

Adult

Adult Flag Football

Join the fun of playing football under the lights. Team registration packets for the upcoming spring season are available through March 5 at the Administration Office, 147 Gregory Lane. For more information, visit pleasanthillrecsports.com

Badminton (Drop-In)

Join the racket and play badminton at the Pleasant Hill Education Center gymnasium on Sundays, 11 am–1 pm. Players must provide their own racquets and birds. Program runs continuously except for holidays.

- ❖ Sun., 11 am–1 pm
- ❖ Cost: \$5/person at the gym
- ❖ PH Education Ctr.: Gym, 1 Santa Barbara Rd.

Basketball (3-on-3)

Drive into the action with 3-on-3 Basketball. League divisions include: 6 Foot and Under (A, B, & C), Open (A, B, & C), 35 yrs & Older, 40 yrs & Older, and Women's. Team registration packets for our winter league are available at the Administration Office and Community Center. Packets include cost, rules, rosters, etc. Spring league registration packets will be available beginning January 18, with registration closing February 25. For a registration packet go to pleasanthillrecsports.com. For information, (925) 682-0896.

- ❖ Winter & Spring

Basketball (5-on-5)

Slam into our spring action. Divisions include A, B and C. Team registration packets for our winter league are currently available at the Administration Office and Community

Center. Packets include cost, rules, rosters, etc. Spring league registration packets will be available beginning January 25, with registration closing March 5. To download a registration packet go to pleasanthillrecsports.com. For information, (925) 682-0896.

- ❖ Winter & Spring

Basketball (Drop-In)

Adults can “hoop-it-up” at the Pleasant Hill Education Center gymnasium on Saturday mornings, 7–9 am; Sunday mornings, 8–10 am; and Monday, Wednesday and Friday afternoons, 4–6 pm. The program runs continuously except for holidays.

- ❖ Sat., 7–9 am & Sun., 8–10 am
- ❖ Mon/Wed/Fri, 4–6 pm
- ❖ Cost: \$5/person at the gym
- ❖ PH Education Ctr.: Gym, 1 Santa Barbara Rd.

Boccé

Roll into spring by joining our league. Anyone can play! Team registration packets will be available beginning January 18 at the Administration Office and Community Center. The Office will keep a list of those who wish to form teams. Packets include cost, rules, rosters, etc. Registration closes February 25. To download a registration packet go to www.pleasanthillrecsports.com. For information, call (925) 682-0896.

- ❖ Spring

Golf – Did you know?

Did you know that golf lessons, designed for ages 8–17 yrs through Seniors, are offered year-round at Buchanan Fields Golf Center? First-time players learn fundamentals of golf: grips, aim, setup, putting, woods, irons. Advance-Beginner players learn more in-depth fundamentals with drills and practice routines. For schedule, see page 18.

Kickball League (Co-Ed)

You'll enjoy and get a “kick” out of this fun co-ed league. Team registration packets available at the Administration Office and Community Center Jan. 18; closes Feb. 25. Packets include cost, rules, rosters, etc. For information, 682-0896.

- ❖ Spring

Soccer (5-on-5)

Get a kick out of spring with our exciting soccer league under the lights. Team registration packets for the 5-on-5 spring season for men, women, and co-ed teams will be available beginning January 18 at the Administration Office and the Community Center. Packets include cost, rules, rosters, etc. Registration closes March 5. To download a registration packet go to www.pleasanthillrecsports.com. For information, (925) 682-0896.

- ❖ Spring

Softball

Take a swing into spring with our Adult Softball Program. It is open to teams of all levels of play. Team registration packets containing information to enter the spring season for men, women, and co-ed teams will be available beginning January 11, at the Administration Office and the Community Center. Packets include cost, rules, rosters, etc. Registration closes March 5. New league suggestions must be submitted by December 23, for the spring season, and March 19, for the summer season. Register early; space is limited. To download a registration packet go to www.pleasanthillrecsports.com. For information, (925) 682-0896.

- ❖ Spring

Adult Athletic League Registration Schedule

Sport	Reg. Opens	Reg. Closes	Game/ Match Days	# of Games
Basketball (3-on-3) – M, W (winter)	Currently Open	Nov. 20	Wed	10
Basketball (3-on-3) – M, W (spring)	Jan. 18	Feb. 25	Wed/Th	10
Basketball (5-on-5) – M (winter)	Currently Open	Nov. 20	Sun/Th	10
Basketball (5-on-5) – M (spring)	Jan. 25	Mar. 5	Sun/Th	8
Boccé – C (spring)	Jan. 18	Feb. 25	Mon–Sun	10
Adult Flag Football	Jan. 18	Mar. 5	Tue/Wed	6
Kickball – C (spring)	Jan. 18	Feb. 25	Fri	TBA
Soccer (5-on-5) – M, W, C (spring)	Jan. 18	Mar. 5	Tue/Th	10
Softball – M, W, C (spring)	Jan. 11	Mar. 5	Mon–Sun	10
Volleyball – C (winter)	Currently Open	Nov. 20	Mon	7–9
Volleyball – C (spring)	Jan. 25	Mar. 5	Mon	7–9

Legend: M=Men, W=Women, C=Co-ed

Volleyball League

(Co-Ed)

Pass, set, and spike with your team in our exciting spring season. Divisions include co-ed (A, B & C). Team registration packets for our winter league are currently available at the Administration Office and Community Center. Packets include cost, rules, rosters, etc. Spring league registration packets will be available beginning January 25, with registration closing March 5. Register early; space is limited. To download a registration packet go to www.pleasanthillrecreationsports.com. For information, (925) 682-0896

- ❖ Winter & Spring

Volleyball (Drop-In)

'Bump' into friends at the Pleasant Hill Education Center gymnasium on Tuesday and Saturday evenings, 7:30–10 pm. The program runs continuously except for holidays.

- ❖ Tue/Sat., 7:30–10 pm
- ❖ Cost: \$5/person at the gym
- ❖ PH Education Ctr.: Gym,
1 Santa Barbara Rd.



Kidz Love Soccer, Inc.

Boys & Girls (2–12 yrs)

This soccer 'school' is a recreational setting for children to learn and play the world's most popular sport. A session experience includes age-appropriate activities: skill demonstrations, games, and instructional scrimmages. Young soccer enthusiasts experience the soccer fun in a safe, non-competitive environment, facilitated by a licensed professional in the Kidz Love Soccer method. SHIN GUARDS ARE REQUIRED BY THE SECOND MEETING, except for Mom/Dad & Me classes. Register by one week prior to class. KLS Rain-out Hotline number is (800) 871-2275. For details, log on kidzlovesoccer.com

Instructor: Kidz Love Soccer Staff

WEDNESDAY

Winter Jan. 20–Mar. 10
(8 weeks, 8 classes)

5030.811 Mom/Dad & Me
(2–3.5 yrs) 4:30–5 pm

Spring Apr. 7–June 2
(9 weeks, 9 classes)

5030.821 Mom/Dad & Me
(2–3.5 yrs) 4:30–5 pm

FRIDAY

Winter Jan. 22–Mar. 12
(8 weeks, 8 classes)

5031.812 Tot Soccer (3.5 yrs) 5:05–5:35 pm

5032.812 Pre-Soccer (4 yrs) 3–3:35 pm

5033.811 Soccer 1 (5–6 yrs) 3:35–4:20 pm

5034.811 Soccer 2 (7–8 yrs) 4:20–5:05 pm

5035.811 Soccer 3 (9–12 yrs) 4:20–5:05 pm

Spring Apr. 9–June 4
(9 weeks, 9 classes)

5030.822 Mom/Dad & Me
(2–3.5 yrs) 9:30–10 am

5031.821 Tot Soccer (3.5 yrs) 10:50–11:20 am

5031.822 Tot Soccer (3.5 yrs) 5:05–5:35 pm

5032.821 Pre-Soccer (4–5 yrs) 10:15–10:50 am

5032.822 Pre-Soccer (4 yrs) 3–3:35 pm

5033.821 Soccer 1 (5–6 yrs) 3:35–4:20 pm

5034.821 Soccer 2 (7–8 yrs) 4:20–5:05 pm

5035.821 Soccer 3 (9–12 yrs) 4:20–5:05 pm

❖ **Winter Fee:** \$101 / Dist. Res. \$91
(8 Classes)

❖ **Spring Fee:** \$109 / Dist. Res. \$99
(9 Classes)

❖ PH Park: 147 Gregory Lane, North East Corner, near the Community Garden.
(Ask for map when registering)

Teens/Youth Sports

NBA/WNBA

Basketball, Youth

(Boys/grades 3–5 & 6–8)

(Girls/grades 3–6 & 7–8)

HOOP IT UP in our exciting youth basketball program. Learn skills, coordination, agility, team work, and sportsmanship through practice drills. Registration is currently open Mon–Fri, 11 am–5 pm, through Dec. 4, at the District Office, 147 Gregory Lane. Practices, arranged by the coaches, begin in mid-Dec. Play runs Jan. through March. *Fee includes a jersey and basketball.*

5060.701 (Grades 3–8)

- ❖ Fee: \$145* / Dist. Res. \$135*

*A \$15 refund is given to parents interested in coaching or officiating, and who complete training provided by the District.

- ❖ PH Education Ctr.: Gym,
1 Santa Barbara Rd.

Basketball Drop-in

Friday Night Open Gym

(Teens, grades 6–12)

Drop-in and shoot hoop with your friends at the gym! Bring a ball or use one provided; wear gym shoes. No food/drink allowed in gym. A parent-signed medical waiver must be on file prior to participation.

Leader: Staff

Nov. 13–Dec. 11 (Exclude Nov. 27)

Jan. 8–March 26

- ❖ Fri., 7–10 pm

- ❖ Fee: \$3 / at door

- ❖ PH Education Ctr.: Gym,
1 Santa Barbara Rd.

Bowling Lessons

(Grades 1–12) (4 classes)

Ready–set–bow! Ready to learn something fun and make new friends in the process? Get set for excellent instruction covering stance, delivery, follow through, and how to make strikes and spares. League (optional) will follow class. Register by one week prior to class. To register, (925) 682-0896.

Instructors: Staff, Paddock Bowl

5501.801 Jan. 7–Jan. 28

5501.802 Mar. 4–Mar. 25

- ❖ Th., 4:30–5:30 pm

- ❖ Fee: \$18 / Dist. Res. \$15
(shoe rental included)

- ❖ Paddock Bowl: 5915 Pacheco Blvd.
(Bus stop #108 & 118)

Winter & Spring Break Junior Golf Camps

(8–17 yrs) (3 classes)

Parents, this is the perfect gift for your budding golf child. Students learn to play golf with outstanding instruction by golf professionals. Includes basic fundamentals (golf swing, the short game, rules, and etiquette.) Clubs provided if needed. Practice balls included; lunch is NOT. Registration is limited; register early. Call 682-0896.

Instructors: Bob Barro & Staff

5545.701 Dec. 21–Dec. 23

- ❖ Mon–Wed, 9 am–noon

- ❖ Fee: \$100

5545.801 Apr. 5–Apr. 7

- ❖ Mon–Wed, 9 am–noon

- ❖ Fee: \$105

- ❖ Buchanan Fields Golf Course: 1091 Concord Ave., Concord