/26 M/Th 5:30–6:30 pm

2201.503 3/2–3/30 M/Th 8:15–9:15 am

2202.503 3/2–3/30 M/Th 9:30–10:30 am

2205.503 3/2–3/30 M/Th 5:30–6:30 pm

No class 1/19, 2/16, 3/9, 3/12

9 classes | \$72/\$63 (Dist. Res.)

Senior Club Members: \$65/\$56 (Dist. Res.)

2201.504 4/2–4/30 M/Th 8:15–9:15 am

2202.504 4/2–4/30 M/Th 9:30–10:30 am

2205.504 4/2–4/30 M/Th 5:30–6:30 pm

Weight Training

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

Instructor: Alison Raphael-Klippel

Winslow Center: Assembly Room

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

4643.501 1/9–2/27 F 10:30–11:30 am

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

4643.502 3/6–4/24 F 10:30–11:30 am

No class 4/10

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 back bends to help open the heart area, then focus on the shoulders, neck and head, releasing stress of everyday life.

Instructor: Linda Burkard

Senior Center: Chateau Room

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

4656.501 1/7–2/11 W 6:00–7:15 pm

4656.502 2/18–3/25 W 6:00–7:15 pm

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

4656.503 4/1–4/29 W 6:00–7:15 pm

Yoga (Sugi/Gentle)

ANYONE can do Sugi Yoga, a combination of Hatha Yoga and the Feldenkrais technique of movement. Learn gentle Yoga postures, breathing exercises, and deep relaxation to help relieve stress on three levels: spirit, mind, and body. Wear comfortable clothing; bring Yoga mat and pillow.

Instructor: Nancy Guzzaldo

Winslow Center: Assembly Room

Punch cards available: \$72 (6 classes)

5 weeks, Mon | \$62/\$50 (Dist. Res.) **NEW!**

4637.501 1/5–2/9 M 10:30–11:45 am

4637.502 2/23–3/23 M 10:30–11:45 am

4637.503 3/30–4/27 M 10:30–11:45 am

No class 1/19

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

4637.511 1/6–2/10 Tu 10:30–11:45 am

4637.512 2/17–3/24 Tu 10:30–11:45 am

4637.513 3/31–5/5 Tu 10:30–11:45 am

6 weeks, Wed | \$74/\$60 (Dist. Res.) **NEW!**

4637.521 1/7–2/11 W 10:30–11:45 am

4637.522 2/18–3/25 W 10:30–11:45 am

4637.523 4/1–5/6 W 10:30–11:45 am

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

4637.531 1/8–2/12 Th 10:30–11:45 am

4637.532 2/19–3/26 Th 10:30–11:45 am

4637.533 4/2–5/7 Th 10:30–11:45 am

5 weeks, Sat | \$62/\$50 (Dist. Res.) **NEW!**

4637.541 1/10–2/7 Sa 10:30–11:45 am

4637.542 2/14–3/14 Sa 10:30–11:45 am

4637.543 3/21–4/18 Sa 10:30–11:45 am

Yoga for All

14 yrs & up

A regular yoga practice will improve and maintain flexibility, improve posture, prevent injury and relieve stress. Integrate basic yogic principles with modifications given to accommodate all levels. Yoga balances body, mind and spirit to reach optimal health. All abilities welcome. Wear loose clothing and bring a mat.

Instructor: Maxine Younger

Community Center, Dance Studio 1

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

4649.501 1/8–2/5 Th 6:00–7:10 pm

4649.502 2/12–3/12 Th 6:00–7:10 pm

4649.503 3/19–4/23 Th 6:00–7:10 pm

No class 4/2

Family Yoga Now Available
See page 6. (5–10 yrs with parents)

NEW! Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.



Gentle Yoga

Instructor specializes in modifying traditional yoga for older bodies. Yoga is a fabulous exercise for maintaining flexibility, balance, and well-being. Bring a yoga mat and a light blanket, wear loose clothing.

Instructor: Maxine Davis

Senior Center: Dance Studio



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

Senior Club Members: \$108/\$93 (Dist. Res.)

2235.501 1/8-2/26 Th 11:00 am-12:00 pm

2235.502 3/5-4/30 Th 11:00 am-12:00 pm

No class 4/9

Zen Budo Kai Aiki Jujitsu

16 yrs & up

Discover the Ultimate Self Defense Experience. Take advantage of this rare opportunity to train with a system head. Learn grappling, locking, use of balance as a method of self-defense to overcome a larger, stronger attacker. This art promotes a philosophy of responsibility and control.

Instructor: Timothy Delgman

Winslow Center: Assembly Room

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

4667.501 1/7-2/4 W 7:15-8:30 pm

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

4667.502 2/11-3/18 W 7:15-8:30 pm

4667.503 3/25-4/29 W 7:15-8:30 pm



Zumba® Gold

This easy-to-follow class is the low-impact version of Zumba®, designed for participants of any age and those new to Zumba®. You don't need to be a dancer to participate. Classes are fun and friendly with dance moves set to Latin and world rhythms. New this time is the addition of toning elements to build strength and tone up! (Weighted sticks provided by instructor). Wear shoes with little traction.

Instructor: Barbara Ward

Senior Center: Dance Studio

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

Mondays 9:00 am-9:50 am

Fridays 10:00 am-10:50 am

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



adult sports and leagues

Tennis: Adult/Teen

13 yrs & up

Classes run four consecutive weeks per month. Classes may be combined or canceled if minimum numbers are not reached. Wear tennis shoes, bring racquet and one can of unopened tennis balls.

Instructor: Joey Martinez

College Park High School: Tennis Courts

BEGINNER/ADVANCED BEGINNER

Minimal skills and playing experience.

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

5565.501 1/8-1/29 Th 6:30-7:30 pm

5565.502 2/5-2/26 Th 6:30-7:30 pm

5565.503 3/5-3/26 Th 6:30-7:30 pm

5565.504 4/2-4/23 Th 6:30-7:30 pm

INTERMEDIATE

Must be able to serve and maintain a slow rally. Improve consistency, learn placement and spin, then finish up with a friendly competitive match to develop match toughness.

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

5566.501 1/8-1/29 Th 7:30-8:30 pm

5566.502 2/5-2/26 Th 7:30-8:30 pm

5566.503 3/5-3/26 Th 7:30-8:30 pm

5566.504 4/2-4/23 Th 7:30-8:30 pm

For Youth tennis, see page 8.

Sports Website pleasanthillrecsports.com

Get league schedules, roster addition forms, and registration packets from our sports website.

Leagues

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

For details, visit pleasanthillrecsports.com, call (925) 682-0896 or email 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 6:00-8:00 pm

Badminton: \$5 per person

- Sunday 10:00 am-12:00 pm

adult dance

Belly Dance Goddess Workout

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

Instructor: Sharifa

Senior Center: Dance Studio

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

4132.501	1/20–2/17	Tu	6:30–7:30 pm
4132.502	2/24–3/24	Tu	6:30–7:30 pm
4132.503	3/31–4/28	Tu	6:30–7:30 pm

1/27 class in Senior Center, classrooms

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.

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

4133.501	1/20–2/17	Tu	7:30–8:30 pm
4133.502	2/24–3/24	Tu	7:30–8:30 pm
4133.503	3/31–4/28	Tu	7:30–8:30 pm

1/27 class in Senior Center, classrooms

“Bollywood” Fusion

16 yrs & up

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

Instructor: Layla Habib

Community Center: Dance Studio 1

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

4660.501	1/7–2/11	W	6:30–7:25 pm
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5 weeks | \$62/\$50 (Dist. Res.)

4660.502	2/25–3/25	W	6:30–7:25 pm
4660.503	4/15–5/13	W	6:30–7:25 pm

Let’s Go Dancing

16 yrs & up

Impress family and friends with star-quality dance moves! Grab your favorite partner and learn all the basics needed to look great on the dance floor. See how easy and fun dancing can be. You can do this! Remember guys, ladies really appreciate a man who can dance. Have more fun on your cruise, at a wedding, or at holiday party with all the basics provided to twirl on the dance floor with ease and look good!

Instructor: Alberta Bagneschi

Community Center: Dance Studio

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

Dance Style	Level		Date	Time
Rumba, Fox Trot, Triple Swing	Beginning	4114.501	1/14–2/18	7:30–8:25 pm
Rumba, Fox Trot, Triple Swing	Intermediate	4116.501	1/14–2/18	8:30–9:25 pm
Waltz, Cha Cha Cha, Tango	Beginning	4114.502	3/4–4/1	7:30–8:25 pm
Waltz, Cha Cha Cha, Tango	Intermediate	4116.502	3/4–4/1	8:30–9:25 pm
Fox Trot, Single Swing, Nightclub Two Step	Beginner	4114.503	4/15–5/13	7:30–8:25 pm
Fox Trot, Single Swing, Nightclub Two Step	Intermediate	4116.503	4/15–5/13	8:30–9:25 pm

No class 2/4

Line Dance

A combination of country-western, polkas, waltzes and Latin line dances for men and women. Partners are not required! Basics: for those brand new to Line Dance.

Beginners: must know basic steps. Note: Please refrain from wearing heavy perfumes and scents. Instructor experiences perfume allergies.

Instructor: Millie Dusha

Senior Center: Dance Studio

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

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

No class 1/17, 1/31, 2/7, 2/14, 2/21, 4/4

LINE DANCE WORKSHOP

High Beginner/Easy Intermediate

Senior Center: Chateau Room

1 workshop | \$10

1/31	Sa	9:00 am–1:30 pm
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Salsa Dancing with Soul & Spirit

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

Instructor: Ron Bermudez

Community Center: Dance Studio

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

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

4155.501	Beginning	1/6–2/10	7:30–8:30 pm
4156.501	Intermediate	1/6–2/10	8:30–9:30 pm

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

4155.502	Beginning	2/17–3/24	7:30–8:30 pm
4156.502	Intermediate	2/17–3/24	8:30–9:30 pm
4155.503	Beginning	3/31–5/5	7:30–8:30 pm
4156.503	Intermediate	3/31–5/5	8:30–9:30 pm

No class 1/20

West African Dance NEW!

16 yrs & up

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

Instructor: Aisha Sibri

Senior Center: Dance Studio

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

4148.501	3/4–4/1	W	7:15–8:15 pm
4148.502	4/8–5/6	W	7:15–8:15 pm





adult classes

Acrylics

Beginning students will learn the classic fundamentals of painting. Advanced students will apply advanced concepts. Technique, composition, design & 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 Moseuk

Community Center: Republic Room

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

4520.501 2/4–2/25 W 7:00–9:00 pm

Drawing: Sketching & Rendering

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

Instructor: Mark Jezierny

Senior Center: Arts & Crafts Room

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

4556.501 1/6–1/27 Tu 7:00–9:00 pm

Exploring Watercolor

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

Instructor: Casey Rasmussen White

Senior Center: Arts & Crafts Room

6 weeks | \$98/\$85 (Dist. Res.)

Senior Club Members: \$89/\$76 (Dist. Res.)

2231.501 1/6–2/24 Tu 9:30 am–12:00 pm

2232.501 1/8–2/12 Th 12:15–2:45 pm

2231.502 3/3–4/21 Tu 9:30 am–12:00 pm

2232.502 3/5–4/9 Th 12:15–2:45 pm

\$25 lab fee for beginners payable at first class.

No class 1/13, 2/10, 3/10, 4/14

Oil Painting or Watercolor

16 yrs & up

Have you ever been told that art isn't your forte? Let Trudi teach you the skills to paint. Beginners learn basic techniques on one painting, oil or watercolor. Advanced students work on project of choice. Color theory, composition, and painting techniques for each medium are covered in an ongoing lecture series. Materials list at first class.

Instructor: Trudi Edwards

Winslow Center: Rooms 1 & 2

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

4521.501 1/12–2/23 M 7:00–9:00 pm

4521.502 3/2–4/13 M 7:00–9:00 pm

No class 1/19, 2/16, 3/16, 4/6

6 weeks | \$72/\$62 (Dist. Res.)

4521.503 4/20–6/1 M 7:00–9:00 pm

Beginners pay \$30 lab fee for supplies.

No class 5/25

Birding Contra Costa County

Enjoy four brisk walks while checking out spring birds in our area. Bring binoculars and bird guide. Meeting Locations:

March 7—Community Center,

March 14—Pacheco Canal,

March 21—Hidden Lakes,

March 28—Martinez Marina.

Instructor: Jan Rae Cook

Community Center

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

4739.501 3/7–3/28 Sa 9:00–11:00 am

Creative Writing—Start YOUR Novel or Short Story

Dust off your novel or memoir manuscript and give it new life or start a new novel or writing project. You will explore innovative ways to create and develop characters.

Learn how you can experiment with fiction; create nonfiction pieces by tapping into your own unique narrative voice. Have fun discussing the craft of writing, reading great literature, and sharing with your writing peers. All levels welcome.

Instructor: Janice DeJesus

Community Center: Soroptimist Room 2

4 weeks | \$70/ \$60 (Dist. Res.)

4510.501 1/3–1/24 Sa 10:00 am–12:00 pm

4510.502 2/7–2/28 Sa 10:00 am–12:00 pm

4510.503 3/7–3/28 Sa 10:00 am–12:00 pm

4510.504 4/18–5/9 Sa 10:00 am–12:00 pm

\$5 lab fee due to instructor at first class.

Spanish Creative Writing **NEW!**

Find inspiration in visual media and dive into your imagination and memory to create compelling stories in the Spanish language. Learn creative writing “layering” techniques that will add detail to your descriptions and make plot story and characters come to life. Writing exercises and readings will help you develop skills and find your style. This class is conducted in Spanish. Bring notebook and pen or laptop.

Instructor: Ana Galvan

Senior Center: Arts & Crafts Room

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

4536.502 2/27–3/20 F 10:00 am–12:00 pm

Beginning English as a Second Language **NEW!**

This class offers a practical and fun approach to learning English. Through games and role play we will learn vocabulary and grammar, focusing on conversation. To practice phonetics and pronunciation, we will have a dictation in every class on the “theme of the day.” Bring notebook and pen to class for notes.

Instructor: Ana Galvan

Senior Center: Arts & Crafts Room

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

4536.501 1/30–2/20 F 10:00 am–12:00 pm

**NEW!**

Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

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 1 & 2
(Saturday session)

2 weeks

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

4608.502 2/10, 2/17 Tu 6:30–9:30 pm

4608.501 2/21, 2/28 Sa 9:00–12:00 pm

Wills, Trusts & Estate Planning Workshop

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

Instructor: Randall Thompson, *Attorney*

Community Center: Soroptimist Room 2

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

4610.501 2/12 Th 7:00–8:30 pm

Finding the Right Career Path for Your Personality

NEW!

14 years & up

“Whatever the circumstances of your life, the understanding of type can make your perceptions clearer, your judgments sounder and your life closer to your heart’s desire.” Take the official Meyers Briggs Type Indicator® and explore career paths that suit your unique type. This class is especially beneficial for students and for those contemplating a career change.

Instructor: Phoenix Education Specialists

Senior Center: Classroom 1

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

4527.501 3/21, 3/28 Sa 10:00 am–12:00 pm

Internet, Web and Email

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

Instructor: Leo Vardas

Senior Center: Computer Lab

3 weeks | **\$63/\$55 (Dist. Res.)**

Senior Club Member: \$58/\$50 (Dist. Res.)

2301.501 2/11–2/27 W/F 10:00 am–12:00 pm



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 week | **\$35/\$29 (Dist. Res.)**

4578.501 2/7 Sa 1:00–4:00 pm

\$10 lab fee payable at first class.

Beginning Sewing

14 yrs & up

Learn how to set up your sewing machine and how to use the various feet that came with your machine. Learn some basic finishing seams. Create a sewing machine stitch reference fabric book and tote bag. Returning students may bring in project of their choice to work on. Bring sewing machine, sewing feet and half yard of cotton or muslin and a spool of color quilting thread.

Instructor: Dolores Martinez

Community Center: Republic Room

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

4747.501 1/13–2/3 Tu 6:30–9:00 pm

\$20 lab fee payable at first class.

Beginning & Intermediate Sewing

14 yrs & up

Review machine set up and the use of appropriate feet for each project. Learn how to measure, design, and plan a project. Feb. session: 1st project will be a circular potholder with applique and heat resistant batting. 2nd project will be either an apron or lunch bag. March session: 1st project will be a summer top. 2nd project will be a fabric purse or a summer skirt.

April session: projects decided in class.

Instructor: Dolores Martinez

Community Center: Soroptimist Room 1

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

4747.502 2/10–3/3 Tu 6:30–9:00 pm

4747.503 3/10–3/31 Tu 6:30–9:00 pm

4747.504 4/7–4/28 Tu 6:30–9:00 pm

\$20 lab fee payable at first class.

Beginning Quilting

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

Instructor: Carol Madsen

Senior Center: Chateau Room

10 weeks | **\$66/\$57 (Dist. Res.)**

Senior Club Members: \$61/\$52 (Dist. Res.)

2243.501 1/5–3/23 M 12:30–3:00 pm

2243.502 3/30–6/8 M 12:30–3:00 pm

No class 1/19, 2/16, 5/25



Quilting: Beyond the Basics

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

Instructor: Carol Madsen

Senior Center: Chateau Room

10 weeks | **\$75/\$65 (Dist. Res.)**

Senior Club Members: \$69/\$59 (Dist. Res.)

2244.501 1/5–3/23 M 9:00 am–12:00 pm

2244.502 3/30–6/8 M 9:00 am–12:00 pm

No class 1/19, 2/16, 5/25





Quilting: Basics+

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

Instructor: Carol Madsen

Senior Center: Chateau Room



11 weeks | \$77/\$67 (Dist. Res.)

Senior Club Members: \$70/\$60 (Dist. Res.)

2245.501 1/6-3/24 Tu 6:45-9:15 pm

2245.502 3/31-6/9 Tu 6:45-9:15 pm

No class 1/20

Saturday Quilt-In

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

Instructor: Carol Madsen

Senior Center: Classroom 1 & 2

5-class Punch Card: \$58/50 (Dist. Res.)

Drop-in: \$15

Saturdays

1/10, 2/21, 3/14, 4/18, 5/2, 6/13 8:30 am-1:30 pm



Visit Rodgers Ranch Heritage Center—Pleasant Hill's only historic site!

Check out our website at www.RodgersRanch.org to see what is happening at the ranch this spring or stop by to view the Herb Gardens and Urban Farm. Open on Thursdays from 9:30 am-1:00 pm or by appointment. Call (925) 937-3677 for information.

Beginning Guitar

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

Instructor: Doug Wendt of M.J. Studios

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

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

4583.502 2/7-2/28 Sa 2:00-3:00 pm

\$15 lab fee payable at first class.

Drumming Intensive with John Waller

Winslow Center: Rooms 1 & 2

HAND DRUMMING

Drop In: \$11 | 8-class Punch Card: \$80

1/6-4/28 Tu 7:30-8:25 pm

AFRO-CUBAN CONGA DRUMMING

Drop In: \$11 | 8-class Punch Card: \$80

1/6-4/28 Tu 8:30-9:25 pm

Punch card may be used for any of John Waller's drumming classes & does not expire. Checks only accepted at class for drop-ins. To pay with card or cash, stop by the Community Center or District Office. No class 3/3

Beginning Ukulele

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

Instructor: Glenn Staller

Senior Center: Game Room



6 weeks | \$109/\$95 (Dist. Res.)

Senior Club Member: \$100/\$86 (Dist. Res.)

2236.501 1/7-2/11 W 11:00 am-12:00 pm

2236.502 3/4-4/8 W 11:00 am-12:00 pm

\$20 lab fee payable at first class for book with CD.



CPR/AED—Adult & Pediatric

Learn to save a life! American Heart Association Adult & Pediatric Community CPR—adult, child, and infant CPR, rescue breathing. Required fee, \$15, payable to instructor, covers two-year certification card and book covering course content. American Heart Association Cards provided upon successful class completion.

Instructor: Joshua Sauberman

Senior Center: Classrooms 1 & 2

1 workshop | \$65/\$55 (Dist. Res.)

4701.501 2/7 Sa 10:00 am-2:00 pm

BLS For Healthcare Provider

Adult, child, infant CPR, one & two-rescuer CPR, choking, AED, pocket mask & bag valve mask. Required fee, \$15, payable to instructor, covers two-year certification card and book covering course content. American Heart Association Cards provided upon successful class completion.

Instructor: Joshua Sauberman

Senior Center: Classrooms 1 & 2

1 workshop | \$75/\$65 (Dist. Res.)

4701.502 3/7 Sa 10:00 am-4:00 pm



Adult classes with this symbol qualify for Senior Club member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788.

First Aid, CPR & AED

Adult, child, infant CPR, rescue breathing and aid for an obstructed airway. Medical, injury and environmental emergencies are covered. Required \$15 fee payable to instructor for two-year certification card and course book. American Heart Association Cards are provided upon successful completion of class.

Instructor: Joshua Sauberman

Senior Center: Classrooms 1 & 2
1 workshop | \$125/\$110 (Dist. Res.)

4701.503 4/11 Sa 10:00 am–5:00 pm

Infant Massage **NEW!**

Come learn the benefits of infant massage and foot reflexology for you and your baby for ongoing wellness. Bring baby, blanket, pillow/boppy and lotion used at home.

Instructor: Ashley Redford

Community Center: Soroptimist Room 1
4 weeks | \$95/\$80 (Dist. Res.)

4533.501 1/6–1/27 Tu 9:30–10:30 am
4533.502 4/14–5/5 Tu 9:30–10:30 am

Point Release Technique™ for Pain Management Workshop **NEW!**

Learn how to decrease chronic pain, improve flexibility, enhance athletic performance and balance the body with Point Release Technique, a self-acupressure system that uses a tennis ball on key acupressure points that commonly hold tension, pain and imbalances. January workshop: Upper Body Routine; February workshop: Middle Body Routine; April workshop: Lower Body Routine. Please bring tennis ball to class.

Instructor: Ashley Redford

Senior Center: Classroom 1 & 2
1 workshop | \$50/\$40 (Dist. Res.)

4635.501 1/31 Sa 9:00–11:00 am
4635.502 2/14 Sa 9:00–11:00 am
4635.503 4/25 Sa 9:00–11:00 am

3 workshops | \$105/\$90 (Dist. Res.)

4635.504 1/31, 2/14, 4/25 Sa 9:00–11:00 am

Partner Up! Neck and Shoulder Release **NEW!**

Couples will learn how to give a 15-minute chair neck and shoulder release as well as the reflexes on the feet and application techniques for a fabulous foot massage!

Instructor: Ashley Redford

Senior Center: Classroom 1
2 weeks | \$165/\$150 (Dist. Res.)

4534.501 2/18–2/25 W 6:00–8:00 pm
4534.502 5/20–5/27 W 6:00–8:00 pm

Hypnotherapy for Weight Loss & Fitness Workshop

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

Blocks that are in your way can be removed. Bring a towel or mat for the floor.

Instructor: Rosetta Colbath Bonavita

Senior Center: Classroom 2
1 workshop | \$62/\$50 (Dist. Res.)

4843.501 4/8 W 7:00–8:30 pm

Hypnotherapy for Stop Smoking Workshop

Trying to stop smoking is a difficult challenge to overcome. Hypnotherapy works on the very powerful subconscious mind to keep you on track, to keep you on your path to wellness. Mental blocks that are in your way of quitting can be removed. Bring a towel or mat for the floor.

Instructor: Rosetta Colbath Bonavita

Senior Center: Classroom 2
1 workshop | \$62/\$50 (Dist. Res.)

4843.502 4/15 W 7:00–8:30 pm

Meditation Fundamentals

Enhance your quality of life and activate your well-being through the art of meditation. Focus your mind, rejuvenate your energy and listen and trust your inner guidance system for the pursuit of happiness.

Instructor: Karen Kinsch

Senior Center: Game Room
5 weeks | \$63/\$55 (Dist. Res.)
Senior Club Members: \$58/\$50 (Dist. Res.)

2260.501 1/5–2/9 M 10:30–11:30 am
2260.502 1/7–2/4 W 6:00–7:00 pm
No class 1/19

Nutrition Evolution: Activate More Energy **NEW!**

During this workshop, you will learn the one choice to set you free of a bad mood, stomach pain, brain fog, low energy and extra weight. Explore how to identify your best natural energy sources. Learn five crucial steps to move past your biggest blocks and experience the healthy body you deeply desire. Learn the top ways you sabotage your efforts without even realizing it.

Instructor: Sarah Wayne

Senior Center: Computer Lab
1 workshop | \$31/\$27 (Dist. Res.)
Senior Club Members: \$28/\$24 (Dist. Res.)

2212.501 1/28–1/28 W 10:30 am–12:00 pm
2212.502 2/18–2/18 W 10:30 am–12:00 pm
2212.503 3/18–3/18 W 10:30 am–12:00 pm
2212.504 4/22–4/22 W 10:30 am–12:00 pm

Community Center: Soroptimist Room 2
1 workshop | \$31/\$27 (Dist. Res.)

Senior Club Members: \$28/\$24 (Dist. Res.)
4289.501 2/19 Th 5:30–7:00 pm
4289.502 3/12 Th 5:30–7:00 pm

StretchFit **NEW!**

Practice a unique approach to developing core strength by integrating core anatomy, posture conditioning, partnered practice and specific core-engaging exercises. Wear comfortable clothes and bring a tennis ball.

Instructor: Ashley Redford

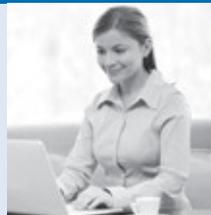
Community Center: Soroptimist Room 1 & 2
4 weeks | \$65/\$53 (Dist. Res.)

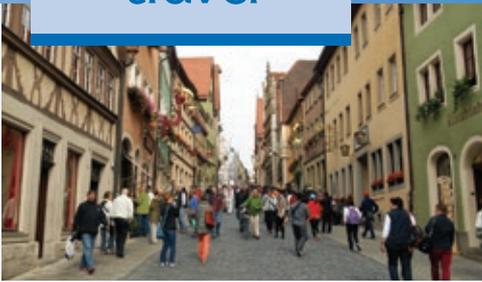
4639.501 1/14–2/4 W 7:45–8:45 pm
4639.502 2/25–3/18 W 7:45–8:45 pm
4639.503 4/22–5/13 W 7:45–8:45 pm

Online Classes

PHRPD has teamed up with Ed2Go to offer you exceptional online educational opportunities. Enhance your skills at work, school and home. Certificates upon completion. Courses include Accounting & Finance, Business, College Prep, Computer Technology, Health Care, Language & Arts, Teaching & Education and Personal Development.

Register at: www.ed2go.com/pleasanthillrec





Explore your world with us!

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

Where in the world do you want to go?

Call our Travel Services office at (925) 771-7636 and volunteers will be happy to help you with your next travel adventure.

TRAVEL OFFICE INFORMATION:

Trip Coordinator: Cassie Eternal
Phone: (925) 771-7636 | Hours: Mon-Fri, 10:00 am-2:00 pm
Location: Senior Center, 233 Gregory Lane



NEW! Vino Cruise Vacations Brought to you by Pleasant Hill Recreation & Park District Travel Services

Join fellow wine connoisseurs on three unique vino adventures. Enjoy wine from your favorite wineries and meet winery representatives who will be on hand to pour you their best vintages. Sit back, relax and enjoy the scenery sipping a glass filled with a delightful crisp white or luscious red.

CALIFORNIA COASTAL CRUISE

Cruise down California's beautiful coastline tasting the best of coastal wineries! The elegant Star Princess Cruise ship departs from San Francisco and stops at several beautiful wineries in Santa Barbara, San Diego and Mexico. These wineries will wow you with their unique wine making processes and delicious collections of vintage barrels full of wine for your enjoyment. \$50 cabin credit and a complimentary bottle of wine per stateroom included.

April 12-19, 2015

Cost: Staterooms start at \$1,199 pp/double



AMERITAGE! FOUR RIVERS OF WINE & HISTORY

Explore the rivers of the Pacific Northwest including the beautiful waters of the Columbia, Snake, Palouse and Willamette aboard the Un-cruise Adventures S.S. Legacy steamer ship. Enjoy shore excursions to Cannon Beach, Palouse Falls State Park and several local wineries (nine wine tastings) throughout your trip. Receive a free pass for sauna & hot tub amenities and complimentary massage. Flight from Oakland, CA to Portland, OR included.

August 22-29, 2015

Cost: Staterooms start at \$4,395 pp/double

PAGE MILL WINERY'S WINE CRUISE TO ALASKA

Experience Alaska as a VIP aboard the Golden Princess cruise ship. Livermore's Page Mill Winery will host several exclusive events for Vino Vacation guests, showcasing an array of fine wines for you to savor. Enjoy a complimentary bottle of wine, a welcome reception, two wine tastings and a special wine pairing meal. Cruise destinations include Juneau, Skagway, Ketchikan and Victoria, British Columbia. \$50 onboard credit per cabin included.

September 9-19, 2015

Cost: Staterooms start at \$1,799 pp/double



Seattle Sights & Sounds

The Emerald City awaits your arrival. Spend four nights exploring Seattle, the jewel of the Pacific Northwest. Visit the gorgeous Kubota Gardens, a blooming garden with hills and valleys full of plant life. Watch Pike Place market fishmongers throw fish around and purchase refreshments from local artisanal vendors. Attend the Northwest Folk life Festival, one of the nation's largest free community arts festivals celebrating musical and artistic traditions. Visit the Boeing factory and take the Future of Flight tour with a close up view of the 747-787 production lines.

May 19-23, 2015

Cost: \$1,899 pp/double; \$2,299 pp/single

Want more information on Vino Vacations?

Join us for a special evening presentation on January 16, 2015, 6:00-8:00 pm at the Community Center: McHale Room. We will provide refreshments (including wine), light snacks and a raffle for some amazing wine themed prizes! Please RSVP to Cassie Eternal at (925) 771-7636 or ceternal@pleasanthillrec.com

Maine's Rugged Coast

Lobster anyone? Discover the Eastern coastline from Boston to Maine. Your journey begins in Boston, Massachusetts exploring this historical city. Enjoy a welcome dinner at America's oldest oyster house; visit Faneuil Hall Marketplace and some historic buildings including the Old South Meeting House and Old North Church. Explore the USS Constitution at the Charlestown Navy yard before traveling to Maine the next day. Arrive in Bar Harbor for a three-night stay and experience Main seaside. Learn about lobster fishing and see local wild Puffins on a special local cruise. Of course, no trip to Maine would be complete without a Lobster dinner, but you will have to wait until you arrive in Portland, Maine to enjoy this classic East Coast meal.

July 25–August 1, 2015
Cost: Rates start at \$3,285 pp/double; \$4,325 pp/single

Norwegian Coastal Voyage & Lapland

Embark on a magical voyage through the pristine Norwegian landscape of steep, rugged mountains, narrow ocean inlets and vivid blue fjords. Travel by coastal ship and motor coach to experience this realm of astonishing beauty. Encounter the enduring culture of the indigenous Sami people in Finland's Lapland region. Sail for five nights along the Norwegian coast with charming ports of call and fishing villages along the way. Step ashore in colorful Bergen and end your adventure in the Norway's striking capital city, Oslo.

August 3–18, 2015
Cost: Cabins start at \$6,344 pp/double

Classic Danube

Only 88 passengers—call for availability

Make wonderful memories on this classic European adventure traveling down the beautiful Danube River. Your travels start with an overnight flight to Europe and a 2-night stay at the riverfront Maritim Hotel in "The Jewel of the Main River" (Wurzburg, Germany). Enjoy a walking tour of Wurzburg and a visit to Prince-Bishop's Residence. Next stop, Munich where you will board the Lueftner Cruises cruise ship for a 7 -night journey down the Danube River. Be sure to bring your comfortable walking shoes! You will have an opportunity to explore most destinations on foot including Regensburg, Passau, Vienna, and Budapest. Don't miss this travel experience of a lifetime!

September 21–October 1, 2015
Cost: Cabins start at \$5,249 pp/double

From the Outback to the Glaciers

Save \$400 if you book by 3/10/15

G'day mate! Are you keen to come down under for an exciting adventure? Experience the wonders of Australia and New Zealand over a 20-day journey through some of the world's most amazing and diverse natural environments. Arrive in Cairns, the tropical gateway to the spectacular Great Barrier Reef and explore the reef from Green Island. Enjoy a glass bottom boat ride, stroll along beautiful walking trails, relax on the beach, snorkel or just watch the fish and sea turtles swim past the pier. Travel continues north to the ancient Daintree Rainforest at beautiful Mossman Gorge. Members of the Yalanji tribe, the native Aboriginal people, will introduce you to their traditional lifestyle. Journey down along the Kowariou River and across Lindis Pass to New Zealand's most famous national park, Mt. Cook. You will have no worries on this amazing all-inclusive trip to Oz. Cheers!

September 10–30, 2015
Cost: \$9,299 pp/double; \$11,199 pp/single

Heart of the South

Save \$100 if you book by 5/8/15

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

November 8–15, 2015
Cost: Rates start at \$2,699 pp/double; \$3,149 pp/single



50+ travel

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

Senior Trip Meeting

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

Senior Center: Chateau Room
First Tuesday of the month, 1:00 pm

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

50+ Day Trips & Excursions

- 2/5Walking through SF—Chinatown & Crocker Galleria
- 2/21Red Hawk Casino
- 2/23–2/27 ...Presidential Libraries extended trip
- 3/2Thunder Valley w/ Lynn Shelton
- 3/11Academy of Sciences
- 3/17SF Antiquing & Wine-ing
- 3/21Rain—A Beatles Tribute

*Trips added each month!
 Call Travel office for updates.*

NEW!

All senior enrichment, fitness and dance classes have been moved to the Adult section. See pages 11–19. Look for classes with this symbol for “senior friendly” classes that qualify for a Senior Club Member discount. Interested in a Senior (50+) Club Membership? Call (925) 798-8788 to sign up.



Pleasant Hill Senior Center

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

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

For more details on days and times of the following services and activities please visit the website at www.phseniorcenter.com and download a copy of the Senior Sounds monthly newsletter.

Senior Services:

- Blood Pressure Screening
- Care Management Program
- Consult an Attorney Program
- Consult a Financial Advisor
- County Nutrition Program (CC Café/Meals on Wheels)
- iHelp (help for Mac, iPad, iPhone users)
- Medicare & Supplemental Insurance Policy Counseling (HICAP)
- Memory Screening
- Movie Library
- Notary Service
- Open Computer Lab
- Transportation Ticket Sales: Bart/County Connection

Senior Center Activities:

- Amistad—Spanish Resource Group
- American Mah Jongg
- Boutique Group
- Bingo
- Bunco
- Chef's Lunches
- Explorers Hiking Group
- Friday Flicks
- Marathon Bridge
- Men's Corner—men's discussion group
- Pathfinders Walking Group
- Pinochle
- Senior Bridge
- Tea Dance
- Tuesday Talkers—co-ed discussion group
- Wisdom Circles

senior programs & events

FREE! Care Management Series

The Care Management Series brings a variety of topics and helpful resources from experts in our community. Presentations are free however space is limited so please reserve your spot by calling 798-8788.

Sponsored by the Chateau's of Pleasant Hill.

January 8: Neighborhood Preservation Program: assistance to low income homeowners with home improvement activities presented by the Contra Costa County Department of Conservation and Development

February 12: Save Money on Garbage Bills presented by Republic Services

March 12: Home Improvement resources for seniors living in Contra Costa County presented by the Director of Senior Resources for Contra Costa County and Episcopal Senior Communities

April 9: Save money on your PG&E Bills, presented by PG&E

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

Pancake Breakfasts

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

1st Sunday of the month, 8:30–10:30 am
January 4, February 1, March 1

Tickets: Adults 11+: \$5
Children 5–10 yrs: \$3 • 4 & under Free!

Senior Club Members can purchase a 5-Pancake Punch Card for only \$20!

Senior Center: Chateau Room

Easter Pancake Breakfast & Boutique

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

Saturday, April 4: 9:00–11:00 am

Tickets: Adults 11+: \$5
Children 5–10 yrs: \$3 • 4 & under Free!

Senior Center: Chateau Room

Vagabond Players

Watch this award-winning live theater group put on a delightful show. A reception, with refreshments, following each performance. For more information about each play and when tickets go on sale, call the Senior Center at (925) 798-8788. **February 6:** Bull in a China Shop; **March 6:** Leading Ladies

Fridays, 1:30 pm

Tickets: Pre-sale \$10; Day of \$15
Senior Center: Chateau Room

Mardi Gras Social

No need to go to New Orleans for Mardi Gras! Join us for our local version of this fun Cajun celebration. Live music, wine and food. Non-alcoholic beverages available. *Sponsored by The Chateaus of Pleasant Hill.*

Tuesday, February 17

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

Senior Center: Chateau Room

AARP Safe Driver Classes

Learn the most current rules of the road, defensive driving techniques and how to operate your vehicle more safely. Refresher courses are only for those that have taken the full class in the last 3 years. Payment (checks only made out to “AARP”) due at time of registering.

Senior Center: Classrooms 1 & 2

Fee: \$20/\$15 for AARP members

Class	Frequency	Time
Full Class	2/11, 2/18	1:00–5:00 pm (8 hours total)
Refresher Class	4/1	1:00–6:00 pm (5 hours total)

Save the Dates!

Crab Feed

Friday, January 23, 6:00 pm
at Senior Center: Chateau Room

Laugh, Love & Learn

Friday, May 8
at the Senior Center

This popular senior event includes the Ultimate Senior Resource Fair! Visit www.phseniorcenter.com for updated information.

water exercise

Lap Swim/Swim for Fitness

15 yrs & up

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

Instructors: Beth Heinen, Staci Lindsay, Carol Madsen

PH Education Center:

1 Santa Barbara Road

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

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

8-swim "Anytime" 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: 12/22–1/2, 1/19, 2/13, 2/16

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

Water Aerobics

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

Instructor: Jeaneen Cowen, Bryce Halliday

PH Education Center:

1 Santa Barbara Road

Year-round classes | Drop in \$7

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

Jeaneen W 7:20–8:20 am

Jeaneen Tu/Th 8:30–9:30 am

Jeaneen Tu/Th 6:00–7:00 pm

Bryce M/W/F 8:30–9:30 am

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

clinics

Pre-Swim Team

4–13 yrs

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

Instructors: Talli Pitcher, Beth Heinen

PH Aquatic Park: 147 Gregory Lane

2 weeks | 4-5 yrs | \$80/\$65 (Dist. Res.)

8208.501 4/13–4/23 M–Th 4:00–4:30 pm

2 weeks | 6-8 yrs | \$100/\$85 (Dist. Res.)

8209.501 4/13–4/23 M–Th 4:30–5:15 pm

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

2 weeks | 9-13 yrs | \$100/\$85 (Dist. Res.)

8210.501 4/13–4/23 M–Th 5:15–6:00 pm

High School Pre-Season

Grades 9–12

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

Instructor: Vicky Dewey

PH Education Center:

1 Santa Barbara Road

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

8215.401 1/5–2/5 M–Th 3:30–5:00 pm

No class 1/19

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.

Instructors: Talli Pitcher, Beth Heinen

PH Education Center Pool:

1 Santa Barbara Road

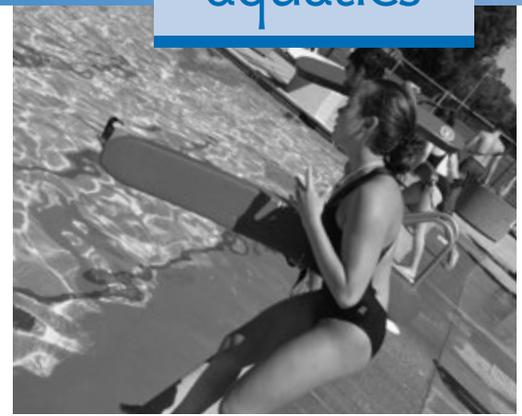
2 weeks | \$66/\$53 (Dist. Res.)

8727.501 2/10–2/19 Tu/Th 6:00–6:45 pm

8727.502 2/24–3/5 Tu/Th 6:00–6:45 pm

8727.503 3/10–3/19 Tu/Th 6:00–6:45 pm

8727.504 3/24–4/2 Tu/Th 6:00–6:45 pm



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 each day. Visit 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

\$225/\$210 (Dist. Res.)

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

8715.501 4/3–4/18 F 5:00–8:00 pm
Sa 9:00 am–5:00 pm

8715.502 4/6–4/9 M–Th 9:00 am–5:00 pm

8715.503 4/24–5/16 F 5:00–8:00 pm
Sa 9:00 am–5:00 pm

No class 5/1, 5/2

Lifeguard Training Review

16 yrs & up

For those who have taken a lifeguard training course and need to renew their certifications. Course includes lecture and video review, skills practice and testing (written and skills). Upon successful completion the American Red Cross will issue certificates in Lifeguarding/First Aid/CPR/AED. Bring lunch. Must provide proof of current certification.

Instructor: Aquatics Staff

PH Aquatic Park: 147 Gregory Lane

\$135/\$120 (Dist. Res.)

(includes \$35 certificate fee to ARC)

8717.501 5/1–5/2 F 5:00–9:00 pm
Sa 9:00 am–5:00 pm

8717.502 5/22–5/23 F 5:00–9:00 pm
Sa 9:00 am–5:00 pm

8717.503 6/5–6/6 F 5:00–9:00 pm
Sa 9:00 am–5:00 pm

Water Safety Instructor (WSI)

16 yrs & up

The American Red Cross Water Safety Instructor (WSI) course provides training needed to teach courses in the ARC Swimming and Water Safety Program. After successful completion, you will be able to teach a variety of swimming and water safety classes. Homework is assigned after each class and is required for successful completion of the course. \$35 must be paid to the American Red Cross for the Online Session (must be completed before first class).

Instructor: Korey Riley

PH Aquatic Park: 147 Gregory Lane

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

8716.501 4/13-5/13 M/W 5:30-8:30 pm



pleasant hill dolphins swim team

Have Fun! Swim Fast! Founded in 1964, the Pleasant Hill Dolphins is a summer recreational swim team. Daily practice with instruction in all four competitive strokes, racing starts and turns and swim meets in the summer. For everything you need to know about the Dolphins, including practice schedule, special discounts, Parent Work Fee and team calendar, visit www.pleasanthillrec.com.

Tryouts: Friday, April 24, 4:00 pm at PH Aquatic Park, 147 Gregory Lane. For new 8 yrs & under swimmers ONLY.

Registration: January 5–May 22, 2015 at the District Office (M–F, 9:00 am–5:00 pm) or online at www.pleasanthillrec.com. For more information, call 682-0896.

Season Runs 4/27-8/3

Registration Fees:

1/5-2/28: \$305/\$290 (Dist. Res.)

3/1-4/12: \$315/\$300 (Dist. Res.)

4/13-5/22: \$355/\$340 (Dist. Res.)

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

**Registration & Suit Try On Day:
Saturday, March 21, 10:00 am–12:00 pm**

District Office: 147 Gregory Lane

Coaches and board members will be

present to answer questions.

Nor Cal Swim Shop will be on hand for swimmers to try on and order suits.



special events

32nd Annual Dolphins Tree Lot

NOVEMBER 28–DECEMBER 24

Monday–Saturday, 9:00 am–9:00 pm

Sunday, 12:30–9:00 pm

Winslow Center Parking Lot:

2590 Pleasant Hill Road

Corner of Taylor & Pleasant Hill Road

Proceeds benefit the Pleasant Hill Dolphins Swim Team.

Private Aquatic Park Parties

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

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.

SPRING

Try-outs: Friday, 4/24, 4:00 pm

PH Aquatic Park: 147 Gregory Lane

\$115/\$100 (Dist. Res.)

8200.501 4/28-6/11 Tu/Th 3:45-4:15 pm

Practice moves to PH Education Center starting on 5/19



swim lessons

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

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

PARENT/TOT: 6 MOS-4 YRS

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

TINY TOT: 3-4 YRS

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

PRE-SCHOOL: 4-6 YRS

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

YOUTH: 6-12 YRS

Students will learn a variety of strokes, personal safety skills and diving techniques, starting with basic aquatic skills and water adjustment. More advanced students will refine their skills. Ratio 5:1

ADULT/TEEN: 12+ YRS

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

PRIVATE: 3.5 YRS-ADULT

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

Winter Swim Lessons—PH Education Center Pool

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

	1/6-15	1/20-29
6:00 pm	8616.407	8616.408
6:20 pm	8617.407	8617.408
6:40 pm	8618.407	8618.408

Tu/Th Private: 2 weeks, (4) 20-minute classes | \$90/\$75 (Dist. Res)

	2/10-2/19	2/24-3/5	3/10-3/19	3/24-4/2
6:00 pm	8616.501	8616.502	8616.503	8616.504
6:20 pm	8617.501	8617.502	8617.503	8617.504
6:40 pm	8618.501	8618.502	8618.503	8618.504

Spring 2015 Swim Lessons—PH Aquatic Park

Tu/Th Private: 2 weeks, (4) 20-minute classes | \$90/\$75 (Dist. Res)

	4/21-4/30	5/5-5/14	5/19-5/28	6/2-6/11
1:00 pm	8610.505	8610.506	8610.507	8610.508
1:20 pm	8611.505	8611.506	8611.507	8611.508
1:40 pm	8612.505	8612.506	8612.507	8612.508
5:00 pm			8613.507	8613.508
5:20 pm			8614.507	8614.508
5:40 pm			8615.507	8615.508
6:00 pm	8616.505	8616.506	8616.507	8616.508
6:20 pm	8617.505	8617.506	8617.507	8617.508
6:40 pm	8618.505	8618.506	8618.507	8618.508

Tu/Th Group: 2 weeks, (4) 28-minute classes

\$56/\$45 (Dist. Res) | Parent/Tot: \$47/\$38 (Dist. Res)

Time	Age	6/2-6/11
5:00 pm	Tiny Tot	8533.508
5:30 pm	Parent/Tot	8501.508
6:00 pm	Preschool	8546.508
6:30 pm	Youth	8574.508

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

\$56/\$45 (Dist. Res.) | Parent/Tot: \$47/\$38 (Dist. Res.)

		SATURDAY		SUNDAY	
Time	Age	4/11-5/2	5/9-5/30	4/12-5/3	5/10-5/31
10:00 am	Adult/Teen	8591.501	8591.503	8591.502	8591.504
10:30 am	Youth	8575.501	8575.503	8575.502	8575.504
11:00 am	Preschool	8656.501	8656.503	8656.502	8656.504
11:30 am	Tiny Tot	8526.501	8526.503	8526.502	8526.504
12:00 pm	Parent/Tot	8510.501	8510.503	8510.502	8510.504

Saturday & Sunday Private: 4 weeks, (4) 20-minute classes | \$90/\$75 (Dist. Res.)

	SATURDAY		SUNDAY	
Time	4/11-5/2	5/9-5/30	4/12-5/3	5/10-5/31
10:00 am	8620.501	8620.503	8620.502	8620.504
10:20 am	8621.501	8621.503	8621.502	8621.504
10:40 am	8622.501	8622.503	8622.502	8622.504
11:00 am	8623.501	8623.503	8623.502	8623.504
11:20 am	8624.501	8624.503	8624.502	8624.504
11:40 am	8625.501	8625.503	8625.502	8625.504
12:00 pm	8626.501	8626.503	8626.502	8626.504





Dear Friends of Pleasant Hill Recreation & Park District,

As we close out 2014, I want to thank the community for their ongoing support and participation in our programs and activities. Our goal is to improve quality of life for you and your family through affordable and fun classes, exciting events, helpful

services and an extensive park and open space system for all to enjoy. We appreciate the opportunity to serve you.

January is the perfect time to get a jump-start on your "get in shape" New Year's resolution. Take advantage of the wide variety of economical health and fitness classes conveniently located in Pleasant Hill. We make it easy for you to get in "tip top" shape!

On February 7th, the District's Recreation Preschool opens registration for the 2015-2016 school year. Our preschool program has been honored as one of the best programs in the State, encouraging the love of learning since 1973. Contact our new Preschool Director, Sarah Smith at (925) 676-5200 Ext. 626 to meet our experienced preschool staff and take a personal tour of the new preschool wing at our Community Center.

The District is very pleased to offer a new premier wedding location in Contra Costa County with the addition of the new Community Center. Please contact Ryan Herriman, our Facilities Coordinator at (925) 676-5200 to reserve the perfect setting for your special day.

Best wishes for a Happy and Healthy New Year!

Sincerely,

Robert B. Berggren, General Manager

Mission Statement

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

BOARD OF DIRECTORS

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

Board Meetings: 2nd & 4th Thursdays; 7:00 pm—Administration Office, Conference Room, 147 Gregory Lane

DID YOU KNOW? All District parks and facilities are non-smoking facilities. This includes cigarettes, vapor cigarettes and tobacco. Our goal is to keep our parks a healthy place for all to enjoy.

3 Ways to Register Now!



Online at www.pleasanthillrec.com

Visa/MasterCard/American Express accepted.
No 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.

Registration Begins December 8

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

ADMINISTRATIVE STAFF

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

CO-SPONSORED CLUBS & ORGANIZATIONS

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

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

PH REC LOCATIONS

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

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

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

Teen Center: 147 Gregory Lane • 691-5645

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

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

Winslow Center: 2590 Pleasant Hill Road

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



The Pleasant Hill Community Foundation

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

Details: info@phcommunityfoundation.org



AMERICANS WITH DISABILITIES ACT (ADA)

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

Dream Weddings Begin with the Perfect Setting

The Pleasant Hill Recreation & Park District invites you to visit our beautiful new Community Center and see where your dream will begin.

Now accepting reservations for 2015–2016



Community Center Features:

- Beautiful gazebo in park setting ideal for outdoor ceremonies
- Bright airy rooms with soaring vaulted ceilings and windows perfect for both the ceremony and reception
- Private entrance for grand arrival and departure
- Catering-friendly kitchen
- Convenient access to hotels, downtown, major freeways & airports



We make dreams come true

Contact Ryan Herriman, Facilities Coordinator for your personal tour at (925) 676-5200 or rherriman@pleasanthillrec.com



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- Knowledgeable instructors
- Economical fees
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